The Psalter

## Prayers before beginning to read the Psalter

A priest begins:

Blessed is our God, always, now, and ever, and unto the ages of ages. Amen.

Otherwise:

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.

Glory to thee, our God, glory to thee.

O Heavenly King, Comforter, the Spirit of truth, who art everywhere present and fillest all things; Treasury of blessings and Giver of life: come, and abide in us, cleanse us from all impurity, and save our souls, O Good One.

Holy God, holy mighty, holy immortal, have mercy on us. *(3x)*

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto the ages of ages. Amen.

O most holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for thy name’s sake.

Lord, have mercy. *(3x)* Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto the ages of ages. Amen.

Our Father who art in the heavens, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one.

A priest says:

For thine is the kingdom, the power, and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and unto the ages of ages. Amen.

Otherwise:

O Lord Jesus Christ, Son of God, have mercy on us. Amen.

*Tone 6:* Have mercy on us, O Lord, have mercy on us; for at a loss for any defense, we sinners offer to thee, as Master, this supplication: Have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit.

The precious memorial of thy prophet David has shown thy Church to be heaven, O Lord, for angels exult together with man. By his prayers, O Christ God, guide our lives in peace, that we may sing to thee: Alleluia.

Now and ever and unto the ages of ages. Amen.

Seeking salvation from the great multitude of my transgressions, I flee to thee, O pure Mother of God. Visit my infirm soul, and beseech thy Son, our God, to grant me forgiveness of my evil deeds, O only blessed one.

Lord, have mercy. *(40x)*

O all-holy Trinity, Creator of all the world, as I, the unworthy, now desire to pronounce these God-inspired psalms, which the Holy Spirit placed upon the lips of David, make haste and guide my heart to begin with understanding, and to end with good deeds. Aware of my ignorance, I fall down before thee in prayer, entreating thy help, and crying out: O Lord, direct my mind, and strengthen my heart. May I not be taken up with words, but rather may I find joy in the meaning of these words, and be prepared to perform the good deeds they teach me. Enlightened by good deeds, may I, at the Judgement, together with all thine elect, be with those at thy right hand. And now, O Master, bless.

Having sighed from my heart, may my tongue pronounce these following words:

Come, let us worship God our King.  
Come, let us worship and fall down before Christ, our King and our God.  
Come, let us worship and fall down before Christ himself, our King and our God.

Pause briefly until all the senses are quieted, and then begin without haste, without negligence, with tender feeling and with a contrite heart, saying, “Blessed is the man…” and all that follows, quietly, intelligently, attentively, without rushing, so that your mind grasps the meaning of what you are saying:

# Kathisma One

## First Stasis

### Psalm 1

A psalm of David

Blessed is the man who walks not in the counsel of the ungodly, nor stands in way of sinners, nor sits in the seat of the scornful.

But his delight is in the law of the Lord and in his law he will meditate both day and night.

He shall be like a tree planted by the rivers of water, that will bring forth its fruit in its season,

Whose leaf shall not wither, and whatever he does shall prosper.

He shall be like a tree planted by streams of water, that brings forth its fruit in its season,

Whose leaf does not wither, and whatever he does shall prosper.

Not so are the ungodly, not so, but they are like the chaff the wind drives from the face of the earth.

Therefore the ungodly shall not stand in the judgment nor sinners in the congregation of the righteous.

For the Lord knows the way of the righteous but the way of the ungodly shall perish.

### Psalm 2

A psalm of David

Why do the nations rage and the people plot a vain thing?

The kings of the earth set themselves, and the rulers take counsel together against the Lord and against his Christ. *Diapsalma*

Saying, Let us break their bonds in pieces and cast away their yoke from us.

He who sits in the heavens shall laugh, the Lord shall hold them in derision.

Then shall he speak to them in his wrath and distress them in his deep displeasure.

Yet I have been set as king by him over his holy hill of Sion, declaring his decree.

The Lord has said to me: Thou art my Son, this day have I begotten thee.

Ask of me, and I will give thee the nations for thine inheritance and the ends of the earth for thy possession.

Thou shalt break them with a rod of iron and dash them in pieces like a potter’s vessel.

Now therefore, be wise, O kings; be instructed, all you judges of the earth.

Serve the Lord with fear and rejoice in him with trembling.

Lay hold of instruction lest he be angry and you perish from the way of righteousness

When his wrath is suddenly kindled. Blessed are all they that put their trust in him.

### Psalm 3

A psalm of David, when he fled in the desert from his son Absalom

Lord, why are they multiplied that afflict me? Many rise up against me.

Many are they who say to my soul: There is no salvation for him in his God. *Diapsalma*

But thou, O Lord, art my helper, my glory and the one who lifts up my head.

I cried to the Lord with my voice and he heard me from his holy hill. *Diapsalma*

I lay down and slept; I awoke, for the Lord will protect me.

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

Arise, O Lord, save me, O my God, for thou hast struck all those who are my enemies without cause, thou hast broken the teeth of the ungodly.

Salvation is from the Lord and thy blessing is upon thy people.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 4

For the end of the struggle, a psalmic hymn of David†

When I called upon Thee, O God of my righteousness, thou didst hearken unto me; thou hast opened my heart when I was in distress. Have mercy on me and hear my prayer.

O you sons of men, how long will you be slow of heart? Why do you love vain things and seek after lies? *Diapsalma*

Know that the Lord has made his holy one wondrous; the Lord will hear me when I cry out to him.

Be angry but do not sin, speak in your own heart, and on your beds keep peace. *Diapsalma*

Offer the sacrifice of righteousness and put your trust in the Lord.

There are many who say: Who will show us good things? Lord, the light of thy countenance has been made a sign upon us.

Thou hast given gladness in my heart; from the fruit of their wheat, wine and oil they were satisfied.

In perfect peace I will go to bed and fall asleep, for thou, O Lord, alone hast made me to dwell in hope..

### Psalm 5

For the end of the struggle, a psalm of David for the one receiving the inheritance

Give ear to my words, O Lord, consider my outcry.

Hearken to the voice of my supplication, my King and my God, for to thee will I pray, O Lord.

My voice shalt thou hear in the morning. Early in the morning I will stand before thee and thou shalt behold me.

For thou art not a God who delights in wickedness, nor shall the evildoer dwell with thee.

The transgressors shall not stand in thy sight; thou hast hated all the workers of iniquity.

Thou shalt destroy all those that speak lies; the Lord abhors the violent and deceitful man

But as for me, in the fullness of thy mercy I will come into thy house, I will worship toward thy holy temple in fear of thee.

Lead me, O Lord, in the way of thy righteousness because of my enemies, make straight thy way before me.

For there is no truth in their mouth, their heart is empty, their throat is an open grave, they lie with their tongues.

Judge them, O God, let them fall by their own counsels. Cast them out in the multitude of their ungodliness, for they have provoked thee, O Lord.

But let all those that put their trust in thee be glad; they shall ever rejoice, for thou wilt dwell in them, and all those that love thy name will glory in thee, for thou shalt bless the righteous.

O Lord, with the shield of thy good pleasure hast thou crowned us.

### Psalm 6

For the end of the struggle, a psalmic hymn of David for the eighth day

O Lord, do not reprove me in thine anger nor chasten me in thy wrath.

Have mercy on me, O Lord, for I am weak; heal me, for my bones are troubled

My soul is greatly troubled. But thou, O Lord: how long?

Turn, O Lord, and deliver my soul; save me for thy mercy’s sake,

For in death there is no remembrance of thee; in Hades who will give thanks to thee?

I am weary with my groaning, all night I will wash my bed, I will flood my couch with tears.

My eye is wastes away because of grief, I grow old among all my enemies.

Depart from me, all you workers of iniquity, for the Lord has heard the voice of my weeping,

The Lord has heard my supplication, the Lord has received my prayer.

Let all my enemies be ashamed and greatly troubled, let them turn back and be ashamed suddenly.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 7

A psalm of David, which he sang to the Lord concerning the words of Cush, son of Benjamin

O Lord my God, in thee have I hoped, save me from all my accusers and deliver me,

Lest like lions they tear apart my soul while there is none to redeem or save.

O Lord my God, if I have done this, if there is iniquity in my hands,

If I have dealt back evil to those who dealt evil to me, let me fall empty from the hands of my enemies;

Then let the enemy pursue my soul and overtake it, let him trample my life to the ground and lay my glory in the dust. *Diapsalma*

Arise, O Lord, in thine anger, be exalted to the very boundaries of my enemies.

Arise, O Lord, in the decree thou hast ordained, and the assembly of the peoples shall surround thee; for their sakes return on high.

The Lord shall judge the people, Judge me, O Lord, according to my righteousness and according to my innocence within me.

Let the evil of the wicked come to an end, but establish the righteous, O thou who examines the hearts and minds.

Righteous is my help from God, who saves the upright in heart.

God is a righteous judge, strong and patient, not bringing wrath every day.

If you do will not repent, he will sharpen his sword; he has bent his bow and made it ready,

And he has prepared implements of death; arrows fashioned for the burning rage of the accusers.

Behold, the wicked labors with lawlessness, he conceives toil and brings forth injustice,

He has opened up a pit and dug it out, and he will fall into the ditch he has made.

His work shall return on his own head, on his own head the injustice shall fall.

I will sing praise to the Lord according to his righteousness and I will sing to the name of the Lord most high.

### Psalm 8

For the end of the struggle, a psalm of David concerning the wine-presses

O Lord, our Lord, how majestic is thy name in all the earth, for thy glory is exalted far beyond the heavens.

From the mouths of babes and infants thou hast fashioned perfect praise because of thine enemies, to silence the enemy and the avenger.

For when I consider the heavens, the works of thy fingers, the moon and stars that thou hast appointed,

What is man that thou dost take thought of him, or the son of man that thou dost care for him?

Thou hast made him a little lower than the angels, and crowned him with glory and honor.

Thou hast made him to rule over the works of thy hands; thou hast put all things under his feet,

All sheep and oxen, the beasts of the field,

The birds of the heavens and the fish of the sea, and all things that pass through the paths of the sea.

O Lord, our Lord, how majestic is thy name in all the earth.

Glory. Both now. Alleluia.

# Kathisma Two

## First Stasis

### Psalm 9

For the end. A psalm of David concerning the hidden things of the Son

I will give thanks to thee, O Lord, with my whole heart, I will tell of all thy wondrous works.

I will be glad and rejoice in thee, I will sing praise to thy name, O Most High.

When my enemies turn back, they shall fall and perish before thy face.

For thou upholdest my just cause; thou art enthroned, judging in righteousness.

Thou hast rebuked the nations, and the ungodly one has perished; thou hast blotted out their name for ever and ever.

The swords of the enemy have utterly failed and their cities thou hast destroyed; the memory of them has perished in tumult.

But the Lord remains forever; he has prepared his throne for judgment.

He will judge the world in righteousness, he will judge the peoples in uprightness.

The Lord is a refuge for the poor, a helper in times of trouble.

And let those who know thy name hope in thee, for hast not forsaken those who seek thee, O Lord.

Sing to the Lord who dwells in Sion; proclaim his ways among the nations.

For he who avenges bloodshed remembers them, he has not forgotten the cry of the paupers.

Have mercy on me, O Lord, see my humiliation, O thou who dost raise me up from the gates of death

That I may proclaim all thy praises in the gates of the daughter of Sion. I will rejoice in thy salvation.

The nations are ensnared in the destruction they made; in the net that they hid has their own foot been caught.

The Lord is known when he executes judgment, the wicked is snared in the works of his own hands. *Diapsalma*

Let the wicked be turned away into Hades, all nations that forget God.

For the poor man shall not be forgotten to the end; the patience of the paupers shall not perish forever.

Arise, O Lord, let not man prevail; let the nations be judged before thee.

Set a lawgiver over them, O Lord, that the nations may know they are but men. *Diapsalma*

Why, O Lord, dost thou stand afar off? Why dost thou look away in seasons of affliction?

When the ungodly is arrogant, the poor are burned. Let him be caught in the schemes he has devised.

For the sinner praises himself in the lusts of his soul, and he who acts unjustly counts himself blessed.

The sinner provokes the Lord; in his pride, the wicked will not seek him, for God is not before him.

His ways are corrupt in every season; thy judgments are far beyond his sight; he will gain dominion over all his enemies.

For he has said in his heart: I shall not be moved; from generation to generation I shall not meet adversity.

His mouth is full of cursing and deceit and oppression, under his tongue are grief and iniquity.

He waits in ambush with the rich to murder the innocent; his eyes stealthily watch the poor,

He lies in wait secretly, like a lion in his den; he lies in wait to seize upon the poor. He seizes the poor man and draws him in.

In his trap he will humble him; he shall stoop and fall when he gains dominion over the poor.

For he said in his heart: God has forgotten; he has turned away his face that he may not see.

Arise, O Lord God, let thy hand be lifted high, and forget not thy poor.

Why does the ungodly provoke God? For he said in his heart: he will not seek an account.

But thou dost see; thou dost perceive distress and anger, to give them over into thy hands.

Therefore the poor man gives himself over to thee; thou art the helper of the orphan.

Break the arm of the wicked and the evil man; his sin shall be sought out, and he shall no more be found on account of it.

The Lord will reign forever, unto ages of ages; the nations will perish from his earth.

The Lord has heard the desire of the poor; thine ear has inclined to the readiness of their heart,

To do justice to the orphan and the humble, that man may no more be haughty upon the earth.

### Psalm 10

For the end of the struggle, a psalm of David

In the Lord have I hoped. How will you say to my soul: Flee to the mountains like a sparrow?

Behold, the wicked bend their bow; they ready their arrow on the string, that on a moonless night they may shoot down the upright in heart.

What thou hast created, they destroy; and what can the righteous man do?

The Lord is in his holy temple, the Lord’s throne is in heaven. His eyes behold the poor, his eyelids test the sons of men.

The Lord examines both the righteous and the wicked, but he who loves injustice hates his own soul.

On the wicked he will rain down snares; fire and brimstone and wind of tempest shall be the portion of their cup.

For the Lord is righteous and has loved righteousness; upon uprightness has his countenance looked.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 11

For the end of the struggle, a psalm of David for the eighth day

Save me, O Lord, for there is no longer any that is godly, for truth has vanished from among the sons of men,

Every one utters lies to his neighbor, with flattering lips and a double heart they speak.

Let the Lord destroy all flattering lips and the tongue that speaks proud things,

And those who say: With our tongue we shall prevail; our lips are our own; who is Lord over us?

Because of the suffering of the poor, for the sighing of the needy, now will I arise, says the Lord; I will set them in salvation, I will be manifest in this.

The words of the Lord are pure words, silver fired in an earthen furnace, purified seven times.

Thou, O Lord, shalt protect us, and preserve us from this generation forever.

The ungodly walk round about; in thy loftiness hast thou cared greatly for the sons of men.

### Psalm 12

For the end of the struggle, a psalm of David

How long, O Lord? Wilt thou forget me to the end? How long wilt thou hide thy face from me?

How long shall I take counsel in my soul, having sorrows in my heart day by day? How long will my enemy be exalted over me?

Consider and hear me, O Lord my God, enlighten my eyes, that I may not sleep in death,

Lest my enemy say: I have prevailed against him; lest my persecutors rejoice when I am shaken.

But I have trusted in thy mercy, my heart shall rejoice in thy salvation.

I will sing to the Lord who has dealt bountifully with me, I will sing praise to the name of the Lord Most High.

### Psalm 13

For the end of the struggle, a psalm of David

The fool has said in his heart: There is no God. They are corrupt, they are loathsome in their ways, there is none that does good.

The Lord looked down from heaven on the sons of men, to see if there are any that understand and seek God.

They have all turned aside, they have altogether become useless; there is none that does good, no, not one.

Will they learn nothing, those who work wickedness, who eat up my people as they eat bread? They do not call on the Lord.

They were in great fear where there was no fear, for the Lord is in the generation of the righteous.

The counsel of the poor you treat with contempt, but the Lord is his hope.

Who shall bring out of Sion the salvation of Israel? When the Lord brings back the captivity of his people, Jacob shall rejoice, and Israel shall be glad.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 14

A psalm of David

O Lord, who shall abide in thy tabernacle? Who shall dwell in thy holy mountain?

He who walks blamelessly and works righteousness, speaking the truth in his heart,

Who has not spoken deceit with his tongue, nor done evil to his neighbor, nor reproached those near him.

He sets at naught those who do wickedness, but he glorifies those who fear the Lord. He keeps faith with his neighbor,

He has not lent money on usury, nor taken bribes against the innocent.

He who does these things shall never be shaken.

### Psalm 15

An inscription of David

Preserve me, O Lord, for in thee do I hope.

I said to the Lord: Thou art my Lord; my goods are nothing to thee.

As for the saints who are in his earth, he has made wondrous all his will among them,

Their infirmities increased, therefore they made haste. I will not join those assemblies of blood, I will not have those names on my lips.

The Lord is the portion of my inheritance and my cup; thou restorest my inheritance to me.

The best portions have fallen to me; my inheritance is most excellent to me.

I will bless the Lord who gives me understanding; my heart also instructs me by night.

I beheld the Lord always before me; because he is at my right hand, I shall never be shaken.

Therefore my heart rejoiced and my tongue was glad; my flesh shall also dwell in hope.

For thou wilt not abandon my soul in Hades, nor suffer thy holy one to see corruption.

Thou hast made known to me the ways of life, thou wilt fill me with joy with thy countenance, delights are in thy right hand forevermore.

### Psalm 16

A prayer of David

Give ear, O Lord, to my righteousness; attend to my supplication. Give ear to my prayer, which comes not from deceitful lips.

Let my judgment come forth from before thee; let my eyes behold uprightness.

Thou hast examined my heart, thou hast visited by night, thou hast tried me and found no injustice.

That my mouth might not speak of the works of men; for the sake of the words of thy lips I held to hard ways.

Establish my steps in thy paths, that my footsteps may not slip.

I have called upon thee, for thou hast listened, O God; incline thine ear to me and hear my words.

Show forth thy wondrous mercy; save those who hope in thee from those who syand against thy right hand.

Keep me as the apple of thine eye; shelter me in the protection of thy wings,

From the presence of the ungodly who trouble me; my enemies who surround my soul.

They are enclosed in their own fat, with their mouth they speak arrogance.

They who cast me out have now surrounded me, inclining their eyes down to the earth,

Like a lion eager for prey, like a young lion lurking in secret places.

Arise, O Lord, overtake them, cast them down; deliver my soul from the wicked, thy sword from the enemies of thy hand.

Lord, separate thy few from the earth, even in their lifetimes.

And those whose belly was filled with thy treasures like swine were satisfied, and they left the remnants to their children.

As for me, I shall behold thy face in righteousness; I shall be satisfied when thy glory is made manifest to me.

Glory. Both now. Alleluia.

# Kathisma Three

## First Stasis

### Psalm 17

For the end of the struggle, for David, the servant of God, when he addressed the Lord with the words of this ode, on the day the Lord delivered him from the hands of all his enemies, and from Saul’s hands, and he said:

I will love thee, O Lord, my strength.

The Lord is my foundation, my refuge, my deliverer. My God is my helper, in him I will hope; my shield, the horn of my salvation, my protector.

With songs of praise I will call upon the Lord; so shall I be saved from my enemies.

The pangs of death surrounded me, the floods of wickedness terrified me,

The pangs of Hades encircled me, the snares of death overtook me.

In my affliction I called upon the Lord. I cried out to my God, and he heard my voice from his holy temple; my cry before him shall come to his ears.

Then the earth was shaken and trembled; the foundations of the mountains were troubled and shaken, because he was angry with them

Smoke rose up in his wrath; fire burst forth from his countenance, kindling coals into flame.

He bowed the heavens and came down; thick darkness was under his feet.

And he mounted upon the cherubim, and flew, he was borne upon the wings of the wind.

He made darkness his secret place, his tabernacle was around him, dark water in the clouds of the air.

At the brightness before him, there passed by clouds, hail, and coals of fire.

The Lord thundered in the heavens, the Most High uttered his voice,

And he sent forth his arrows and scattered them, lightnings he multiplied and confounded them.

Then the wellsprings of the sea were revealed. The foundations of the earth were uncovered by thy rebuke, O Lord, at the breath of the wind of thy wrath.

He sent from on high and he took me; he drew me out of many waters.

He delivered me from my strong enemy, from those who hated me, for they were too strong for me.

They overtook me in the day of my affliction, but the Lord became my support.

And he led me forth into a spacious place; he will deliver me because he delights in me.

The Lord will reward me according to my righteousness, according to the purity of my hands will he recompense me,

For I have kept the ways of the Lord and have not wickedly departed from my God.

For all his judgments are before me, and I have not put away his statutes from me.

And I will be blameless before him, I will keep myself from my iniquity.

The Lord will reward me according to my righteousness, according to the purity of my hands before his eyes.

With the merciful thou wilt be merciful, with the innocent man thou wilt be innocent;

With the elect thou wilt be elect, from those who turn away thou wilt turn away.

For thou wilt save a humble people and thou wilt humble the eyes of the arrogant.

For thou wilt light my lamp, O Lord my God; thou wilt enlighten my darkness.

For in thee I shall be delivered from a host of robbers, and by my God shall I leap over a wall.

As for my God, blameless is his way; the words of the Lord are tried in fire, a shield to all who hope in him.

For who is a god, but the Lord? And who is a god, but our God?

It is God who girds me with power and has made my way blameless.

He establishes my feet like the feet of a deer and sets me on high places,

He teaches my hands for war; my arms can bend a bow of bronze.

Thou gavest me the shield of salvation, and thy right hand has upheld me; thine instruction hath corrected me even unto the end.

Thou hast enlarged my steps under me, and the tracks of my feet are not weakened.

I shall pursue my enemies and overtake them, I shall not turn back until they are destroyed.

I shall greatly afflict them, and they shall not be able to stand; they shall fall under my feet.

And thou hast made my enemies turn their back before me, and those who hate me hast thou utterly destroyed.

They cried out, but there was none to save; even to the Lord, but he did not answer them.

I will grind them fine as dust in face of the wind, I will trample them down as mud in the streets.

Deliver me from the gainsaying of the people; thou wilt set me at the head of the nations. A people I have not known have become my servants; the moment they heard they obeyed me.

But my sons have become strangers to me; they lied to me.

My sons who estranged themselves have grown old; trembling, they have strayed from their path.

The Lord lives, and blessed be my God. Let the God of my salvation be exalted,

It is God who gives me justice and subdues peoples under me,

My Deliverer from my enemies. From those who rise against me thou wilt raise me up; from the violent man thou wilt set me free.

Therefore I will give thanks to thee, O Lord, among the nations, and sing praises to thy name.

God works wonders for the salvation of his king, and shows mercy to his anointed, to David and his seed for ever.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 18

For the end of the struggle, a psalm of David

The heavens declare the glory of God; the firmament shows the works of his hands.

Day unto day utters speech and night unto night reveals knowledge.

There are no tongues nor words where their voice is not heard.

Their proclamation has gone out into all the earth, their words to the ends of the world.

He has set his tabernacle in the sun, which comes forth like a bridegroom from the bridal chamber, like a strong man running its course with joy.

Its rising is from one end of heaven and its circuit to the other end; nothing can hide from its heat.

The law of the Lord is perfect, converting the soul; the testimony of the Lord is sure, giving wisdom to infants.

The statutes of the Lord are upright, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes,

The fear of the Lord is pure, enduring forever; the judgments of the Lord are true and righteous altogether.

More to be desired than gold and precious stones, and sweeter than honey and the honeycomb.

For thy servant keeps them, in keeping them there is great reward.

Who can understand his own transgressions? Cleanse me from secret sins,

and from those of others spare thy servant.

If they have no dominion over me, then I shall be blameless and I shall be cleansed of great transgression.

Then the words of my mouth and the meditation of my heart will be pleasing before thee always, O Lord, my strength and my redeemer.

### Psalm 19

For the end of the struggle, a psalm of David

May the Lord hear thee in the day of affliction, may the name of the God of Jacob defend thee.

May he send thee help from the sanctuary, and from Sion may he help thee.

May he remember all thy sacrifices; may thy whole burnt offering be increased. *Diapsalma*

May he give thee the desire of thy heart; may he fulfill all thy purposes.

We will rejoice in thy salvation, and in the name of our God we will glory. May the Lord fulfill all they requests.

Now I know that the Lord saves his anointed; he will hear him from his holy heaven, in mighty deeds is the salvation of his right hand.

Some trust in chariots, and some in horses, but we will call on the name of the Lord our God.

They were fettered and have fallen, but we have risen and stand upright.

O Lord, save the king, and hear us in the day when we call on thee.

### Psalm 20

For the end of the struggle, a psalm of David

The king shall be gad in thy strength, O Lord, and in thy salvation shall he greatly rejoice.

The desire of his heart hast thou granted unto him, and hast not denied him the requests of his lips. *Diapsalma*

For thou hast gone before him with blessings of goodness, thou hast set on his head a crown of precious stones.

He asked life of thee, and thou gavest it to him; length of days for ever and ever.

Great is his glory in thy salvation; glory and majesty thou shalt lay upon him.

For thou shalt make him most blessed forever; thou shalt gladden him with the joy of thy presence.

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

May thy hand be found on all thine enemies, may thy right hand find all who hate thee.

Thou shalt make them like an oven of fire in the time of thy presence; the Lord in his wrath shall trouble them, and fire shall devour them.

Their descendants shalt thou destroy from the earth, and their seed from among the sons of men.

For they have intended evil against Thee, they have devised counsels which they shall not be able to establish.

For thou shalt put them to flight; thou shalt make them to face thy remnant.

Be exalted, O Lord, in thy strength; we will sing and praise thy power.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 21

For the end of the struggle, a psalm of David concerning the help that comes in the morning

O God, my God, hear me: Why hast thou forsaken me? Far from my salvation are the words of my transgressions.

O my God, all day I cry out to thee and Thou dost not hear me; by night, and in this I do no wrong.

But thou dwellest in the sanctuary, O Praise of Israel.

Our fathers hoped in thee, they hoped in thee and thou didst deliver them.

They cried out to thee and they were saved, they hoped in thee and were not put to shame.

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

All who see me laugh me to scorn. They have spoken with their lips and have wagged their heads:

He hoped in the Lord; let him rescue him. Let him save him since he delights in him.

For thou art he who drew me out from the womb, my hope from the breast of my mother,

On thee was I cast from the womb, from my mother’s womb thou art my God.

Do not stand far off from me, for trouble is near and there is no one to help.

Many young bulls have surrounded me, fat bulls have encircled me.

They open wide their mouths against me, like a lion raging and roaring.

I am poured out like water, my bones are all scattered, my heart is like wax melting in my belly.

My strength is dried up like a potsherd, my tongue cleaves to my throat; thou hast led me into the dust of death.

For many dogs have encircled me, a congregation of evildoers has surrounded me; they have pierced my hands and my feet.

They have numbered all my bones, they have looked and stared at me.

They divided my garments among them, and for my clothing they cast lots.

But, O Lord, do not take thy help from me, attend to my aid.

Free my soul from the sword, my only-begotten from the hand of the dog;

Save me from the mouth of the lion, and my lowliness from the ox’s horns.

I will declare thy name to my brethren; in the midst of the assembly I will sing to thee.

You who fear the Lord, praise him; all you descendants of Jacob, glorify him, and fear him, all you seed of Israel.

For he has not despised nor scorned the ple; of the beggar, nor has he hid his face from me, and when I cried out to him, he heard me.

My praise is from thee in the great assembly, I will pay my vows before those who fear thee.

The poor shall eat and be filled, and those who seek the Lord will praise him; their hearts will live forever.

All the ends of the earth shall remember and turn to the Lord, and all families of the nations shall worship before thee,

For the kingdom is the Lord’s, and he rules over the nations.

All the prosperous of the earth have eaten and worshiped; all those who go down into the earth shall bow down before him.

My soul lives for him, and my seed shall serve him; the generation to come shall be told of the Lord,

And they will declare his righteousness to a people who will be born, which the Lord has made.

### Psalm 22

A psalm of David

The Lord is my shepherd, I shall not want.

In green pastures he makes me to dwell, he nourishes me beside the still water.

He has restored my soul, he leads me in the paths of righteousness for his name’s sake.

Though I walk in midst of the shadow of death, I will fear no evil, for thou art with me; thy rod and thy staff, they comfort me.

Thou preparest me a table in the presence of my persecutors.

Thou anointest my head with oil, and thy cup that fills me, how excellent it is!

And thy mercy shall pursue me all the days of my life, and I shall dwell in the house of the Lord house unto length of days.

### Psalm 23

A psalm of David, concerning the first day of the week

The earth is the Lord’s, and all its fullness, the world and all who dwell in it.

For he has founded it upon the seas and established it upon the waters.

Who shall ascend the mountain of the Lord? And who shall stand in his holy place?

He who has clean hands and a pure heart, who has not lifted up his soul to vanity, who has not sworn falsely to his neighbor.

He shall receive blessing from the Lord, great mercy from the God of his salvation.

This is the generation of those who seek him, who seek the face of the God of Jacob. *Diapsalma*

Lift up your gates, O you princes, and be lifted up, you everlasting doors, and the King of glory shall come in.

Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.

Lift up your gates, O you princes, and be lifted up, you everlasting doors, and the King of glory shall come in.

Who is this King of glory? The Lord of hosts, he is the King of glory.

Glory. Both now. Alleluia.

# Kathisma Four

## First Stasis

### Psalm 24

A psalm of David

To thee, O Lord, I lift up my soul.

O my God, I trust in thee, let me not be put to shame, let not my enemies triumph over me.

Let none who wait upon thee be put to shame; let those be ashamed who work lawlessness.

Make known thy ways to me, O Lord, and teach me thy paths.

Lead me in thy truth and teach me, for thou art the God of my salvation; on thee I wait all the day.

Remember thy compassions, O Lord, and thy mercy, for they are from of old.

Remember not the sins of my youth, nor my ignorance, but remember me according to thy mercy, because of thy lovingkindness, O Lord.

Merciful and upright is the Lord, therefore he will establish a law to guide sinners in the way.

The gentle he will guide in justice, and he will teach the meek his ways.

All the ways of the Lord are mercy and truth for those who seek his covenant and his testimonies.

For thy name’s sake, O Lord, pardon my iniquity, for it is great.

Who is the man that fears the Lord? Him shall God instruct in the way he should choose.

His soul shall dwell amid good things, and his seed shall inherit the earth.

The Lord is the strength of those who fear him, and he will show them his covenant.

My eyes are ever toward the Lord, for he shall pluck my feet out of the snare.

Look upon me and have mercy on me, for I am an only child and poor.

The afflictions of my heart have multiplied; bring me out of my distresses.

Look on my lowliness and my pain, and forgive all my sins.

Look on my enemies, for they have multiplied; they hate me with an unjust hatred.

Keep my soul and deliver me, let me not be put to shame, for I have hoped in thee.

The innocent and the upright join together with me, for I wait for thee.

Redeem Israel, O God, out of all his troubles.

### Psalm 25

Of David

Judge me, O Lord, for I have walked in my innocence; I have hoped in the Lord and shall not be moved.

Prove me, O Lord, and examine me; purify my mind and my heart.

For thy mercy is before my eyes and I have delighted in thy truth.

I have not sat down with the councils of vanity, nor will I go in with those who transgress the law.

I have hated the assembly of evildoers and will not sit with the wicked.

I will wash my hands in innocence, and I will go about thine altar, O Lord,

That I may hear the voice of thy praise and tell of all thy wondrous works.

O Lord, I have loved the beauty of thy house, the place where thy glory dwells.

Do not destroy my soul with sinful men, nor my life with bloodthirsty men,

In whose hands are iniquities, whose right hand is full of bribes.

But as for me, I have walked without guile; O Lord, redeem me and have mercy on me.

For my foot stands in uprightness; in the assembly I will bless thee, O Lord.

### Psalm 26

Of David, before his anointing

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

When the wicked came to eat up my flesh, my enemies and foes stumbled and fell.

Though an army encamp round about me, my heart shall not fear; though war rise up against me, still shall I have hope.

One thing have I asked of the Lord; that will I seek after: that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord and to visit his holy temple.

For he hid me in his tabernacle in the day of my troubles, he sheltered me in the secret place of his tabernacle, he set me high upon a rock.

And now, behold, he has lifted up my head above my enemies; I went round about and offered sacrifices of praise and rejoicing in his tabernacle; I will sing and make melody to the Lord.

Give ear to my voice, O Lord, when I cry; have mercy on me and hear me.

My heart said: I will seek thee, O Lord; thy face, Lord, I will seek.

Do not hide thy face from me, do not turn away from thy servant in anger; be my helper, do not leave or forsake me, O God my savior.

When my father and my mother forsook me, then the Lord took me up.

Guide me, O Lord, in the way of thy law; lead me on the straight path because of my enemies.

Do not deliver me to the will of my adversaries; for false witnesses have risen against me and injustice has lied to itself.

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

Wait on the Lord; take courage and strengthen your heart. Wait on the Lord.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 27

Of David

Unto thee, O Lord, I cry out: Be not silent to me; lest I become like those who go down into the pit.

Hear the voice of my supplication when I cry unto thee, when I lift up of my hands toward thy holy temple.

Take not my soul away with the wicked, nor destroy me with the workers of iniquity, who speak peace to their neighbors, but evil is in their hearts.

Give them according to their deeds, according to the wickedness of their works. Repay them according to the work of their hands, render to them their due reward.

For they have not understood the works of the Lord, nor the acts of his hands. Thou shalt destroy them and never rebuild them.

Blessed be the Lord, for he has heard the voice of my supplications.

The Lord is my helper and my defender, my heart has hoped in him and I am helped, and my flesh is refreshed; with my whole will I shall confess him.

The Lord is the strength of his people, and he is the saving refuge of his anointed.

Save thy people and bless thine inheritance; shepherd them, and lift them up forever.

### Psalm 28

A psalm of David, a processional of the tabernacle

Give to the Lord, O you sons of God, give to the Lord glory and honor.

Give to the Lord the glory due his name, worship the Lord in his holy court.

The voice of the Lord is upon the waters, the God of glory thunders, the Lord is upon the many waters.

The voice of the Lord is mighty, the voice of the Lord is full of majesty.

The voice of the Lord who breaks the cedars, the Lord shall shatter the cedars of Lebanon,

He shall break them in pieces, even Lebanon, like a young bull; but his beloved shall be like the sons of a unicorn.

The voice of the Lord divides the flame of fire,

The voice of the Lord shakes the wilderness; the Lord will shake the desert of Kadesh.

The voice of the Lord causes the deer to calve, and it strips bare the forest; and in his temple every man speaks of glory.

The Lord dwells in the flood; the Lord shall sit as King forever.

The Lord will give strength to his people; the Lord will bless his people with peace.

### Psalm 29

For the end of the struggle, a psalm sung for the dedication of the house of David

I will exalt thee, O Lord, for thou hast raised me up, and hast not let my foes rejoice over me.

O Lord my God, I cried out to thee and thou didst heal me.

O Lord, thou hast brought my soul out of Hades, thou hast saved me from those who go down into the pit.

Sing praises to the Lord, you saints of his, and give thanks at the remembrance of his holiness.

For wrath is in his anger, but in his will there is life. Weeping may endure for a night, but joy comes in the morning.

As for me, I said in my prosperity, I shall never be shaken.

Lord, by thy will thou gavest strength to my beauty; thou didst hide thy face and I was troubled.

To thee, O Lord, will I cry; to my God I shall make supplication:

What profit is there in my blood when I go down into destruction? Will the dust praise thee? Will it declare thy truth?

The Lord has heard and has shown mercy on me; the Lord became my helper.

Thou hast turned my mourning into dancing for me; thou hast put off my sackcloth and girded me with gladness,

That my glory may sing praise to thee, and not be silent.

O Lord my God, I will give thanks to thee forever.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 30

For the end of the struggle, a psalm of David in a time of terror

In Thee, O Lord, have I hoped, let me not be put to shame in the age to come; in thy righteousness deliver me, and rescue me.

Bow down thine ear to me, make haste to rescue me. Be my defender, O God, a house of refuge to save me.

For thou art my strength and my refuge, and for thy name’s sake thou wilt guide me and nourish me.

For thou wilt bring me out of the snare they have hid for me, for thou art my defender, O Lord.

Into thy hands I will commit my spirit; thou hast redeemed me, O Lord God of truth.

Thou hast hated those who cling to empty vanities, but I have hoped in the Lord.

I will be rejoice and be glad in thy mercy, for thou hast regarded my lowliness; thou hast saved my soul from tribulation,

And hast not imprisoned me in the hands of my enemy; thou hast set my feet in a wide place.

Have mercy on me, O Lord, for I am afflicted, my eye is troubled with anger, as also my soul and my belly.

For my life is wasted with grief and my years with groaning; my strength is weakened with poverty, all my bones are troubled.

I have become a reproach among mine enemies, and to all my neighbors exceedingly. I am a fear to my acquaintances; those who see me outside flee from me.

I am forgotten as a dead man, I am like a broken vessel.

For I hear the reproach of many who dwell round about me; when they gather together against me, they scheme to take away my life.

But as for me, I have hoped in thee, O Lord. I said: Thou art my God; my times are in thy hands.

Deliver me from the hand of my enemies and from those who persecute me.

Make thy face shine on thy servant, save me in thy mercy.

Let me not be put to shame, O Lord, for I have called upon thee; let the ungodly be put to shame and bring them down into Hades.

Let lying lips be put to silence, which speak evil against the righteous with arrogance and contempt.

How great is thy lovingkindness, O Lord, which thou hast hidden for those who fear thee, which thou hast wrought for those who hope in thee before the sons of men.

Thou shalt hide them in the secrecy of Thy presence from the disturbance of men; thou shalt shelter them in thy tabernacle from the contradiction of tongues.

Blessed be the Lord, for he has made wondrous his mercy in a city under siege.

But I said in my terror, I am cut off from thy sight. Therefore thou hast heard the voice of my prayer when I cried out to thee.

Love the Lord, all you his saints, for the Lord seeks out the truth, and those who act with exceeding pride he repays in full.

Be of good courage and let your heart be strengthened, all you who hope in the Lord.

### Psalm 31

Of David, concerning instruction

Blessed are those whose iniquities are forgiven, whose sins are covered.

Blessed is the man whose sin the Lord does not reckon, in whose mouth is no guile.

Because I kept silent, my bones grew old through my groaning all the day long.

For day and night thy hand was heavy upon me, I was turned into agony when the thorn pierced me. *Diapsalma*

I confessed my sin, and my iniquity I have not hidden.

I said: I will confess to the Lord my sin against myself; and thou forgavest the ungodliness of my heart. *Diapsalma*

For this reason every one that is godly shall pray to Thee in a fitting time; a flood of many waters shall not reach him.

Thou art my refuge from the affliction that surrounds me; O my Rejoicing, redeem me from the affliction that surrounds me. *Diapsalma*

I will instruct thee and teach the way to go, I will set my eyes on thee.

Do not be like the horse or the mule, which have no understanding, which must be harnessed with bit and bridle else they will not come near thee.

Many are the scourges of the sinner, but mercy shall surround him who hopes in the Lord.

Be glad in the Lord and rejoice, you righteous, and shout for joy, all you upright in heart.

Glory. Both now. Alleluia.

# Kathisma Five

## First Stasis

### Psalm 32

Of David, untitled among the Hebrews

Rejoice in the Lord, O you righteous, praise befits the upright.

Praise the Lord with the lyre, make music to him on a ten-stringed harp.

Sing to him a new song, chant beautifully to him in jubilation.

For the word of the Lord is true and all his works are faithful.

He loves mercy and justice, the earth is filled with the Lord’s mercy.

By the word of the Lord the heavens were established, all their hosts by the breath of his mouth.

He gathers the waters of the sea as in a wineskin, he lays up the abysses in his storehouses.

Let all the earth fear the Lord, let all the inhabitants of the world be shaken by him.

For he spoke and they came to be; he commanded and they were created.

The Lord scatters the counsels of nations, he brings to naught the thoughts of men and the counsels of kings.

But the counsel of the Lord stands forever, the thoughts of his heart unto all generations.

Blessed is the nation whose God is the Lord, the people he has chosen as his inheritance.

The Lord looks down from heaven, he sees all the sons of men.

From his prepared habitation he looks out upon all the peoples of the earth,

He who alone has fashioned their hearts, who understands all their works.

A king is not saved by great might nor a giant by the magnitude of his strength;

A horse is a vain hope for safety, nor shall its great strength deliver him.

Behold, the eyes of the Lord are on those who fear him, on those who hope in his mercy,

To deliver their soul from death and to keep them alive in famine.

Our soul shall wait for the Lord, he is our helper and defender.

Our heart shall rejoice in him because we have hoped in his holy name.

Let thy mercy, O Lord, be upon us, as we have set our hope on thee.

### Psalm 33

Of David, when he changed his appearance before Abimilech, who let him go, and he went away

I will bless the Lord at all times, his praise shall continually be in my mouth.

In the Lord shall my soul be praised; let the meek hear and be glad.

Magnify the Lord with me, and let us exalt his name together.

I sought the Lord, and he heard me, and delivered me from all my tribulations.

Come to him, and be enlightened, and your faces shall not be ashamed.

This poor man cried, and the Lord heard him, and saved him out of all his tribulations.

The angel of the Lord will encamp round about those who fear him, and will deliver them.

Taste and see that the Lord is good; blessed is the man who hopes in him.

Fear the Lord, all you his saints; for there is no want to them that fear him.

Rich men have turned poor and gone hungry; but they that seek the Lord shall not be deprived of any good thing.

Come, you children, hearken to me; I will teach you the fear of the Lord.

What man is there that desires life, who loves to see good days?

Keep thy tongue from evil, and thy lips from speaking guile.

Turn away from evil, and do good; seek peace, and pursue it.

The eyes of the Lord are on the righteous, and his ears are open to their supplication.

The face of the Lord is against those who do evil, to destroy the remembrance of them from the earth.

The righteous cried, and the Lord heard them, and delivered them out of all their tribulations.

The Lord is near unto those who are of a contrite heart, and he will save the humble of spirit.

Many are the tribulations of the righteous, and the Lord shall deliver them out of them all.

The Lord keeps all their bones, not one of them shall be broken.

The death of sinners is evil, and they that hate the righteous shall do wrong.

The Lord will redeem the souls of his servants, and none of them will do wrong that hope in him.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 34

Of David

Judge, O Lord, those who do me injustice; make war on those who fight against me.

Lay hold of weapon and shield and arise to help me.

Draw the sword and shut the way against those who persecute me; say to my soul: I am thy salvation.

Let them be ashamed and confounded who seek after my soul; may those who devise evils against me be turned back and put to shame.

Let them be like dust in the face of the wind, an angel of the Lord afflicting them.

Let their way be darkness and sliding, an angel of the Lord pursuing them.

For without a cause they hid their snare of corruption for me, without reason they have reproached my soul.

Let a snare come upon him, may the trap he has set catch him; may he fall into his own net.

But my soul shall rejoice in the Lord, it shall delight in his salvation.

All my bones shall say: Lord, Lord, who is like thee, delivering the poor from hands of those who are stronger than he, the poor and needy from those who despoil him?

Unjust witnesses rose up against me, asking me things I knew not.

They repaid me evil for good, and desolation for my soul.

But as for me, when they troubled me, I put on sackcloth; I humbled my soul with fasting, my prayer shall return to my heart.

As if he were a friend, as though he were our brother, I sought to please; like one mourning and saddened, I humbled myself.

But against me they rejoiced and gathered together; scourges gathered against me and I knew it not, and even when they scattered, they did not cease;

They heaped contempt on me, they tore me with their teeth.

Lord, when wilt thou look on me? Rescue my soul from their malice, my only-begotten from the lions.

I will confess thee in the great congregation; I will praise thee amid a mighty people.

Let them not rejoice over me who are my enemies without a cause, nor let them wink with the eye who hate me without reason.

For they spoke peace to me, but in their wrath they devised deceits.

They opened their mouths wide against me, saying: Good! Good! With our own eyes we have seen it.

But thou, O Lord, hast seen this, do not keep silence. O Lord, be not far from me.

Arise, O Lord, and attend to my judgment; my God and my Lord, attend to my cause.

Judge me, O Lord, my God, according to thy righteousness, and let them not rejoice against me.

Let them not say in their hearts: Good! We have our soul’s desire, we have swallowed him up!

Let them be put to shame and confusion altogether who rejoice at my calamity; let them be clothed with shame and dishonor who magnify themselves against me.

Let those who rejoice in my righteousness shout for joy and be glad and say for evermore: Great is the Lord, who delights in the peace of his servant.

Then my tongue shall speak of thy righteousness and of thy praise all the day long.

### Psalm 35

For the end of the struggle, concerning David, the servant of the Lord

The transgressor, that he may sin, says in himself that there is no fear of God before his eyes.

For he has deceived himself that he may not see his own evil and hate it.

The words of his mouth are wickedness and deceit, he has chosen not to understand doing good.

He devises wickedness on his bed, he sets himself in a way that is not good, he does not abhor evil.

Thy mercy, O Lord, is in the heavens, thy truth reaches even to the clouds.

Thy righteousness is like the mountains of God, thy judgment is a great deep; O Lord, thou wilt save man and beast.

How thou hast multiplied thy mercy, O God; the sons of men shall have hope beneath the shelter of thy wings.

They shall be drunk on the richness of thy house, thou givest them to drink deeply from the river of thy delights.

For with thee is the fountain of life, in thy light we shall see light.

Continue thy mercy to those who know thee, thy righteousness to the upright in heart.

Let not the foot of pride come against me, let not the sinner’s hand shake me.

There the workers of iniquity have fallen, they are cast out and cannot stand.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 36

Of David

Be not jealous of the wicked nor envious of evildoers.

For like grass shall they soon wither, like green herbs shall they swiftly fall.

Hope in the Lord and do good, dwell in the land and you will be fed by its wealth.

Delight in the Lord and he shall give you the desires of your heart.

Reveal your way to the Lord, set your hope in him and he shall bring it to pass.

He shall bring forth your righteousness as light, your justice as the noonday sun.

Submit to the Lord and supplicate him; do not envy him who prospers in his way nor the one who transgresses the law.

Cease from anger and forsake wrath, do not let envy lead to evil deeds.

For the wicked shall be cut off, but those who wait on the Lord shall inherit the earth.

For yet a little while and the evildoer shall be no more; you shall look for his place but not find it.

But the meek shall inherit the earth, taking delight in the abundance of peace.

The sinner shall closely watch the just man, gnashing at him with his teeth.

But the Lord shall laugh at him, foreseeing that his day will come.

The wicked have drawn the sword and have bent their bow to cast down the poor and needy, to slay the upright in heart.

May their sword enter their own heart, and their bows be shattered.

Better the little that the righteous man has than the great wealth of the sinner.

For the arms of the wicked shall be broken, but the Lord upholds the righteous.

The Lord knows the ways of the blameless and their inheritance shall be forever.

They shall not be put to shame in an evil time, in days of famine they shall have abundance.

But the wicked shall perish, and the enemies of the Lord, when they glorify and exalt themselves; like smoke they shall pass away.

The sinner borrows and will not repay, but the righteous shows mercy and gives.

For those who bless him shall inherit the earth, those who curse him shall utterly perish.

The steps of a man are established by the Lord, and he will delight in his way.

When he stumbles, he shall not be cast away, for the Lord upholds him with his hand.

I have been young and now am old, yet I have not seen the righteous forsaken or his children begging bread; he is merciful and lends, and his children shall be blessed.

Depart from evil and do good; so you shall abide forever.

For the Lord loves justice; he will not forsake his saints; they shall be kept safe forever. But the children of the ungodly shall be destroyed.

The righteous shall inherit the earth and dwell in it forever.

The mouth of the righteous shall meditate on wisdom, and his tongue shall speak of justice.

The law of God is in his heart, and his steps shall not slip.

The wicked watches the righteous in order to slay him.

The Lord will not abandon him to his hands nor condemn when he judges him.

Wait on the Lord, and keep his way, and he will exalt you to inherit the earth; you shall see the destruction of sinners.

I have seen the ungodly greatly exalted, lifting himself up like the cedars of Lebanon.

Yet I passed by and, behold, he was no more; I sought him out but his place could not be found.

Preserve innocence, and behold uprightness, for such is the posterity of the peaceful.

But the transgressors shall be utterly destroyed; the posterity of the ungodly shall be cut off.

But salvation of the righteous is from the Lord, and he is their protector in the time of tribulation.

And the Lord will help them and deliver them; he will deliver them from sinners and save them, because they have hoped in him.

Glory. Both now. Alleluia.

# Kathisma Six

## First Stasis

### Psalm 37

A psalm of David, for the remembering of the Sabbath

O Lord, do not rebuke me in thy wrath nor chasten me in thine anger.

For thine arrows have stuck fast in me, thy hand lies heavily on me.

There is no soundness in my flesh in the face of thine anger, there is no health in my bones because of my sins.

For my iniquities have gone over my head; they weigh like a burden too heavy for me.

My wounds grow foul and fester because of my foolishness.

I am troubled, I am bowed down greatly, I go mourning all the day long.

For my loins are filled with mockeries; there is no healing in my flesh.

I am afflicted and humbled exceedingly, I groan from the turmoil of my heart.

Lord, all my desire is before thee, my sighing is not hidden from thee.

My heart is troubled, my strength fails, even the light of my eyes is gone from me.

Friends and neighbors stand apart from my plague, my kinsmen stand afar off.

Those who seek my soul lay snares those who seek my hurt speak of ruin and meditate treachery all the day long.

But like a deaf man, I do not hear; like a mute, I do not open my mouth.

I am like a man who does not hear and in whose mouth are no rebukes.

For in thee, O Lord, have I hoped; thou wilt hear me, O Lord my God.

I said: Let not my enemies rejoice over me; when my foot slips, they boast against me.

For I am ready for scourges, my sorrow is continually before me.

For I will declare my iniquity, I will be in anguish over my sin.

But my enemies flourish and have grown strong over me; those who hate me unjustly have multiplied.

Those who render me evil for good have accused me falsely because I followed righteousness

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

Make haste to help me, O Lord of my salvation.

### Psalm 38

For the end of the struggle, an ode of David to Jeduthun

I said: I will take heed to my ways, that I may not sin with my tongue; I set a guard on my mouth when sinners set themselves against me.

I was silent and humbled myself and held my peace even from good words, but my grief was renewed.

My heart was hot within me a fire kindled in my meditation; then I spoke with my tongue:

Lord, make me to know my end and what is the measure of my days, that I may know what I lack.

Behold, thou hast made my days a handbreadth, and my lifetime is nothing in thy sight; surely every man is vanity. *Diapsalma*

Surely man goes about as a shadow; surely in vain are they in turmoil. Man heaps up treasure and does not know for whom he gathers it.

And now what is my hope? Is it not the Lord? My whole being is from thee.

Deliver me from all my transgressions; thou hast made me the reproach of the fool.

I was mute, I did not open my mouth, for this was from thee.

Take away thy scourges from me, from thy hand I have fainted away.

With rebukes for iniquity thou chastenest a man, sweeping his soul away like a spider’s web; surely every man is troubled in vain. *Diapsalma*

Hear my prayer, O Lord, and give ear to my cry; do not be silent at my tears, for I am a stranger with thee, a sojourner, as all my fathers were.

Spare me that I may be renewed before I go hence and am no more.

### Psalm 39

For the end of the struggle, a psalm of David

I waited patiently for the Lord and he inclined to me and heard my cry.

He brought me up out of the pit of despair, away from the miry clay; he set my feet on a rock and directed my steps.

He has put a new song in my mouth, a song of praise to our God. Many will see and fear and shall hope in the Lord.

Blessed is the man whose hope is in the name of the Lord, who has not turned aside to vanities and mad delusions.

Many are thy wonders that thou hast created, O Lord my God, and in thy thoughts none can compare with thee; I proclaimed out and said that they are more than can be numbered.

Sacrifice and offering thou didst not desire, but thou hast prepared a body for me; burnt offering and oblation thou didst not require.

Then I said: Behold, I come, as is written of me in the scroll of the book,

And I delight to do thy will, O my God, for thy law is in my heart.

I have proclaimed your righteousness in the great congregation. Behold, I shall not restrain my lips; O Lord, thou knowest this.

I have not hiden thy righteousness in my heart, I spoke of thy truth and thy deliverance, and did not hide thy mercy and thy truth from the great congregation.

O Lord, do not take thy mercy from me; thy mercy and truth preserve me forever.

For countless evils have surrounded me, my iniquities have overtaken me till I can not see; they are more than the hairs of my head, and my heart fails me.

Be pleased, O Lord, to deliver me; O Lord, make haste to help me.

May those who seek my life be put to shame and confusion; let those who desire evil for me be turned back and confounded.

Let those who say, Good! Good! be put to confusion.

But let all those rejoice and be glad in thee who seek thee, O Lord, and let those who love your salvation say continually: Let the Lord be magnified!

As for me, I am poor and needy, hasten to me, O God. Thou art my help and deliverer; O Lord, do not delay.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 40

For the end of the struggle, a psalm of David

Blessed is he who considers the poor and needy; the Lord will deliver him in the day of trouble.

May the Lord keep him and quicken him and make him blessed on the earth, and not deliver him into the hands of his enemies.

May the Lord help him on his bed of pain; from his illness and all his infirmities, thou wilt heal him.

I said: Lord, have mercy on me, heal my soul, for I have sinned against thee.

My enemies spoke evil against me: When will he die and his name perish?

When one came in to see me he spoke lies, his heart gathered iniquity to itself; when he went out he spoke it.

All my enemies whisper against me, against me they devise evils for me.

They speak treacherous words about me: He sleeps, but will he rise again?

Even the peaceful man, in whom I hoped, even the one who ate my bread has lifted his heel against me.

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

By this I know thou hast delighted in me: that my enemy shall not rejoic over me.

In my innocence thou hast upheld me and set me before thee forever.

Blessed be the Lord God of Israel, from everlasting to everlasting. Amen and amen.

### Psalm 41

For the end of the struggle, a psalm of instruction for the sons of Korah

As the deer longs for the water brooks, so my soul longs for thee, O my God.

My soul thirsts for the living God; when shall I come and appear before the face of God?

My tears have become my bread day and night, while they say to me daily: Where is thy God?

These things I remembered as I poured out my soul, for I will go to the wondrous tabernacle, to the house of God, with a voice of rejoicing and thanksgiving, with the voice of those keeping festival.

Why art thou cast down, O my soul? And why dost thou disquiet me? Hope in God, for I will give thanks to him. He is the salvation of my countenance and my God.

My soul within me is troubled, therefore I will remember thee from the land of Jordan and from the little mountain of Hermon.

Deep calls to deep in the voice of thy torrents; all thy waves and billows have gone over me.

By day the Lord will command his mercy; by night a song is with me, a prayer to the God of my life.

I will say to God: Thou art my helper, why hast thou forgotten me? Why must I go mourning because of the oppression of my enemies?

When my bones were broken, my enemies reproached me, saying daily: Where is thy God?

Why art thou cast down, O my soul? And why dost thou disquiet me? Hope in God, for I will give thanks to him. He is the salvation of my countenance and my God.

### Psalm 42

A psalm of David, untitled among the Hebrews

Judge me, O God, and defend my cause against an ungodly people; from the deceitful and unjust man deliver me.

For thou, O God, art my strength, why dost thou cast me off? Why must I go mourning because of the oppression of my enemies?

Send out thy light and thy truth; they have guided me and led me to thy holy mountain and to thy tabernacle.

And I will come to the altar of God, to God, the joy of my youth, and on the harp I will praise thee, O God, my God.

Why art thou cast down, O my soul? And why dost thou disquiet me? Hope in God, for I will give thanks to him. He is the salvation of my countenance and my God.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 43

A psalm of David, untitled among the Hebrews

We have heard with our ears, O God, our fathers have told us what work thou didst in their days, in days of old.

Thy hand utterly destroyed the nations, and you planted them in their place; thou hast afflicted and cast out whole peoples.

For they did not inherit the land with their sword, and their arm did not save them, but thy right hand and thine arm and the light of thy face, because thou wast well pleased with them.

Thou art my King and my God, for thou dost command salvation for Jacob,

In thee we shall press our enemies, and in thy name we shall grind down into nothing those who rise up against us.

For I will not trust in my bow, nor shall my sword save me,

For thou hast saved us from those who afflict us, and hast put to shame those who hated us.

In God we shall boast all the day long; we shall give thanks to thy name forever. *Diapsalma*

But now thou hast cast us off and put us to shame, and wilt not go out with our armies.

Thou hast turned us back from our enemy, and those who hate us have taken spoils for themselves.

Thou hast made us like sheep for slaughter and scattered us among the nations.

Thou hast sold thy people for no price, and made no profit in selling them.

Thou hast made us a reproach to our neighbors, a scorn and derision to those around us.

Thou hast made us a byword among the nations, a shaking of the head among the peoples.

All day long my disgrace is before me and the shame of my face has covered me

At the voice of him who slanders and reviles, at the face of the enemy and persecutor.

All this has come upon us but we have not forgotten thee, nor have we turned away from thy covenant.

Our heart has not turned back, but thou hast led our paths from thy way,

Thou hast humbled us in a place of affliction, and the shadow of death has covered us.

If we had forgotten the name of our God or stretched out our hands to a strange god,

Would not God search this out? For he knows the secrets of the heart.

For thy sake we are killed all day long, we are reckoned as sheep for the slaughter.

Awake! Why dost thou sleep, O Lord? Arise! Do not cast us off forever.

Why dost thou turn away thy face and forget our poverty and affliction?

For our soul has been humbled to the dust, our belly has cleaved to the ground.

Arise, O Lord, help us, and redeem us for the sake of thy name.

### Psalm 44

For the end of the struggle, in alternating verses, concerning instruction for the sons of Korah, an ode about the Beloved

My heart overflows with a good word, I address my works to the king; my tongue is the pen of a swiftly writing scribe.

Thou art fairer than the sons of men; grace has been poured on thy lips, therefore God has blessed thee forever.

Gird thy sword upon thy thigh, O mighty one, in thy splendor and thy majesty.

And bend thy bow and prosper and reign because of truth and meekness and righteousness, and thy right hand shall guide thee wondrously.

Thine arrows are sharp, O mighty one, in the heart of the king’s enemies; peoples shall fall under thee.

Thy throne, O God, is for ever and ever, a scepter of righteousness is the scepter of thy kingdom.

Thou hast loved righteousness and hated iniquity; therefore God, thy God, has anointed thee with the oil of gladness more than thy companions.

Thy robes are fragrant with myrrh and aloes and cassia.

From the ivory palaces they have made thee glad, these daughters of kings in thine honor.

At thy right hand stood the queen, clothed in garments of inwoven gold, adorned in varied colors.

Hear, O daughter and see, and incline thine ear; forget thy people and thy father’s house.

For the king shall greatly desire thy beauty, for he is thy Lord.

The daughters of Tyre shall worship him with gifts, the rich among the people shall entreat thy countenance.

The king’s daughter is all glorious within, her clothing is woven with gold.

The virgins who follow after her shall be brought to the king, those near her shall be brought to thee.

They shall be brought with gladness and rejoicing, they shall enter into the king’s palace.

In place of thy fathers sons are born to thee; thou shalt make them princes over all the earth.

I will remember thy name from generation to generation; all peoples shall praise thee unto ages of ages and forever.

### Psalm 45

For the end of the struggle, a psalm of David concerning hidden things, for the sons of Korah

God is our refuge and strength, a helper in the afflictions that befall us.

Therefore we will not fear when the earth is shaken, when the mountains are removed into the depths of the sea.

Their waters roared and were troubled, the mountains were troubled by his might. *Diapsalma*

There is a river whose streams make glad the city of God; the Most High has sanctified his tabernacle.

God is in the midst of her, she shall never be shaken; God shall help her right early in the morning.

The nations were troubled, kingdoms fell; he uttered his voice, and the earth shook.

The Lord of hosts is with us, our protector is the God of Jacob. *Diapsalma*

Come and see the works of the Lord, the wonders he has wrought on earth,

He makes wars to cease unto the ends of the earth.

He will break the bow and shatter the spear, he will burn up the shields in fire.

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

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

Glory. Both now. Alleluia.

# Kathisma Seven

## First Stasis

### Psalm 46

For the end of the struggle, a psalm concerning the sons of Korah

Clap your hands, all you nations, shout to God with the voice of rejoicing,

For the Lord Most High is terrible, a great King over all the earth.

He has subdued the peoples under us and the nations under our feet.

He has chosen us for his inheritance: the beauty of Jacob, which he loved. *Diapsalma*

God has gone up with a shout, the Lord with the sound of a trumpet.

Sing praises to God, sing praises, sing praises to our King, sing praises,

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

God reigns over the nations; God sits on his holy throne.

The princes of the people have gathered together with the God of Abraham, for the mighty ones of God are greatly exalted.

### Psalm 47

A Psalmic Ode concerning the Sons of Korah, For the second day of the Sabbath

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

For he has founded for the joy of the whole earth: Mount Sion, on the sides of the north, the city of the great King.

God is known in her towers when he defends her.

For behold, the kings of the earth assembled, they came together,

They saw her so and they wondered, they were troubled, they were shaken,

Trembling seized hold of them, pangs as of a woman in travail.

With a violent wind thou shalt break the ships of Tharsis.

As we have heard, so we have seen in the city of the Lord of Hosts; in the city of our God. God has established her forever. *Diapsalma*

We have thought of thy mercy, O God, in the midst of thy temple.

According to thy name, O God, so is thy praise to the ends of the earth; thy right hand is full of righteousness.

Let Mount Sion be glad, let the daughters of Judea rejoice because of thy judgments, O Lord.

Encircle Sion and embrace her, number her towers,

Set your hearts on her strength and mark well her citadels, that you may tell her story to the next generation.

For he is our God, for ever, unto ages of ages; he will shepherd us unto the ages.

### Psalm 48

For the end of the struggle, a Psalmic Ode concerning the Sons of Korah

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

You who are born of earth, and you sons of men, rich and poor men together.

My mouth shall speak wisdom, and the meditation of my heart shall speak understanding.

I will incline my ear to a parable, I will open my dark saying on the harp.

Why should I fear in an evil day? The iniquity at my heels surrounds me:

Those who trust in their own power, those who boast of their abundant riches.

A brother could not redeem: shall anyone redeem? He shall not give to God a ransom for himself, nor the redemption price of his own soul, though he labor forever.

But he will live in the end, for he will not see destruction,

When he sees wise men die, when the fool and the unwise perish and leave their wealth to others.

Their graves will be their homes for ever, their dwelling places for all generations, though they called their lands by their own names.

Man, when he was honored, did not understand, but resembled the senseless beasts and became like them.

Their road is a pitfall for them, though afterward they will bless with their mouth. *Diapsalma*

Like sheep, they are laid in Hades; death shall be their shepherd.

The upright shall rule them in the morning; their help shall grow old in Hades far away from their glory.

Yet God will redeem my soul from the hand of Hades when he shall receive me. *Diapsalma*

Be not afraid when one becomes rich, when the glory of his house is increased,

For when he dies he will carry nothing away; nor shall his glory go down with him.

For his soul shall be blessed in his own lifetime; he will acknowledge thee when thou grantest him prosperity.

He shall enter the generations of his fathers; he will see light no more.

Man, when he was honored, did not understand, but resembled the senseless beasts and became like them.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 49

A psalm of Asaph

The God of gods, the Lord, has spoken. He summoned the earth from the rising of the sun even to its setting.

From Sion, the splendor of his beauty, God will come visibly,

Our God, and he shall not keep silence. A fire will burn before him, and around him is a great storm..

He shall summon heaven above and earth to judge his people.

Gather to him his holy ones who established his covenant by sacrifices.

The heavens shall declare his righteousness, for God is judge. *Diapsalma*

Hear, O my people; I will speak to thee, O Israel. I will testify against thee: I am God, thy God.

I will not rebuke thee for thy sacrifices, for thy whole burnt offerings are continually before me.

I will not accept a bull from thy house, nor goats from thy flocks,

For every beast of the forest is mine, the cattle on the hills and the oxen.

I know all the birds of the heaven, and the splendor of the field is mine.

If I were hungry, I would not tell thee, for the world is mine, and all its fullness.

Will I eat the flesh of bulls, or drink the blood of goats?

Offer to God a sacrifice of praise and pay thy vows to the Most High.

Call on me in the day of affliction, and I will deliver thee, and thou shalt glorify me. *Diapsalma*

But to the sinner, God has said: Why dost thou declare my statutes, why dost thou take my covenant on thy lips?

Thou hast hated instruction, and hast cast my words behind thee.

If thou sawest a thief, thou didst run with him, making thy portion with adulterers,

Giving thy mouth over to malice; thy tongue embraces deceit.

Thou didst sit and speak against thy brother; against thine own mother’s son thou didst set up a stumbling block.

These things thou hast done and I kept silent.

Thou hast thought in thine evil that I was like unto thee. But I will rebuke thee and reveal all this to thy face.

Therefore understand this, you who forget God, lest he seize you and there be none to deliver:

A sacrifice of praise shall glorify me; therein is the way I will show him the deliverance of God.

### Psalm 50

A psalm of David, when Nathan the prophet came to him, after he had gone in to Bathsheba, the wife of Uriah

Have mercy on me, O God, according to thy great mercy; and according to the multitude of thy compassions blot out my transgression.

Wash me thoroughly from mine iniquity, and cleanse me from my sin.

For I know mine iniquity, and my sin is ever before me.

Against thee only have I sinned and done this evil in thy sight, that thou mightest be justified in thy words, and prevail when thou art judged.

For behold, I was conceived in iniquities, and in sins did my mother bear me.

For behold, thou hast loved truth; the hidden and secret things of thy wisdom hast thou made manifest unto me.

Thou shalt sprinkle me with hyssop, and I shall be clean; thou shalt wash me, and I shall be whiter than snow.

Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.

Turn thy face away from my sins, and blot out all mine iniquities.

Create in me a clean heart, O God, and renew a right spirit within me.

Cast me not away from thy presence, and take not thy Holy Spirit from me.

Restore to me the joy of thy salvation, and with thy governing Spirit establish me.

Then I shall teach transgressors thy ways, and the ungodly shall turn back to thee.

Deliver me from blood-guiltiness, O God, thou God of my salvation; my tongue shall rejoice in thy righteousness.

O Lord, thou shalt open my lips, and my mouth shall declare thy praise.

For if thou hadst desired sacrifice, I had given it; with whole burnt offerings thou shalt not be pleased.

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

Do good, O Lord, in thy good pleasure unto Sion, and let the walls of Jerusalem be built up.

Then shalt thou be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings.

Then shall they offer bulls upon thine altar.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 51

For the end of the struggle, concerning instruction by David, when Doeg the Edomite had come to tell Saul that David had gone to the house of Abimilech

Why dost thou boast in evil, O mighty man, and in wickedness all the day long?

Thy tongue has devised unrighteousness, like a sharp razor thou hast wrought deceit.

Thou hast loved evil more than good, wickedness more than speaking righteousness. *Diapsalma*

Thou hast loved all devouring words, thou hast loved a deceitful tongue.

Thus shall God destroy thee unto the end, he shall pluck thee out of thy habitation, and uproot thee from the land of the living. *Diapsalma*

The righteous shall see and fear and shall laugh at him, and say:

See the man who did not make God his help, but trusted in the abundance of his riches and strengthened himself in his vanity.

But I am like a fruitful olive tree in the house of God. I have hoped in the mercy of God for ever, and unto ages of ages.

I will give thanks to thee forever for what thou hast done, and I will wait on thy name, for it is good, in the presence of thy saints.

### Psalm 52

For the end of the struggle, a psalm of instruction by David upon the harp

The fool has said in his heart: There is no God. They are corrupt and abominable in deeds; there is none who does good.

God looked down from heaven on the sons of men to see if there were any who had understanding or who sought after God.

They have all gone astray, they are altogether rendered useless; there is none that does good, no not one.

Shall they never learn, those who practice lawlessness? They eat up my people as they eat bread, and do not call upon God.

There they were in great fear, where there was no fear, for God has scattered the bones of man-pleasers.

They have been put to shame, for God has despised them.

Who shall give out of Sion the salvation of Israel? When the Lord brings back the captivity of his people, Jacob will rejoice, and Israel will be glad..

### Psalm 53

For the end of the struggle, instruction by David when the Ziphites went to Saul and said: Is not David hiding with us?

Save me, O God, in thy name, and judge me in thy strength.

O God, hear my prayer, give ear to the words of my mouth.

For strangers have risen up against me, the powerful sought after my soul; they have not set God before them. *Diapsalma*

For behold, God is my helper, the Lord is protector of my soul,

He will repay evil upon my enemies: Utterly destroy them in thy truth.

Willingly I will sacrifice to thee; I will give thanks to thy name, O Lord, for it is good.

Thou hast rescued me from all my afflictions, and my eye has looked down upon all my enemies.

### Psalm 54

For the end of the struggle, a hymn of instruction by David

Give ear to my prayer, O God, disdain not my supplication; attend to me and hear me.

I was grieved in my meditation and troubled by the voice of the enemy, and by the oppression of sinners.

For they turned their iniquity upon me; in wrath were they angry against me.

My heart was troubled within me, the terror of death fell upon me.

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

And I said: Who will give me wings like a dove, that I may fly away and be at rest?

Behold how far I fled away; I have dwelt in the wilderness. *Diapsalma*

I waited for one to save me from faintheartedness and tempest.

Plunge them into the depths, O Lord, and divide their tongues, for I have seen iniquity and strife in the city.

Day and night they shall encircle her walls, iniquity and toil and unrighteousness are in her midst,

And usury and deceit have not departed from her streets.

For if an enemy had reviled me I could have endured it; if an adversary had spoken boastful words against me, I might have hidden from him.

But thou it was, a man of like spirit with me, my guide and my familiar friend,

Who made sweet the meals we shared; in the house of God we walked in oneness of mind.

Let death come upon them, let them go down alive into Hades; for wickedness is in their dwellings, and in the midst of them.

As for me, I have cried out to God and the Lord has heard me.

Evening and morning and midday I shall tell it; I will declare it, and he shall hear my voice.

He will redeem my soul in peace from those who close about me, for in the multitude they were with me.

God will hear and humble them, he who is before the ages. *Diapsalma*

For there is no change of heart for them, for they do not fear God.

He has stretched forth his hand to requite them; for they have defiled his covenant.

They were scattered by the wrath of his countenance, and their hearts drew near. Their words were smoother than oil, yet they were swords.

Cast your cares on the Lord and he will sustain you, he will never permit the righteous to be shaken.

But thou, O God, wilt bring them down into the pit of destruction; men of blood and deceit men will not live half their days.

But as for me, O Lord, I shall hope in thee.

Glory. Both now. Alleluia.

# Kathisma Eight

## First Stasis

### Psalm 55

For the end of the struggle, a pillar inscription by David when the Philistines took him in Gath, concerning peoples separated from the holy things

Have mercy on me, O Lord, for man has trampled me down; all day long my foe has oppressed me.

All day my enemies trample upon me, for many are they who fight against me from on high.

By day I will not be afraid, I will hope in thee.

To God I will commend my words; in God I have hoped, I will not fear what flesh can do to me.

All day long they despised my words, all their thoughts were against me for evil.

They will dwell near and hide, they watch my every step; they lie in wait for my soul.

On no account wilt thou save them, O God; in wrath thou wilt bring down peoples.

I have declared my life to thee, thou hast set my tears before thee, according to thy promise.

My enemies shall be turned back in the day when I call upon thee. Behold, I know thou art my God.

In God – I will praise his word; in the Lord – I will praise his word,

In God I have put my hope. I will not fear what man may do to me.

In me, O God, are vows of praise, which I will render to thee.

For thou hast delivered my soul from death, my eyes from tears, and my feet from slipping; that I may be well-pleasing before God in the light of the living.

### Psalm 56

For the end of the struggle; Do Not Destroy; a pillar inscription by David, when he fled Saul’s presence into the cave

Have mercy on me, O God, have mercy, for in thee my soul has trusted.

And in the shadow of thy wings I will hope, until iniquity shall pass away.

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

He sent from heaven and saved me, he put to shame those who trampled on me. *Diapsalma*

God sent forth his mercy and his truth, and delivered my soul from the midst of the lions.

I lay down like one troubled. As for the sons of men, their teeth are spears and arrows, and their tongue is a sharp sword.

Be exalted, O God, above the heavens; let thy glory be over all the earth.

They have set a snare for my steps, they bowed down my soul, they dug a pit before me but into it they have fallen. *Diapsalma*

My heart is ready, O God, my heart is ready, I will sing and make music.

Awake, my glory; awake, lute and harp! I will arise at dawn.

I will praise thee, O Lord, among the nations, I will sing psalms to thee among the nations.

For thy mercy is magnified to the heavens, and thy truth even to the clouds.

Be exalted, O God, above the heavens, let thy glory be over all the earth.

### Psalm 57

For the end of the struggle; Do Not Destroy; a pillar inscription by David

Do you truly speak righteousness, do you judge rightly, you sons of men?

For in your heart you work iniquities, your hands weave injustice on the earth.

Sinners are estranged from the womb, from birth they have gone astray, speaking lies.

Their rage is like that of a serpent, like a deaf snake that stops its ears,

Not heeding the voice of the charmer, nor an enchanter’s spell.

God has crushed their teeth in their mouths, the Lord has broken the teeth of the lions.

They will vanish like waters flowing by, he will bend his bow until they are weakened.

Like melting wax they will be destroyed, fire has fallen on them, they do not see the sun.

Before their thistle produces thorns, while they yet live, he will utterly destroy them.

The righteous will rejoice when he sees vengeance done, he will wash his hands in the blood of the sinner.

And a man will say: Truly there is a reward for the righteous; indeed there is a God who judges those on the earth.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 58

For the end of the struggle; Do Not Destroy; a pillar inscription by David, when Saul sent men to watch his house and kill him

Deliver me from my enemies, O God, redeem me from those who rise up against me.

Deliver me from the workers of iniquity and save me from violent men.

For behold they hunt for my soul, the mighty have set upon me. Not for my iniquity, O Lord, nor my sin.

I ran without iniquity, and I directed my steps. Rise up and meet me, and see!

And thou, O Lord God of hosts, God of Israel, be attentive to visit all the nations; be not merciful to those who work iniquity. *Diapsalma*

They will return at nightfall hungry as dogs, and they will prowl round the city.

Behold, they speak with their mouths and a sword is on their lips; they say: Who will hear us?

But thou, O Lord, wilt laugh at them, thou wilt bring to naught all the nations.

O my strength, I will keep watch for thee, for thou, O God, art my help.

My God, his mercy goes before me; my God will show me his mercy in the midst of my enemies.

Do not slay them lest they forget thy law; scatter them by thy power, bring them down, O Lord my defender,

Because of the sin of their mouth, and the word of their lips, let them be caught in their pride,

Then by their cursing and deceit will their final destruction be revealed in the wrath of their destruction, and they will be no more

And they will know that the God of Jacob is Lord over the ends of the earth. *Diapsalma*

They will return at nightfall hungry as dogs, and they will prowl round the city.

They will scatter in search of food; they will growl when they are not satisfied.

But I will sing of thy power, and I will rejoice at Thy mercy in the morning, for thou hast become my helper, my refuge in the day of my affliction.

Thou art my help, and to thee I will sing psalms; for thou, O God, art my defender; O my God, thou art my mercy.

### Psalm 59

For the end of the struggle, a pillar inscription by David in alternating verses, for instruction, when he had burned Syrian Mesopotamia and Syrian Sobol, and when Joab had returned and defeated the twelve thousand in the Valley of Salt

O God, thou hast cast off and destroyed us; thou wast angry, but had compassion on us.

Thou hast made the earth quake and hast troubled it. Heal its breaches, for it has been shaken.

Thou hast shown thy people hard things, thou hast made us drink the wine of contrition.

Thou hast given a sign to those who fear thee, that they may flee from the bow. *Diapsalma*

That thy beloved ones may be delivered, save by thy right hand and hear me.

God has spoken in his sanctuary: I will rejoice, and I will divide Sikima, I will measure out the valley of tabernacles.

Mine is Gilead, and mine is Manasseh; Ephraim is the strength of my head, Judah is my king.

Moab is the cauldron of my hope, over Idumea I will extend my shoe; foreign tribes were subjected to me.

Who will bring me into a fortified city? Who will lead me into Idumea?

Wilt thou not, O God, although thou hast rejected us? Wilt thou not go out with our armies, O God?

Give us help from affliction, for vain is the deliverance of man.

In God we will work wondrous deeds; he will bring to naught those who afflict us.

### Psalm 60

For the end of the struggle, A psalmic hymn of David

Hear my cry, O God, attend to my prayer.

From the ends of the earth have I cried out to thee when my heart was despondent, and thou didst set me on me high upon a rock.

Thou hast guided me, for thou hast become my hope, a tower of strength against the face of the enemy.

I will abide in thy tabernacle forever; I will be protected in the shelter of thy wings. *Diapsalma*

For thou, O God, hast heard my prayers; thou hast given a heritage to those who fear thy name.

Thou wilt add days to the days of the king, and to his years from generation to generation.

He shall abide before God forever. Who shall seek out his mercy and truth?

So I will sing praise to thy name forever, that I may pay my vows from day to day.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 61

For the end of the struggle, a psalm of David concerning Jeduthun

Shall not my soul be subject to God? For from him is my salvation.

For he is my God and my savior, my helper, so I shall never more be moved.

How long will you attack a man? You commit murder, as if he were a leaning wall, or a tottering fence.

They planned to set at naught my honor, they ran swiftly with lies, they blessed with their mouth but inwardly they cursed. *Diapsalma*

My soul, be subject to God, for from him is my hope.

For he alone is my God and savior; my helper, so that I shall never be moved.

In God is my salvation and my glory, he is the God of my help, my hope is in God.

Hope in him, O assembly of the people; pour out your heart before him, for God is our helper. *Diapsalma*

But the sons of men are vain, the sons of men are liars; in the scales of wrongdoing they are altogether vain.

Put no hope in injustice, and do not hunger for plunder; if wealth increases, do not set your heart on it.

Once God has spoken; twice have I heard this: that dominion belongs to God.

And mercy is thine, O Lord; for thou wilt reward every man according to his works.

### Psalm 62

A psalm of David, when he was in the Idumean desert

O God, thou art my God; at dawn I seek thee, my soul has thirsted for thee.

How often has my flesh thirsted for thee in a trackless desert where there is no water.

So in the sanctuary I have appeared before thee, to see thy power and thy glory.

Because thy mercy is better than life, my lips shall sing praise to thee.

Thus I will bless thee in my life, I will lift up my hands in thy name.

As if with marrow and fatness, my soul was satisfied; and my mouth shall sing praise to thee with lips filled with rejoicing.

When I remembered thee on my bed, at daybreak I meditated on thee.

For thou hast been my help, and in the shelter of thy wings I sing for joy.

My soul has cleaved to thee, thy right hand has upheld me.

But as for those who sought my soul without a cause, they shall go into the lowest places of earth.

They shall be given over to the edge of the sword, they shall be prey for foxes.

But the king shall rejoice in God; all who swear by him shall be praised, for the mouths of liars are stopped.

### Psalm 63

For the end of the struggle, a psalm of David

Hear my voice, O God, when I make pray to thee; rescue my soul from fear of the enemy.

Hide me from the secret counsel of the wicked, from the host of those who practice iniquity,

Who sharpen their tongues like swords, who string their bows of bitter words

To shoot in secret at the blameless man; suddenly they shoot and will not fear.

They have established for themselves an evil purpose; they spoke of hiding snares, saying: Who will see them?

They sought out iniquities; they wearied themselves with seeking.

A man of deep heart shall draw near them, and God shall be exalted.

Their arrows became like the blows of infants.

Their tongues became weak, and all who beheld them were troubled.

Then every man feared, and proclaimed the works of God, and they understood his deeds.

The righteous shall rejoice in the Lord and shall set his hope in him, and all the upright in heart shall glory.

Glory. Both now. Alleluia.

# Kathisma Nine

## First Stasis

### Psalm 64

For the end of the struggle, a psalmic ode of David when Jeremiah, Ezekiel, and the captive people were about to depart

To thee is due a song, O God, in Sion; to thee shall a vow be rendered.

Give hear to my prayer, for to thee shall all flesh come.

The words of lawless men overpowered us, but thou wilt show mercy to all our transgressions.

Blessed is he whom thou hast chosen and taken to thyself, for he shall dwell in thy courts. We shall be filled with the good things of thy house; holy is thy temple, wondrous in righteousness.

Hear us, O God our savior, the hope of all the ends of the earth, and of those far off at sea,

Who has established mountains by thy strength, girded round about with power,

Who troublest the depths of the seas and the sounds of their waves; the nations will be troubled,

And the inhabitants of the ends of the earth shall be afraid at thy signs: Thou shalt make the outgoings of the morning and the evening to rejoice.

Thou hast visited the earth and watered it, thou hast abundantly enriched it.

The river of God is filled with waters, thou hast prepared them their food; for so thou hast prepared it.

The furrows shall be satisfied when thou shalt increase the fruits thereof; they shall rejoice when the rains come.

Thou shalt bless the crown of the year with thy goodness, and thy plains shall be filled with abundance.

The mountain of the desert will be increased, and the hills will gird themselves with joy.

The pastures shall be clothed with flocks, and the valley shall abound in wheat; they shall shout and sing together for joy.

### Psalm 65

For the end of the struggle, a psalmic ode of resurrection

Make a joyful shout to God, all the earth,

Sing of his name, give glory to his praises.

Say to God: How awesome are thy works! So great is thy power that thine enemies submit themselves to thee.

Let all the earth worship thee and praise thee, let them praise thy name, O Most High. *Diapsalma*

Come and see the works of God; he is awesome in his plans for the sons of men.

He turns the sea into dry land, they pass over the river on foot.

There let us rejoice in him who rules by his might forever; his eyes behold the nations, let not the rebellious exalt themselves. *Diapsalma*

Bless our God, O ye nations, and make the voice of his praise to be heard,

Who has established my soul in life, who will not permit my feet to be shaken.

For thou hast proved us, O God, thou hast tried us as silver is purified by fire.

Thou hast brought us into the snare; thou hast laid affliction on our back.

Thou hast caused men to ride over our heads. We went through fire and water; but thou didst lead us out into refreshment.

I will enter into thy house with a whole burnt offering, I will pay thee my vows,

Which my lips uttered and my mouth spoke when I was in affliction.

I will offer to thee whole burnt offerings full of marrow, with incense and rams; bulls and goats will I offer thee. *Diapsalma*

Come and hear, all you who fear God, I will tell all that he has done for my soul.

I cried to him with my mouth, I exalted him with my tongue.

If I have regarded iniquity in my heart, let the Lord not hear me.

But God has heard me, he has attended to the voice of my prayer.

Blessed be God, for he has not rejected my prayer nor removed his mercy from me.

### Psalm 66

For the end of the struggle, a psalmic hymn of David

God be merciful to us and bless us, and cause his face to shine on us, *Diapsalma*

That thy way may be known on earth, thy salvation among all nations.

Let the peoples praise thee, O God, let all the peoples praise thee.

O let the nations be glad and sing for joy, for thou shalt judge the people righteously and govern the nations on earth. *Diapsalma*

Let the peoples praise thee, O God, let all the peoples praise thee.

The earth has yielded her fruits; May God, even our own God, bless us,

God has blessed us, and all the ends of the earth shall fear him.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 67

For the end of the struggle, a psalmic ode of David

Let God arise, let his enemies be scattered, let those who hate him flee from before his face.

As smoke vanishes so let them vanish, as wax melts before the fire, so let the wicked perish before the face of God.

But let the righteous be glad, let them exult in the presence of God, let them rejoice with joy. *Diapsalma*

Sing to God, sing to his name, prepare the way for him who rides upon the setting of the sun. The Lord is his name; rejoice before him.

Let them be troubled at his presence, for he is father to the fatherless, and the defender of the widows. God is in his holy place.

God sets the solitary in families, mightily leading forth those who were shackled, who rebel against him, even those dwelling in the tombs.

O God, when thou didst go forth before thy people, passing through the wilderness, *Diapsalma*

The earth was shaken, the heavens poured forth dew, at the presence of the God of Sinai, at the presence of the God of Israel.

Thou wilt send plentiful rain to thine inheritance, O God; it grew weak, but thou didst restore it.

Thy flock found a dwelling in it; in thy great goodness, O Lord, thou hast provided for the poor.

The Lord will give his word to those who proclaim good news with great power.

He is King of the hosts of the beloved, and he will divide the spoils for the beauty of the house.

Though you sleep among the lots, you will have the wings of a dove, covered with silver, and her feathers with yellow gold. *Diapsalma*

When he who is above the heavens ordains kings over her, they shall become as white as the snow on Salmon.

The mountain of God is a fertile mountain, heaped high like a mountain of rich curds.

Why do you consider other rich mountains? This is the mountain where God is pleased to dwell; here the Lord will dwell forever.

The chariots of God are tens of thousands, countless thousands abounding in number; the Lord of Sinai is among them, in his holy place.

Thou hast ascended on high, thou hast led captivity captive, thou hast given gifts to men, so as to dwell even among unbelievers.

Blessed be the Lord God, blessed be the Lord from day to day; the God of our salvation will prosper us. *Diapsalma*

Our God is the God of salvation; and to the Lord, to the Lord, belong the pathways leading out from death.

But God will crush the heads of his enemies, the hairy scalp of those who continue in their trespasses.

The Lord said: I will return from Bashan, I will return from the depths of the sea,

That your foot may be dipped in blood, the tongue of your dog in the blood of your enemies.

Thy ways have been seen, O God, the ways of my God and my King in his holy place.

The princes came first, and singers followed after; in the midst of them came young maidens playing tambourines.

Bless God in the congregations; the Lord, from the wellsprings of Israel.

There is the younger Benjamin in rapture; the princes of Judea are their rulers, the princes of Zebulun and Naphtali.

Summon thy power, O God; strengthen what thou hast wrought in us.

Because of thy temple at Jerusalem, kings will bring gifts to thee.

Rebuke the wild beasts in the reeds, the herd of bulls amid the heifers of the peoples, lest they shut out those who have been proved like silver. Scatter the nations that delight in war.

Ambassadors shall come out of Egypt, Ethiopia shall hasten to stretch out her hand to God.

Sing to God, you kingdoms of the earth, Sing praises to the Lord. *Diapsalma*

Sing praises to him who rides the heaven of heavens down into the dayspring. Behold, he will utter with his voice, a voice of power.

Give glory to God, whose magnificence is over Israel, whose power is in the clouds.

God is wondrous in his saints; the God of Israel shall give power and strength to his people. Blessed be God.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 68

For the end of the struggle, in alternating verses, a psalm of David

Save me, O God, for the waters have flooded into my soul.

I sank in the mire where there was no place to stand; I came into the depths of the sea where the storm overwhelmed me.

I am wearied by crying, and my throat is hoarse; my eyes have grown weak from hoping for my God.

Those who hate me without cause are more than the hairs of my head; my enemies have grown strong in persecuting me unjustly. I have paid restoration for what I have not taken.

O God, thou knowest my foolishness, and my sins are not hidden from thee.

O Lord, Lord of hosts, let not those who wait for thee be put to shame because of me. O God of Israel, let not those who seek after thee be confounded because of me.

For thy sake I have borne reproach, and my face is covered with shame.

I have become a stranger to my brothers, and an alien to my mother’s sons.

Zeal for thy house has consumed me; the reproaches of those who reproached thee have fallen upon me.

I bowed down my soul with fasting, and it has become a reproach for me.

I also made sackcloth my garment, I became a byword to them.

Those who sat at the gate spoke against me, those whi drank wine made songs about me.

But as for me, I pray to thee, O Lord. It is the time of thy good pleasure. O God, in the abundance of thy mercies, hear me in the truth of thy salvation.

Save me from sinking in the mire; deliver me from those who hate me, and out of the deep waters.

Let not the flood drown me, nor the deep swallow me up, let not the pit shut its mouth on me.

Hear me, O Lord, for thy mercy is good; according to the abundance if thy mercies, look on me.

Turn not thy face from thy servant, for I am afflicted; hear me speedily, attend to my soul and deliver it.

Save me because of my enemies, for thou knowest my reproach and my shame and humiliation; before thee are all who afflict me.

My soul awaited rebuke and suffering. I looked for one to grieve with me, but there was none; and for one to comfort me, but I found none.

They gave me gall for my food, and for my thirst they gave me vinegar to drink.

Let their table become a snare for them, for a recompense and a stumbling block.

Let their eyes be darkened so that they cannot see, and bend down their backs continually,

Pour out thy wrath upon them, and let the fury of thine anger seize hold of them.

Let their dwelling place be desolate, and let no one live in their tents.

For they persecute the one thou hast struck, and they have added to the grief of my wounds.

Add iniquity to their iniquity, let them not enter into thy righteousness.

Let them be blotted out from the book of the living and not be written with the righteous.

But I am poor and afflicted, O God; let thy salvation continually help me.

I will praise the name of my God with a song, I will magnify him in praise.

This shall please the Lord than a calf with horns and hooves.

Let the poor see it and be glad; seek God and your souls shall live.

For the Lord has heard the poor; he does not despise his own who are in bonds.

Let the heavens and the earth praise him; the seas and everything that moves in them.

For God shall save Sion, and the cities of Judah shall be rebuilt; there shall they dwell, and they shall inherit it.

The seed of his servants shall possess it, and those who love his name shall dwell therein.

### Psalm 69

For the end of the struggle, a psalm of David in remembering that the Lord has saved me

O God, be attentive unto helping me; O Lord, make haste to help me.

Let those who seek my life be confounded and put to shame; let them be turned back and be put to shame who desire evils against me.

Let them be turned back ashamed who say to me, Well done, well done.

Let all those who seek thee, O God, rejoice and be glad in thee; and let those who love thy salvation say continually, May the Lord be magnified.

But I am poor and needy; help me, O my God. Thou art my helper and my deliverer; O Lord, do not delay.

Glory. Both now. Alleluia.

# Kathisma Ten

## First Stasis

### Psalm 70

A psalm of David, concerning Jonadab’s sons and those first taken captive; untitled among the Hebrews

In thee, O Lord, I have hoped, may I never be put to shame.

Deliver me in thy righteousness and rescue me; incline thine ear to me and save me.

Be the God of my protection, the stronghold of my salvation, for thou art my rock and my refuge.

O my God, rescue me from the hand of the sinner, from the hand of the transgressor and the evildoer.

For thou art my endurance, O Lord; the Lord is my hope from my youth.

By thee I have been upheld from birth, from my mother’s womb thou hast been my shelter, my song shall always be of thee.

I have become as a wonder to many, but thou art my strong helper.

Let my mouth be filled with thy praise that I may sing of thy glory, and thy majesty all the day.

Do not cast me off in the time of my old age; when my strength fails, do not forsake me.

For my enemies have spoken against me, those who seek my soul have conspired against me,

Saying: God has forsaken him, pursue and seize him, for there is none to rescue him.

O God, be not far off from me; my God, make haste to help me.

Let those who falsely accuse my soul be ashamed and be no more; let those who seek evil things for me be covered with reproach and dishonor.

But I will hope continually, and will add to all thy praise.

My mouth shall proclaim thy righteousness and thy salvation all the day long; for I know not their limit.

I will continue in the might of the Lord; O Lord, I will speak of thy righteousness alone.

Thou hast taught me, O God, from my youth, and until now I will proclaim thy wonders.

Even unto old age and great years, O God, do not forsake me,

Until I proclaim thine arm to all generations to come;

Thy power and thy righteousness, O God, and thy mighty acts unto the highest. O God, who is like unto thee?

Great and severe are the afflictions thou hast shown me, yet thou didst return and quicken me; thou hast led me up from the depths of the earth.

Thou hast multiplied thy magnificence over me, and hast turned and comforted me; thou hast led me up from the depths of earth.

Therefore I shall confess thy truth with an instrument of psalmody; I shall sing praise with the harp, O Holy One of Israel.

My lips shall rejoice when I sing praises to thee, and my soul, which thou hast redeemed.

My tongue shall meditate on thy righteousness all the day long when those who seek my hurt are confounded and put to shame.

### Psalm 71

For Solomon, a psalm of David

Give thy judgment to the king, O God, and thy righteousness to the son of the king,

That he may judge thy people in righteousness and thy poor with judgment.

Let the mountains bring peace to thy people and the hills bring righteousness.

He shall judge the poor of the people, he shall save the sons of the poor; he shall humble the false accuser.

And he shall continue as long as sun and moon, from generation to generation,

And he shall come down like rain on the fleece, like raindrops falling on the earth.

In his days righteousness shall flourish, and an abundance of peace, until the moon be no more.

And he shall have dominion from sea to sea, from the river throughout all the inhabited earth.

The Ethiopians shall fall down before him, his enemies shall lick the dust.

The kings of Tarshish and the isles shall come bearing gifts, the kings of Arabia and Saba shall bring offerings.

All the kings of the earth shall fall down and worship him, and all the nations shall serve him.

For he has rescued the needy from the hand of the oppressor, and the poor who had no helper.

He shall spare the poor and needy, he shall save the souls of the paupers.

He shall redeem their souls from usury and injustice, and their name shall be honored in his sight.

He shall live, and the gold of Arabia shall be given to him; they shall pray concerning him without ceasing, all the day long shall they bless him.

He shall be a support on the earth even to the mountain peaks. The fruit thereof shall surpass Lebanon; they shall bloom from the city as the grass of the earth.

Let his name be blessed unto the ages, his name shall endure longer than the sun, and all the tribes of the earth shall be blessed in him; all the nations shall call him blessed.

Blessed be the Lord, the God of Israel, who alone does wondrous things.

And blessed be the name of his glory for ever and unto ages of ages; and all the earth shall be filled with his glory. Amen and amen.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 72

A psalm of Asaph, an ode against the Assyrian

Truly God is good to Israel, to those that are upright in heart.

Yet my feet had almost stumbled; my steps had nearly slipped.

For I envied the lawless when I beheld the peace of sinners.

For there is no reluctance in their death; to them its scourge has no strength.

They are not in the troubles of other men; they are never scourged with other men.

Therefore pride has possessed them; they have clothed themselves with their injustice and ungodliness.

Their injustice will go forth as out of fatness; they have fulfilled their intention.

They have taken counsel and spoken in wickedness: they have uttered unrighteousness loftily.

They have set their mouth against heaven, their tongue has walked through the earth.

Therefore my people shall turn from this, and full days will be found for them.

They said: How can God know? Is there knowledge in the Most High?

Behold, these are the sinners; they prosper in this age and have obtained riches.

Then I said: In vain have I kept my heart right, in vain have I washed my hands in innocence.

For I was scourged all the day, and reproof was mine in the morning.

I said: If I should speak thus, then I would have broken covenant with this generation of thy sons.

And I sought to understand all this, but it was troublesome to me; until I go into the sanctuary of God and understand their end.

Surely thou hast appointed judgments to them because of their crafty dealings: thou hast cast them down when they were lifted up.

How have they become desolate! Suddenly they have failed; they have perished because of their iniquity.

As a dream of one who awakens, O Lord, so in thy city thou shalt bring to naught their image.

For my heart has rejoiced, and my mind is made glad,

And I was brought to naught and I did not understand; I was ignorant and of no account. I became like a beast before thee.

Yet I am continually with thee; thou hast held my right hand,

Thou hast guided me by thy counsel, and thou hast taken me to thyself with glory.

For what have I in heaven but thee? And what do I desire on earth beside thee?

My heart and my flesh have failed, but the God is the strength of my life, and my portion forever.

For, behold, they that remove themselves far from thee shall perish; thou shalt destroy every one that is unfaithful to thee.

But it is good for me to cleave to God, to put my trust in the Lord; that I may proclaim all thy praises in the gates of the daughter of Sion.

### Psalm 73

A psalm of Asaph, concerning instruction

O God, why hast thou cast us off forever? Why is thy wrath kindled against the sheep of thy pasture?

Remember thy congregation which thou hast purchased from the beginning, thou didst ransom the rod of thine inheritance, this Mount Sion wherein thou hast dwelt.

Lift up thy hands against their pride continually, against all that the enemy has done wickedly in thy holy places.

Those who hate thee have boasted in the very midst of thy feast, they set up their banners for signs and they understood nothing.

As if entering from on high, as if into a thicket of trees,

They cut down the main doors; with battle axes and hammers they have smashed it down.

They have burned thy holy place to the ground; they have defiled the sanctuary of thy name.

They said in their hearts, all their kindred together: Come let us abolish the feasts of the Lord from the earth.

We have not seen our signs, there is no longer any prophet, and God will not know us any more.

How long, O God, will the enemy reproach? Will the adversary assail thy name forever?

Why dost thou stay thy hand, thy right hand in thy bosom forever?

For God is our King before the ages, he has wrought salvation in the midst of the earth.

Thou didst establish the sea by thy might, thou hast broken the heads of the dragons in the waters.

Thou hast crushed the head of the dragon; thou didst give him as food for the Ethiopian nations.

Thou didst cleave fountains and torrents, and hast dried up mighty rivers.

The day is thine and thine is the night, thou hast prepared the sun and the moon.

Thou hast made all the borders of the earth, summer and winter hast thou shaped.

Remember all this thy creation. The enemy has reproached the Lord, and a foolish people has provoked thy name.

Deliver not to the wild beasts a soul that gives praise to thee: forget not for ever the souls of thy poor.

Look upon thy covenant: for the dark places of the earth are filled with the habitations of iniquity.

Let not the humbled and shamed be turned away; the poor and needy shall praise thy name.

Arise, O God, judge thine own cause, remember how the foolish man reproaches thee all day long.

Forget not the voice of thy suppliants; let the pride of them that hate thee continually ascend before thee.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 74

For the end of the struggle; Do Not Destroy; a psalmic ode of Asaph

We will give thanks to thee, O God, we will give thanks, and call upon thy name.

I will declare all thy wonderful works when I shall take a set time; I will judge righteously.

The earth is dissolved, and all that dwell therein: I have strengthened its pillars. *Diapsalma*

I said to the transgressors: transgress no more. And to the sinners I said: Lift not up the horn.

Do not magnify yourselves, do not speak unrighteousness against God.

For good comes neither from the east nor from the west nor from the desert mountains,

For God is the judge; he puts one down and raises up another.

For there is a cup in the hand of the Lord, full of unmingled wine. He has turned it from side to side, but its dregs have not been wholly poured out; all the sinners of the earth shall drink them.

But I will exult forever, I will sing praises to the God of Jacob.

And I will break all the horns of sinners, but the horns of the righteous shall be exalted.

### Psalm 75

For the end of the struggle, a psalmic ode of Asaph against the Assyrian

In Judah God is known, his name is great in Israel.

His place has been in peace, his dwelling place in Sion.

There he broke the power of the bow, the shield, the sword and the battle. *Diapsalma*

Thou shinest forth wondrously from the everlasting mountains.

All the simple in heart were troubled; all the men of wealth have slept their sleep, and have found nothing in their hands.

At thy rebuke, O God of Jacob, the riders on horses slumbered.

Thou art to be feared; and who shall withstand thee, because of thine anger?

From heaven thou madest thy judgment heard; the earth feared, and was still,

When God arose to judgment, to save all the meek in heart. *Diapsalma*

For the inward thought of man shall give thanks to thee: and the memorial of his inward thought shall keep a feast to thee.

Pray and make your vows to the Lord our God; all those round about him shall bring gifts,

To him who is to be feared, who takes away the spirits of princes; to him that is fearsome to all the kings of the earth.

### Psalm 76

For the end of the struggle, a psalmic ode of Asaph concerning Jeduthun

I cried to the Lord with my voice, with my voice to God, and he gave ear to me.

In the day of my affliction I sought the Lord; my hands I lifted up before him by night, and I was not deceived; my soul refused to be comforted.

I remembered God, and rejoiced; I poured out my complaint, and my soul fainted. *Diapsalma*

All mine enemies set a watch *against me*: I was troubled, and spoke not.

I considered the days of old, I remembered ancient years in my meditation.

I communed with my heart by night, and diligently searched my spirit, saying,

Will the Lord cast off for ever? and will he be favorable no more?

Will he cut off his mercy to the end, from generation to generation?

Will God forget to be merciful? Or in his anger will he withhold his compassion? *Diapsalma*

I said: Now I have begun to see; this change is wrought by the right hand of the Most High.

I remembered the works of the Lord, for I will recall thy wonders from of old.

And I will meditate on all thy works, I will ponder upon thy doings.

Thy way, O God, is in the sanctuary; who is so great a God as our God?

Thou art the God who works wonders, thou hast made thy power known among the nations.

Thou hast with thine arm redeemed thy people, the sons of Jacob and Joseph. *Diapsalma*

The waters saw thee, O God, the waters saw thee and were afraid, and the depths were troubled.

In the rush of great waters the clouds uttered a voice, for thine arrows went abroad.

The voice of thy thunder was in the whirlwind; thy lightnings lit up the world, the earth trembled and shook.

Thy way is in the sea, and thy paths in many waters; thy footsteps shall not be known.

Thou hast led thy people like a flock by the hand of Moses and Aaron.

Glory. Both now. Alleluia.

# Kathisma Eleven

## First Stasis

### Psalm 77

An instruction of Asaph

Give heed, O my people, to my law, incline your ear to the words of my mouth.

I will open my mouth in parables: I will utter dark sayings which have been from the beginning,

Things we have heard and known, things that our fathers taught us.

They hid nothing from their children in the next generation, proclaiming the praises of the Lord and his mighty deeds and the wondrous works he has done.

He raised up a testimony in Jacob, he appointed a law in Israel; and he commanded our fathers to make it known to their children:

That another generation should know, even sons yet to be born, and they should arise and declare them to their children,

That they might set their hope on God, and not forget the works of God, but diligently seek his commandments.

That they should not be as their fathers, a generation perverse and provoking, that did not set its heart aright, and its spirit was not steadfast with God.

The children of Ephraim, bending and shooting *with* the bow, turned back in the day of battle.

They kept not the covenant of God, and would not walk in his law.

And they forgot his benefits, and his miracles which he had showed them: The wonders he accomplished in the sight of their fathers, in Egypt in the plain of Tanis.

He divided the sea and led them through; the waters stood straight up as if in wineskins.

And he guided them with a cloud by day, and all the night with a light of fire.

He split a rock in the wilderness, and made them drink as in a great deep.

And he brought forth water out of the rock, and caused waters to flow down as rivers.

And they sinned yet more against him; they provoked the Most High in the wilderness.

And they tempted God in their hearts, in asking meat for the desire of their souls.

And they spoke against God, saying: Cannot God prepare a table in the wilderness?

For he smote the rock and waters streamed forth, and the torrents overflowed; can he not also give bread or prepare a table for his people?

Therefore the Lord heard, and was provoked: and fire was kindled in Jacob, and wrath went up against Israel,

Because they believed not in God, and trusted not in his salvation.

And commanded the clouds from above and opened the doors of heaven,

And rained upon them manna to eat, and gave them the bread of heaven.

Man ate the bread of angels; he sent them provision to the full.

He removed the south wind from heaven; and by his might he brought in the south-west wind.

And he rained upon them flesh like dust, and feathered birds like the sand of the seas,

Which fell into the midst of their camp, round about their tents.

So they ate and were well filled, for he gave them their desire.

They were not deprived of their desire; but even while the food was in their mouth,

Then the wrath of God rose up against them and cut down the stoutest of them, and overthrew the chosen of Israel.

In all these things they sinned the more, and believed not in His wonders.

So their days were consumed in vanity, and their years with haste.

When he slew them, they sought him: and they returned and inquired early after God.

And they remembered that God is their helper, and the God Most High their redeemer.

So they loved him with their mouths but lied to him with their tongues,

For their hearts were not right with him; they were unfaithful to his covenant.

But he is compassionate and will be gracious to their sins and will not destroy them, again and again he will turn away his wrath, and will not kindling all his anger.

For he remembered they are flesh, a breath that passes away and does not return.

How often did they provoke him in the wilderness, and anger him in a dry land!

They turned back, and tempted God, and provoked the Holy One of Israel.

They remembered not his hand, the day in which he delivered them from the hand of the oppressor.

How he had wrought his signs in Egypt, and his wonders in the plain of Tanis.

He changed their rivers into blood, and their streams, that they could not drink.

He sent against them swarms of devouring flies and frogs that destroyed them.

He gave their crops over to blight, and their labor to the locust.

He destroyed their vines with hail, and their mulberry trees with frost.

He also gave over their cattle to the hail, and their substance to fire.

He sent against them the wrath of his anger; anger and wrath and affliction, a mission performed by angels of destruction.

He made a way for his wrath; he spared not their souls from death, but consigned their cattle to death.

And he smote every firstborn in the land of Egypt; the first fruits of their labors in the tents of Ham.

And he led out his people like sheep, he guided them like a flock into the wilderness.

And he shepherded them with hope and the feared not, but the sea covered their enemies.

And he brought them in to the mountain of his sanctuary, this mountain which his right hand had acquired.

He cast out the nations from before their face, apportioning them land by lots; and he settled in their tents all the tribes of Israel.

Yet they tempted and provoked the most high God, and kept not his testimonies.

And they turned back, and broke covenant, even as their fathers did; they became like a crooked bow.

They stirred him to anger with their high places, they moved him to jealousy with their graven images.

God heard them and disdained them, and set Israel utterly at naught,

And he rejected the tabernacle of Shiloh, his dwelling place and home among men.

He gave their strength into captivity, and their beauty into the hand of the enemy.

He gave his people to the sword, and disdained his own inheritance.

Fire consumed their young men, and their maidens did not mourn.

Their priests fell by the sword, none shall weep for their widows.

Then the Lord awoke as from sleep, like a mighty man recovering from wine,

And he drove his enemies out; he gave them perpetual reproach.

And he rejected the tabernacle of Joseph, and chose not the tribe of Ephraim;

But chose the tribe of Judah, this Mount Sion which he loved.

And he built there his sanctuary, as the highest peak; he founded it forever on the earth.

He chose David also his servant, and took him up from the flocks of sheep.

He took him from following the ewes great with young, to be the shepherd of Jacob his servant, and Israel his inheritance.

So he shepherded them in the integrity of his heart, he guided them with skillfulness of his hands.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 78

A psalm of Asaph

O God, the nations have violated thine inheritance. They have defiled thy holy temple; they have made Jerusalem like a gardener’s hut.

They have given the dead bodies of thy servants to be food for the birds of the sky, and the flesh of thy saints for the wild beasts of the earth.

They have shed their blood as water round about Jerusalem, and there was no one to bury them.

We have become a reproach to our neighbors, a scorn and a mockery to all those around us.

How long, O Lord? Wilt thou be angry forever? Will thy jealousy burn like fire?

Pour out thy wrath on the nations that have not thee, on the kingdoms that have not called on thy holy name.

For they have devoured Jacob and made his dwelling place desolate.

Remember our transgressions of old, let thy mercy speedily go before us; we have been brought very low.

Help us, O God our Savior, for the sake of the glory of thy name. Deliver us, O Lord, and gracious to our sins for thy name’s sake,

Lest they should say among the nations: Where is their God?

Make known among the nations the avenging of thy servant’s blood, that has been shed before our eyes.

Let the groaning of the prisoners come before thee; according to the greatness of thine arm, show thy care for the sons of the slain.

Repay our neighbors sevenfold for their reproach, with which they have reproached thee, O Lord.

For we are thy people and the sheep of thy pasture. We will give thee thanks for ever; we will declare thy praise throughout all generations.

### Psalm 79

For the end of the struggle, a psalmic testimony of Asaph against the Assyrian, in alternating verses

Give ear, O Shepherd of Israel, who leadest Joseph like a flock; show thyself, O thou who sittest between the cherubim.

Before Ephraim and Benjamin and Manasseh stir up thy might and come to save us.

Turn us, O God, and cause thy face to shine; and we shall be delivered.

O Lord God of hosts, how long wilt thou be angry against the prayer of thy servants?

Wilt thou feed us the bread of tears, wilt thou give us as drink tears in full measure?

Thou hast made us a strife among our neighbors, and our enemies have mocked us.

Turn us again, O Lord God of hosts, and cause thy face to shine; and we shall be saved. *Diapsalma*

Thou didst bring forth a vine out of Egypt; thou hast cast out the nations and planted it.

Thou didst make a path before it, and didst cause its roots to spread, and it filled the earth.

Its shade covered the mountains, its boughs shadowed the cedars of God,

It sent forth its branches to the sea, and its shoots to the river.

Why hast thou broken down its fences, that all who pass by the way pluck its fruit?

The boar out of the wood has laid it waste; the wild beast has devoured it.

Turn again, O God of Hosts; and look down from heaven, and behold, and visit this vine,

And perfect that which thy right hand has planted; and look upon the son of man, whom thou hast made strong for thyself.

It is burned with fire, and dug up; they shall perish at the rebuke of thy countenance.

Let thy hand be upon the man of thy right hand, and on the son of man whom thou madest strong for thyself.

So we will not depart from thee; thou shalt quicken us, and we will call upon thy name.

Turn us again, O Lord God of Hosts; and cause thy face to shine, and we shall be saved..

### Psalm 80

For the end of the struggle, a psalmic ode of Asaph concerning the wine-presses

Rejoice in God our helper, shout for joy to the God of Jacob.

Take up a psalm, sound the timbrwl, the sweet psaltery and the lute,

Sound the trumpet at the new moon, in the glorious day of your feast,

For this is an ordinance for Israel, and a statute of the God of Jacob.

He made it to be a testimony in Joseph, when he came forth out of the land of Egypt, where he heard a language he knew not.

He removed his back from burdens: his hands slaved in making the baskets.

Thou didst call upon me in trouble, and I delivered thee; I heard thee in the secret place of the tempest: I proved thee at the water of strife.

In affliction, you called out to me and I delivered you; I have answered you in the hidden place of thunder, I have tested you in the waters of contention. *Diapsalma*

Hear, O my people. And I will speak to thee, O Israel, and I will testify to thee:

If thou wilt hearken to me, there shall be no new god in thee; neither shalt thou worship a strange god.

For I am the Lord thy God, that brought thee out of the land of Egypt: open thy mouth wide, and I will fill it.

But my people did not hear my voice; and Israel gave no heed to me.

So I let them go according to their hearts’ desires; they shall walk in their own ways.

If my people had heard me, if Israel had walked in my ways,

I should soon have humbled their enemies, and laid my hand on those that afflicted them.

I would have brought down their enemies, my hand heavy on their oppressors.

The enemies of the Lord have lied to him, but in that age their time shall come.

And he fed them with the finest of wheat; and satisfied them with honey out of the rock.

## Third Stasis

### Psalm 81

A psalm of Asaph

God stands in the assembly of gods; and in the midst of them will judge gods.

How long will ye judge unrighteously, and accept the persons of sinners? *Diapsalma*

Defend the poor and orphaned, be just to the oppressed and needy;

Rescue the needy, and deliver the poor from the hand of the sinner.

They have not known, nor understood; they walk on in darkness. All the foundations of the earth be shaken.

I have said: You are gods; and all of you children of the Most High.

But you die as men, and fall like one of the princes.

Arise, O God, judge the earth, for to thee belong all the nations.

### Psalm 82

A psalmic ode of Asaph

O God, who shall be likened to thee? be not silent, neither be still, O God.

For behold, thine enemies have made a tumult, and they that hate thee have lifted up the head.

They have taken wickedly conspired against thy people, and taken counsel against thy saints.

They said: Let us destroy them all so their nation will exist no more, let the name of Israel be forever erased.

They have said, Come, and let us cut them off that they be no more a nation; and let the name of Israel be remembered no more.

For have taken counsel together with one consent; they have made a covenant against thee:

The tents of Idumea and the Ismaelites; Moab and the Hagarenes,

Gebal, and Ammon, and Amalec; the Philistines [the Tyrian people], with them that dwell at Tyre.

Even Assyria too is with them: they have become a help to the children of Lot. *Diapsalma*

Deal with them as thou didst deal with Midian and Sisara, with Jabin at the brook of Kishon,

They were destroyed at En Dor, who became as dung on the earth.

Make their princes like Oreb and Zeb, like Zebah and Salmana,

Who said: Let us seize for ourselves the altar of God for an inheritance.

O my God, turn them as a wheel, as chaff before the face of the wind.

As the fire that shall burn the forest, as the flame that shall consume the mountains.

So shalt thou persecute them with thy tempest, and trouble them in thine anger.

Fill their faces with shame, and they shall seek thy name, O Lord.

Let them be dismayed and put to shame unto ages of ages, let them be confounded and destroyed,

And let them know that the Lord is thy name; thou alone art the Most High over all the earth.

### Psalm 83

For the end of the struggle, a psalm to the sons of Korah concerning the wine-presses

How beloved are thy tabernacles, O Lord of hosts.

My soul longs and faints for the courts of the Lord; my heart and my flesh have rejoiced in the living God.

For the sparrow has found a home, the turtledove a nest for herself where she will lay her young: Even thine altars, O Lord of hosts, my King and my God.

Blessed are those who dwell in thy house; they shall praise thee unto ages of ages. *Diapsalma*

Blessed is the man whose help is from thee, O Lord. He has established ascents in his heart.

In the valley of weeping, in the place which he appointed.

For there the lawgiver will bestow blessings.

They will go from strength to strength. The God of gods shall be seen appearing in Sion.

O Lord God of hosts, hear my prayer; give ear, O God of Jacob! *Diapsalma*

Behold, O God our protector, and look on the face of thine anointed.

For one day in thy courts is better than thousands elsewhere, I would rather be laid low in the house of my God than dwell in the tents of sinners.

For the Lord loves mercy and truth; God will give grace and glory. The Lord will not withhold good things from those who walk in innocence.

O Lord of hosts, blessed is the man who hopes in thee.

### Psalm 84

For the end of the struggle, a psalm to the sons of Korah

O Lord, thou hast been gracious to thy land; thou hast turned back the captivity of Jacob.

Thou hast forgiven thy people their transgressions; thou has covered all their sins. *Diapsalma*

Thou has caused all thy wrath to cease: thou hast turned from thy fierce anger.

Turn us, back O God of our salvation, and turn thine anger away from us.

Wilt thou be angry with us for ever? Or wilt thou continue thy wrath from generation to generation?

O God, thou wilt turn and quicken us; and thy people shall rejoice in thee.

Show us thy mercy, O Lord, and grant us thy salvation.

I will hear what the Lord God will say concerning me: for he shall speak peace to his people, and to his saints, and to those that turn their heart toward him.

His salvation is nigh to those who fear Him, that glory may dwell in our land.

Mercy and truth have met together, righteousness and peace have kissed each other.

Truth has sprung out of the earth, and righteousness has looked down from heaven.

For the Lord shall give goodness; our land shall yield its fruit.

Righteousness shall go before him; and shall set his steps in the way.

Glory. Both now. Alleluia.

# Kathisma Twelve

## First Stasis

### Psalm 85

A prayer of David

O Lord, incline thine ear, and hearken to me; for I am poor and needy.

Preserve my soul, for I am holy; save thy servant, O God, who hopes in thee.

Have mercy on me, O Lord, for to thee I cry out all the day long.

Gladden the soul of thy servant, for to thee, O Lord, have I lifted up my soul.

For thou, O Lord, art good and gentle, and rich in mercy to all who call on thee

Give ear to my prayer, O Lord, and attend to the voice of my supplication.

In the day of my trouble I cried out to thee, for thou hast heard me.

There is none like to thee, O Lord, among the gods, and there are no works like to thy works.

All nations whom thou hast made shall come, and shall worship before thee, O Lord; and shall glorify thy name.

For thou art great and doest wonders; thou alone art God.

Guide me, O Lord, in thy way, and I will walk in thy truth: let my heart rejoice, that I may fear thy name.

I will give thanks to thee, O Lord my God, with all my heart; and I will glorify thy name for ever.,

For thy mercy is great toward me; and thou hast delivered my soul from the depths of Hades.

O God, transgressors have risen up against me, and an assembly of violent men have sought my life; and have not set thee before them.

But thou, O Lord God, art compassionate and merciful, long-suffering, and abundant in mercy and true.

Look on me, and have mercy on me: give thy strength to thy servant, and save the son of thine handmaid..

Work in me a sign for good and let them that hate me see it and be put to shame; for thou, O Lord, hast helped me and comforted me.

### Psalm 86

A psalmic ode to the sons of Korah

His foundations are on the holy mountains.

The Lord loves the gates of Sion more than all the tabernacles of Jacob.

Glorious things are been spoken of thee, O city of God. *Diapsalma*

I will make mention of Rahab and Babylon to those who know me; and behold the Philistines, and Tyre, and the people of the Ethiopians: these were born there.

A man shall say, Sion is my mother; and such a man was born in her; and the Most High himself has laid her foundations.

The Lord shall recount it in the writings of the people, and of these princes that were born in her. *Diapsalma*

How joyful are all those who have their habitation in thee.

### Psalm 87

A psalmic ode to the sons of Korah for the end of the struggle, to be sung responsively on the harp, concerning instruction to Ethan the Israelite

O Lord, God of my salvation, I have cried out day and night before thee.

Let my prayer come before thee, O Lord; incline thine ear to my supplication.

For my soul was filled with troubles and my life has drawn nigh to Hades.

I am counted among those who go down to the pit; I became as a man without help, free among the dead,

As the slain ones cast out, who sleep in the tomb; whom thou rememberest no more; and they are cut off from thy hand.

They have laid me in the lowest pit, in dark places, in the shadow of death.

Thy wrath presses hard upon me, and thou hast brought all thy waves upon me. *Diapsalma*

My friends thou hast taken far from me, I have become an abomination to them. I was betrayed, and could not escape.

My eyes have grown weak from poverty, O Lord; all the day I cried out to thee, I stretched out my hands to thee.

Wilt thou work wonders for the dead? Can physicians raise them up that they may praise thee? *Diapsalma*

Shall any one declare thy mercy in the tomb? And thy truth in destruction?

Shall thy wonders be known in the dark? And thy righteousness in the land of forgetfulness?

But unto thee have I cried, O Lord, and in the morning shall my prayer come before thee.

Why, O Lord, dost thou reject my prayer, and turn thy face away from me?

I am poor and in troubles from my youth; and having been exalted, I was brought low and into despair.

Thy wrath has passed over me; and thy terrors have troubled me,

They came about me like water; all the day they compassed me about together.

Thou hast taken loved ones and friends far from me, and mine acquaintances, because of my misery.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 88

Instruction to Ethan the Israelite

I will sing of thy mercies, O Lord, forever; with my mouth make known thy truth from generation to generation.

For thou hast said, Mercy shall be built up forever; thy truth shall be established in the heavens.

I have made a covenant with my chosen ones, I have sworn to David my servant:

I will establish thy seed for ever, and build up thy throne to all generations. *Diapsalma*

The heavens shall confess thy wonders and thy truth, O Lord, in the assembly of the saints.

The heavens shall declare thy wonders, O Lord; and thy truth in the assembly of the saints.

For who in the heavens shall be compared to the Lord? and who shall be likened to the Lord among the sons of God?

God is glorified in the council of the saints; great and terrible toward all that are round about him.

Thou rulest over the might of the sea, and thou calmest the tumult of its waves.

Thou has humbled the proud as one that is slain; and thou has scattered thine enemies with thy mighty arm..

Thine are the heavens, and thine is the earth; thou hast founded the world, and its fullness.

Thou hast created the north and the west, Tabor and Hermon shall rejoice in thy name.

Thine is the mighty arm, let thy hand be strengthened, let thy right hand be exalted.

Righteousness and judgment are the foundation of thy throne, mercy and truth shall go before thy face.

Blessed is the people who know the joyful sound; they shall walk, O Lord, in the light of thy countenance,

And in thy name shall they rejoice all the day long, and in thy righteousness shall they be exalted.

For thou art the boast of their strength; and in thy good pleasure shall our horn be exalted,

For our help is from the Lord; and from the Holy One of Israel, our king.

Then thou didst speak in a vision to thy children, saying: I have bestowed help upon one who is mighty; I have exalted one chosen out of my people.

I have found David my servant; with my holy oil have I anointed him.

For my hand shall support him, and my arm shall strengthen him.

The enemy shall have no advantage against him; and the son of transgression shall not continue to afflict him.

And I will cut down his foes before him, and those who hate him I will put to flight.

And my truth and my mercy shall be with him; and in my name shall his horn be exalted.

I will set his hand in the sea, and his right hand in the rivers.

He shall call upon me, saying: Thou art my Father, my God, and the helper of my salvation.

I shall make him my firstborn, higher than the kings of the earth.

28 I will keep my mercy for him for ever, and my covenant shall stand fast with him.

And I will establish his seed for ever and ever, and his throne as the days of heaven.

If his sons forsake my law and walk not in my judgments,

If they profane my statutes, and keep not my commandments;

Then will I visit their iniquities with a rod, and their sins with scourges.

But my mercy will I not utterly take from them, nor wrong them in my truth.

Neither will I profane my covenant, nor make void the words that proceed from my lips.

Once have I sworn by my holiness, that I will not lie to David.

His seed shall endure for ever, and his throne as the sun before me;

And as the moon that is established for ever, and as a faithful witness in heaven. *Diapsalma*

But thou hast cast off and brought to nought, thou hast rejected thine anointed.

Thou hast overthrown the covenant of thy servant; thou hast profaned his sanctuaryto the ground.

Thou hast broken down all his defenses; thou hast made his strongholds a terror.

All who pass by the way have plundered him; he is become a reproach to his neighbors.

Thou hast exalted the right hand of his enemies; thou hast made all his enemies to rejoice.

Thou hast turned back the help of his sword, and hast not helped him in the battle.

Thou hast made an end of his purification; thou hast cast down his throne to the ground.

Thou hast shortened the days of his throne: thou hast poured shame upon him. *Diapsalma*

How long, O Lord; wilt thou turn away forever? Sha;; thy wrath burn like fire?

Remember what my substance is: for hast thou created all the sons of men in vain?

What man is there who shall live, and not see death? Shall any one deliver his soul from the hand of Hades? *Diapsalma*

Where are thine ancient mercies, O Lord, which thou hast sworn to David in thy truth?

Remember, O Lord, the reproach of thy servants, which I have borne in my heart from many nations,

Wherewith thine enemies have reviled, O Lord: wherewith they have reviled the recompense of thine anointed.

Blessed be the Lord forever. Amen and amen.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 89

A prayer of Moses, Man of God

O Lord, thou hast been our refuge, from generation to generation.

Before the mountains were brought forth, and the earth and the world were formed, from everlasting to everlasting thou art.

Turn not man away unto lowliness; for thou hast said, Return, O sons of men.

For a thousand years in thy sight, O Lord, are as yesterday when it is past, and as a watch in the night.

Years shall be vanity to them; in the morning as the grass shall man pass away.

In the morning he shall flourish, and pass away; in the evening he shall fall, and be withered and dry.

For we have perished in thine anger, and in thy wrath we have been troubled.

Thou hast set our iniquities before thee, our life in the light of thy countenance.

For all our days are spent, and we have passed away in thy wrath; our years have no more strength than a spider’s web.

*As for* the days of our years, in them are seventy years; and if *men be* in strength, then eighty years. And the greater part of these is labor and travail, for weakness overtakes us, and we shall be chastened.

Who knows the power of thy wrath? And for fear of thee who can recount thine anger?

So make thy right hand known, that our hearts be held fast in wisdom.

Return, O Lord! How long? And be intreated concerning thy servants.

We were filled in the morning with thy mercy; all our days we rejoiced and were glad.

Let us rejoice in all our days, for all the days thou hast humbled us, for the years wherein we have seen evils.

And look upon thy servants and thy works, and guide their sons,

And let the brightness of the Lord our God be upon us; and direct for us the works of our hands.

### Psalm 90

An ode of praise by David, untitled among the Hebrews

He who dwells in the help of the Most High shall abide in the shelter of the God of heaven,

He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in him.

For he shall deliver thee from the snare of the hunters and from every troubling word.

With his shoulders will he overshadow thee, and under his wings shalt thou have hope.

With a shield will his truth encompass thee; thou shalt not be afraid of the terror by night, nor of the arrow that flies by day,

Nor for the thing that walks in darkness, nor for the mishap and demon of noonday.

A thousand shall fall at thy side, and ten thousand at thy right hand, but it shall not come near thee.

Only with thine eyes shalt thou behold, and thou shalt see the reward of sinners.

For thou, O Lord, art my hope. Thou hast made the Most High thy refuge.

No evils shall come upon thee, and no scourge shall draw near thy dwelling,

For he shall give his angels charge over thee, to keep thee in all thy ways.

On their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

Thou shalt tread upon the asp and basilisk, thou shalt trample the lion and the dragon.

Because he has set his hope on me, I will deliver him; and I will shelter him, because he has known my name.

He shall call on me and I will hear him; I am with him in affliction, and I will deliver him and glorify him,

I will satisfy him with length of days, I will show him my salvation.

Glory. Both now. Alleluia.

# Kathisma Thirteen

## First Stasis

### Psalm 91

A psalmic ode for the Sabbath day

It is good to give thanks to the Lord, to sing psalms to thy name, O Most High,

To proclaim thy mercy in the morning, and thy truth by night

On a psaltery of ten strings, with a song on the harp.

For thou hast made me glad by thy deeds, O Lord, and in the works of thy hands will I rejoice.

O Lord, how magnified are thy works. Thy thoughts are very deep.

A foolish man will not know, and a senseless man will not understand:

When the sinners spring up as the grass, and all the workers of iniquity look down, it is that they may be destroyed unto ages of ages.

But thou, O Lord, art the Most High for ever.

For behold, thine enemies shall perish; and all the workers of iniquity shall be scattered.

But my horn shall be exalted like the horn of the unicorn, my old age shall be blessed with rich oil.

My eye has beheld my enemies, my ear shall hear concerning the wicked who rise up against me.

The righteous shall flourish like a palm tree, and like a cedar in Lebanon shall he increase.

They that are planted in the house of the Lord shall flourish in the courts of our God.

They shall still increase in a ripe old age, and they shall rejoice to proclaim that the Lord my God is upright, and there is no unrighteousness in him.

### Psalm 92

For the Sabbath vigil, an ode of praise by David, when the earth was first peopled

The Lord is King, he is robed in majesty; the Lord has clothed and girded himself with strength,

Indeed the world is firmly established, so that it shall never be shaken.

Thy throne is established from of old; thou art from everlasting.

The floods have lifted up, O Lord; the floods have lifted up their voices at the voices of many waters.

Wondrous are the surgings of the sea. The Lord on high is wondrous.

Thy testimonies are made very sure. Holiness befits thy house, O Lord, unto length of days.

### Psalm 93

A psalm of David, for the fourth day of the week

The Lord is a God of vengeance; the God of vengeance has spoken openly.

Be exalted, O judge of the earth, render the proud their due.

How long, O Lord, will sinners boast, uttering and repeating wickedness;

How long shall all the workers of iniquity speak thus?

They have humbled thy people, O Lord, and they have afflicted thine inheritance,

They have slain the widow and fatherless, and have murdered the stranger,

And they said, The Lord shall not see, neither shall the God of Jacob understand.

Understand now, you simple among the people; and you fools, at length be wise.

He who planted the ear, does he not hear? Or he who formed the eye, does not he perceive?

He that chastises the nations, who guides all men to knowledge, shall he not rebuke?

The Lord knows the thoughts of men, that they are vain.

Blessed is the man whom thou shalt chasten, O Lord, and shalt teach him out of thy law,

To give him rest from evil days, until a pit is dug for the sinner.

For the Lord will not cast off his people, neither will he forsake his inheritance,

Until righteousness returns to judgment, and all the upright of heart possess it. *Diapsalma*

Who will rise up for me against the wicked, or who will stand up with me against the workers of iniquity?

If the Lord had not helped me, my soul would swiftly have gone down into Hades.

When I said that my foot had slipped, thy mercy, O Lord, upheld me.

According﻿ to the multitude of my sorrows in my heart, thy consolations have made my soul glad.

Let not the throne of iniquity have fellowship with Thee, which frames mischief in the name of the law.

They will hunt down the soul of the righteous, and condemn the innocent blood.

But the Lord is my refuge, and my God is the helper of my hope.

And the Lord shall bring upon them their own iniquity, and according to their own wickedness the Lord God shall destroy them.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 94

An ode of praise by David, untitled among the Hebrews

Come, let us rejoice in the Lord, let us shout for joy to God our Savior,

Let us come before his presence with thanksgiving, and shout in jubilation to him with psalms,

For the Lord is a great God, a great King over all gods.

For the ends of the earth are in his hands; and the heights of the mountains are his.

For the sea is his, and he made it: and his hands formed the dry land.

Come, let us worship and fall down before him; let us weep before the Lord who made us.

For he is our God and we are the people of his pasture, and the sheep of his hand.

Today, if you hear his voice, do not harden your hearts, as at the rebellion, in the day of provocation in the wilderness,

For your fathers tested me and proved me, and saw my works.

Forty years I was grieved with that generation, and I said: The always go astray in their hearts, they have not known my ways.

And so I swore in my wrath: They shall never enter my rest.

### Psalm 95

An ode of praise by David, when the house was rebuilt after the captivity; untitled among the Hebrews

Sing to the Lord a new song; sing to the Lord, all the earth.

Sing to the Lord, bless his name; proclaim his salvation from day to day.

Declare his glory among the nations, and his wonders among all the peoples.

For the Lord is great and he is greatly to be praised, and he is to be feared above all gods.

For all the gods of the nations are demons, but the Lord made the heavens.

Thanksgiving and splendor are in his presence, holiness and majesty in his sanctuary.

Thanksgiving and beauty are before him: holiness and majesty are in his sanctuary.

Bring to the Lord, O kindreds of nations, bring to the Lord glory and honor; bring to the Lord the glory due his name.

Bring an offering, and enter his courts; worship the Lord in his holy courts.

Let all the earth be shaken before him.

Say among the nations: The Lord reigns; for he has established the earth so that it shall never be moved. He shall judge the peoples in uprightness.

Let the heavens rejoice, let the earth be glad; let the sea be moved, and all that is therein.

The fields shall rejoice and all things in them. Then shall all the trees of the wood exult before the presence of the Lord:

For he comes, for he comes to judge the earth; he shall judge the world in righteousness, and the peoples with his truth.

### Psalm 96

Of David, when his land is restored; untitled among the Hebrews

The Lord is King, let the earth exult, let the multitude of islands be glad.

Clouds and darkness are round about him; righteousness and judgment are the foundation of his throne.

Fire shall go before him, and shall burn up his enemies round about.

His lightnings shone forth throughout the world; the earth saw, and trembled.

The mountains melted like wax at the presence of the Lord, at the presence of the Lord of the whole earth.

The heavens declared his righteousness, and all the peoples beheld his glory.

Let all be put to shame who worship graven things, who boast of their idols. Worship him, all you his angels.

Sion heard and exulted; the daughters of Judah rejoiced because of thy judgments, O God.

For thou art the Lord Most High over all the earth, exalted most greatly over all the gods.

Sion heard, and was glad, and the daughters of Judah rejoiced because of thy judgments, O Lord.

For thou art Lord Most High over all the earth; thou art exalted far above all gods.

You that love the Lord, hate evil. The Lord preserves the souls of his saints; he will deliver them from the hand of the sinner.

Light has dawned for the righteous, and gladness for the upright in heart.

Rejoice in the Lord, you righteous, and give thanks at the remembrance of his holiness.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 97

A psalm of David

Sing to the Lord a new song, for the Lord has done wondrous things. His right hand and His holy arm have wrought salvation for him.

The Lord has made known his salvation; he has revealed his righteousness in the sight of the nations.

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.

Shout for joy to God, all the earth; sing and rejoice and make melody.

Sing psalms to the Lord on the harp, on a lyre and the voice of a psalm,

With trumpets of metal, and the sound of a trumpet of horn, Shout for joy to the Lord our King.

Let the sea be shaken and the fullness thereof, the world and all who dwell therein.

The rivers shall clap their hands, the mountains shall rejoice at the presence of the Lord, for he comes to judge the earth.

He shall judge the world with righteousness and the peoples in uprightness.

### Psalm 98

A psalm of David

The reigns, let the peoples rage. He sits enthroned upon the cherubim; let the earth be shaken.

The Lord is great in Sion, he is high above all peoples.

Let them give thanks to thy great name, for it is fearsome and holy.

The King’s honor loves just judgment; thou hast established uprightness, thou hast wrought judgment and justice in Jacob.

Exalt the Lord our God, worship at his footstool, for he is holy.

Moses and Aaron are among his priests, and Samuel among those who call on his name; they called on the Lord, and he heard them,

He spoke to them in a pillar of cloud, for they kept his testimonies and the ordinances he gave them.

Thou didst hear them, O Lord our God; thou wast ready to forgive them, O God, though thou didst take vengeance on all their devices.

Exalt the Lord our God and worship at his holy mountain, for holy is the Lord our God.

### Psalm 99

A psalm of David for a thank-offering

Make a joyful noise to the Lord, all the earth,

Serve the Lord with gladness, come before his presence with rejoicing.

Know that the Lord is God; it is he that has made us and not we ourselves. We are his people and the sheep of his pasture.

Enter into his gates with thanksgiving, and into his courts with praise, be thankful to him and bless his name.

For the Lord is good, his mercy is everlasting, and his truth endures to all generations.

### Psalm 100

A Psalm of David

I will sing of mercy and judgment unto thee O Lord.

I will sing and have understanding in a blameless path. When wilt thou come to me? I have walked in my house in the innocence of my heart.

I have set no unlawful thing before my eyes; I have hated the workers of iniquities.

A perverse heart has not cleaved to me; and I would not know the wicked man that turned aside from me.

From the one who slanders his neighbor in secret I have turned away; I have not broken bread with him whose eye is proud and whose heart is insatiable.

My eyes were on the faithful of the earth, that they might dwell with me; the man that walked in the blameless path has ministered to me.

He that works evil dwelt not in my house; he that speaks unjust things prospered not in my sight.

In the morning I slew all the sinners of the land, that I might destroy out of the city of the Lord all those who work iniquity.

Glory. Both now. Alleluia.

# Kathisma Fourteen

## First Stasis

### Psalm 101

A prayer of a poor man, when he is despondent and pours out his supplication before the Lord

Hear my prayer, O Lord, and let my cry come to thee.

Turn not thy face away from me: in the day when I am afflicted, incline thine ear to me: in the day when I call upon thee, hear me speedily.

For my days have vanished like smoke, and my bones are consumed like wood in a fire.

I have been cut down like the grass, and my heart has dried up, for I have forgotten to eat my bread.

Because of the voice of my groaning, my bones have clung to my flesh.

I have become like an owl in a ruined house. I watched, and have become as a sparrow dwelling alone on a rooftop.

My enemies reproached me all the day long; even those who once praised me have sworn falsely against me.

For I have eaten ashes like bread, and mingled my drink with weeping, because of thine anger and thy wrath,

For thou hast lifted me up, and cast me down.

My days have declined like a shadow, and I am withered like grass.

But thou, O Lord, endurest for ever, and thy remembrance from generation to generation.

Thou shalt arise, and have mercy on Sion: for it is time to have mercy upon her, for the set time is come.

For thy servants have taken pleasure in her stones, and they shall pity her dust.

So the nations shall fear thy name, O Lord, and all the kings of the earth thy glory.

For the Lord shall build up Sion, he shall appear in his glory.

He has regarded well the prayer of the humble, and has not despised their supplication.

Let this be written for a generation to come, and the people that shall be created shall praise the Lord.

For he has looked out from the height of his sanctuary; the Lord looked on the earth from heaven;

To hear the groaning of the fettered, to loose the sons of the slain;

To declare the name of the Lord in Sion, and his praise in Jerusalem,

When the peoples are gathered together, and the kings, to serve the Lord.

He answered him in the way of his strength: tell me the fewness of my days.

Take me not away in the midst of my days: thy years are from generation to generation.

In the beginning, O Lord, thou hast laid the foundations of the earth, and the heavens are the work of thy hands.

They shall perish, but Thou endurest; yea, all of them shall grow old as a garment, and as a vesture shalt thou fold them, and they shall be changed.

But thou art the same, and thy years shall never fail.

The sons of the servants shall dwell securely, and their seed shall be guided rightly forever.

### Psalm 102

Of David

Bless the Lord, O my soul; and all that is within me bless his holy name.

Bless the Lord, O my soul, and forget not all his benefits:

Who forgives all thine iniquities, who heals all thine infirmities,

Who redeems thy life from corruption, who crowns thee with mercy and lovingkindness,

Who satisfies thy desire with good things; thy youth shall be renewed like the eagle’s.

The Lord executes mercy and judgment for all that are wronged.

He made known his ways unto Moses, his will to the sons of Israel.

The Lord is compassionate and merciful, longsuffering and plenteous in mercy. He will not always be angry, neither will he keep his wrath for ever.

Not according to our sins has he dealt with us, nor rewarded us according to our iniquities.

For as the heaven is high above the earth, so has the Lord made his mercy to prevail over those who fear him.

As far as the east is from the west, so far has he removed our iniquities from us.

As a father has compassion upon his children, so has the Lord had compassion on those who fear him,

For he knows whereof we are made; he has remembered that we are dust.

As for man, his days are as the grass; as a flower of the field, so shall he flourish.

For when the wind has passed over it, it shall be gone, and no more will it know the place thereof.

But the mercy of the Lord is from everlasting to everlasting on them that fear Him,

And his righteousness upon sons of sons, to such as keep his testament, and remember his commandments to do them.

The Lord has prepared his throne in heaven, and his kingdom rules over all.

Bless the Lord, all you his angels, mighty in strength, that perform his word, to hear the voice of his words.

Bless ye the Lord, all you his hosts, you ministers that do his will.

Bless the Lord, all his works, in every place of his dominion. Bless the Lord, O my soul.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 103

Of David, on the creation of the world

Bless the Lord, O my soul. O Lord, my God, thou art very great.

Thou art clothed with majesty and splendor; thou coverest thyself with light as with a garment.

Thou stretchest out the heavens like a curtain. Thou layest the beams of thine upper chambers in the waters.

Thou makes the clouds thy chariot; thou ridest on the wings of the wind.

Thou makest thine angels spirits; thy ministers a flame of fire.

Thou has set the earth on its foundation so that it should never be shaken.

Thou coverest it with the deep as with a garment; the waters stood above the mountains.

At thy rebuke they fled; at the voice of thy thunder they took to flight.

The mountains rise up, the valleys sink down, to the place thou hast founded for them.

Thou hast set a boundary that they shall not pass over, that they may not return to cover the earth.

Thou makest the springs gush forth in the valleys; they flow between the hills.

They give drink to every beast of the field; the wild donkeys quench their thirst.

By them the birds of the air have their habitation; they sing among the branches.

Thou waterest the hills from thine upper chambers; the earth is filled with the fruit of thy works.

Thou makest the grass to grow for the cattle, and vegetation for the service of man,

That he may bring forth food from the earth, and wine that gladdens the heart of man,

Oil to make his face shine, and bread to strengthen man’s heart.

The trees of the plain shall be satisfied, the cedars of Lebanon which he planted.

There the birds build their nests; the stork has her home in the fir trees.

The mountains are for the wild goats; the rocks are a refuge for the rabbits.

Thou hast made the moon to mark the seasons; the sun knows its time for setting.

Thou makest darkness, and it is night, when all the beasts of the forest creep forth.

The young lions roar for their prey, seeking their food from God.

When the sun rises, they gather together and lie down in their dens.

Man goes forth to his work and to his labor until the evening.

O Lord, how manifold are thy works; in wisdom thou hast them all.

The earth is full of thy creation. Yonder is the sea, great and wide,

Which teems with things innumerable, living things both small and great.

There the ships sail about, and Leviathan which thou madest to play there.

These all wait for thee to give them their food in due season.

What thou givest them, they gather in; thou openest thy hand, they are filled with good things.

Thou hidest thy face, they are troubled; thou takest away their breath, they die and return to their dust.

Thou sendest forth thy Spirit, they are created, and thou renewest the face of the earth.

May the glory of the Lord endure forever. May the Lord rejoice in his works.

He looks on the earth and it trembles; he touches the mountains and they smoke.

I will sing to the Lord as long as I live; I will sing praises to my God while I have being.

May my meditation be pleasing to him; I will be glad in the Lord.

May sinners be consumed from the earth, and the wicked be no more. Bless the Lord, O my soul.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 104

Alleluia

Give thanks unto the Lord, and call upon his name; declare his deeds among the nations.

Sing to him, sing psalms to Him; tell of all his wondrous works.

Glory in his holy name; let the heart of those who seek the Lord rejoice.

Seek the Lord, and be strengthened; seek his face at all times.

Remember the marvelous works that he has done; His

wonders, and the judgments of his mouth,

O seed of Abraham his servant, you sons of Jacob, his chosen ones.

He is the Lord our God, his judgments are in all the earth.

He remembered his covenant forever, the word that he commanded for a thousand generations,

Which he established as a covenant to Abraham, and he remembered his oath to Isaac,

And he established it to Jacob for an ordinance, and to Israel for an everlasting covenant,

Saying, To thee will I give the land of Canaan, the land of your inheritance.

When they were few in number, very few, and sojourners in the land,

And they went from nation to nation, and from one kingdom to another people.

He allowed no man to wrong them; and he rebuked kings for their sakes:

Saying, Touch not my anointed ones; and do my prophets no harm.

He called for a famine upon the land; he broke all the sustenance of bread.

He sent a man before them; Joseph was sold for a slave.

They shackled his feet with fetters, his life was spent in irons, until his word came to pass.

The word of the Lord tried him as fire.

The king sent and released him; even the ruler of the people, and let him go free.

He made him lord over his house, and ruler of all his possessions,

To instruct his princes in his name and to teach his elders wisdom.

Israel also came into Egypt, and Jacob sojourned in the land of Ham.

And he increased his people greatly, and made them stronger than their enemies.

And he turned their heart to hate his people, to deal craftily with his servants.

He sent forth Moses his servant, and Aaron whom he had chosen.

He established among them his signs, and his wonders in the land of Ham.

He sent forth darkness, and made it dark; yet they rebelled against his words.

He turned their waters into blood, and slew their fish.

Their land produced frogs abundantly, even in the chambers of their kings.

He spoke and flies came, and gnats within all their borders.

He turned their rain into hail, and sent flaming fire in their land.

And he smote their vines and their fig trees; and broke every tree of their coast.

He spoke, and the locust came, and caterpillars without number,

And they devoured all their grasslands, they devoured every fruit of the land.

And he smote the first-born in their land, the first-fruits of all their labor.

He led them out with silver and gold, and there was not one weak among their tribes.

Egypt rejoiced at their departing, for fear of them had fallen upon them.

He spread out a cloud as a covering for them, and fire to give them light by night.

They asked, and the quail came, and he satisfied them with the bread of heaven.

He split the rock and the waters flowed; rivers ran in the dry places.

For he remembered his holy word, which he spoke to Abraham his servant.

He brought forth his people with joy, and his chosen with gladness,

And he gave them the lands of the nations, and they inherited the labors of the peoples,

That they might keep his statutes, and diligently seek his law.

Glory. Both now. Alleluia.

# Kathisma Fifteen

## First Stasis

### Psalm 105

Alleluia

Give thanks to the Lord, for he is good, for his mercy endures forever.

Who shall tell the mighty acts of the Lord? Who shall cause all his praises to be heard?

Blessed are they that keep his judgment, and do righteousness at all times,

That we may behold the good of thine elect, that we may rejoice in the gladness of thy nation, that we may glory with thine inheritance.

We have sinned with our fathers, we have transgressed, we have done unrighteously.

Our fathers in Egypt understood not thy wonders, and remembered not the multitude of thy mercy; but provoked thy as they went up by the Red Sea.

Yet he saved them for his name’s sake, that he might cause his mighty power to be known.

And he rebuked the Red Sea, and it was dried up; so he led them through the deep as through the wilderness.

He saved them out of the hand of him that hated them, and redeemed them out of the hand of the enemy.

The water covered those that oppressed them: there was not one of them left.

Then they believed his words, and then they sang his praise.

They made haste, they forgot his works; they waited not for his counsel.

And they desired a desire in the wilderness, and made trial of God in the waterless place.

And he gave them their request and sent fullness into their souls.

When they provoked Moses in the camp and Aaron the holy one of the Lord,

The earth opened up and swallowed Dathan and covered the assembly of Abiram.

A fire was kindled in their company; the flame burned up the sinners.

And they made a calf in Horeb, and worshiped the graven image.

Thus they exchanged his glory for the likeness of a calf that eats grass.

They forgot God that saved them, who had wrought great deeds in Egypt;

wondrous works in the land of Ham, and terrible things at the Red Sea.

So he said that he would have destroyed them, had not Moses his chosen stood before him in the breach, to turn him away from the fierceness of his anger, so that he should not destroy them.

Moreover they set at nought the desirable land, and believed not his word.

And they murmured in their tents: they hearkened not to the voice of the Lord.

So he raised his hand against them, to cast them down in the wilderness,

To cast down their seed among the nations, and to scatter them over the lands.

They became initiates of Baal-Peor, and they ate sacrifices of the dead.

They provoked him with their practices, and destruction multiplied among them.

Then Phinehas stood to make atonement and the plague ceased,

And it was counted to him for righteousness unto generation and generation for evermore.

They provoked him at the waters of strife, and Moses suffered for their sakes,

For they provoked his spirit, so that he spoke unadvisedly with his lips.

They destroyed not the nations as the Lord commanded them,

But were mingled among the nations and learned their works.

And they served their graven images; and it became a stumbling block to them.

And they sacrificed their sons and their daughters to demons,

And they shed innocent blood, the blood of their sons and daughters, in sacrifice to the idols of Canaan; and the land was defiled with blood.

It was defiled with their works; and they played the harlot with their deeds.

Therefore was the wrath of the Lord kindled against his people, and he abhorred his inheritance.

And he delivered them into the hands of their enemies; and those who hated them ruled over them.

Ands their enemies oppressed them, and they were brought down under their hands.

Many a time he delivered them; but they provoked him by their counsel, and they were brought low by their iniquities.

Yet the Lord looked upon their affliction, and he heard their supplication.

And he remembered his covenant, and relented according to the multitude of his mercy.

And he caused them to be pitied in the sight of all who carried them captive.

Save us, O Lord our God, and gather us from among the nations, that we may give thanks to thy holy name, that we may glory in thy praise.

Blessed be the Lord God of Israel from everlasting to everlasting, and all the peoples shall say: Amen and amen.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 106

Alleluia

Give thanks to the Lord, for he is good, for his mercy endures forever.

Let the redeemed of the Lord say so, whom he has redeemed from the hand of the enemy,

And gathered them out of the lands: from the east, and from the west, and from the north, and from the sea.

They wandered in the wilderness in a dry land; they found no way to a city of habitation.

Hungry and thirsty, their soul fainted in them.

Then they cried to the Lord in their affliction, and he delivered them out of their distresses.

And he guided them into a straight path, that they might go to a city of habitation.

Let them give thanks unto the Lord for his mercies, and for his wondrous works for the sons of men.

For he satisfied the empty soul, and filled the hungry soul with good things:

Those who sat in darkness and the shadow of death, fettered in poverty and iron,

because they rebelled against the words of God, and provoked the counsel of the Most High.

So their heart was brought low with troubles; they were weak, and there was no helper.

Then they cried to the Lord in their affliction, and he saved them out of their distresses.

And he brought them out of darkness and the shadow of death, and broke their bonds asunder.

Let them give thanks unto the Lord for his mercies, and for his wondrous works for the sons of men.

For he shattered the gates of brass, he crushed down the bars of iron.

He helped them out of the way of their iniquity; for they were brought low because of their iniquities.

Their soul abhorred all food, and they drew near to the gates of death.

In their affliction they cried out to the Lord and he saved them from their distresses.

He sent his word and healed them, and delivered them from out of their destructions.

Let them give thanks unto the Lord for his mercies, and for his wondrous works for the sons of men.

And let them offer him a sacrifice of praise, and proclaim his works with rejoicing.

Those who go down to the sea in ships, who do business on many waters,

These have seen the works of the Lord, and his wonders in the deep.

He spoke and the storm wind rose; its waves lifted up,

They mount up to the heavens, and they go down to the depths; their soul was melted away with troubles.

They were troubled, and they staggered as a drunken man, and all their wisdom was swallowed up.

And they cried to the Lord in their affliction, and he brought them out of their distresses.

He commanded the storm, and it was calmed into a breeze, and its waves were stilled.

Then they were glad, because they were stilled; and He guided them to the haven of His will.

Let them give thanks unto the Lord for his mercies, and for his wondrous works for the sons of men.

Let them exalt him in the congregation of the people, and praise him in the seat of the elders.

He turned rivers into a desert, and streams of water into dry land;

A fruitful land into saltness, for the wickedness of those who dwell in it.

He turned the desert into pools of waters, and the parched ground into rushing streams,

There he made the hungry to dwell, and they built cities to for habitation.

They sowed fields and planted vineyards, which yielded fruits of increase.

He blessed them and they were multiplied greatly, he did not permit their cattle to decrease.

And again, they were diminished and brought low through affliction, evils, and sorrows.

Contempt was poured upon their princes; and he caused them to wander in a wilderness, where there is no way.

But he helped the poor out of his poverty, and made his families like a flock.

The righteous shall see this and rejoice, and all iniquity shall stop its mouth.

Who is wise, and will keep these things, and understand the mercies of the Lord??

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 107

A psalmic ode of David

My heart is ready, O God, my heart is ready; I will sing and give praise with my glory.

Awake, lute and harp, I will awaken the dawn.

I will praise thee, O Lord, among the peoples, I will sing to thee among the nations.

For thy mercy is great above the heavens, and thy truth even to the clouds.

Be exalted, O God, above the heavens, let thy glory be above all the earth.

That thy beloved may be rescued, save with thy right hand, and hear me.

God has spoken in his sanctuary: I will be exalted and divide Shechem; I will measure out the valley of tabernacles.

Gilead is mine, and Manasseh is mine; Ephraim is the strength of my head, Judah is my king.

Moab is the cauldron of my hope, over Idumea will I stretch out my shoe, foreign tribes were subject to me.

Who will lead me into a fortified city? Who will lead me as far as Idumea?

Wilt Thou not, O God, Who hast cast us off? And wilt Thou not, O God, go forth with our forces?

Give us help from affliction, for vain is the salvation of man.

In God we shall work mighty deeds, and He will bring to nought our enemies.

### Psalm 108

For the end of the struggle, a psalm of David

O God, my praise do not pass over in silence; for the mouth of the sinner and the mouth of the deceitful man are opened against me.

They have spoken against me with a deceitful tongue, they have compassed me about also with words of hatred, and fought against me without a cause.

In return for my love they falsely accused me; but I gave myself unto prayer.

They rewarded me evil for good, and hatred for my love.

Set a sinner over him, and let an accuser stand at his right hand.

Let his days be few: and let another take his office.

Let his children be fatherless, and his wife a widow.

Let his children wander without a dwelling-place, and beg: let them be cast out of their habitations.

Let his creditor search out all his substance, and let strangers spoil all his labors.

Let there be none to help him, nor anyone to have pity upon his fatherless children.

Let his children be given over to destruction; in one generation let his name be blotted out.

Let the Lord forever remember the sin of his fathers, let the Let the iniquity of his fathers be remembered before the Lord, and let not the sin of his mother be blotted out.

Let them be before the Lord continually, and let the memory of them perish from the earth.

Because he remembered not to show mercy, but persecuted the poor and needy, and one broken in heart, that he might slay him.

And he loved cursing, and it shall come upon him; and he delighted not in blessing, and it shall be far from him.

And he put on cursing like a garment, and it came into his bowels like water, and like oil into his bones.

Let it cover him like a garment; and like a belt wherewith he is girded continually.

This is the dealing of the Lord with those who falsely accuse me, and with those who speak evil against my soul.

But thou, O Lord, Lord, deal mercifully with me, for thy name’s sake, for thy mercy is good.

Deliver me, for I am poor and needy; and my heart is troubled within me.

I am taken away like a shadow when it declines; I am shaken off as the locusts.

My knees are grown weak through fasting, and my flesh is changed for want of oil.

I am become a reproach also to them; when they saw me they shook their heads.

Help me, O Lord my God; and save me according to thy mercy.

And let them know that this is thy hand; and that thou, Lord, hast wrought it.

They shall curse, but thou shalt bless; let those who rise up against me be ashamed, but let thy servant rejoice.

Let those that falsely accuse me be clothed with shame, and let them be covered with shame as with a mantle.

I will give thanks to the Lord abundantly with my mouth; and in the midst of many will I praise him.

For he stood at the right hand of the poor, to save me from those who persecute my soul.

Glory. Both now. Alleluia.

# Kathisma Sixteen

## First Stasis

### Psalm 109

A psalm of David

The Lord said to my Lord: sit at my right hand until I make thine enemies thy footstool.

The Lord shall send thee a rod of power out of Sion; rule thou in the midst of thine enemies.

With thee is dominion in the day of thy power, in the splendor of thy saints.

From the womb before the morning star have I begotten thee.

The Lord has sworn and will not repent: Thou art a priest forever after the order of Melchizedek.

The Lord at thy right hand has broken kings in the day of his wrath.

He shall judge among the nations, he shall fill them with dead bodies; he shall crush the heads of many on the earth.

He shall drink of the brook in the way; therefore shall he lift up his head.

### Psalm 110

Alleluia

I will give thanks to thee, O Lord, with my whole heart, in the council of the upright, and in the congregation.

Great are the works of the Lord, sought out according to all his will.

Gratitude and majesty are his work, his righteousness endures unto ages of ages.

He has caused his wondrous works to be remembered: the Lord is merciful and compassionate.

He has given food to those who fear him: he will remember his covenant unto the ages.

He has declared to his people the power of his works, to give them the inheritance of the nations.

The works of his hands are truth and judgment; all his commandments are sure,

Established unto ages of ages, done in truth and uprightness.

He sent redemption to his people, he has commanded his covenant unto the ages; holy and fearsome is his name.

The fear of the Lord is the beginning of wisdom, and a good understanding have all they that do accordingly.

His praise endures unto ages of ages.

### Psalm 111

Alleluia

Blessed is the man who fears the Lord, who greatly delights in his commandments.

His seed shall be mighty on the earth; the generation of the upright shall be blessed.

Glory and riches shall be in his house; and his righteousness endures unto ages of ages.

Light arises in the darkness for the upright; he is merciful, and full of compassion, and righteous.

A good man is he that shows compassion and lends; he will order his words with discretion, for he shall not be moved unto the ages.

The righteous shall be in everlasting remembrance; he shall not be afraid of evil tidings; his heart is ready to hope in the Lord.

His heart is established, he shall not be afraid, till he shall see his desire upon his enemies.

He has dispersed abroad, he has given to the poor; his righteousness endures unto ages of ages: his horn shall be exalted with glory.

The sinner shall see it and be angry, he shall gnash his teeth and melt away; the desire of the sinner shall perish.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 112

Alleluia

Praise the Lord, ye servants, praise the name of the Lord.

Blessed be the name of the Lord henceforth and forevermore.

From the rising of the sun to the going down of the same, the name of the Lord is to be praised.

The Lord is high above all nations; his glory is above the heavens.

Who is like the Lord our God, who dwells on high, and beholds the humble things in the heavens and upon the earth?

He lifts up the poor from the earth, and raises up the needy from the dunghill

That he may set him with princes, even with the princes of his people;

Who settles the barren woman in a house, as a mother rejoicing over children.

### Psalm 113

Alleluia

When Israel went out of Egypt, the house of Jacob from among a barbarous people,

Judah became his sanctuary, and Israel his dominion.

The sea saw it, and fled; Jordan was turned back.

The mountains skipped like rams, and the hills like lambs. What ailed thee, O sea, that thou didst flee? and thou, Jordan, that thou wast turned back?

O mountains, that you skipped like rams? O hills, like lambs?

The earth trembled at the presence of the Lord, at the presence of the God of Jacob.

Who turned the rock into pools of water, and the sharp rock into fountains of water.

Not to us, O Lord, not to us, but to thy name give glory, because of thy mercy of thy truth,

Lest at any time the nations say: Where is their God?

Our God is in heaven and on earth, whatsoever he has willed, he has done.

The idols of the nations are silver and gold, the work of men’s hands.

They have a mouth but they cannot speak; they have eyes, but they cannot see;

They have ears, but they cannot hear; they have noses, but they cannot smell;

They have hands, but they cannot feel; they have feet, but they cannot walk: they cannot speak through their throat.

Let those who make them become like them, and all who put their trust in them.

The house of Israel trusts in the Lord: he is their helper and defender.

The house of Aaron trusts in the Lord: he is their helper and defender.

They that fear the Lord trust in the Lord: he is their helper and defender.

The Lord has remembered us, and blessed us: he has blessed the house of Israel, he has blessed the house of Aaron.

He has blessed them that fear the Lord, both small and great.

May the Lord grant you increase, to you and to your children.

You are blessed of the Lord who has made heaven and earth.

The heaven of heavens is the Lord’s, but the earth has he given to the sons of men.

The dead shall not praise thee, O Lord, nor any that go down to Hades.

But we, the living, will bless the Lord, from henceforth and for evermore.

### Psalm 114

Alleluia

I am filled with love, for the Lord will hear the voice of my supplication,

For he inclined his ear to me, and I will call on him as long as I live.

The pangs of death compassed me, and the perils of Hades came upon me. I found trouble and sorrow,

Then I called on the name of the Lord: O Lord, deliver my soul.

Merciful is the Lord, and righteous; our God is merciful. The Lord preserves the simple; I was brought low, and

Return to thy rest, O my soul; for the Lord has dealt bountifully with thee.

For he has delivered my soul from death, my eyes from tears, and my feet from falling.

I shall be well-pleasing before the Lord in the land of the living.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 115

Alleluia

I believed, therefore I spoke; but I was greatly humbled.

I said in my alarm: Every man is a liar.

What return shall I make to the Lord for all he has given to me?

I will take the cup of salvation and call on the name of the Lord.

I will pay my vows to the Lord in the presence of all his people.

Precious in the sight of the Lord is the death of his saints.

O Lord, I am thy servant, thy servant and the son of thy handmaid; thou hast broken my bonds asunder,

I will offer thee a sacrifice of praise and call on the name of the Lord

I will pay my vows to the Lord in the presence of all his people,

In the courts of the house of the Lord, in thy midst, O Jerusalem.

### Psalm 116

Alleluia

Praise the Lord, all you nations, praise him, all peoples,

For great is his mercy toward us, and the truth of the Lord endures for ever.

### Psalm 117

Alleluia

Give thanks to the Lord, for he is good, for his mercy endures forever.

Let the house of Israel say that he is good, for his mercy endures forever.

Let the house of Aaron say that he is good, for his mercy endures forever.

Let all those who fear the Lord say that he is good, for his mercy endures forever.

I called on the Lord out of affliction and he heard me, and led me forth into a spacious place.

The Lord is my helper; I shall not fear what man may do to me.

The Lord is my helper, and I shall see my desire upon my enemies.

It is better to put trust in the Lord than to trust in men,

It is better to trust in the Lord than to trust in man.

It is better to hope in the Lord than to hope in princes.

All the nations compassed me about, but in the name of the Lord I warded them off.

They compassed me about, like bees around a honeycomb, and they kindled like fire among thorns; but in the name of the Lord I warded them off.

I was pushed and overturned to fall; but the Lord was quick to help me.

The Lord is my strength and my song, and he is become my salvation.

The voice of rejoicing and salvation is in the tabernacles of the righteous; the right hand of the Lord has wrought strength,

The right hand of the Lord has exalted me; the right hand of the Lord has wrought strength.

I shall not die, but live, and declare the works of the Lord.

The Lord has chastened me but he has not given me over to death.

Open to me the gates of righteousness; there will I enter, and I will praise the Lord.

This is the gate of the Lord: the righteous shall enter by it.

I will give thanks to thee, for thou hast heard me, and thou hast become my salvation.

The stone that the builders rejected has become the chief cornerstone;

This has been done by the Lord, and it is wonderful in our eyes.

This is the day that the Lord has made, let us rejoice and be glad in it.

Save now, O Lord; O Lord, send now prosperity.

Blessed is he who comes in the name of the Lord; we have blessed all of you from the house of the Lord.

God is the Lord and has appeared to us; celebrate the feast with thick branches, even to the horns of the altar.

Thou art my God, and I will give thanks to thee: thou art my God, and I will exalt thee. I will give thanks to thee, for thou hast heard me, and art become my salvation.

Give thanks to the Lord; for he is good: for his mercy endures for ever.

Glory. Both now. Alleluia.

# Kathisma Seventeen

## First Stasis

### Psalm 118

Alleluia

Blessed are the blameless in the way, who walk in the law of the Lord.

Blessed are those who search out his testimonies, who seek him with the whole heart.

For the workers of iniquity have not walked in his ways.

Thou hast charged that thy commandments be kept most diligently.

O that my ways be all directed to the keeping of thy statutes.

Then I shall not be ashamed when I behold all thy commandments.

I shall praise thee with upright heart as I learn thy righteous judgments.

I shall keep thy statutes; do not utterly forsake me.

How shall a young man make straight his way? By keeping thy words.

I have sought thee with my whole heart; let me not stray from thy commandments.

In my heart I have hidden thy teachings, that I might not sin against thee.

Blessed art thou, O Lord, teach me thy statutes.

With my lips I have declared all the judgments of thy mouth.

I delight in the way of thy testimonies as much as in every kind of wealth.

I shall deeply ponder thy commandments; I shall comprehend thy ways.

I shall meditate on thy statutes; I shall never forget thy words.

Give thy servant this reward: That I may live and keep thy words.

Take away the veil from my eyes, that I may see the wonders in thy law.

I am a stranger on the earth; hide not thy commandments from me.

My soul has longed to desire thy judgments at all times.

Thou hast rebuked the proud; cursed be those who reject thy commandments.

Take from me reproach and contempt, for I have sought thy testimonies.

For princes sat and spoke against me, but thy servant pondered on thy statutes.

Thy testimonies are my meditation, and thy statutes my counselors.

My soul lies prostrate on the earth; quicken me according to thy word.

I declared my ways, and thou didst hear me; teach me thy statutes.

Make me to understand the way of thy statutes; I shall ponder thy wondrous works.

My soul has fainted from despondency; strengthen me with thy words.

Put far from me the way on unrighteousness; with thy law have mercy on me.

I have chosen the way of truth; I have never forgotten thy judgments.

I have clung to thy testimonies. O Lord, put me not to shame.

I have run the way of thy commandments, when thou didst enlarge my heart.

Set before me for a law, O Lord, the way of thy statutes, and I shall seek it out always.

Give me wisdom to search deeply thy law; I shall keep it with my whole heart.

Guide me on the path of thy commandments, for I have desired this.

Incline my heart to thy testimonies, and not to covetousness.

Turn away my eyes from empty things; quicken me in thy way.

Establish thy teaching in thy servant, that I may be rooted in fear of thee.

Take away my reproach, which I have feared, for thy judgments are good.

Behold, I have longed for thy commandments; quicken me in thy righteousness.

Let thy mercy, O Lord, come upon me; thy salvation according to thy teaching.

I shall answer those who reproach me, for I have hoped in thy words.

Take not utterly out of my mouth the word of truth, for I have hoped in thy judgments.

So I shall keep forever thy law, always and unto ages of ages.

And I walked in spaciousness, for I have always sought thy commandments.

I spoke of thy testimonies even to kings, and I was not ashamed.

I meditated in thy commandments, which I have greatly loved.

I lifted up my hands, I loved thy commandments, and I pondered thy statutes.

Remember thy words to thy servant, wherein thou hast made me to hope.

This comforted me in my affliction, for thy teaching has given me life.

The proud have greatly transgressed, but I have not turned away from thy law.

I remember thine eternal judgments, O Lord, and I was comforted.

Despondency seized me upon seeing the sinners who abandon thy law.

Thy statutes have been my songs in the place of my sojourning.

In the night I remembered thy name, O Lord, and I kept thy law.

All this has happened to me because I sought after thy statutes.

Thou, O Lord, art my inheritance; I have said that I would keep thy word.

I entreated thy countenance with my whole heart; have mercy on me according to thy teaching.

I gave my reason over to thy ways; I turned my feet back to thy testimonies.

I made ready and I was not troubled, that I might keep thy commandments.

Sinners have ensnared me with cords, but I have not forgotten thy law.

At midnight I rose to give thee thanks for the righteousness of thy judgments.

I am companion of those who fear thee, of those who keep thy commandments.

The earth is full of thy mercy, O Lord; teach me thy statutes.

Thou hast dealt graciously with thy servant, O Lord, according to thy word.

Teach me goodness, discipline and knowledge, for I have believed thy commandments.

Before I was humbled, I transgressed; therefore I have kept thy teaching.

Thou art good, O Lord, and in thy goodness teach me thy statutes.

The wickedness of the arrogant has multiplied against me, but with my whole heart I shall search out thy commandments.

Their heart has gone sour like milk, but I have meditated in thy law.

It is good thou hast humbled me, that I might learn thy statutes.

The law of thy mouth is better to me than thousands of gold and silver.

Glory. Both now. Alleluia.

## Second Stasis

Thy hands have made and fashioned me, teach me to know thy commandments.

Those who fear thee will rejoice seeing me, because I have hoped in thy words.

I know, O Lord, that thy judgments are righteous; with truth thou hast humbled me.

Let now thy mercy be my comfort, according to thy teaching to thy servant.

Let thy compassions be upon me and I shall live, for thy law is my meditation.

Let the proud be put to shame, who have transgressed wickedly against me, but I shall meditate in thy commandments.

Let those who fear thee turn to me, those who know thy testimonies.

Let my heart be blameless in thy statutes, that I may never be ashamed.

My soul faints for thy salvation, for have hoped in thy word.

My eyes grew dim with awaiting thy teaching; they say: When wilt thou comfort me?

I am withered like a wineskin in frost, yet I have never forgotten thy statutes.

How many are the days of thy servant? When wilt thou judge my tormentors?

Transgressors have spread stories about me, but they are far from thy law.

All thy commandments are truth. Help me: I am unjustly persecuted.

They almost ended my life on earth, but I never once forgot thy commandments.

Quicken me by thy mercy, and I shall keep the testimonies of thy mouth.

Forever, O Lord, thy word abides in heaven,

Thy truth is from generation to generation; thou hast founded the earth and it abides.

By thine ordinance the day endures, for all earthly things are thy servants.

If thy law had not been my meditation, I would have perished in my affliction.

I shall never forget thy statutes; in them thou hast quickened me to life.

Midpoint

I am thine, O Lord, save me, for I have sought after thy statutes.

Sinners lurked for me to destroy me, but I understood thy testimonies.

I have seen the limits of all achievements, but thy commandment is exceedingly spacious.

How I have loved thy law, O Lord; it is my meditation all the day long.

Above my enemies thou hast made me wise in thy commandment, and it is mine forever.

I understood more than all my teachers, for thy testimonies are my meditation.

I comprehended more than the elders, because I sought always thy commandments.

I have restrained my feet from every evil way, that I might keep thy word.

I have not rejected thy judgments, for thou hast established law for me.

How sweet to my taste are thy teachings; sweeter than honey in my mouth.

From thy commandments have I gained understanding; therefore I have hated every false way.

Thy word is a lamp to my feet. and a light to my path.

I swore an oath and confirmed it, to keep the judgments of thy righteousness.

I have been deeply humbled, O Lord; quicken me according to thy word.

Receive, O Lord, the freewill offering of my lips, and teach me thy judgments.

My soul is always in thy hands, and I have never forgotten thy law.

The wicked have set snares for me, but I never strayed from thy commandments.

I have inherited thy testimonies forever; they are the rejoicing of my heart.

I have set my heart to do thy statutes forever for a recompense.

Transgressors I have hated, but I have loved thy law.

Thou art my helper and protector; I have put my hope in thy word.

Depart from me, you evildoers; I shall search deeply the commandments of my God.

Uphold me according to thy teaching and I shall live; do not put me to shame in my expectation.

Help me and I shall be saved; I shall meditate always in thy statutes.

Thou hast set at naught all who spurn thy statutes, for their inward thought is wicked.

I counted as transgressors all the sinners of the earth; I have always loved thy testimonies.

Pierce my flesh with fear of thee, for I have feared thy judgments.

I have done justice and righteousness; do not deliver me to my tormentors.

Receive thy servant unto good; let not the arrogant falsely accuse me.

My eyes failed from waiting for thy salvation, and for the word of thy righteousness.

Deal with thy servant in thy mercy, and teach me thy statutes.

I am thy servant, make me to understand, and I shall know thy testimonies.

It is time for the Lord to act, for they have turned away from thy law.

Therefore I have loved thy commandments more than gold and precious stone.

Therefore I have been guided rightly into keeping all thy commandments, and I have hated every false way.

Wondrous are thy testimonies; therefore my soul has sought them out.

The unfolding of thy words will give light and understanding to infants.

I opened my mouth and I drew in my breath, for I longed for thy commandments.

Glory. Both now. Alleluia.

## Third Stasis

Look upon me and have mercy on me, according to the judgment of those who love thy name.

Direct my steps according to thy teaching, and let no iniquity rule over me.

Set me free from the false accusation of man, and I will keep thy commandments.

Make thy face shine on thy servant, and teach me thy statutes.

My eyes have poured forth streams of tears because men have not kept thy law.

Righteous art thou, O Lord, and upright is thy judgment.

Thou hast commanded thy testimonies, righteousness and truth exceedingly.

Zeal for thy house has consumed me, for my enemies have forgotten thy words.

Thy teaching is purified in fire; thy servant has deeply loved it.

I am small and counted as nothing, but I have never forgotten thy statutes.

Thy righteousness is righteousness forever and thy law is truth.

Affliction and anguish have found me, but thy commandments are my meditation.

Thy testimonies are righteousness forever; give me comprehension, and I shall live.

I cried with my whole heart: Hear me, O Lord, and I shall seek thy statutes.

I cried out to thee: Save me, and I shall keep thy testimonies.

I have arisen in the depths of night, crying out: In thy words I have hoped.

My eyes awoke before the dawn to meditate in thy teachings.

Hear my voice, O Lord, in thy mercy; quicken me in thy judgment.

Those who wrongly persecute me draw near, but they are far from thy law.

Thou art near, O Lord; all thy commandments are truth,

And long have I known from thy testimonies that thou hast founded them forever.

Behold my humiliation and rescue me, for I have never forgotten thy law.

Plead my cause and redeem me; quicken me according to thy word.

Salvation is far from all sinners; they never searched deeply thy statutes.

Many are thy compassions, O Lord; quicken me according to thy judgment.

Many are those who pursue and afflict me, but never have I turned away from thy testimonies.

I beheld those who are faithless, and I wasted away; they have never kept thy teachings.

I have deeply loved thy commandments; quicken me, O Lord, in thy mercy.

The beginning of thy words is truth; the judgments of thy righteousness endure for all ages.

Princes have pursued me for no cause, but my heart feared only thy words.

I shall rejoice in thy teachings as one who finds great treasure.

Injustice I have hated and abhorred, but thy law I have deeply loved.

Seven times a day I have praised thee for the judgments of thy righteousness.

Great peace have all those who love thy law, and nothing can make them stumble.

I have longed for thy salvation, O Lord; I have deeply loved thy commandments.

My soul has kept thy testimonies; I have loved them very deeply.

I kept thy commandments and testimonies, for all my ways are before thee.

Let my cry come before thee, O Lord; according to thy word give me understanding.

Let my petition come before thee; according to thy teaching, rescue me.

My lips shall overflow in song when thou teachest me thy statutes.

My tongue shall speak of thy teaching, for all thy commandments are righteousness.

Let thy hand be ready to save me, for I have chosen thy commandments.

O Lord, I have longed for thy salvation, and thy law is my meditation.

My soul shall live and praise thee, and thy judgments shall help me.

I have gone astray like a lost sheep; seek out thy servant, for I have never forgotten thy commandments.

Glory. Both now. Alleluia.

# Kathisma Eighteen

## First Stasis

### Psalm 119

A song of Ascents

I cried to the Lord in my affliction, and he heard me.

O Lord, deliver my soul from unrighteous lips and from a deceitful tongue.

What shall be given to thee and what shall be added to thee for thy deceitful tongue?

Sharpened weapons of the mighty, with coals of the desert.

Woe is me, for my sojourning is prolonged; I have dwelt amid the tents of Kedar.

My soul has long been a sojourner.

With those who hate peace I was peaceable; when I spoke to them, they hated me without a cause.

### Psalm 120

A song of Ascents

I have lifted up mine eyes to the mountains, from whence comes my help.

My help comes from the Lord, who made heaven and the earth.

Give not thy foot unto moving, and may he who keeps thee not slumber.

Behold, he who keeps Israel shall not slumber nor sleep.

The Lord shall keep thee; the Lord is thy shelter at thy right hand.

The sun shall not burn thee by day, nor the moon by night.

The Lord shall preserve thee from all evil, the Lord shall guard thy soul.

The Lord shall keep thy coming in and thy going out, from henceforth and for evermore.

### Psalm 121

A song of Ascents

I rejoiced when they said to me: Let us go to the house of the Lord.

Our feet have stood in thy courts, O Jerusalem.

Jerusalem is built as a city which its dwellers share in concord.

For there the tribes went up, the tribes of the Lord, as a testimony for Israel, to give thanks to the name of the Lord.

For there are set thrones for judgement, thrones over the house of David.

Pray now for the peace of Jerusalem, for the prosperity of those who love thee.

Let peace be with thy strength, and prosperity in thy strong towers.

I have indeed spoken peace concerning thee.

Because of the house of the Lord our God, I have sought good things for thee.

### Psalm 122

An Ode of the Ascents

Unto thee have I lifted up mine eyes, O thou who dwellest in the heavens.

Behold: as the eyes of servants look to the hands of their masters, as the eyes of a handmaid to the hands of her mistress, so our eyes look to the Lord our God, until he have mercy on us.

Have mercy on us, O Lord, have mercy on us, for we have had our fill of scorn.

Our soul is more than full; let the reproach be on the prosperous, and the contempt on the proud.

### Psalm 123

A song of Ascents

Had not the Lord been with us, let Israel now say, had not the Lord been with us when men rose up against us,

They would have swallowed us alive when their wrath raged against us, then the waters would have drowned us.

Our soul passed through the torrent; our soul passed through the overwhelming water.

Blessed be the Lord, who has not given us as prey to their teeth.

Our soul was delivered like a sparrow from the snare of the hunters; the snare is broken, and we are delivered.

Our help is in the name of the Lord, who made heaven and the earth.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 124

A song of Ascents

They who trust in the Lord shall be as Mount Sion; he who dwells at Jerusalem shall never be shaken

As the mountains are round about her, so the Lord is round about his people from henceforth and for evermore.

For the Lord will not permit the rod of sinners to rest on the lot of the righteous, lest the righteous stretch forth their hands to iniquity.

Do good, O Lord, to those who are good and to those who are upright in heart.

But those who turn aside to crooked ways the Lord will lead away with the workers of iniquity. Peace be upon Israel.

### Psalm 125

A song of Ascents

When the Lord brought back the captivity of Sion, we became like those who are comforted.

Then was our mouth filled with joy, and our tongue with rejoicing.

Then shall they say among the nations: The Lord has done great things among them.

The Lord has done great things for us, and we are glad.

O Lord, turn back our captivity, like streams in the desert.

Those who sow with tears shall reap with rejoicing.

Those who went forth and wept as they cast their seed shall return with rejoicing, bearing with them great harvest.

### Psalm 126

An ode of the Ascents, for Solomon

Unless the Lord build the house, the builders labor in vain; unless the Lord guard the city, in vain has the watchman kept awake.

In vain do you rise at dawn, rousing yourselves from rest to eat the bread of sorrows, for he gives sleep to his beloved.

Behold, sons are an inheritance from the Lord, the reward of the fruit of the womb.

Like arrows in the hand of a mighty man, so are the sons of the outcasts.

Blessed is he whose desire is fulfilled in them; they shall not be put to shame when they speak with their enemies in the gates.

### Psalm 127

A song of Ascents

Blessed are all those who fear the Lord, who walk in his ways.

Thou shalt eat the fruits of the labor of thy hands; blessed art thou, and it shall be well with thee.

Thy wife shall be as a fruitful vine within thy house, thy sons like olive trees round about thy table.

Behold, thus shall the man be blessed who fears the Lord.

May the Lord bless thee from Sion, and mayest thou see the good things of Jerusalem all the days of thy life,

And mayest thou see thy children’s children. Peace be upon Israel.

### Psalm 128

A song of Ascents

Since my youth they have often warred against me, let Israel now say,

Many a time have they warred against me from my youth, yet they have not prevailed against me.

The sinners conspired behind my back, and they increased their iniquity.

The Lord is righteous; He has cut asunder the necks of sinners.

Let all who hate Sion be put to shame and turned back.

Let them be like grass on the housetops that withers before it can grow,

Grass with which the reaper never fills his hand, nor the gatherer his arms.

Nor do those who pass by say to them: The blessing of the Lord be upon you; we have blessed you in the name of the Lord.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 129

A song of Ascents

Out of the depths I cry to thee, O Lord; Lord, hear my voice.

Let thine ears be attentive to the voice of my supplication.

If thou, O Lord, shouldst count our sins, Lord, who would survive? But with thee there is forgiveness.

My soul is waiting for the Lord, I hope in his word. My soul is longing for the Lord more than the watchman for daybreak.

From the morning watch until night, from the morning watch let Israel hope in the Lord.

For with the Lord there is mercy and in him is fullness of redemption, and he shall redeem Israel out of all his iniquities.

### Psalm 130

An ode of the Ascents, for David

Lord, my heart is not haughty, nor my eyes lofty. Neither have I exercised myself in great matters, or in things too wonderful for me.

If I were not humble minded, but exalted my soul, then as one weaned from his mother, so would be the reward of my soul.

Let Israel hope in the Lord from henceforth and forevermore.

### Psalm 131

A song of Ascents

Remember David, O Lord, and all his humility,

How he made an oath unto the Lord, and vowed unto the God of Jacob:

I will not go into the dwelling of my house, I will not lie down on my bed to rest,

I will not give sleep to my eyes, nor slumber to my eyelids, nor rest to my temples

Until I find a place for the Lord, a habitation for the God of Jacob.

Behold, we heard of it in Ephratha, we found it in forest clearings.

Let us go forth to his tabernacle, let us worship in the place where his feet have stood.

Arise, O Lord, into thy rest, thou and the ark of thy holiness.

Thy priests shall be clothed in righteousness, thy saints shall rejoice.

For the sake of thy servant David, do not turn away from the face of thine anointed.

The Lord has sworn in truth unto David, and he will not annul it: Of the fruit of thy loins will I set upon thy throne.

If thy sons keep my covenant and these testimonies I will teach them, then their sons will sit forever on thy throne.

For the Lord has chosen Sion, he has chosen her for his habitation:

This is my rest for ever and ever; here will I dwell, for I have chosen her.

I will abundantly bless her provision, I shall satisfy her poor with bread.

Her priests will I clothe with salvation, and her saints with shall rejoice with joy.

There will I make to spring up a horn for David, and I have prepared a lamp for my anointed.

His enemies will I clothe with shame, but on himself shall my holiness flourish.

### Psalm 132

An ode of the Ascents, for David

Behold how good and pleasant it is when brethren dwell together in unity.

It is like oil of myrrh upon the head, that runs down on the beard, on the beard of Aaron, down to the hem of his garment.

It is like the dew of Mount Hermon that descends on the mountains of Sion.

For there the Lord commanded the blessing, life for evermore.

### Psalm 133

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.

Lift up your hands by night to the sanctuary, and bless the Lord.

May the Lord bless you from Sion, he who made heaven and the earth.

Glory. Both now. Alleluia.

# Kathisma Nineteen

## First Stasis

### Psalm 134

Alleluia

Praise the name of the Lord, O you servants, praise the Lord,

You who stand in the house of the Lord, in the courts of the house of our God.

Praise the Lord, for the Lord is good, sing praises to his name for it is good,

For the Lord chose Jacob for himself, and Israel for his own possession.

For I know that the Lord is great, and our Lord is above all gods.

All the Lord willed, he has done, in heaven and on the earth, in the seas and in all the deeps.

He brings up clouds from ends of the earth, he made lightnings for the rain; he brings winds out of His treasuries.

He smote the firstborn of Egypt, both of man and beast.

He sent signs and wonders into the midst of thee, O Egypt; to Pharaoh, and to all his servants.

He smote many nations, and slew mighty kings:

Sihon king of the Amorites, and Og king of Bashan, and all the kingdoms of Canaan,

And he gave their lands as inheritance, an inheritance for Israel his people.

Thy name, O Lord, endures forever, and thy memorial, O Lord, from generation to generation.

For the Lord will judge his people, and he will be entreated concerning to his servants.

The idols of nations are silver and gold, the works of men’s hands.

They have a mouth, but they cannot speak; they have eyes, but they cannot see;

They have ears, but they cannot hear; for there is no breath in their mouth.

Let those who make them be made like to them; and all those who trust in them.

O house of Israel, bless the Lord: O house of Aaron, bless the Lord:

O house of Levi, bless the Lord: ye that fear the Lord, bless the Lord.

Blessed be the Lord out of Sion, he who dwells in Jerusalem.

### Psalm 135

Alleluia

Give thanks to the Lord, for he is good, for his mercy endures forever.

Give thanks to the God of gods, for his mercy endures forever.

Give thanks to the Lord of lords, for his mercy endures forever.

To him who alone does great wonders, for his mercy endures forever.

To him who made the heavens in wisdom, for his mercy endures forever.

To him who established the earth on the waters, for his mercy endures for ever.

To him who alone made great lights, for his mercy endures for ever.

The sun to rule by day, for his mercy endures for ever.

The moon and the stars to rule the night, for his mercy endures for ever.

To him who smote the fiorstborn of Egypt, for his mercy endures forever.

And led Israel out from among them, for his mercy endures forever.

With a strong hand and an d upraised arm, for his mercy endures forever.

To him who divided the Red Sea in parts, for his mercy endures forever.

And led Israel through the midst of it, for his mercy endures forever.

And overthrew Pharaoh and his host in the Red Sea, for his mercy endures forever.

To him who led his people through the wilderness, for his mercy endures forever.

To him who smote great kings, for his mercy endures forever.

And slew mighty kings, for his mercy endures forever.

Sihon king of the Amorites, for his mercy endures forever.

And Og king of Bashan, for his mercy endures forever.

Who gave their land as inheritance, for his mercy endures forever.

An inheritance for Israel his servant, for his mercy endures forever.

To him who remembered us in our low estate, for his mercy endures forever.

And rescued us from our enemies, for his mercy endures forever.

Who provides food for all creatures, for his mercy endures forever.

O give thanks to the God of heaven, for his mercy endures forever.

### Psalm 136

A psalm of David, concerning Jeremiah in the captivity

By the waters of Babylon, there we sat down and wept when we remembered Sion.

On the willows in her midst, we hung up our harps.

For there they that had taken us captive required of us words of a song.

And they that had carried us away asked us for an hymn, saying, Sing us one of the songs of Zion.

How shall we sing the Lord's song in a strange land?

If I forget thee, O Jerusalem, let my right hand be forgotten.

Let my tongue cleave to my throat if I remember thee not, if I prefer not Jerusalem above all others as my chief joy.

Remember, O Lord, the children of Edom, in the day of Jerusalem; who said, Destroy it, Destroy it, even to its foundations.

O wretched daughter of Babylon, blessed shall he be that shall reward thee as thou hast rewarded us.

Blessed shall he be who shall seize and dash thy little ones against the rock.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 137

A psalm of David, concerning Haggai and Zacharias

I will give thanks to thee, O Lord, with my whole heart; and before the angels I will sing praises to thee; for thou hast heard all the words of my mouth.

I will worship toward thy holy temple, and give thanks unto thy name, for thy mercy and thy truth; for thou hast magnified thy holy name above all that is.

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In the day when I call on thee, hear me speedily; thou shalt clothe my soul abundantly with thy strength.

Let all the kings of the earth give thanks to thee, O Lord, for they have heard all the words of thy mouth.

Let them sing in the ways of the Lord, for great is the glory of the Lord.

For the Lord is exalted, yet he regards the lowly; but the proud He knows from afar.

Though I should walk in the midst of affliction, thou wilt quicken me; thou hast stretched forth thy hand against the wrath of my enemies, and thy right hand has saved me.

O Lord, thou shalt make recompense for me: thy mercy, O Lord, endures for ever: despise not the works of thine hands.

### Psalm 138

For the end of the struggle, a psalm of David concerning Zacharias in the diaspora

O Lord, thou hast searched me and known me.

Thou knowest my sitting and my uprising, and thou hast understood all my thoughts from afar.

My path and my course hast thou traced out, and thou hast foreseen all my ways.

For there is no guile on my tongue.

Behold, Lord, thou knowest all things, the last and the first; thou hast fashioned me and hast laid thy hand on me.

Thy knowledge is too wonderful for me; it is great, I cannot attain to it.

Where could I go from thy Spirit? And where shall I flee from thy face?

If I ascend up into heaven, thou art there; if I go down into hades, thou art present.

If I take the wings of the morning, and dwell in the uttermost parts of the sea, even there shall thy hand lead me, and thy right hand shall hold me.

And I said, Surely darkness shall cover me; but to my delight even the night shall shine as the day,

For darkness will not be dark with thee, and night shall be bright as the day; darkness and light are the same.

For thou hast possessed my heart; O Lord, thou hast helped me from my mother’s womb.

I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works, and my soul knows it well.

My bones were not hidden from thee, when I was made in secret; and my substance in the deepest parts of the earth.

Thine eyes beheld my substance yet unformed, and in thy book shall al mankind be written; day by day shall they be fashioned when there are yet none of them.

Exceedingly honored are thy friends to me, O Lord; their rule is greatly strengthened.

I will count them, and they shall be multiplied more than the sand; I awake and I am still with thee.

Oh that thou wouldst slay the wicked, O God. Depart from me, you men of blood.

For thou wilt say of their thoughts: In vain shall they take thy cities.

Have I not hated those who hate thee, O Lord? Have I not wasted away because of thine enemies?

I hated them with perfect hatred, and they are counted my enemies.

Search me, O God, and know my heart; try me and know my ways.

And see if there be any way of iniquity in me, and guide me in the way everlasting.

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### Psalm 139

For the end of the struggle, a psalm of David

Deliver me, O Lord, from evil men; rescue me from violent men,

Who plot iniquity in their heart and stir up wars all the day long.

They have made their tongue sharp as a serpent’s, the venom of an asp is under their lips. *Diapsalma*

Protect me, O Lord, from the hand of the sinner; from violent men who conspired to overthrow my steps.

Arrogant men have hidden a trap for me, and with cords they have spread a net, a stumbling block on my path for me. *Diapsalma*

I said to the Lord: Thou art my God; give ear to the voice of my supplications, O Lord!

O Lord, Lord, might of my salvation, thou hast shielded my head on the day of battle.

O Lord, hand me not over to the strong desires of the wicked. They have taken counsel against me; do not forsake me, lest they be exalted. *Diapsalma*

On the heads of those who surround me will fall the mischief of their lips.

Coals of fire will fall on them; thou wilt cast them down into the fire, and they will not rise again.

Let not a slanderer flourish on the earth, let evils hunt a wicked man to destruction.

I know that the Lord will uphold the cause of the afflicted, he shall give justice for the poor.

Surely the righteous will give thanks to thy name, surely the upright shall dwell in thy presence.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 140

A psalm of David

Lord, I call upon thee, hear me, receive the voice of my prayer when I call upon thee.

Let my prayer arise in thy sight as incense, the lifting up of my hands as an evening sacrifice.

Set a guard over my mouth, O Lord**.** Keep watch over the door of my lips.

Do not turn my heart to things that are wrong, to evil deeds with men who are evildoers; let me never partake of their delights.

Let a good man strike or rebuke me with kindness, but let the oil of the wicked never anoint my head, for my prayer is continually against their wicked deeds.

When they are given over to those who shall condemn them, they shall learn that the word of the Lord is true.

As a rock which one breaks and shatters on the ground, so shall their bones be strewn at the mouth of the grave.

But my eyes are turned toward thee, Lord God; in thee I take refuge. Leave me not defenseless.

Keep me from the trap which they have laid for me, and from the snares of evildoers.

Let the wicked fall into the traps they have set, while I escape.

### Psalm 141

Instruction by David, when he was in the cave, praying

I cry with my voice to the Lord; with my voice to the Lord I make my supplication.

I pour out my complaint before him; I tell my trouble before him.

When my spirit is faint within me, thou knowest my path. On the way where I walk, they have hidden a trap for me.

I look to the right and watch, but there is no one who takes notice of me. No refuge remains for me; no man cares for my soul.

I cry to thee; I say, thou art my refuge, my portion in the land of the living.

Give heed to my cry for I am brought very low. Deliver me from my persecutors for they are too strong for me.

Bring my soul out of prison, O Lord, that I may give thanks to thy name.

The righteous shall surround me for thou shalt deal bountifully with me.

### Psalm 142

A psalm of David, when his son Absalom pursued him

O Lord, hear my prayer; give ear to my supplications.

In thy faithfulness answer me, and in thy righteousness, enter not into judgment with thy servant; for before thee no man living is righteous.

For the enemy has pursued me; he has crushed my life to the ground; he has made me sit in darkness like those long dead.

Therefore my spirit faints within me; my heart within me is distressed.

I remembered the days of old; I meditated on all thy works; I pondered on the creations of thy hands.

I stretch out my hands to thee; my soul thirsts for thee like a parched land.

Hear me speedily, O Lord, my spirit fails me. Hide not thy face from me, lest I be like those who go down to the pit.

Let me hear of thy mercy in the morning, for in thee I put my trust.

Teach me the way in which I should walk, for to thee I have lifted up my soul.

Deliver me, O Lord, from my enemies; to thee have I fled for refuge.

Teach me to do thy will, for thou art my God. Let thy good Spirit lead me on a level path.

For thy name’s sake, O Lord, preserve my life. In thy righteousness bring me out of trouble.

And in thy steadfast love cut off my enemies and destroy all my adversaries, for I am thy servant.

Glory. Both now. Alleluia.

# Kathisma Twenty

## First Stasis

### Psalm 143

Of David, concerning Goliath

Blessed is the Lord my God, who trains my hands for battle and my fingers to make war.

He is my mercy and my refuge, my helper and my savior, my protector in whom I have hoped, who subdues my people under me.

Lord, what is man that thou hast revealed thyself to him, or the son of man that thou does take thought of him?

Man is like vanity; his days are like a passing shadow.

Bow thy heavens, O Lord, and come down; touch the mountains, they shall smoke.

Flash forth the lightning and scatter them; send out thine arrows and confound them.

Stretch forth thy hand from on high; rescue me and deliver me from the many waters,

from the hands of the sons of strangers, whose mouths speak vanity and whose right hand is a right hand of unrighteousness.

I will sing a new song to thee, O Lord I shall play to thee on a harp of ten strings,

To the thee who givest victory to kings, who redeems David thy servant from the sword of the evil man.

Deliver me and rescue me from the hands of the sons of strangers, whose mouths speak vanity and whose right hand is a right hand of unrighteousness.

Their sons are like freshly ripened shoots, their daughters like glorious palaces.

Their storehouses are all filled, overflowing with all manner of store, their flocks multiply as they go.

Their oxen are fat, there is no breach in their fences, nor any outcry in their squares.

The people are called blessed whose lot this is; but blessed are the people whose God is the Lord.

### Psalm 144

Of David, a psalm of praise

I will extoll thee, my God and my King, I shall bless thy name forever and unto ages of ages.

Every day I will bless thee and I will praise to thy name forever and unto ages of ages.

Great is the Lord and greatly to be praised; his greatness is unsearchable.

One generation shall recount thy works to another and shall declare thy mighty acts.

They shall speak of the glorious splendor of thy holiness, they shall speak of thy wondrous works.

They shall proclaim the power of thy terrible acts, and declare thy greatness.

They shall pour forth the memory of thy rich goodness, they shall sing aloud of thy righteousness.

The Lord is gracious and merciful, longsuffering and abounding in mercy.

The Lord is good to all, his mercies are on all his works.

Let all thy works give thanks to thee, O Lord, and let thy saints bless thee!

They shall speak of the glory of thy kingdom and tell of thy power,

to make known to the sons of men thy power and the glorious splendor of thy kingdom.

Thy kingdom is a kingdom of all ages, and thy dominion is unto generation and generation.

The Lord is faithful in his words and he is holy in all his works.

The Lord upholds all who are falling and raises up all who are bowed down.

The eyes of all look to thee, and thou givest them their food in due season.

Thou openest thy hand and all living things are satisfied in thy good pleasure.

The Lord is righteous in all his ways and holy in all his works.

The Lord is near to all who call on him, to all who call upon him in truth.

He shall fulfill the desire of those who fear him, he shall hear their cry and save them.

The Lord preserves all who love him, but the wicked he will destroy.

My mouth shall speak the praise of the Lord; let all flesh bless his holy name from henceforth and forevermore.

Glory. Both now. Alleluia.

## Second Stasis

### Psalm 145

Alleluia, concerning Haggai and Zacharias

Praise the Lord, O my soul!

I will praise the Lord as long as I live; I will sing praises to my God while I have being.

Put not your trust in princes, in sons of men, in whom there is no salvation.

When his spirit departs, he returns to his earth; on that very day his plans perish.

Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God; who made heaven and earth, the sea, and all that is in them;

Who keeps faith forever; who executes justice for the oppressed; who gives food to the hungry.

The Lord sets the prisoners free; the Lord opens the eyes of the blind.

The Lord lifts up those who are bowed down; the Lord loves the righteous.

The Lord watches over the sojourners; he upholds the widow and the fatherless; but the way of the wicked he will bring to ruin.

The Lord will reign forever, thy God, O Sion, to all generations.

### Psalm 146

Alleluia, concerning Haggai and Zacharias

Praise the Lord, for it is good to sing praises to our God. Let our praises be pleasing to Him!

The Lord builds up Jerusalem; he gathers the outcasts of Israel.

He heals the broken in heart and binds up their wounds.

He numbers the multitudes of stars; he calls them all by name.

Great is our God and abundant in power. His understanding is beyond measure.

The Lord lifts up the meek but casts the wicked down to the ground.

Begin a song of thanksgiving to the Lord; sing praises to our God on the harp.

He covers the heavens with clouds, he prepares rain for the earth,

He makes the grass to grow on the hills and herbs for the service of men.

He gives to the beasts their food, and to the young ravens which cry to him.

His delight is not in the strength of the horse nor his pleasure in the legs of a man,

but the Lord delights in those who fear him, in those who hope in his mercy.

### Psalm 147

Alleluia, concerning Haggai and Zacharias

Praise the Lord, O Jerusalem! Praise thy God, O Sion!

For He strengthens the bars of thy gates; be blesses thy sons within you.

He makes peace in thy borders; he fills thee with the finest of the wheat.

He sends forth his word to the earth; his proclamation runs swiftly.

He gives snow like wool; he scatters the mist like ashes.

He casts hailstones like morsels; who shall stand before his cold?

He will send forth his word and melt them; he will breathe with his Spirit and the waters will flow.

He declares his word to Jacob, his statutes and judgments to Israel.

He has not dealt thus with any other nation, and has not shown His judgments to them.

Glory. Both now. Alleluia.

## Third Stasis

### Psalm 148

Alleluia, concerning Haggai and Zacharias

Praise the Lord from the heavens, praise him in the highest,

Praise him, all you his angels, praise him, all you his hosts,

Praise him, sun and moon, praise him, all you shining stars,

Praise him, you heavens of heavens, and you waters above the heavens.

Let them praise the name of the Lord, for he spoke and they came to be, he commanded and they were created.

He has established them forever and unto ages of ages; he has set forth his ordinance and it shall never pass away.

Praise the Lord from the earth, you serpents and all the deeps,

Fire and hail, snow and ice, blast of tempest, which fulfill his word,

The mountains and all the hills, fruitful trees and all cedars,

Wild beasts and all cattle, creeping things and wild birds,

Kings of the earth and all peoples, princes and all the judges of the earth,

Both young men and maidens, elders together with children:

Let them praise the name of the Lord, for his name alone is exalted, his thanksgiving is over earth and heaven.

He shall exalt the horn of his people, a hymn to his holy people, to the sons of Israel, to all people who draw near unto him.

### Psalm 149

Alleluia

Sing to the Lord a new song, his praise is in the church of his saints.

Let Israel be glad in his Maker, let the sons of Sion rejoice in their King.

Let them praise his name with the dance; with timbrel and harp let them sing psalms to him.

For the Lord delights in his people, he shall exalt the meek in salvation.

The saints shall rejoice in glory, let them exult on their beds,

The high praise of God shall be in their mouth, and a two-edged sword in their hand,

To execute vengeance among the nations, chastisement to all the peoples,

To bind their kings with fetters, and their nobles with manacles of iron,

To do among them the judgement that is written. This glory shall be to all his saints.

### Psalm 150

Alleluia

Praise God in his saints, praise him in the firmament of His power.

Praise him for his mighty acts, praise him according to the multitude of His greatness.

Praise him with the sound of trumpet, praise him with the lute and harp.

Praise him with timbrel and dance, praise him with strings and flute.

Praise him with tuneful cymbals, praise him with cymbals of jubilation.

Let every breath praise the Lord.

Glory. Both now. Alleluia.

### Psalm 151

This psalm is written by David’s own hand, but is outside the number. When he fought in single combat against Goliath.

I was small among my brothers, and the youngest in the house of my father; I shepherded my father’s sheep,

My hands made an instrument, and my fingers fashioned a harp.

And who shall report to my Lord? The Lord himself, it is he who listens.

He sent forth his messenger and took me from the flocks of my father, and anointed me with the oil of his anointing.

My brethren were handsome and tall, yet the Lord did not delight in them.

I went forth to meet the foreigner, and he cursed me by his idols.

But I drew his own sword and beheaded him, and took away the reproach from the sons of Israel.