

42 They shall cry, but there shall be none to help them; \* yea, even unto the LORD shall they cry, but he shall not hear them.

43 I will beat them as small as the dust before the wind: \* I will cast them out as the clay in the streets.

44 Thou shalt deliver me from the strivings of the people, \* and thou shalt make me the head of the nations; a people whom I have not known shall serve me.

45 As soon as they hear of me, they shall obey me; \* the strangers shall feign obedience unto me.

46 The strangers shall fail, \* and come trembling out of their strongholds.

47 The LORD liveth; and blessed be my strong helper, \* and praised be the God of my salvation;

48 Even the God that seeth that I be avenged, \* and subdueth the people unto me.

49 It is he that delivereth me from my cruel enemies, and setteth me up above mine adversaries: \* thou shalt rid me from the wicked man.

50 For this cause will I give thanks unto thee, O LORD, among the Gentiles, \* and sing praises unto thy Name.

51 Great prosperity giveth he unto his King, \* and sheweth loving-kindness unto David his anointed, and unto his seed for evermore.

## THE FOURTH DAY

### Morning Prayer

Psalm 19. *Caeli enarrant.*

**T**HE heavens declare the glory of God; \* and the firmament sheweth his handy-work.

2 One day telleth another; \* and one night certifieth another.

3 There is neither speech nor language; \* but their voices are heard among them.

4 Their sound is gone out into all lands; \* and their words into the ends of the world.

5 In them hath he set a tabernacle for the sun; \* which cometh forth as a bridegroom out of his chamber, and rejoiceth as a giant to run his course.

6 It goeth forth from the uttermost part of the heaven, and runneth about unto the end of it again; \* and there is nothing hid from the heat thereof.

7 The law of the LORD is an undefiled law, converting the soul; \* the testimony of the LORD is sure, and giveth wisdom unto the simple.

8 The statutes of the LORD are right, and rejoice the heart; \* the commandment of the LORD is pure, and giveth light unto the eyes.

9 The fear of the LORD is clean, and endureth for ever; \* the judgments of the LORD are true, and righteous altogether.

10 More to be desired are they than gold, yea, than much fine gold; \* sweeter also than honey, and the honeycomb.

11 Moreover, by them is thy servant taught; \* and in keeping of them there is great reward.

12 Who can tell how oft he offendeth? \* O cleanse thou me from my secret faults.

13 Keep thy servant also from presumptuous sins, lest they get the dominion over me; \* so shall I be undefiled, and innocent from the great offence.

14 Let the words of my mouth, and the meditation of my heart, be always acceptable in thy sight, \* O LORD, my strength and my redeemer.

Psalm 20. *Exaudiat te Dominus.*

**T**HE LORD hear thee in the day of trouble; \* the Name of the God of Jacob defend thee:

2 Send thee help from the sanctuary, \* and strengthen thee out of Sion:

3 Remember all thy offerings, \* and accept thy burnt sacrifice:

4 Grant thee thy heart's desire, \* and fulfil all thy mind.

5 We will rejoice in thy salvation, and triumph in the Name of the Lord our God: \* the LORD perform all thy petitions.

6 Now know I that the LORD helpeth his anointed, and will hear him from his holy heaven, \* even with the wholesome strength of his right hand.

7 Some put their trust in chariots, and some in horses; \* but we will remember the Name of the LORD our God.

8 They are brought down and fallen; \* but we are risen and stand upright.

9 Save, LORD; and hear us, O King of heaven, \* when we call upon thee.

Psalm 21. *Domine, in virtute tua.*

**T**HE King shall rejoice in thy strength, O LORD; \* exceeding glad shall he be of thy salvation.

2 Thou hast given him his heart's desire, \* and hast not denied him the request of his lips.

3 For thou shalt meet him with the blessings of goodness, \* and shalt set a crown of pure gold upon his head.

4 He asked life of thee; and thou gavest him a long life, \* even for ever and ever.

5 His honour is great in thy salvation; \* glory and great worship shalt thou lay upon him.

6 For thou shalt give him everlasting felicity, \* and make him glad with the joy of thy countenance.

7 And why? because the King putteth his trust in the LORD; \* and in the mercy of the Most Highest he shall not miscarry.

8 All thine enemies shall feel thine hand; \* thy right hand shall find out them that hate thee.

9 Thou shalt make them like a fiery oven in time of thy wrath: \* the LORD shall destroy them in his displeasure, and the fire shall consume them.

10 Their fruit shalt thou root out of the earth, \* and their seed from among the children of men.

11 For they intended mischief against thee, \* and imagined such a device as they are not able to perform.

12 Therefore shalt thou put them to flight, \* and the strings of thy bow shalt thou make ready against the face of them.

13 Be thou exalted, LORD, in thine own strength; \* so will we sing, and praise thy power.

Evening Prayer

Psalm 22. *Deus, Deus meus.*

**M**Y God, my God, look upon me; why hast thou forsaken me? \* and art so far from my health, and from the words of my complaint?

2 O my God, I cry in the day-time, but thou hearest not; \* and in the night season: also I take no rest.

3 And thou continuest holy, \* O thou Worship of Israel.

4 Our fathers hoped in thee; \* they trusted in thee, and thou didst deliver them.

5 They called upon thee, and were holpen; \* they put their trust in thee, and were not confounded.

6 But as for me, I am a worm, and no man; \* a very scorn of men, and the outcast of the people.

7 All they that see me laugh me to scorn; \* they shoot out their lips, and shake their heads, saying,

8 He trusted in the LORD, that he would deliver him; \* let him deliver him, if he will have him.

9 But thou art he that took me out of my mother's womb; \* thou wast my hope, when I hanged yet upon my mother's breasts.

10 I have been left unto thee ever since I was born; \* thou art my God even from my mother's womb.

11 O go not from me; for trouble is hard at hand, \* and there is none to help me.

12 Many oxen are come about me; \* fat bulls of Bashan close me in on every side.

13 They gape upon me with their mouths, \* as it were a ramping and a roaring lion.

14 I am poured out like water, and all my bones are out of joint; \* my heart also in the midst of my body is even like melting wax.

15 My strength is dried up like a potsherd, and my tongue cleaveth to my gums, \* and thou bringest me into the dust of death.

16 For many dogs are come about me, \* and the council of the wicked layeth siege against me.

17 They pierced my hands and my feet: I may tell all my bones: \* they stand staring and looking upon me.

18 They part my garments among them, \* and cast lots upon my vesture.

19 But be not thou far from me, O LORD; \* thou art my succour, haste thee to help me.

20 Deliver my soul from the sword, \* my darling from the power of the dog.

21 Save me from the lion's mouth; \* thou hast heard me also from among the horns of the unicorns.

22 I will declare thy Name unto my brethren; \* in the midst of the congregation will I praise thee.

23 O praise the LORD, ye that fear him: \* magnify him, all ye of the seed of Jacob; and fear him, all ye seed of Israel.

24 For he hath not despised nor abhorred the low estate of the poor; \* he hath not hid his face from him; but when he called unto him he heard him.

25 My praise is of thee in the great congregation; \* my vows will I perform in the sight of them that fear him.

26 The poor shall eat, and be satisfied; they that seek after the LORD shall praise him: \* your heart shall live for ever.

27 All the ends of the world shall remember themselves, and be turned unto the LORD; \* and all the kindreds of the nations shall worship before him.

28 For the kingdom is the LORD's, \* and he is the Governor among the nations.

29 All such as be fat upon earth \* have eaten, and worshipped.

30 All they that go down into the dust shall kneel before him; \* and no man hath quickened his own soul.

31 My seed shall serve him: \* they shall be counted unto the LORD for a generation.

32 They shall come, and shall declare his righteousness \* unto a people that shall be born, whom the LORD hath made.

Psalm 23. *Dominus regit me.*

**T**HE LORD is my shepherd; \* therefore can I lack nothing.

2 He shall feed me in a green pasture, \* and lead me forth beside the waters of comfort.

3 He shall convert my soul, \* and bring me forth in the paths of righteousness for his Name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; \* for thou art with me; thy rod and thy staff comfort me.

5 Thou shalt prepare a table before me in the presence of them that trouble me; \* thou hast anointed my head with oil, and my cup shall be full.

6 Surely thy loving-kindness and mercy shall follow me all the days of my life; \* and I will dwell in the house of the LORD for ever.

THE FIFTH DAY

*Morning Prayer*

Psalm 24. *Domini est terra.*

**T**HE earth is the LORD's, and all that therein is; \* the compass of the world, and they that dwell therein.

2 For he hath founded it upon the seas, \* and stablished it upon the floods.

3 Who shall ascend into the hill of the LORD? \* or who shall rise up in his holy place?

4 Even he that hath clean hands, and a pure heart; \* and that hath not lift up his mind unto vanity, nor sworn to deceive his neighbour.

5 He shall receive the blessing from the LORD, \* and righteousness from the God of his salvation.

6 This is the generation of them that seek him; \* even of them that seek thy face, O God of Jacob.

7 Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; \* and the King of glory shall come in.

- 8 Who is this King of glory? \* It is the LORD strong and mighty, even the LORD mighty in battle.
- 9 Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; \* and the King of glory shall come in.
- 10 Who is this King of glory? \* Even the LORD of hosts, he is the King of glory.

Psalm 25. *Ad te, Domine, levavi.*

- U**NTO thee, O LORD, will I lift up my soul; my God, I have put my trust in thee: \* O let me not be confounded, neither let mine enemies triumph over me.
- 2 For all they that hope in thee shall not be ashamed; \* but such as transgress without a cause shall be put to confusion.
  - 3 Show me thy ways, O LORD, \* and teach me thy paths.
  - 4 Lead me forth in thy truth, and learn me: \* for thou art the God of my salvation; in thee hath been my hope all the day long.
  - 5 Call to remembrance, O LORD, thy tender mercies, \* and thy loving-kindnesses, which have been ever of old.
  - 6 O remember not the sins and offences of my youth; \* but according to thy mercy think thou upon me, O LORD, for thy goodness.
  - 7 Gracious and righteous is the LORD; \* therefore, will he teach sinners in the way.
  - 8 Them that are meek shall he guide in judgment; \* and such as are gentle, them shall he learn his way.
  - 9 All the paths of the LORD are mercy and truth, \* unto such as keep his covenant and his testimonies.
  - 10 For thy Name's sake, O LORD, \* be merciful unto my sin; for it is great.
  - 11 What man is he that feareth the LORD? \* him shall he teach in the way that he shall choose.
  - 12 His soul shall dwell at ease, \* and his seed shall inherit the land.
  - 13 The secret of the LORD is among them that fear him; \* and he will show them his covenant.

- 14 Mine eyes are ever looking unto the LORD; \* for he shall pluck my feet out of the net.
- 15 Turn thee unto me, and have mercy upon me; \* for I am desolate, and in misery.
- 16 The sorrows of my heart are enlarged: \* O bring thou me out of my troubles.
- 17 Look upon my adversity and misery, \* and forgive me all my sin.
- 18 Consider mine enemies, how many they are; \* and they bear a tyrannous hate against me.
- 19 O keep my soul, and deliver me: \* let me not be confounded, for I have put my trust in thee.
- 20 Let perfectness and righteous dealing wait upon me; \* for my hope hath been in thee.
- 21 Deliver Israel, O God, \* out of all his troubles.

Psalm 26. *Judica me, Domine.*

- B**E thou my Judge, O LORD, for I have walked innocently. \* my trust hath been also in the LORD, therefore shall I not fall.
- 2 Examine me, O LORD, and prove me; \* try out my reins and my heart.
  - 3 For thy loving-kindness is ever before mine eyes; \* and I will walk in thy truth.
  - 4 I have not dwelt with vain persons; \* neither will I have fellowship with the deceitful.
  - 5 I have hated the congregation of the wicked; \* and will not sit among the ungodly.
  - 6 I will wash my hands in innocence, O LORD; \* and so will I go to thine altar;
  - 7 That I may show the voice of thanksgiving, \* and tell of all thy wondrous works.
  - 8 LORD, I have loved the habitation of thy house, \* and the place where thine honour dwelleth.
  - 9 O shut not up my soul with the sinners, \* nor my life with the blood-thirsty;

10 In whose hands is wickedness, \* and their right hand is full of gifts.

11 But as for me, I will walk innocently: \* O deliver me, and be merciful unto me.

12 My foot standeth right: \* I will praise the LORD in the congregations.

*Evening Prayer*

Psalm 27. *Dominus illuminatio.*

**T**HE LORD is my light and my salvation; whom then shall I fear? \* the LORD is the strength of my life; of whom then shall I be afraid?

2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, \* they stumbled and fell.

3 Though an host of men were laid against me, yet shall not my heart be afraid; \* and though there rose up war against me, yet will I put my trust in him.

4 One thing have I desired of the LORD, which I will require; \* even that I may dwell in the house of the LORD all the days of my life, to behold the fair beauty of the LORD, and to visit his temple.

5 For in the time of trouble he shall hide me in his tabernacle; \* yea, in the secret place of his dwelling shall he hide me, and set me up upon a rock of stone.

6 And now shall he lift up mine head \* above mine enemies round about me.

7 Therefore will I offer in his dwelling an oblation, with great gladness: \* I will sing and speak praises unto the LORD.

8 Harken unto my voice, O LORD, when I cry unto thee; \* have mercy upon me, and hear me.

9 My heart hath talked of thee, Seek ye my face: \* Thy face, LORD, will I seek.

10 O hide not thou thy face from me, \* nor cast thy servant away in displeasure.

11 Thou hast been my succour; \* leave me not, neither forsake me, O God of my salvation.

12 When my father and my mother forsake me, \* the LORD taketh me up.

13 Teach me thy way, O LORD, \* and lead me in the right way, because of mine enemies.

14 Deliver me not over into the will of mine adversaries: \* for there are false witnesses risen up against me, and such as speak wrong.

15 I should utterly have fainted, \* but that I believe verily to see the goodness of the LORD in the land of the living.

16 O tarry thou the LORD's leisure; \* be strong, and he shall comfort thine heart; and put thou thy trust in the LORD.

Psalm 28. *Ad te, Domine.*

**I**NTO thee will I cry, O LORD, my strength: \* think no scorn of me; lest, if thou make as though thou hearest not, I become like them that go down into the pit.

2 Hear the voice of my humble petitions, when I cry unto thee; \* when I hold up my hands towards the mercy-seat of thy holy temple.

3 O pluck me not away, neither destroy me with the ungodly and wicked doers, \* which speak friendly to their neighbours, but imagine mischief in their hearts.

4 Reward them according to their deeds, \* and according to the wickedness of their own inventions.

5 Recompense them after the work of their hands; \* pay them that they have deserved.

6 For they regard not in their mind the works of the LORD, nor the operation of his hands; \* therefore shall he break them down, and not build them up.

7 Praised be the LORD; \* for he hath heard the voice of my humble petitions.

8 The LORD is my strength, and my shield; my heart hath trusted in him, and I am helped; \* therefore my heart danceth for joy, and in my song will I praise him.

9 The LORD is my strength, \* and he is the wholesome defence of his anointed.

10 O save thy people, and give thy blessing unto thine inheritance: \* feed them, and set them up for ever.

Psalm 29. *Afferre Domino.*

**A**SCRIBE unto the LORD, O ye mighty, \* ascribe unto the LORD worship and strength.

2 Ascribe unto the LORD the honour due unto his Name; \* worship the LORD with holy worship.

3 The voice of the LORD is upon the waters; \* it is the glorious God that maketh the thunder.

4 It is the LORD that ruleth the sea; the voice of the LORD is mighty in operation; \* the voice of the LORD is a glorious voice.

5 The voice of the LORD breaketh the cedar-trees; \* yea, the LORD breaketh the cedars of Lebanon.

6 He maketh them also to skip like a calf; \* Lebanon also, and Sirion, like a young unicorn.

7 The voice of the LORD divideth the flames of fire; the voice of the LORD shaketh the wilderness; \* yea, the LORD shaketh the wilderness of Kadesh.

8 The voice of the LORD maketh the hinds to bring forth young, and strippeth bare the forests: \* in his temple doth every thing speak of his honour.

9 The LORD sitteth above the water-flood, \* and the LORD remaineth a King for ever.

10 The LORD shall give strength unto his people; \* the LORD shall give his people the blessing of peace.

THE SIXTH DAY

*Morning Prayer*

Psalm 30. *Exaltabo te, Domine.*

**I** WILL magnify thee, O LORD; for thou hast set me up, \* and not made my foes to triumph over me.

2 O LORD my God, I cried unto thee; \* and thou hast healed me.

3 Thou, LORD, hast brought my soul out of hell: \* thou hast kept my life, that I should not go down into the pit.

4 Sing praises unto the LORD, O ye saints of his; \* and give thanks unto him, for a remembrance of his holiness.

5 For his wrath endureth but the twinkling of an eye, and in his pleasure is life; \* heaviness may endure for a night, but joy cometh in the morning.

6 And in my prosperity I said, I shall never be removed: \* thou, LORD, of thy goodness, hast made my hill so strong.

7 Thou didst turn thy face from me, \* and I was troubled.

8 Then cried I unto thee, O LORD; \* and gat me to my LORD right humbly.

9 What profit is there in my blood, \* when I go down into the pit?

10 Shall the dust give thanks unto thee? \* or shall it declare thy truth?

11 Hear, O LORD, and have mercy upon me; \* LORD, be thou my helper.

12 Thou hast turned my heaviness into joy; \* thou hast put off my sackcloth, and girded me with gladness:

13 Therefore shall every good man sing of thy praise without ceasing. \* O my God, I will give thanks unto thee for ever.

Psalm 31. *In te, Domine, speravi.*

**I**N thee, O LORD, have I put my trust; let me never be put to confusion; \* deliver me in thy righteousness.

2 Bow down thine ear to me; \* make haste to deliver me.

3 And be thou my strong rock, and house of defence, \* that thou mayest save me.

4 For thou art my strong rock, and my castle: \* be thou also my guide, and lead me for thy Name's sake.

5 Draw me out of the net that they have laid privily for me; \* for thou art my strength.

6 Into thy hands I commend my spirit; \* for thou hast re-deemed me, O LORD, thou God of truth.

7 I have hated them that hold of lying vanities, \* and my trust hath been in the LORD.

8 I will be glad and rejoice in thy mercy; \* for thou hast considered my trouble, and hast known my soul in adversities.

9 Thou hast not shut me up into the hand of the enemy; \* but hast set my feet in a large room.

10 Have mercy upon me, O LORD, for I am in trouble, \* and mine eye is consumed for very heaviness; yea, my soul and my body.

11 For my life is waxen old with heaviness, \* and my years with mourning.

12 My strength faileth me, because of mine iniquity, \* and my bones are consumed.

13 I became a reproach among all mine enemies, but especially among my neighbours; \* and they of mine acquaintance were afraid of me; and they that did see me without, conveyed themselves from me.

14 I am clean forgotten as a dead man out of mind; \* I am become like a broken vessel.

15 For I have heard the blasphemy of the multitude, and fear is on every side; \* while they conspire together against me, and take their counsel to take away my life.

16 But my hope hath been in thee, O LORD; \* I have said, Thou art my God.

17 My times are in thy hand; deliver me from the hand of mine enemies, \* and from them that persecute me.

18 Show thy servant the light of thy countenance, \* and save me for thy mercy's sake.

19 Let me not be confounded, O LORD, for I have called upon thee; \* let the ungodly be put to confusion, and be put to silence in the grave.

20 Let the lying lips be put to silence, \* which cruelly, disdainfully, and despitefully speak against the righteous.

21 O how plentiful is thy goodness, which thou hast laid up for them that fear thee, \* and that thou hast prepared for them that put their trust in thee, even before the sons of men!

22 Thou shalt hide them in the covert of thine own presence from the plottings of men: \* thou shalt keep them secretly in thy tabernacle from the strife of tongues.

23 Thanks be to the LORD; \* for he hath showed me marvellous great kindness in a strong city.

24 But in my haste I said, \* I am cast out of the sight of thine eyes.

25 Nevertheless, thou hearest the voice of my prayer, \* when I cried unto thee.

26 O love the LORD, all ye his saints; \* for the LORD preserveth them that are faithful, and plenteously rewardeth the proud doer.

27 Be strong, and he shall establish your heart, \* all ye that put your trust in the LORD.

*Evening Prayer*

Psalm 32. *Beati quorum.*

**B**LESSED is he whose unrighteousness is forgiven, \* and whose sin is covered.

2 Blessed is the man unto whom the LORD imputeth no sin, \* and in whose spirit there is no guile.

3 For whilst I held my tongue, \* my bones consumed away through my daily complaining.

4 For thy hand was heavy upon me day and night, \* and my moisture was like the drought in summer.

5 I acknowledged my sin unto thee; \* and mine unrighteousness have I not hid.

6 I said, I will confess my sins unto the LORD; \* and so thou forgavest the wickedness of my sin.

7 For this shall every one that is godly make his prayer unto thee, in a time when thou mayest be found; \* surely the great water-floods shall not come nigh him.

8 Thou art a place to hide me in; thou shalt preserve me from trouble; \* thou shalt compass me about with songs of deliverance.

9 I will inform thee, and teach thee in the way wherein thou shalt go; \* and I will guide thee with mine eye.

10 Be ye not like to horse and mule, which have no understanding; \* whose mouths must be held with bit and bridle, else they will not obey thee.

11 Great plagues remain for the ungodly; \* but whoso putteth his trust in the LORD, mercy embraceth him on every side.

12 Be glad, O ye righteous, and rejoice in the LORD; \* and be joyful, all ye that are true of heart.

Psalm 33. *Exultate, justi.*

**R**EJOICE in the LORD, O ye righteous; \* for it becometh well the just to be thankful.

2 Praise the LORD with harp; \* sing praises unto him with the lute, and instrument of ten strings.

3 Sing unto the Lord a new song; \* sing praises lustily unto him with a good courage.

4 For the word of the LORD is true; \* and all his works are faithful.

5 He loveth righteousness and judgment; \* the earth is full of the goodness of the LORD.

6 By the word of the LORD were the heavens made; \* and all the host of them by the breath of his mouth.

7 He gathereth the waters of the sea together, as it were upon an heap; \* and layeth up the deep, as in a treasure-house.

8 Let all the earth fear the LORD: \* stand in awe of him, all ye that dwell in the world.

9 For he spake, and it was done; \* he commanded, and it stood fast.

10 The LORD bringeth the counsel of the heathen to nought, \* and maketh the devices of the people to be of none effect, and casteth out the counsels of princes.

11 The counsel of the LORD shall endure for ever, \* and the thoughts of his heart from generation to generation.

12 Blessed are the people whose God is the Lord JEHOVAH; \* and blessed are the folk that he hath chosen to him, to be his inheritance.

13 The LORD looketh down from heaven, and beholdeth all the

children of men; \* from the habitation of his dwelling, he considereth all them that dwell on the earth.

14 He fashioneth all the hearts of them, \* and understandeth all their works.

15 There is no king that can be saved by the multitude of an host; \* neither is any mighty man delivered by much strength.

16 A horse is counted but a vain thing to save a man; \* neither shall he deliver any man by his great strength.

17 Behold, the eye of the LORD is upon them that fear him, \* and upon them that put their trust in his mercy;

18 To deliver their soul from death, \* and to feed them in the time of dearth.

19 Our soul hath patiently tarried for the LORD; \* for he is our help and our shield.

20 For our heart shall rejoice in him; \* because we have hoped in his holy Name.

21 Let thy merciful kindness, O LORD, be upon us, \* like as we do put our trust in thee.

Psalm 34. *Benedicam Dominum.*

**I** WILL always give thanks unto the LORD; \* his praise shall ever be in my mouth.

2 My soul shall make her boast in the LORD; \* the humble shall hear thereof, and be glad.

3 O praise the LORD with me, \* and let us magnify his Name together.

4 I sought the LORD, and he heard me; \* yea, he delivered me out of all my fear.

5 They had an eye unto him, and were lightened; \* and their faces were not ashamed.

6 Lo, the poor crieth, and the LORD heareth him; \* yea, and saveth him out of all his troubles.

7 The angel of the LORD tarrieth round about them that fear him, \* and delivereth them.

8 O taste, and see, how gracious the LORD is: \* blessed is the man that trusteth in him.



- 9 O fear the LORD, ye that are his saints; \* for they that fear him lack nothing.
- 10 The lions do lack, and suffer hunger; \* but they who seek the LORD shall want no manner of thing that is good.
- 11 Come, ye children, and hearken unto me; \* I will teach you the fear of the LORD.
- 12 What man is he that lusteth to live, \* and would fain see good days?
- 13 Keep thy tongue from evil, \* and thy lips, that they speak no guile.
- 14 Eschew evil, and do good; \* seek peace, and ensue it.
- 15 The eyes of the LORD are over the righteous, \* and his ears are open unto their prayers.
- 16 The countenance of the LORD is against them that do evil, \* to root out the remembrance of them from the earth.
- 17 The righteous cry, and the LORD heareth them, \* and delivereth them out of all their troubles.
- 18 The LORD is nigh unto them that are of a contrite heart, \* and will save such as be of an humble spirit.
- 19 Great are the troubles of the righteous; \* but the LORD delivereth him out of all.
- 20 He keepeth all his bones, \* so that not one of them is broken.
- 21 But misfortune shall slay the ungodly; \* and they that hate the righteous shall be desolate.
- 22 The LORD delivereth the souls of his servants; \* and all they that put their trust in him shall not be destitute.

# THE SEVENTH DAY

## Morning Prayer

Psalm 35. *Judica, Domine.*

**P**LEAD thou my cause, O LORD, with them that strive with me, \* and fight thou against them that fight against me.  
2 Lay hand upon the shield and buckler, \* and stand up to help me.

- 3 Bring forth the spear, and stop the way against them that pursue me: \* say unto my soul, I am thy salvation.
- 4 Let them be confounded, and put to shame, that seek after my soul; \* let them be turned back, and brought to confusion, that imagine mischief for me.
- 5 Let them be as the dust before the wind, \* and the angel of the LORD scattering them.
- 6 Let their way be dark and slippery, \* and let the angel of the LORD pursue them.
- 7 For they have privily laid their net to destroy me without a cause; \* yea, even without a cause have they made a pit for my soul.
- 8 Let a sudden destruction come upon him unawares, and his net that he hath laid privily catch himself; \* that he may fall into his own mischief.
- 9 And my soul shall be joyful in the LORD; \* it shall rejoice in his salvation.
- 10 All my bones shall say, LORD, who is like unto thee, who deliverest the poor from him that is too strong for him; \* yea, the poor, and him that is in misery, from him that spoileth him?
- 11 False witnesses did rise up: \* they laid to my charge things that I knew not.
- 12 They rewarded me evil for good, \* to the great discomfort of my soul.
- 13 Nevertheless, when they were sick, I put on sackcloth, and humbled my soul with fasting; \* and my prayer shall turn into mine own bosom.
- 14 I behaved myself as though it had been my friend or my brother; \* I went heavily, as one that mourneth for his mother.
- 15 But in mine adversity they rejoiced, and gathered themselves together; \* yea, the very abjects came together against me unawares, making mouths at me, and ceased not.
- 16 With the flatterers were busy mockers, \* who gnashed upon me with their teeth.
- 17 Lord, how long wilt thou look upon this? \* O deliver my soul from the calamities which they bring on me, and my darling from the lions.

18 So will I give thee thanks in the great congregation; \* I will praise thee among much people.

19 O let not them that are mine enemies triumph over me ungodly; \* neither let them wink with their eyes, that hate me without a cause.

20 And why? their communing is not for peace; \* but they imagine deceitful words against them that are quiet in the land.

21 They gaped upon me with their mouths, and said, \* Fie on thee! fie on thee! we saw it with our eyes.

22 This thou hast seen, O LORD; \* hold not thy tongue then; go not far from me, O Lord.

23 Awake, and stand up to judge my quarrel; \* avenge thou my cause, my God and my Lord.

24 Judge me, O LORD my God, according to thy righteousness; \* and let them not triumph over me.

25 Let them not say in their hearts, There! there! so would we have it; \* neither let them say, We have devoured him.

26 Let them be put to confusion and shame together, that rejoice at my trouble; \* let them be clothed with rebuke and dishonour, that boast themselves against me.

27 Let them be glad and rejoice, that favour my righteous dealing; \* yea, let them say always, Blessed be the LORD, who hath pleasure in the prosperity of his servant.

28 And as for my tongue, it shall be talking of thy righteousness, \* and of thy praise, all the day long.

Psalm 36. *Dixit iniquus.*

**M**Y heart sheweth me the wickedness of the ungodly, \* that there is no fear of God before his eyes.

2 For he flattereth himself in his own sight, \* until his abominable sin be found out.

3 The words of his mouth are unrighteous and full of deceit: \* he hath left off to behave himself wisely, and to do good.

4 He imagineth mischief upon his bed, and hath set himself in no good way; \* neither doth he abhor any thing that is evil.

5 Thy mercy, O LORD, reacheth unto the heavens, \* and thy faithfulness unto the clouds.

6 Thy righteousness standeth like the strong mountains: \* thy judgments are like the great deep.

7 Thou, LORD, shalt save both man and beast: how excellent is thy mercy, O God! \* and the children of men shall put their trust under the shadow of thy wings.

8 They shall be satisfied with the plenteousness of thy house; \* and thou shalt give them drink of thy pleasures, as out of the river.

9 For with thee is the well of life; \* and in thy light shall we see light.

10 O continue forth thy loving-kindness unto them that know thee, \* and thy righteousness unto them that are true of heart.

11 O let not the foot of pride come against me; \* and let not the hand of the ungodly cast me down.

12 There are they fallen, all that work wickedness; \* they are cast down, and shall not be able to stand.

Evening Prayer

Psalm 37. *Noli aemulari.*

**F**RET not thyself because of the ungodly; \* neither be thou envious against the evil doers.

2 For they shall soon be cut down like the grass, \* and be withered even as the green herb.

3 Put thou thy trust in the LORD, and be doing good; \* dwell in the land, and verily thou shalt be fed.

4 Delight thou in the LORD, \* and he shall give thee thy heart's desire.

5 Commit thy way unto the LORD, and put thy trust in him, \* and he shall bring it to pass.

6 He shall make thy righteousness as clear as the light, \* and thy just dealing as the noon-day.

7 Hold thee still in the LORD, and abide patiently upon him: \* but grieve not thyself at him whose way doth prosper, against the man that doeth after evil counsels.

- 8 Leave off from wrath, and let go displeasure: \* fret not thyself, else shalt thou be moved to do evil.
- 9 Wicked doers shall be rooted out; \* and they that patiently abide the LORD, those shall inherit the land.
- 10 Yet a little while, and the ungodly shall be clean gone: \* thou shalt look after his place, and he shall be away.
- 11 But the meek-spirited shall possess the earth, \* and shall be refreshed in the multitude of peace.
- 12 The ungodly seeketh counsel against the just, \* and gnasheth upon him with his teeth.
- 13 The Lord shall laugh him to scorn; \* for he hath seen that his day is coming.
- 14 The ungodly have drawn out the sword, and have bent their bow, \* to cast down the poor and needy, and to slay such as be upright in their ways.
- 15 Their sword shall go through their own heart, \* and their bow shall be broken.
- 16 A small thing that the righteous hath, \* is better than great riches of the ungodly.
- 17 For the arms of the ungodly shall be broken, \* and the LORD upholdeth the righteous.
- 18 The LORD knoweth the days of the godly; \* and their inheritance shall endure for ever.
- 19 They shall not be confounded in the perilous time; \* and in the days of dearth they shall have enough.
- 20 As for the ungodly, they shall perish, and the enemies of the LORD shall consume as the fat of lambs: \* yea, even as the smoke shall they consume away.
- 21 The ungodly borroweth, and payeth not again; \* but the righteous is merciful and liberal.
- 22 Such as are blessed of God, shall possess the land; \* and they that are cursed of him, shall be rooted out.
- 23 The LORD ordereth a good man's going, \* and maketh his way acceptable to himself.
- 24 Though he fall, he shall not be cast away; \* for the LORD upholdeth him with his hand.

- 25 I have been young, and now am old; \* and yet saw I never the righteous forsaken, nor his seed begging their bread.
- 26 The righteous is ever merciful, and lendeth; \* and his seed is blessed.
- 27 Flee from evil, and do the thing that is good; \* and dwell for evermore.
- 28 For the LORD loveth the thing that is right; \* he forsaketh not his that be godly, but they are preserved for ever.
- 29 The unrighteous shall be punished; \* as for the seed of the ungodly, it shall be rooted out.
- 30 The righteous shall inherit the land, \* and dwell therein for ever.
- 31 The mouth of the righteous is exercised in wisdom, \* and his tongue will be talking of judgment.
- 32 The law of his God is in his heart, \* and his goings shall not slide.
- 33 The ungodly watcheth the righteous, \* and seeketh occasion to slay him.
- 34 The LORD will not leave him in his hand, \* nor condemn him when he is judged.
- 35 Hope thou in the LORD, and keep his way, and he shall promote thee, that thou shalt possess the land: \* when the ungodly shall perish, thou shalt see it.
- 36 I myself have seen the ungodly in great power, \* and flourishing like a green bay-tree.
- 37 I went by, and lo, he was gone: \* I sought him, but his place could no where be found.
- 38 Keep innocency, and take heed unto the thing that is right; \* for that shall bring a man peace at the last.
- 39 As for the transgressors, they shall perish together; \* and the end of the ungodly is, they shall be rooted out at the last.
- 40 But the salvation of the righteous cometh of the LORD; \* who is also their strength in the time of trouble.
- 41 And the LORD shall stand by them, and save them: \* he shall deliver them from the ungodly, and shall save them, because they put their trust in him.

# THE EIGHTH DAY

## Morning Prayer

Psalm 38. *Domine, ne in furore.*

**P**UT me not to rebuke, O LORD, in thine anger; \* neither chasten me in thy heavy displeasure:

2 For thine arrows stick fast in me, \* and thy hand presseth me sore.

3 There is no health in my flesh, because of thy displeasure; \* neither is there any rest in my bones, by reason of my sin.

4 For my wickednesses are gone over my head, \* and are like a sore burden, too heavy for me to bear.

5 My wounds stink, and are corrupt, \* through my foolishness.

6 I am brought into so great trouble and misery, \* that I go mourning all the day long.

7 For my loins are filled with a sore disease, \* and there is no whole part in my body.

8 I am feeble and sore smitten; \* I have roared for the very disquietness of my heart.

9 Lord, thou knowest all my desire; \* and my groaning is not hid from thee.

10 My heart panteth, my strength hath failed me, \* and the light of mine eyes is gone from me.

11 My lovers and my neighbours did stand looking upon my trouble, \* and my kinsmen stood afar off.

12 They also that sought after my life laid snares for me; \* and they that went about to do me evil talked of wickedness, and imagined deceit all the day long.

13 As for me, I was like a deaf man, and heard not; \* and as one that is dumb, who doth not open his mouth.

14 I became even as a man that heareth not, \* and in whose mouth are no reproofs.

15 For in thee, O LORD, have I put my trust; \* thou shalt answer for me, O Lord my God.

16 I have required that they, even mine enemies, should not

triumph over me; \* for when my foot slipt, they rejoiced greatly against me.

17 And I truly am set in the plague, \* and my heaviness is ever in my sight.

18 For I will confess my wickedness, \* and be sorry for my sin.

19 But mine enemies live, and are mighty; \* and they that hate me wrongfully are many in number.

20 They also that reward evil for good are against me; \* because I follow the thing that good is.

21 Forsake me not, O LORD my God; \* be not thou far from me.

22 Hasten thee to help me, \* O Lord God of my salvation.

Psalm 39. *Dixi, Custodiam.*

**I**SAD, I will take heed to my ways, \* that I offend not in my tongue.

2 I will keep my mouth as it were with a bridle, \* while the ungodly is in my sight.

3 I held my tongue, and spake nothing: \* I kept silence, yea, even from good words; but it was pain and grief to me.

4 My heart was hot within me: and while I was thus musing the fire kindled, \* and at the last I spake with my tongue:

5 LORD, let me know mine end, and the number of my days; \* that I may be certified how long I have to live.

6 Behold, thou hast made my days as it were a span long, and mine age is even as nothing in respect of thee; \* and verily every man living is altogether vanity.

7 For man walketh in a vain shadow, and disquieteth himself in vain; \* he heapeth up riches, and cannot tell who shall gather them.

8 And now, Lord, what is my hope? \* truly my hope is even in thee.

9 Deliver me from all mine offences; \* and make me not a rebuke unto the foolish.

10 I became dumb, and opened not my mouth; \* for it was thy doing.

11 Take thy plague away from me: \* I am even consumed by the means of thy heavy hand.

12 When thou with rebukes dost chasten man for sin, thou makest his beauty to consume away, like as it were a moth fretting a garment: \* every man therefore is but vanity.

13 Hear my prayer, O LORD, and with thine ears consider my calling; \* hold not thy peace at my tears;

14 For I am a stranger with thee, and a sojourner, \* as all my fathers were.

15 O spare me a little, that I may recover my strength, \* before I go hence, and be no more seen.

Psalm 40. *Expectans expectavi.*

**I** WAITED patiently for the LORD, \* and he inclined unto me, and heard my calling.

2 He brought me also out of the horrible pit, out of the mire and clay, \* and set my feet upon the rock, and ordered my goings.

3 And he hath put a new song in my mouth, \* even a thanksgiving unto our God.

4 Many shall see it, and fear, \* and shall put their trust in the LORD.

5 Blessed is the man that hath set his hope in the LORD, \* and turned not unto the proud, and to such as go about with lies.

6 O LORD my God, great are the wondrous works which thou hast done, like as be also thy thoughts, which are to usward; \* and yet there is no man that ordereth them unto thee.

7 If I should declare them, and speak of them, \* they should be more than I am able to express.

8 Sacrifice and offering thou wouldst not, \* but mine ears hast thou opened.

9 Burnt-offering and sacrifice for sin hast thou not required: \* then said I, Lo, I come;

10 In the volume of the book it is written of me, that I should fulfil thy will, O my God: \* I am content to do it; yea, thy law is within my heart.

11 I have declared thy righteousness in the great congregation: \* lo, I will not refrain my lips, O LORD, and that thou knowest.

12 I have not hid thy righteousness within my heart; \* my talk hath been of thy truth, and of thy salvation.

13 I have not kept back thy loving mercy and truth \* from the great congregation.

14 Withdraw not thou thy mercy from me, O LORD; \* let thy loving-kindness and thy truth always preserve me.

15 For innumerable troubles are come about me; my sins have taken such hold upon me, that I am not able to look up; \* yea, they are more in number than the hairs of my head, and my heart hath failed me.

16 O LORD, let it be thy pleasure to deliver me; \* make haste, O LORD, to help me.

17 Let them be ashamed, and confounded together, that seek after my soul to destroy it; \* let them be driven backward, and put to rebuke, that wish me evil.

18 Let them be desolate, and rewarded with shame, \* that say unto me, Fie upon thee! fie upon thee!

19 Let all those that seek thee, be joyful and glad in thee; \* and let such as love thy salvation, say always, The LORD be praised.

20 As for me, I am poor and needy; \* but the LORD careth for me.

21 Thou art my helper and redeemer; \* make no long tarrying, O my God.

*Evening Prayer*

Psalm 41. *Beatus qui intelligit.*

**B**LESSED is he that considereth the poor and needy; \* the LORD shall deliver him in the time of trouble.

2 The LORD preserve him, and keep him alive, that he may be blessed upon earth; \* and deliver not thou him into the will of his enemies.

3 The LORD comfort him when he lieth sick upon his bed; \* make thou all his bed in his sickness.

4 I said, LORD, be merciful unto me; \* heal my soul, for I have sinned against thee.

- 5 Mine enemies speak evil of me, \* When shall he die, and his name perish?
- 6 And if he come to see me, he speaketh vanity, \* and his heart conceiveth falsehood within himself; and when he cometh forth, he telleth it.
- 7 All mine enemies whisper together against me; \* even against me do they imagine this evil.
- 8 An evil disease, say they; cleaveth fast unto him; \* and now that he lieth, he shall rise up no more.
- 9 Yea, even mine own familiar friend whom I trusted, \* who did also eat of my bread, hath laid great wait for me.
- 10 But be thou merciful unto me, O LORD; \* raise thou me up again, and I shall reward them.
- 11 By this I know thou favourest me, \* that mine enemy doth not triumph against me.
- 12 And in my innocence thou upholdest me, \* and shalt set me before thy face for ever.
- 13 Blessed be the LORD God of Israel, \* world without end. Amen.

## BOOK II

Psalms 42. *Quemadmodum.*

- L**IKE as the hart desireth the water-brooks, \* so longeth my soul after thee, O God.
- 2 My soul is athirst for God, yea, even for the living God: \* when shall I come to appear before the presence of God?
  - 3 My tears have been my meat day and night, \* while they daily say unto me, Where is now thy God?
  - 4 Now when I think thereupon, I pour out my heart by myself; \* for I went with the multitude, and brought them forth into the house of God;
  - 5 In the voice of praise and thanksgiving, \* among such as keep holy-day.
  - 6 Why art thou so full of heaviness, O my soul? \* and why art thou so disquieted within me?

- 7 O put thy trust in God; \* for I will yet thank him, which is the help of my countenance, and my God.
- 8 My soul is vexed within me; \* therefore will I remember thee from the land of Jordan, from Hermon and the little hill.
- 9 One deep calleth another, because of the noise of thy waters; \* all thy waves and storms are gone over me.
- 10 The LORD will grant his loving-kindness in the daytime; \* and in the night season will I sing of him, and make my prayer unto the God of my life.
- 11 I will say unto the God of my strength, Why hast thou forgotten me? \* why go I thus heavily, while the enemy oppresseth me?
- 12 My bones are smitten asunder as with a sword, \* while mine enemies that trouble me cast me in the teeth;
- 13 Namely, while they say daily unto me, \* Where is now thy God?
- 14 Why art thou so vexed, O my soul? \* and why art thou so disquieted within me?
- 15 O put thy trust in God; \* for I will yet thank him, which is the help of my countenance, and my God.

Psalms 43. *Judica me, Deus.*

- G**IVE sentence with me, O God, and defend my cause against the ungodly people; \* O deliver me from the deceitful and wicked man.
- 2 For thou art the God of my strength; why hast thou put me from thee? \* and why go I so heavily, while the enemy oppresseth me?
  - 3 O send out thy light and thy truth, that they may lead me, \* and bring me unto thy holy hill, and to thy dwelling;
  - 4 And that I may go unto the altar of God, even unto the God of my joy and gladness; \* and upon the harp will I give thanks unto thee, O God, my God.
  - 5 Why art thou so heavy, O my soul? \* and why art thou so disquieted within me?
  - 6 O put thy trust in God; \* for I will yet give him thanks, which is the help of my countenance, and my God.

# THE NINTH DAY

## Morning Prayer.

Psalm 44. *Deus, aurius.*

**W**E have heard with our ears, O God, our fathers have told us \* what thou hast done in their time of old:

2 How thou hast driven out the heathen with thy hand, and planted our fathers in; \* how thou hast destroyed the nations, and made thy people to flourish.

3 For they gat not the land in possession through their own sword, \* neither was it their own arm that helped them;

4 But thy right hand, and thine arm, and the light of thy countenance; \* because thou hadst a favour unto them.

5 Thou art my King, O God; \* send help unto Jacob.

6 Through thee will we overthrow our enemies, \* and in thy Name will we tread them under that rise up against us.

7 For I will not trust in my bow, \* it is not my sword that shall help me;

8 But it is thou that savest us from our enemies, \* and putteth them to confusion that hate us.

9 We make our boast of God all day long, \* and will praise thy Name for ever.

10 But now thou art far off, and putteth us to confusion, \* and goest not forth with our armies.

11 Thou makest us to turn our backs upon our enemies, \* so that they which hate us spoil our goods.

12 Thou lettest us be eaten up like sheep, \* and hast scattered us among the heathen.

13 Thou sellest thy people for nought, \* and takest no money for them.

14 Thou makest us to be rebuked of our neighbours, \* to be laughed to scorn, and had in derision of them that are round about us.

15 Thou makest us to be a by-word among the nations, \* and that the peoples shake their heads at us.

16 My confusion is daily before me, \* and the shame of my face hath covered me;

17 For the voice of the slanderer and blasphemer, \* for the enemy and avenger.

18 And though all this be come upon us, yet do we not forget thee, \* nor behave ourselves frowardly in thy covenant.

19 Our heart is not turned back, \* neither our steps gone out of thy way;

20 No, not when thou hast smitten us into the place of dragons, \* and covered us with the shadow of death.

21 If we have forgotten the Name of our God, and holden up our hands to any strange god, \* shall not God search it out? for he knoweth the very secrets of the heart.

22 For thy sake also are we killed all the day long, \* and are counted as sheep appointed to be slain.

23 Up, Lord, why sleepest thou? \* awake, and be not absent from us for ever.

24 Wherefore hidest thou thy face, \* and forgettest our misery and trouble?

25 For our soul is brought low, even unto the dust; \* our belly cleaveth unto the ground.

26 Arise, and help us, \* and deliver us, for thy mercy's sake.

Psalm 45. *Eructavit cor meum.*

**M**Y heart overfloweth with a good matter; I speak the things which I have made concerning the King. \* My tongue is the pen of a ready writer.

2 Thou art fairer than the children of men; \* full of grace are thy lips, because God hath blessed thee for ever.

3 Gird thee with thy sword upon thy thigh, O thou Most Mighty, \* according to thy worship and renown.

4 Good luck have thou with thine honour: \* ride on, because of the word of truth, of meekness, and righteousness; and thy right hand shall teach thee terrible things.

5 Thy arrows are very sharp in the heart of the King's enemies, \* and the people shall be subdued unto thee.

6 Thy seat, O God, endureth for ever; \* the sceptre of thy kingdom is a right sceptre.

7 Thou hast loved righteousness, and hated iniquity; \* wherefore God, even thy God, hath anointed thee with the oil of gladness above thy fellows.

8 All thy garments smell of myrrh, aloes, and cassia; \* out of the ivory palaces, whereby they have made thee glad.

9 Kings' daughters are among thy honourable women; \* upon thy right hand doth stand the queen in a vesture of gold, wrought about with divers colours.

10 Hearken, O daughter, and consider; incline thine ear; \* for get also thine own people, and thy father's house.

11 So shall the King have pleasure in thy beauty; \* for he is thy Lord, and worship thou him.

12 And the daughter of Tyre shall be there with a gift; \* like as the rich also among the people shall make their supplication before thee.

13 The King's daughter is all glorious within; \* her clothing is of wrought gold.

14 She shall be brought unto the King in raiment of needlework: \* the virgins that be her fellows shall bear her company, and shall be brought unto thee.

15 With joy and gladness shall they be brought, \* and shall enter into the King's palace.

16 Instead of thy fathers, thou shalt have children, \* whom thou mayest make princes in all lands.

17 I will make thy Name to be remembered from one generation to another; \* therefore shall the people give thanks unto thee, world without end.

Psalm 46. *Deus noster refugium.*

**G**OD is our hope and strength, \* a very present help in trouble.  
2 Therefore will we not fear, though the earth be moved, \* and though the hills be carried into the midst of the sea;

3 Though the waters thereof rage and swell, \* and though the mountains shake at the tempest of the same.

4 There is a river, the streams whereof make glad the city of God; \* the holy place of the tabernacle of the Most Highest.

5 God is in the midst of her, therefore shall she not be removed; \* God shall help her, and that right early.

6 The nations make much ado, and the kingdoms are moved; \* but God hath showed his voice, and the earth shall melt away.

7 The LORD of hosts is with us; \* the God of Jacob is our refuge.

8 O come hither, and behold the works of the LORD, \* what destruction he hath brought upon the earth.

9 He maketh wars to cease in all the world; \* he breaketh the bow, and knappeth the spear in sunder, and burneth the chariots in the fire.

10 Be still then, and know that I am God: \* I will be exalted among the nations, and I will be exalted in the earth.

11 The LORD of hosts is with us; \* the God of Jacob is our refuge.

*Evening Prayer*

Psalm 47. *Omnes gentes, plaudite.*

**C**LAP your hands together, all ye peoples: \* O sing unto God with the voice of melody.

2 For the LORD is high, and to be feared; \* he is the great King upon all the earth.

3 He shall subdue the peoples under us, \* and the nations under our feet.

4 He shall choose out an heritage for us, \* even the excellency of Jacob, whom he loved.

5 God is gone up with a merry noise, \* and the LORD with the sound of the trumpet.

6 O sing praises, sing praises unto our God; \* O sing praises, sing praises unto our King.

7 For God is the King of all the earth: \* sing ye praises with understanding.

8 God reigneth over the nations; \* God sitteth upon his holy seat.

9 The princes of the peoples are joined unto the people of the God of Abraham; \* for God, which is very high exalted, doth defend the earth, as it were with a shield.



Psalm 48. *Magnus Dominus.*

**G**REAT is the LORD, and highly to be praised \* in the city of our God, even upon his holy hill.

2 The hill of Zion is a fair place, and the joy of the whole earth; \* upon the north side lieth the city of the great King: God is well known in her palaces as a sure refuge.

3 For lo, the kings of the earth \* were gathered, and gone by together.

4 They marvelled to see such things; \* they were astonished, and suddenly cast down.

5 Fear came there upon them; and sorrow, \* as upon a woman in her travail.

6 Thou dost break the ships of the sea \* through the east-wind.

7 Like as we have heard, so have we seen in the city of the LORD of hosts, in the city of our God; \* God upholdeth the same for ever.

8 We wait for thy loving-kindness, O God, \* in the midst of thy temple.

9 O God, according to thy Name, so is thy praise unto the world's end; \* thy right hand is full of righteousness.

10 Let the mount Zion rejoice, and the daughters of Judah be glad, \* because of thy judgments.

11 Walk about Zion, and go round about her; \* and tell the towers thereof.

12 Mark well her bulwarks, consider her palaces, \* that ye may tell them that come after.

13 For this God is our God for ever and ever: \* he shall be our guide unto death.

Psalm 49. *Audite haec, omnes.*

**O** HEAR ye this, all ye people; \* ponder it with your ears, all ye that dwell in the world;

2 High and low, rich and poor, \* one with another.

3 My mouth shall speak of wisdom, \* and my heart shall muse of understanding.

4 I will incline mine ear to the parable, \* and show my dark speech upon the harp.

5 Wherefore should I fear in the days of evil, \* when wickedness at my heels compasseth me round about?

6 There be some that put their trust in their goods, \* and boast themselves in the multitude of their riches.

7 But no man may deliver his brother, \* nor give a ransom unto God for him,

8 (For it cost more to redeem their souls, \* so that he must let that alone for ever.)

9 That he shall live away, \* and not see the grave.

10 For he seeth that wise men also die and perish together, \* as well as the ignorant and foolish, and leave their riches for other.

11 And yet they think that their houses shall continue for ever, and that their dwelling-places shall endure from one generation to another; \* and call the lands after their own names.

12 Nevertheless, man being in honour abideth not, \* seeing he may be compared unto the beasts that perish;

13 This their way is very foolishness; \* yet their posterity praise their saying.

14 They lie in the grave like sheep; death is their shepherd; and the righteous shall have dominion over them in the morning: \* their beauty shall consume in the sepulchre, and have no abiding.

15 But God hath delivered my soul from the power of the grave; \* for he shall receive me.

16 Be not thou afraid, though one be made rich, \* or if the glory of his house be increased;

17 For he shall carry nothing away with him when he dieth, \* neither shall his pomp follow him.

18 For while he lived, he counted himself an happy man; \* and so long as thou doest well unto thyself, men will speak good of thee.

19 He shall follow the generation of his fathers, \* and shall never see light.

20 Man that is in honour but hath no understanding \* is compared unto the beasts that perish.

# THE TENTH DAY

## Morning Prayer

Psalms 50. *Deus deorum.*

**T**HE LORD, even the Most Mighty God, hath spoken, \* and called the world, from the rising up of the sun unto the going down thereof.

2 Out of Sion hath God appeared \* in perfect beauty.

3 Our God shall come, and shall not keep silence; \* there shall go before him a consuming fire, and a mighty tempest shall be stirred up round about him.

4 He shall call the heaven from above, \* and the earth, that he may judge his people.

5 Gather my saints together unto me; \* those that have made a covenant with me with sacrifice.

6 And the heavens shall declare his righteousness; \* for God is Judge himself.

7 Hear, O my people, and I will speak; \* I myself will testify against thee, O Israel; for I am God, even thy God.

8 I will not reprove thee because of thy sacrifices; \* as for thy burnt-offerings, they are always before me.

9 I will take no bullock out of thine house, \* nor he-goats out of thy folds.

10 For all the beasts of the forest are mine, \* and so are the cattle upon a thousand hills.

11 I know all the fowls upon the mountains, \* and the wild beasts of the field are in my sight.

12 If I be hungry, I will not tell thee; \* for the whole world is mine, and all that is therein.

13 Thinkest thou that I will eat bulls' flesh, \* and drink the blood of goats?

14 Offer unto God thanksgiving, \* and pay thy vows unto the Most Highest.

15 And call upon me in the time of trouble; \* so will I hear thee, and thou shalt praise me.

16 But unto the ungodly saith God, \* Why dost thou preach my laws, and takest my covenant in thy mouth;

17 Whereas thou hatest to be reformed, \* and hast cast my words behind thee?

18 When thou sawest a thief, thou consentedst unto him; \* and hast been partaker with the adulterers.

19 Thou hast let thy mouth speak wickedness, \* and with thy tongue thou hast set forth deceit.

20 Thou satest and spakest against thy brother; \* yea, and hast slandered thine own mother's son.

21 These things hast thou done, and I held my tongue, and thou thoughtest wickedly, that I am even such a one as thyself; \* but I will reprove thee, and set before thee the things that thou hast done.

22 O consider this, ye that forget God, \* lest I pluck you away, and there be none to deliver you.

23 Whoso offereth me thanks and praise, he honoureth me; \* and to him that ordereth his way aright, will I show the salvation of God.

Psalms 51. *Miserere mei, Deus.*

**H**AVE mercy upon me, O God, after thy great goodness; \* according to the multitude of thy mercies do away mine offences.

2 Wash me thoroughly from my wickedness, \* and cleanse me from my sin.

3 For I acknowledge my faults, \* and my sin is ever before me.

4 Against thee only have I sinned, and done this evil in thy sight; \* that thou mightest be justified in thy saying, and clear when thou shalt judge.

5 Behold, I was shapen in wickedness, \* and in sin hath my mother conceived me.

6 But lo, thou requirest truth in the inward parts, \* and shalt make me to understand wisdom secretly.

7 Thou shalt purge me with hyssop, and I shall be clean; \* thou shalt wash me, and I shall be whiter than snow.

8 Thou shalt make me hear of joy and gladness, \* that the bones which thou hast broken may rejoice.

9 Turn thy face from my sins, \* and put out all my misdeeds.

10 Make me a clean heart, O God, \* and renew a right spirit within me.

11 Cast me not away from thy presence, \* and take not thy holy Spirit from me.

12 O give me the comfort of thy help again, \* and stablish me with thy free Spirit.

13 Then shall I teach thy ways unto the wicked, \* and sinners shall be converted unto thee.

14 Deliver me from blood-guiltiness, O God, thou that art the God of my health; \* and my tongue shall sing of thy righteousness.

15 Thou shalt open my lips, O Lord, \* and my mouth shall show thy praise.

16 For thou desirest no sacrifice, else would I give it thee; \* but thou delightest not in burnt-offerings.

17 The sacrifice of God is a troubled spirit: \* a broken and contrite heart, O God, shalt thou not despise.

18 O be favourable and gracious unto Sion; \* build thou the walls of Jerusalem.

19 Then shalt thou be pleased with the sacrifice of righteousness, with the burnt-offerings and oblations; \* then shall they offer young bullocks upon thine altar.

Psalm 52. *Quid gloriaris?*

**W**HY boastest thou thyself, thou tyrant, \* that thou canst do mischief;

2 Whereas the goodness of God \* endureth yet daily?

3 Thy tongue imagineth wickedness, \* and with lies thou curtest like a sharp razor.

4 Thou hast loved unrighteousness more than goodness, \* and falsehood more than righteousness.

5 Thou hast loved to speak all words that may do hurt, \* O thou false tongue.

6 Therefore shall God destroy thee for ever; \* he shall take thee, and pluck thee out of thy dwelling, and root thee out of the land of the living.

7 The righteous also shall see this, and fear, \* and shall laugh him to scorn.

8 Lo, this is the man that took not God for his strength; \* but trusted unto the multitude of his riches, and strengthened himself in his wickedness.

9 As for me, I am like a green olive-tree in the house of God; \* my trust is in the tender mercy of God for ever and ever.

10 I will always give thanks unto thee for that thou hast done; \* and I will hope in thy Name, for thy saints like it well.

*Evening Prayer.*

Psalm 53. *Dixit insipiens.*

**T**HE foolish body hath said in his heart, \* There is no God.

2 Corrupt are they, and become abominable in their wickedness; \* there is none that doeth good.

3 God looked down from heaven upon the children of men, \* to see if there were any that would understand, and seek after God.

4 But they are all gone out of the way, they are altogether become abominable; \* there is also none that doeth good, no not one.

5 Are not they without understanding that work wickedness, \* eating up my people as if they would eat bread? they have not called upon God.

6 They were afraid where no fear was; \* for God hath broken the bones of him that besieged thee; thou hast put them to confusion, because God hath despised them.

7 O that the salvation were given unto Israel out of Sion! \* O that the Lord would deliver his people out of captivity!

8 Then should Jacob rejoice, \* and Israel should be right glad.

Psalm 54. *Deus, in Nomine.*

**S**AVE me, O God, for thy Name's sake, \* and avenge me in thy strength.

2 Hear my prayer, O God, \* and hearken unto the words of my mouth.

3 For strangers are risen up against me; \* and tyrants, which have not God before their eyes, seek after my soul.

4 Behold, God is my helper; \* the Lord is with them that uphold my soul.

5 He shall reward evil unto mine enemies: \* destroy thou them in thy truth.

6 An offering of a free heart will I give thee, and praise thy Name, O LORD; \* because it is so comfortable.

7 For he hath delivered me out of all my trouble; \* and mine eye hath seen his desire upon mine enemies.

Psalm 55. *Exaudi, Deus.*

**H**EAR my prayer, O God, \* and hide not thyself from my petition.

2 Take heed unto me, and hear me, \* how I mourn in my prayer, and am vexed;

3 The enemy crieth so, and the ungodly cometh on so fast; \* for they are minded to do me some mischief, so maliciously are they set against me.

4 My heart is disquieted within me, \* and the fear of death is fallen upon me.

5 Fearfulness and trembling are come upon me, \* and an horrible dread hath overwhelmed me.

6 And I said, O that I had wings like a dove! \* for then would I flee away, and be at rest.

7 Lo, then would I get me away far off, \* and remain in the wilderness.

8 I would make haste to escape, \* because of the stormy wind and tempest.

9 Destroy their tongues, O Lord, and divide them; \* for I have spied unrighteousness and strife in the city.

10 Day and night they go about within the walls thereof: \* mischief also and sorrow are in the midst of it.

11 Wickedness is therein; \* deceit and guile go not out of her streets.

12 For it is not an open enemy that hath done me this dishonour; \* for then I could have borne it;

13 Neither was it mine adversary that did magnify himself against me; \* for then peradventure I would have hid myself from him;

14 But it was even thou, my companion, \* my guide, and mine own familiar friend.

15 We took sweet counsel together, \* and walked in the house of God as friends.

16 Let death come hastily upon them, and let them go down alive into the pit; \* for wickedness is in their dwellings, and among them.

17 As for me, I will call upon God, \* and the LORD shall save me.

18 In the evening, and morning, and at noon-day will I pray, and that instantly; \* and he shall hear my voice.

19 It is he that hath delivered my soul in peace from the battle that was against me; \* for there were many that strove with me.

20 Yea, even God, that endureth for ever, shall hear me, and bring them down; \* for they will not turn, nor fear God.

21 He laid his hands upon such as be at peace with him, \* and he brake his covenant.

22 The words of his mouth were softer than butter, having war in his heart; \* his words were smoother than oil, and yet be they very swords.

23 O cast thy burden upon the LORD, and he shall nourish thee, \* and shall not suffer the righteous to fall for ever.

24 And as for them, \* thou, O God, shalt bring them into the pit of destruction.

25 The blood-thirsty and deceitful men shall not live out half their days: \* nevertheless, my trust shall be in thee, O Lord.

THE ELEVENTH DAY

Morning Prayer

Psalm 56. *Miserere mei, Deus.*

**B**E merciful unto me, O God, for man goeth about to devour me; \* he is daily fighting, and troubling me.

2 Mine enemies are daily at hand to swallow me up; \* for they be many that fight against me, O thou Most Highest.

3 Nevertheless, though I am sometime afraid, \* yet put I my trust in thee.

4 I will praise God, because of his word: \* I have put my trust in God, and will not fear what flesh can do unto me.

5 They daily mistake my words; \* all that they imagine is to do me evil.

6 They hold all together, and keep themselves close, \* and mark my steps, when they lay wait for my soul.

7 Shall they escape for their wickedness? \* thou, O God, in thy displeasure shalt cast them down.

8 Thou tellest my wanderings; put my tears into thy bottle: \* are not these things noted in thy book?

9 Whensoever I call upon thee, then shall mine enemies be put to flight: \* this I know; for God is on my side.

10 In God's word will I rejoice; \* in the LORD's word will I comfort me.

11 Yea, in God have I put my trust; \* I will not be afraid what man can do unto me.

12 Unto thee, O God, will I pay my vows; \* unto thee will I give thanks.

13 For thou hast delivered my soul from death, and my feet from falling, \* that I may walk before God in the light of the living.

Psalm 57. *Miserere mei, Deus.*

**B**E merciful unto me, O God, be merciful unto me; for my soul trusteth in thee; \* and under the shadow of thy wings shall be my refuge, until this tyranny be overpast.

2 I will call unto the Most High God, \* even unto the God that shall perform the cause which I have in hand.

3 He shall send from heaven, \* and save me from the reproof of him that would eat me up.

4 God shall send forth his mercy and truth: \* my soul is among lions;

5 And I lie even among the children of men, that are set on fire, \* whose teeth are spears and arrows, and their tongue a sharp sword.

6 Set up thyself, O God, above the heavens; \* and thy glory above all the earth.

7 They have laid a net for my feet, and pressed down my soul; \* they have digged a pit before me, and are fallen into the midst of it themselves.

8 My heart is fixed, O God, my heart is fixed; \* I will sing and give praise.

9 Awake up, my glory; awake, lute and harp: \* I myself will awake right early.

10 I will give thanks unto thee, O Lord, among the peoples; \* and I will sing unto thee among the nations.

11 For the greatness of thy mercy reacheth unto the heavens, \* and thy truth unto the clouds.

12 Set up thyself, O God, above the heavens; \* and thy glory above all the earth.

Psalm 58. *Si vere utique.*

**A**RE your minds set upon righteousness, O ye congregation? \* and do ye judge the thing that is right, O ye sons of men?

2 Yea, ye imagine mischief in your heart upon the earth, \* and your hands deal with wickedness.

3 The ungodly are froward, even from their mother's womb; \* as soon as they are born, they go astray, and speak lies.

4 They are as venomous as the poison of a serpent, \* even like the deaf adder, that stoppeth her ears;

5 Which refuseth to hear the voice of the charmer, \* charm he never so wisely.

- 6 Break their teeth, O God, in their mouths; \* smite the jaw-bones of the lions, O LORD.
- 7 Let them fall away like water that runneth apace; \* when they shoot their arrows, let them be rooted out.
- 8 Let them consume away like a snail, and be like the untimely fruit of a woman; \* and let them not see the sun.
- 9 Or ever your pots be made hot with thorns, \* he shall take them away with a whirlwind, the green and the burning alike.
- 10 The righteous shall rejoice when he seeth the vengeance; \* he shall wash his footsteps in the blood of the ungodly.
- 11 So that a man shall say, Verily there is a reward for the righteous; \* doubtless there is a God that judgeth the earth.

*Evening Prayer*

Psalm 59. *Eripe me de inimicis.*

- D**ELIVER me from mine enemies, O God; \* defend me from them that rise up against me.
- 2 O deliver me from the wicked doers, \* and save me from the blood-thirsty men.
  - 3 For lo, they lie waiting for my soul; \* the mighty men are gathered against me, without any offence or fault of me, O LORD.
  - 4 They run and prepare themselves without my fault; \* arise thou therefore to help me, and behold.
  - 5 Stand up, O LORD God of hosts, thou God of Israel, to visit all the heathen, \* and be not merciful unto them that offend of malicious wickedness.
  - 6 They go to and fro in the evening, \* they grin like a dog, and run about through the city.
  - 7 Behold, they speak with their mouth, and swords are in their lips; \* for who doth hear?
  - 8 But thou, O LORD, shalt have them in derision, \* and thou shalt laugh all the heathen to scorn.
  - 9 My strength will I ascribe unto thee; \* for thou art the God of my refuge.
  - 10 God sheweth me his goodness plenteously; \* and God shall let me see my desire upon mine enemies.

- 11 Slay them not, lest my people forget it; \* but scatter them abroad among the people, and put them down, O Lord our defence.
- 12 For the sin of their mouth, and for the words of their lips, they shall be taken in their pride: \* and why? their talk is of cursing and lies.
- 13 Consume them in thy wrath, consume them, that they may perish; \* and know that it is God that ruleth in Jacob, and unto the ends of the world.
- 14 And in the evening they will return, \* grin like a dog, and will go about the city.
- 15 They will run here and there for meat, \* and grudge if they be not satisfied.
- 16 As for me, I will sing of thy power, and will praise thy mercy betimes in the morning; \* for thou hast been my defence and refuge in the day of my trouble.
- 17 Unto thee, O my strength, will I sing; \* for thou, O God, art my refuge, and my merciful God.

Psalm 60. *Deus, repulisti nos.*

- O**GOD, thou hast cast us out, and scattered us abroad; \* thou hast also been displeased: O turn thee unto us again.
- 2 Thou hast moved the land, and divided it: \* heal the sores thereof, for it shaketh.
  - 3 Thou hast showed thy people heavy things; \* thou hast given us a drink of deadly wine.
  - 4 Thou hast given a token for such as fear thee, \* that they may triumph because of the truth.
  - 5 Therefore were thy beloved delivered; \* help me with thy right hand, and hear me.
  - 6 God hath spoken in his holiness, I will rejoice, and divide Shechem, \* and mete out the valley of Succoth.
  - 7 Gilead is mine, and Manasseh is mine; \* Ephraim also is the strength of my head; Judah is my law-giver;
  - 8 Moab is my wash-pot; over Edom will I cast out my shoe; \* Philistia, be thou glad of me.

- 9 Who will lead me into the strong city? \* who will bring me into Edom?  
 10 Hast not thou cast us out, O God? \* wilt not thou, O God, go out with our hosts?  
 11 O be thou our help in trouble; \* for vain is the help of man.  
 12 Through God will we do great acts; \* for it is he that shall tread down our enemies.

Psalm 61. *Exaudi, Deus.*

- H**EAR my crying, O God; \* give ear unto my prayer.  
 2 From the ends of the earth will I call upon thee, \* when my heart is in heaviness.  
 3 O set me up upon the rock that is higher than I; \* for thou hast been my hope, and a strong tower for me against the enemy.  
 4 I will dwell in thy tabernacle for ever, \* and my trust shall be under the covering of thy wings.  
 5 For thou, O Lord, hast heard my desires, \* and hast given an heritage unto those that fear thy Name.  
 6 Thou shalt grant the King a long life, \* that his years may endure throughout all generations.  
 7 He shall dwell before God for ever: \* O prepare thy loving mercy and faithfulness, that they may preserve him.  
 8 So will I always sing praise unto thy Name, \* that I may daily perform my vows.

THE TWELTH DAY

*Morning Prayer*

Psalm 62. *Domine Deus?*

- M**Y soul truly waiteth still upon God; \* for of him cometh my salvation.  
 2 He verily is my strength and my salvation; \* he is my defence, so that I shall not greatly fall.  
 3 How long will ye imagine mischief against every man? \* Ye shall be slain all the sort of you; yea, as a tottering wall shall ye be, and like a broken hedge.

- 4 Their device is only how to put him out whom God will exalt; \* their delight is in lies; they give good words with their mouth, but curse with their heart.  
 5 Nevertheless, my soul, wait thou still upon God; \* for my hope is in him.  
 6 He truly is my strength and my salvation; \* he is my defence, so that I shall not fall.  
 7 In God is my health and my glory; \* the rock of my might; and in God is my trust.  
 8 O put your trust in him alway, ye people; \* pour out your hearts before him, for God is our hope.  
 9 As for the children of men, they are but vanity; the children of men are deceitful; \* upon the weights they are altogether lighter than vanity itself.  
 10 O trust not in wrong and robbery; give not yourselves unto vanity: \* if riches increase, set not your heart upon them.  
 11 God spake once, and twice I have also heard the same, \* that power belongeth unto God;  
 12 And that thou, Lord, art merciful; \* for thou rewardest every man according to his work.

Psalm 63. *Deus, Deus meus.*

- O** GOD, thou art my God; \* early will I seek thee.  
 2 My soul thirsteth for thee, my flesh also longeth after thee, \* in a barren and dry land where no water is.  
 3 Thus have I looked for thee in the sanctuary, \* that I might behold thy power and glory.  
 4 For thy loving-kindness is better than the life itself: \* my lips shall praise thee.  
 5 As long as I live will I magnify thee in this manner, \* and lift up my hands in thy Name.  
 6 My soul shall be satisfied, even as it were with marrow and fatness, \* when my mouth praiseth thee with joyful lips.  
 7 Have I not remembered thee in my bed, \* and thought upon thee when I was waking?

8 Because thou hast been my helper; \* therefore under the shadow of thy wings will I rejoice.

9 My soul hangeth upon thee; \* thy right hand hath upholden me.

10 These also that seek the hurt of my soul, \* they shall go under the earth.

11 Let them fall upon the edge of the sword, \* that they may be a portion for foxes.

12 But the King shall rejoice in God; all they also that swear by him shall be commended; \* for the mouth of them that speak lies shall be stopped.

Psalm 64. *Exaudi, Deus.*

**H**EAR my voice, O God, in my prayer; \* preserve my life from fear of the enemy.

2 Hide me from the gathering together of the froward, \* and from the insurrection of wicked doers;

3 Who have whet their tongue like a sword, \* and shoot out their arrows, even bitter words;

4 That they may privily shoot at him that is perfect: \* suddenly do they hit him, and fear not.

5 They encourage themselves in mischief, \* and commune among themselves, how they may lay snares; and say, that no man shall see them.

6 They imagine wickedness, and practise it; \* that they keep secret among themselves, every man in the deep of his heart.

7 But God shall suddenly shoot at them with a swift arrow, \* that they shall be wounded.

8 Yea, their own tongues shall make them fall; \* insomuch that whoso seeth them shall laugh them to scorn.

9 And all men that see it shall say, This hath God done; \* for they shall perceive that it is his work.

10 The righteous shall rejoice in the LORD, and put his trust in him; \* and all they that are true of heart shall be glad.

Evening Prayer

Psalm 65. *Te decet hymnus.*

**T**HOU, O God, art praised in Sion; \* and unto thee shall the vow be performed in Jerusalem.

2 Thou that hearest the prayer, \* unto thee shall all flesh come.

3 My misdeeds prevail against me: \* O be thou merciful unto our sins.

4 Blessed is the man whom thou chooseth, and receivest unto thee: \* he shall dwell in thy court, and shall be satisfied with the pleasures of thy house, even of thy holy temple.

5 Thou shalt show us wonderful things in thy righteousness, O God of our salvation; \* thou that art the hope of all the ends of the earth, and of them that remain in the broad sea.

6 Who in his strength setteth fast the mountains, \* and is girded about with power.

7 Who stilleth the raging of the sea, \* and the noise of his waves, and the madness of the peoples.

8 They also that dwell in the uttermost parts of the earth shall be afraid at thy tokens, \* thou that makest the out-goings of the morning and evening to praise thee.

9 Thou visitest the earth, and blessest it; \* thou makest it very plenteous.

10 The river of God is full of water: \* thou preparest their corn, for so thou providest for the earth.

11 Thou waterest her furrows; thou sendest rain into the little valleys thereof; \* thou makest it soft with the drops of rain, and blessest the increase of it.

12 Thou crownest the year with thy goodness; \* and thy clouds drop fatness.

13 They shall drop upon the dwellings of the wilderness; \* and the little hills shall rejoice on every side.

14 The folds shall be full of sheep; \* the valleys also shall stand so thick with corn, that they shall laugh and sing.



Psalm 66. *Jubilata Deo.*

**O** BE joyful in God, all ye lands; \* sing praises unto the honour of his Name; make his praise to be glorious.

2 Say unto God, O how wonderful art thou in thy works! \* through the greatness of thy power shall thine enemies bow down unto thee.

3 For all the world shall worship thee; \* sing of thee, and praise thy Name.

4 O come hither, and behold the works of God; \* how wonderful he is in his doing toward the children of men.

5 He turned the sea into dry land, \* so that they went through the water on foot; there did we rejoice thereof.

6 He ruleth with his power for ever; his eyes behold the nations: \* and such as will not believe shall not be able to exalt themselves.

7 O praise our God, ye peoples, \* and make the voice of his praise to be heard;

8 Who holdeth our soul in life; \* and suffereth not our feet to slip.

9 For thou, O God, hast proved us; \* thou also hast tried us, like as silver is tried.

10 Thou broughtest us into the snare; \* and laidest trouble upon our loins.

11 Thou sufferedst men to ride over our heads; \* we went through fire and water, and thou broughtest us out into a wealthy place.

12 I will go into thine house with burnt-offerings, and will pay thee my vows, \* which I promised with my lips, and spake with my mouth, when I was in trouble.

13 I will offer unto thee fat burnt-sacrifices, with the incense of rams; \* I will offer bullocks and goats.

14 O come hither, and hearken, all ye that fear God; \* and I will tell you what he hath done for my soul.

15 I called unto him with my mouth, \* and gave him praises with my tongue.

16 If I incline unto wickedness with mine heart, \* the Lord will not hear me.

17 But God hath heard me; \* and considered the voice of my prayer.

18 Praise be God, who hath not cast out my prayer, \* nor turned his mercy from me.

Psalm 67. *Deus miseratur.*

**G**OD be merciful unto us, and bless us, \* and show us the light of his countenance, and be merciful unto us;

2 That thy way may be known upon earth, \* thy saving health among all nations.

3 Let the peoples praise thee, O God; \* yea, let all the peoples praise thee.

4 O let the nations rejoice and be glad; \* for thou shalt judge the folk righteously, and govern the nations upon earth.

5 Let the peoples praise thee, O God; \* yea, let all the peoples praise thee.

6 Then shall the earth bring forth her increase; \* and God, even our own God, shall give us his blessing.

7 God shall bless us; \* and all the ends of the world shall fear him.

THE THIRTEENTH DAY

*Morning Prayer*

Psalm 68. *Exsurgat Deus.*

**L**ET God arise, and let his enemies be scattered; \* let them also that hate him flee before him.

2 Like as the smoke vanisheth, so shalt thou drive them away; \* and like as wax melteth at the fire, so let the ungodly perish at the presence of God.

3 But let the righteous be glad, and rejoice before God; \* let them also be merry and joyful.

4 O sing unto God, and sing praises unto his Name; magnify him that rideth upon the heavens; \* praise him in his Name JAH, and rejoice before him.

- 5 He is a Father of the fatherless, and defendeth the cause of the widows; \* even God in his holy habitation.
- 6 He is the God that maketh men to be of one mind in an house, and bringeth the prisoners out of captivity; \* but letteth the runagates continue in scarceness.
- 7 O God, when thou wentest forth before the people; \* when thou wentest through the wilderness,
- 8 The earth shook, and the heavens dropped at the presence of God; \* even as Sinai also was moved at the presence of God, who is the God of Israel.
- 9 Thou, O God, sentest a gracious rain upon thine inheritance, \* and refreshedst it when it was weary.
- 10 Thy congregation shall dwell therein; \* for thou, O God, hast of thy goodness prepared for the poor.
- 11 The Lord gave the word; \* great was the company of women that bare the tidings.
- 12 Kings with their armies did flee, and were discomfited, \* and they of the household divided the spoil.
- 13 Though ye have lain among the sheep-folds, yet shall ye be as the wings of a dove \* that is covered with silver wings, and her feathers like gold.
- 14 When the Almighty scattered kings for their sake, \* then were they as white as snow in Salmon.
- 15 As the hill of Bashan, so is God's hill; \* even an high hill, as the hill of Bashan.
- 16 Why mock ye so, ye high hills? this is God's hill, in the which it pleaseth him to dwell; \* yea, the LORD will abide in it for ever.
- 17 The chariots of God are twenty thousand, even thousands of angels; \* and the LORD is among them as in the holy place of Sinai.
- 18 Thou art gone up on high, thou hast led captivity captive, and received gifts from men; \* yea, even from thine enemies, that the LORD God might dwell among them.
- 19 Praised be the LORD daily, \* even the God who helpeth us, and poureth his benefits upon us.
- 20 He is our God, even the God of whom cometh salvation: \* God is the Lord, by whom we escape death.

- 21 God shall wound the head of his enemies, \* and the hairy scalp of such a one as goeth on still in his wickedness.
- 22 The Lord hath said, I will bring my people again, as I did from Bashan; \* mine own will I bring again, as I did sometime from the deep of the sea.
- 23 That thy foot may be dipped in the blood of thine enemies, \* and that the tongue of thy dogs may be red through the same.
- 24 It is well seen, O God, how thou goest; \* how thou, my God and King, goest in the sanctuary.
- 25 The singers go before; the minstrels follow after, \* in the midst of the damsels playing with the timbrels.
- 26 Give thanks unto God the Lord in the congregation, \* ye that are of the fountain of Israel.
- 27 There is little Benjamin their ruler, and the princes of Judah their council; \* the princes of Zebulon, and the princes of Naphthali.
- 28 Thy God hath sent forth strength for thee; \* stablish the thing, O God, that thou hast wrought in us,
- 29 For thy temple's sake at Jerusalem; \* so shall kings bring presents unto thee.
- 30 Rebuke thou the dragon and the bull, with the leaders of the heathen, so that they humbly bring pieces of silver; \* scatter thou the peoples that delight in war;
- 31 Then shall the princes come out of Egypt; \* the Morians' land shall soon stretch out her hands unto God.
- 32 Sing unto God, O ye kingdoms of the earth; \* O sing praises unto the Lord;
- 33 Who sitteth in the heavens over all, from the beginning: \* lo, he doth send out his voice; yea, and that a mighty voice.
- 34 Ascribe ye the power to God over Israel; \* his worship and strength is in the clouds.
- 35 O God, wonderful art thou in thy holy places: \* even the God of Israel, he will give strength and power unto his people. Blessed be God.

Evening Prayer

Psalm 69. *Salvum me fac.*

- S**AVE me, O God; \* for the waters are come in, even unto my soul.
- 2 I stick fast in the deep mire, where no ground is; \* I am come into deep waters, so that the floods run over me.
- 3 I am weary of crying; my throat is dry; \* my sight faileth me for waiting so long upon my God.
- 4 They that hate me without a cause are more than the hairs of my head; \* they that are mine enemies, and would destroy me guiltless, are mighty.
- 5 I paid them the things that I never took: \* God, thou knowest my simpleness, and my faults are not hid from thee.
- 6 Let not them that trust in thee, O Lord GOD of hosts, be ashamed for my cause; \* let not those that seek thee be confounded through me, O Lord God of Israel.
- 7 And why? for thy sake have I suffered reproof; \* shame hath covered my face.
- 8 I am become a stranger unto my brethren, \* even an alien unto my mother's children.
- 9 For the zeal of thine house hath even eaten me; \* and the rebukes of them that rebuked thee are fallen upon me.
- 10 I wept, and chastened myself with fasting, \* and that was turned to my reproof.
- 11 I put on sackcloth also, \* and they jested upon me.
- 12 They that sit in the gate speak against me, \* and the drunksards make songs upon me.
- 13 But, LORD, I make my prayer unto thee \* in an acceptable time.
- 14 Hear me, O God, in the multitude of thy mercy, \* even in the truth of thy salvation.
- 15 Take me out of the mire, that I sink not; \* O let me be delivered from them that hate me, and out of the deep waters.
- 16 Let not the water-flood drown me, neither let the deep swallow me up; \* and let not the pit shut her mouth upon me.

- 17 Hear me, O LORD, for thy loving-kindness is comfortable; \* turn thee unto me according to the multitude of thy mercies.
- 18 And hide not thy face from thy servant; for I am in trouble: \* O haste thee, and hear me.
- 19 Draw nigh unto my soul, and save it; \* O deliver me, because of mine enemies.
- 20 Thou hast known my reproach, my shame, and my dishonour: \* mine adversaries are all in thy sight.
- 21 Reproach hath broken my heart; I am full of heaviness: \* I looked for some to have pity on me, but there was no man, neither found I any to comfort me.
- 22 They gave me gall to eat; \* and when I was thirsty they gave me vinegar to drink.
- 23 Let their table be made a snare to take themselves withal; \* and let the things that should have been for their wealth be unto them an occasion of falling.
- 24 Let their eyes be blinded, that they see not; \* and ever bow thou down their backs.
- 25 Pour out thine indignation upon them, \* and let thy wrathful displeasure take hold of them.
- 26 Let their habitation be void, \* and no man to dwell in their tents.
- 27 For they persecute him whom thou hast smitten; \* and they talk how they may vex them whom thou hast wounded.
- 28 Let them fall from one wickedness to another, \* and not come into thy righteousness.
- 29 Let them be wiped out of the book of the living, \* and not be written among the righteous.
- 30 As for me, when I am poor and in heaviness, \* thy help, O God, shall lift me up.
- 31 I will praise the Name of God with a song, \* and magnify it with thanksgiving.
- 32 This also shall please the LORD \* better than a bullock that hath horns and hoofs.
- 33 The humble shall consider this, and be glad: \* seek ye after God, and your soul shall live.

- 34 For the LORD heareth the poor, \* and despiseth not his prisoners.  
 35 Let heaven and earth praise him: \* the sea, and all that moveth therein.  
 36 For God will save Sion, and build the cities of Judah, \* that men may dwell there, and have it in possession.  
 37 The posterity also of his servants shall inherit it; \* and they that love his Name shall dwell therein.

Psalm 70. *Deus, in adiutorium.*

- H**ASTE thee, O God, to deliver me; \* make haste to help me, O LORD.  
 2 Let them be ashamed and confounded that seek after my soul; \* let them be turned backward and put to confusion that wish me evil.  
 3 Let them for their reward be soon brought to shame, \* that cry over me, There! there!  
 4 But let all those that seek thee be joyful and glad in thee: \* and let all such as delight in thy salvation say away, The LORD be praised.  
 5 As for me, I am poor and in misery: \* haste thee unto me, O God.  
 6 Thou art my helper, and my redeemer: \* O LORD, make no long tarrying.

THE FOURTEENTH DAY

*Morning Prayer*

Psalm 71. *In te, Domine, speravi.*

- I**N thee, O LORD, have I put my trust; let me never be put to confusion, \* but rid me and deliver me in thy righteousness; incline thine ear unto me, and save me.  
 2 Be thou my stronghold, whereunto I may always resort: \* thou hast promised to help me, for thou art my house of defence, and my castle.

- 3 Deliver me, O my God, out of the hand of the ungodly, \* out of the hand of the unrighteous and cruel man.  
 4 For thou, O LORD GOD, art the thing that I long for: \* thou art my hope, even from my youth.  
 5 Through thee have I been holden up ever since I was born: \* thou art he that took me out of my mother's womb: my praise shall be away of thee.  
 6 I am become as it were a monster unto many, \* but my sure trust is in thee.  
 7 O let my mouth be filled with thy praise, \* that I may sing of thy glory and honour all the day long.  
 8 Cast me not away in the time of age; \* forsake me not when my strength faileth me.  
 9 For mine enemies speak against me; \* and they that lay wait for my soul take their counsel together, saying,  
 10 God hath forsaken him; \* persecute him, and take him, for there is none to deliver him.  
 11 Go not far from me, O God; \* my God, haste thee to help me.  
 12 Let them be confounded and perish that are against my soul; \* let them be covered with shame and dishonour that seek to do me evil.  
 13 As for me, I will patiently abide away, \* and will praise thee more and more.  
 14 My mouth shall daily speak of thy righteousness and salvation; \* for I know no end thereof.  
 15 I will go forth in the strength of the Lord GOD, \* and will make mention of thy righteousness only.  
 16 Thou, O God, hast taught me from my youth up until now; \* therefore will I tell of thy wondrous works.  
 17 Forsake me not, O God, in mine old age, when I am gray-headed, \* until I have showed thy strength unto this generation, and thy power to all them that are yet for to come.  
 8 Thy righteousness, O God, is very high, \* and great things are they that thou hast done: O God, who is like unto thee!  
 19 O what great troubles and adversities hast thou showed me!

and yet didst thou turn and refresh me; \* yea, and broughtest me from the deep of the earth again.

20 Thou hast brought me to great honour, \* and comforted me on every side:

21 Therefore will I praise thee, and thy faithfulness, O God, playing upon an instrument of music: \* unto thee will I sing upon the harp, O thou Holy One of Israel:

22 My lips will be glad when I sing unto thee; \* and so will my soul whom thou hast delivered.

23 My tongue also shall talk of thy righteousness all the day long; \* for they are confounded and brought unto shame that seek to do me evil.

Psalm 72. *Deus, iudicium.*

**G**IVE the King thy judgments, O God, \* and thy righteousness unto the King's son.

2 Then shall he judge thy people according unto right, \* and defend the poor.

3 The mountains also shall bring peace, \* and the little hills righteousness unto the people.

4 He shall keep the simple folk by their right, \* defend the children of the poor, and punish the wrong doer.

5 They shall fear thee, as long as the sun and moon endureth, \* from one generation to another.

6 He shall come down like the rain upon the mown grass, \* even as the drops that water the earth.

7 In his time shall the righteous flourish; \* yea, and abundance of peace, so long as the moon endureth.

8 His dominion shall be also from the one sea to the other, \* and from the River unto the world's end.

9 They that dwell in the wilderness shall kneel before him; \* his enemies shall lick the dust.

10 The kings of Tarshish and of the isles shall give presents; \* the kings of Arabia and Saba shall bring gifts.

11 All kings shall fall down before him; \* all nations shall do him service.

12 For he shall deliver the poor when he crieth; \* the needy also, and him that hath no helper.

13 He shall be favourable to the simple and needy, \* and shall preserve the souls of the poor.

14 He shall deliver their souls from falsehood and wrong; \* and dear shall their blood be in his sight.

15 He shall live, and unto him shall be given of the gold of Arabia; \* prayer shall be made ever unto him, and daily shall he be praised.

16 There shall be an heap of corn in the earth, high upon the hills; the fruit thereof shall shake like Lebanon: \* and they of the city shall flourish like grass upon the earth.

17 His Name shall endure for ever; his Name shall remain under the sun among the posterities, which shall be blessed in him; \* and all the nations shall praise him.

18 Blessed be the LORD God, even the God of Israel, \* which only doeth wondrous things;

19 And blessed be the Name of his majesty for ever: \* and all the earth shall be filled with his majesty. Amen, Amen.

BOOK III

*Evening Prayer*

Psalm 73. *Quam bonus Israel!*

**T**RULY God is loving unto Israel: \* even unto such as are of a clean heart.

2 Nevertheless, my feet were almost gone, \* my treadings had well-nigh slipped.

3 And why? I was grieved at the wicked: \* I do also see the ungodly in such prosperity.

4 For they are in no peril of death; \* but are lusty and strong.

5 They come in no misfortune like other folk; \* neither are they plagued like other men.

6 And this is the cause that they are so holden with pride, \* and cruelty covereth them as a garment.

- 7 Their eyes swell with fatness, \* and they do even what they lust.
- 8 They corrupt other, and speak of wicked blasphemy; \* their talking is against the Most High.
- 9 For they stretch forth their mouth unto the heaven, \* and their tongue goeth through the world.
- 10 Therefore fall the people unto them, \* and therout suck they no small advantage.
- 11 Tush, say they, how should God perceive it? \* is there knowledge in the Most High?
- 12 Lo, these are the ungodly, \* these prosper in the world, and these have riches in possession:
- 13 And I said, Then have I cleansed my heart in vain, \* and washed my hands in innocence.
- 14 All the day long have I been punished, \* and chastened every morning.
- 15 Yea, and I had almost said even as they; \* but lo, then I should have condemned the generation of thy children.
- 16 Then thought I to understand this; \* but it was too hard for me,
- 17 Until I went into the sanctuary of God: \* then understood I the end of these men;
- 18 Namely, how thou dost set them in slippery places, \* and castest them down, and destroyest them.
- 19 O how suddenly do they consume, \* perish, and come to a fearful end!
- 20 Yea, even like as a dream when one awaketh; \* so shalt thou make their image to vanish out of the city.
- 21 Thus my heart was grieved, \* and it went even through my reins.
- 22 So foolish was I, and ignorant, \* even as it were a beast before thee.
- 23 Nevertheless, I am alway by thee; \* for thou hast holden me by my right hand.
- 24 Thou shalt guide me with thy counsel, \* and after that receive me with glory.

- 25 Whom have I in heaven but thee? \* and there is none upon earth that I desire in comparison of thee.
- 26 My flesh and my heart faileth; \* but God is the strength of my heart, and my portion for ever.
- 27 For lo, they that forsake thee shall perish; \* thou hast destroyed all them that are unfaithful unto thee.
- 28 But it is good for me to hold me fast by God, to put my trust in the Lord GOD, \* and to speak of all thy works in the gates of the daughter of Zion.

Psalm 74. *Ut quid, Deus?*

- O** GOD, wherefore art thou absent from us so long? \* why is thy wrath so hot against the sheep of thy pasture?
- 2 O think upon thy congregation, \* whom thou hast pursued, and redeemed of old.
  - 3 Think upon the tribe of thine inheritance, \* and Mount Sion, wherein thou hast dwelt.
  - 4 Lift up thy feet, that thou mayest utterly destroy every enemy, \* which hath done evil in thy sanctuary.
  - 5 Thine adversaries roar in the midst of thy congregations, \* and set up their banners for tokens.
  - 6 He that hewed timber afore out of the thick trees, \* was known to bring it to an excellent work.
  - 7 But now they break down all the carved work thereof \* with axes and hammers.
  - 8 They have set fire upon thy holy places, \* and have defiled the dwelling-place of thy Name, even unto the ground.
  - 9 Yea, they said in their hearts, Let us make havoc of them altogether: \* thus have they burnt up all the houses of God in the land.
  - 10 We see not our tokens; there is not one prophet more; \* no, not one is there among us, that understandeth any more.
  - 11 O God, how long shall the adversary do this dishonour? \* shall the enemy blaspheme thy Name for ever?
  - 12 Why withdrawest thou thy hand? \* why pluckest thou not thy right hand out of thy bosom to consume the enemy?

- 13 For God is my King of old; \* the help that is done upon earth, he doeth it himself.
- 14 Thou didst divide the sea through thy power; \* thou brakest the heads of the dragons in the waters.
- 15 Thou smotest the heads of leviathan in pieces, \* and gavest him to be meat for the people of the wilderness.
- 16 Thou broughtest out fountains and waters out of the hard rocks; \* thou driedst up mighty waters.
- 17 The day is thine, and the night is thine; \* thou hast prepared the light and the sun.
- 18 Thou hast set all the borders of the earth; \* thou hast made summer and winter.
- 19 Remember this, O LORD, how the enemy hath rebuked; \* and how the foolish people hath blasphemed thy Name.
- 20 O deliver not the soul of thy turtle-dove unto the multitude of the enemies; \* and forget not the congregation of the poor for ever.
- 21 Look upon the covenant; \* for all the earth is full of darkness and cruel habitations.
- 22 O let not the simple go away ashamed; \* but let the poor and needy give praise unto thy Name.
- 23 Arise, O God, maintain thine own cause; \* remember how the foolish man blasphemeth thee daily.
- 24 Forget not the voice of thine enemies: \* the presumption of them that hate thee increaseth ever more and more.

# THE FIFTEENTH DAY

## Morning Prayer

Psalm 75. *Confitebimur tibi.*

UNTO thee, O God, do we give thanks; \* yea, unto thee do we give thanks.

- 2 Thy Name also is so nigh; \* and that do thy wondrous works declare.
- 3 In the appointed time, saith God, \* I shall judge according unto right.

- 4 The earth is weak, and all the inhabitants thereof: \* I bear up the pillars of it.
- 5 I said unto the fools, Deal not so madly; \* and to the ungodly, Set not up your horn.
- 6 Set not up your horn on high, \* and speak not with a stiff neck.
- 7 For promotion cometh neither from the east, nor from the west, \* nor yet from the south.
- 8 And why? God is the Judge; \* he putteth down one, and setteth up another.
- 9 For in the hand of the LORD there is a cup, and the wine is red; \* it is full mixt, and he poureth out of the same.
- 10 As for the dregs thereof, \* all the ungodly of the earth shall drink them, and suck them out.
- 11 But I will talk of the God of Jacob, \* and praise him for ever.
- 12 All the horns of the ungodly also will I break, \* and the horns of the righteous shall be exalted.

# Psalm 76. *Notus in Judaea.*

IN Judah is God known; \* his Name is great in Israel.

- 2 At Salem is his tabernacle, \* and his dwelling in Sion.
- 3 There brake he the arrows of the bow, \* the shield, the sword, and the battle.
- 4 Thou art glorious in might, \* when thou comest from the hills of the robbers.
- 5 The proud are robbed, they have slept their sleep; \* and all the men whose hands were mighty have found nothing.
- 6 At thy rebuke, O God of Jacob, \* both the chariot and horse are fallen.
- 7 Thou, even thou art to be feared; \* and who may stand in thy sight when thou art angry?
- 8 Thou didst cause thy judgment to be heard from heaven; \* the earth trembled, and was still,
- 9 When God arose to judgment, \* and to help all the meek upon earth.