

XXI. *Principes persecuti sunt.*

PRINCES have persecuted me without a cause; * but my heart standeth in awe of thy word.

162 I am as glad of thy word, * as one that findeth great spoils.

163 As for lies, I hate and abhor them; * but thy law do I love.

164 Seven times a day do I praise thee; * because of thy righteous judgments.

165 Great is the peace that they have who love thy law; * and they have none occasion of stumbling.

166 LORD, I have looked for thy saving health, * and done after thy commandments.

167 My soul hath kept thy testimonies, * and loved them exceedingly.

168 I have kept thy commandments and testimonies; * for all my ways are before thee.

XXII. *Appropinquet deprecatio.*

LET my complaint come before thee, O LORD; * give me understanding according to thy word.

170 Let my supplication come before thee; * deliver me according to thy word.

171 My lips shall speak of thy praise, * when thou hast taught me thy statutes.

172 Yea, my tongue shall sing of thy word; * for all thy commandments are righteous.

173 Let thine hand help me; * for I have chosen thy commandments.

174 I have longed for thy saving health, O LORD; * and in thy law is my delight.

175 O let my soul live, and it shall praise thee; * and thy judgments shall help me.

176 I have gone astray like a sheep that is lost; * O seek thy servant, for I do not forget thy commandments.

THE TWENTY-SEVENTH DAY

Morning Prayer

Psalm 120. *Ad Dominum.*

WHEN I was in trouble, I called upon the LORD, * and he heard me.

2 Deliver my soul, O LORD, from lying lips, * and from a deceitful tongue.

3 What reward shall be given or done unto thee, thou false tongue? * even mighty and sharp arrows, with hot burning coals.

4 Woe is me, that I am constrained to dwell with Meshech, * and to have my habitation among the tents of Kedar!

5 My soul hath long dwelt among them * that are enemies unto peace.

6 I labour for peace; but when I speak unto them thereof, * they make them ready to battle.

Psalm 121. *Levavi oculos.*

I WILL lift up mine eyes unto the hills; * from whence cometh my help?

2 My help cometh even from the LORD, * who hath made heaven and earth.

3 He will not suffer thy foot to be moved; * and he that keepeth thee will not sleep.

4 Behold, he that keepeth Israel * shall neither slumber nor sleep.

5 The LORD himself is thy keeper; * the LORD is thy defence upon thy right hand;

6 So that the sun shall not burn thee by day, * neither the moon by night.

7 The LORD shall preserve thee from all evil; * yea, it is even he that shall keep thy soul.

8 The LORD shall preserve thy going out, and thy coming in, * from this time forth for evermore.

Psalm 122. *Laetatus sum.*

I WAS glad when they said unto me, * We will go into the house of the LORD.

- 2 Our feet shall stand in thy gates, * O Jerusalem.
- 3 Jerusalem is built as a city * that is at unity in itself.
- 4 For thither the tribes go up, even the tribes of the LORD, * to testify unto Israel, to give thanks unto the Name of the LORD.
- 5 For there is the seat of judgment, * even the seat of the house of David.
- 6 O pray for the peace of Jerusalem; * they shall prosper that love thee.
- 7 Peace be within thy walls, * and plenteousness within thy palaces.
- 8 For my brethren and companions' sakes, * I will wish thee prosperity.
- 9 Yea, because of the house of the LORD our God, * I will seek to do thee good.

Psalm 123. *Ad te levavi oculos meos.*

UNTO thee lift I up mine eyes, * O thou that dwellest in the heavens.

- 2 Behold, even as the eyes of servants look unto the hand of their masters, and as the eyes of a maiden unto the hand of her mistress, * even so our eyes wait upon the LORD our God, until he have mercy upon us.
- 3 Have mercy upon us, O LORD, have mercy upon us; * for we are utterly despised.
- 4 Our soul is filled with the scornful reproof of the wealthy, * and with the despiteness of the proud.

Psalm 124. *Nisi quia Dominus.*

IF the LORD himself had not been on our side, now may Israel say; * if the LORD himself had not been on our side, when men rose up against us;

- 2 They had swallowed us up alive; * when they were so wrathfully displeased at us.

- 3 Yea, the waters had drowned us, * and the stream had gone over our soul.
- 4 The deep waters of the proud * had gone even over our soul.
- 5 But praised be the LORD, * who hath not given us over for a prey unto their teeth.
- 6 Our soul is escaped even as a bird out of the snare of the fowler; * the snare is broken, and we are delivered.
- 7 Our help standeth in the Name of the LORD, * who hath made heaven and earth.

Psalm 125. *Qui confidunt.*

THEY that put their trust in the LORD shall be even as the mount Sion, * which may not be removed, but standeth fast for ever.

- 2 The hills stand about Jerusalem; * even so standeth the LORD round about his people, from this time forth for evermore.
- 3 For the sceptre of the ungodly shall not abide upon the lot of the righteous; * lest the righteous put their hand unto wickedness.
- 4 Do well, O LORD, * unto those that are good and true of heart.
- 5 As for such as turn back unto their own wickedness, * the LORD shall lead them forth with the evil doers; but peace shall be upon Israel.

Evening Prayer

Psalm 126. *In convertendo.*

WHEN the LORD turned again the captivity of Sion, * then were we like unto them that dream.

- 2 Then was our mouth filled with laughter, * and our tongue with joy.
- 3 Then said they among the heathen, * The LORD hath done great things for them.
- 4 Yea, the LORD hath done great things for us already; * whereof we rejoice.
- 5 Turn our captivity, O LORD, * as the rivers in the south.
- 6 They that sow in tears * shall reap in joy.

7 He that now goeth on his way weeping, and beareth forth good seed, * shall doubtless come again with joy, and bring his sheaves with him.

Psalm 127. *Nisi Dominus.*

EXCEPT the LORD build the house, * their labour is but lost that build it.

2 Except the LORD keep the city, * the watchman waketh but in vain.

3 It is but lost labour that ye haste to rise up early, and so late take rest, and eat the bread of carefulness; * for so he giveth his beloved sleep.

4 Lo, children, and the fruit of the womb, * are an heritage and gift that cometh of the LORD.

5 Like as the arrows in the hand of the giant, * even so are the young children.

6 Happy is the man that hath his quiver full of them; * they shall not be ashamed when they speak with their enemies in the gate.

Psalm 128. *Beati omnes.*

BLESSED are all they that fear the LORD, * and walk in his ways.

2 For thou shalt eat the labours of thine hands: * O well is thee, and happy shalt thou be.

3 Thy wife shall be as the fruitful vine * upon the walls of thine house;

4 Thy children like the olive-branches * round about thy table.

5 Lo, thus shall the man be blessed * that feareth the LORD.

6 The LORD from out of Sion shall so bless thee, * that thou shalt see Jerusalem in prosperity all thy life long;

7 Yea, that thou shalt see thy children's children, * and peace upon Israel.

Psalm 129. *Saepe expugnauerunt.*

MANY a time have they fought against me from my youth up, * may Israel now say;

2 Yea, many a time have they vexed me from my youth up; * but they have not prevailed against me.

3 The plowers plowed upon my back, * and made long furrows.

4 But the righteous LORD * hath hewn the snares of the ungodly in pieces.

5 Let them be confounded and turned backward, * as many as have evil will at Sion.

6 Let them be even as the grass upon the housetops, * which withereth afore it be grown up;

7 Whereof the mower filleth not his hand, * neither he that bindeth up the sheaves his bosom.

8 So that they who go by say not so much as, The LORD prosper you; * we wish you good luck in the Name of the LORD.

Psalm 130. *De profundis.*

OUT of the deep have I called unto thee, O LORD; * Lord, hear my voice.

2 O let thine ears consider well * the voice of my complaint.

3 If thou, LORD, wilt be extreme to mark what is done amiss, * O Lord, who may abide it?

4 For there is mercy with thee; * therefore shalt thou be feared.

5 I look for the LORD; my soul doth wait for him; * in his word is my trust.

6 My soul fleeth unto the Lord before the morning watch; * I say, before the morning watch.

7 O Israel, trust in the LORD; for with the LORD there is mercy, * and with him is plenteous redemption.

8 And he shall redeem Israel * from all his sins.

Psalm 131. *Domine, non est.*

LORD, I am not high-minded; * I have no proud looks.
2 I do not exercise myself in great matters * which are too high for me.

3 But I refrain my soul, and keep it low, like as a child that is weaned from his mother: * yea, my soul is even as a weaned child.
4 O Israel, trust in the LORD * from this time forth for evermore.

THE TWENTY-EIGHTH DAY

Morning Prayer

Psalm 132. *Memento, Domine.*

LORD, remember David, * and all his trouble:

2 How he swore unto the LORD, * and vowed a vow unto the Almighty God of Jacob:

3 I will not come within the tabernacle of mine house, * nor climb up into my bed;

4 I will not suffer mine eyes to sleep, nor mine eyelids to slumber; * neither the temples of my head to take any rest;

5 Until I find out a place for the temple of the LORD, * an habitation for the Mighty God of Jacob.

6 Lo, we heard of the same at Ephratah, * and found it in the wood.

7 We will go into his tabernacle, * and fall low on our knees before his footstool.

8 Arise, O LORD, into thy resting-place; * thou, and the ark of thy strength.

9 Let thy priests be clothed with righteousness; * and let thy saints sing with joyfulness.

10 For thy servant David's sake, * turn not away the face of thine anointed.

11 The LORD hath made a faithful oath unto David, * and he shall not shrink from it:

12 Of the fruit of thy body * shall I set upon thy throne.

13 If thy children will keep my covenant, and my testimonies that I shall teach them; * their children also shall sit upon thy throne for evermore.

14 For the LORD hath chosen Sion to be an habitation for himself; * he hath longed for her.

15 This shall be my rest for ever: * here will I dwell, for I have a delight therein.

16 I will bless her victuals with increase, * and will satisfy her poor with bread.

17 I will deck her priests with health, * and her saints shall rejoice and sing.

18 There shall I make the horn of David to flourish: * I have ordained a lantern for mine anointed.

19 As for his enemies, I shall clothe them with shame; * but upon himself shall his crown flourish.

Psalm 133. *Ecce, quam bonum!*

BEHOLD, how good and joyful a thing it is, * for brethren to dwell together in unity!

2 It is like the precious oil upon the head, that ran down unto the beard, * even unto Aaron's beard, and went down to the skirts of his clothing.

3 Like as the dew of Hermon, * which fell upon the hill of Sion.

4 For there the LORD promised his blessing, * and life for evermore.

Psalm 134. *Ecce nunc.*

BEHOLD now, praise the LORD, * all ye servants of the LORD;
2 Ye that by night stand in the house of the LORD, * even in the courts of the house of our God.

3 Lift up your hands in the sanctuary, * and praise the LORD.

4 The LORD that made heaven and earth * give thee blessing out of Sion.

Psalm 135. *Laudate Nomen.*

O PRAISE the LORD, laud ye the Name of the LORD; * praise it, O ye servants of the LORD;
 2 Ye that stand in the house of the LORD, * in the courts of the house of our God.
 3 O praise the LORD, for the LORD is gracious; * O sing praises unto his Name, for it is lovely.
 4 For why? the LORD hath chosen Jacob unto himself, * and Israel for his own possession.
 5 For I know that the LORD is great, * and that our Lord is above all gods.
 6 Whatsoever the LORD pleased, that did he in heaven, and in earth; * and in the sea, and in all deep places.
 7 He bringeth forth the clouds from the ends of the world, * and sendeth forth lightnings with the rain, bringing the winds out of his treasuries.
 8 He smote the firstborn of Egypt, * both of man and beast.
 9 He hath sent tokens and wonders into the midst of thee, O thou land of Egypt; * upon Pharaoh, and all his servants.
 10 He smote divers nations, * and slew mighty kings:
 11 Sihon, king of the Amorites; and Og, the king of Bashan; * and all the kingdoms of Canaan;
 12 And gave their land to be an heritage, * even an heritage unto Israel his people.
 13 Thy Name, O LORD, endureth for ever; * so doth thy memorial, O LORD, from one generation to another.
 14 For the LORD will avenge his people, * and be gracious unto his servants.
 15 As for the images of the heathen, they are but silver and gold; * the work of men's hands.
 16 They have mouths, and speak not; * eyes have they, but they see not.
 17 They have ears, and yet they hear not; * neither is there any breath in their mouths.
 18 They that make them are like unto them; * and so are all they that put their trust in them.

19 Praise the LORD, ye house of Israel; * praise the LORD, ye house of Aaron.
 20 Praise the LORD, ye house of Levi; * ye that fear the LORD, praise the LORD.
 21 Praised be the LORD out of Sion, * who dwelleth at Jerusalem.

Evening Prayer

Psalm 136. *Confitemini.*

O GIVE thanks unto the LORD, for he is gracious: * and his mercy endureth for ever.
 2 O give thanks unto the God of all gods: * for his mercy endureth for ever.
 3 O thank the Lord of all lords: * for his mercy endureth for ever.
 4 Who only doeth great wonders: * for his mercy endureth for ever.
 5 Who by his excellent wisdom made the heavens: * for his mercy endureth for ever.
 6 Who laid out the earth above the waters: * for his mercy endureth for ever.
 7 Who hath made great lights: * for his mercy endureth for ever.
 8 The sun to rule the day: * for his mercy endureth for ever; 9 The moon and the stars to govern the night: * for his mercy endureth for ever.
 10 Who smote Egypt, with their firstborn: * for his mercy endureth for ever;
 11 And brought out Israel from among them: * for his mercy endureth for ever;
 12 With a mighty hand and stretched-out arm: * for his mercy endureth for ever.
 13 Who divided the Red Sea in two parts: * for his mercy endureth for ever;
 14 And made Israel to go through the midst of it: * for his mercy endureth for ever.

15 But as for Pharaoh and his host, he overthrew them in the Red Sea: * for his mercy endureth for ever.

16 Who led his people through the wilderness: * for his mercy endureth for ever.

17 Who smote great kings: * for his mercy endureth for ever;

18 Yea, and slew mighty kings: * for his mercy endureth for ever.

19 Sihon, king of the Amorites: * for his mercy endureth for ever;

20 And Og, the king of Bashan: * for his mercy endureth for ever;

21 And gave away their land for an heritage: * for his mercy endureth for ever;

22 Even for an heritage unto Israel his servant: * for his mercy endureth for ever.

23 Who remembered us when we were in trouble: * for his mercy endureth for ever;

24 And hath delivered us from our enemies: * for his mercy endureth for ever.

25 Who giveth food to all flesh: * for his mercy endureth for ever.

26 O give thanks unto the God of heaven: * for his mercy endureth for ever.

27 O give thanks unto the Lord of lords: * for his mercy endureth for ever.

Psalm 137. *Super flumina.*

BY the waters of Babylon we sat down and wept, * when we remembered thee, O Sion.

2 As for our harps, we hanged them up * upon the trees that are therein.

3 For they that led us away captive, required of us then a song, and melody in our heaviness: * Sing us one of the songs of Sion.

4 How shall we sing the LORD's song * in a strange land?

5 If I forget thee, O Jerusalem, * let my right hand forget her cunning.

6 If I do not remember thee, let my tongue cleave to the roof of my mouth; * yea, if I prefer not Jerusalem above my chief joy.

7 Remember the children of Edom, O LORD, in the day of Jerusalem; * how they said, Down with it, down with it, even to the ground.

8 O daughter of Babylon, wasted with misery; * yea, happy shall he be that rewardeth thee as thou hast served us.

9 Blessed shall he be that taketh thy children, * and throweth them against the stones.

Psalm 138. *Confitebor tibi.*

I WILL give thanks unto thee, O Lord, with my whole heart; * even before the gods will I sing praise unto thee.

2 I will worship toward thy holy temple, and praise thy Name, because of thy loving-kindness and truth; * for thou hast magnified thy Name, and thy word, above all things.

3 When I called upon thee, thou heardest me; * and enduedst my soul with much strength.

4 All the kings of the earth shall praise thee, O LORD; * for they have heard the words of thy mouth.

5 Yea, they shall sing of the ways of the LORD, * that great is the glory of the LORD.

6 For though the LORD be high, yet hath he respect unto the lowly; * as for the proud, he beholdeth them afar off.

7 Though I walk in the midst of trouble, yet shalt thou refresh me; * thou shalt stretch forth thy hand upon the furiousness of mine enemies, and thy right hand shall save me.

8 The LORD shall make good his loving-kindness toward me; * yea, thy mercy, O LORD, endureth for ever; despise not then the works of thine own hands.

THE TWENTY-NINTH DAY

Morning Prayer

Psalm 139. *Domine, probasti.*

O LORD, thou hast searched me out, and known me. * Thou knowest my down-sitting, and mine up-rising: thou understandest my thoughts long before.

2 Thou art about my path, and about my bed; * and art acquainted with all my ways.

3 For lo, there is not a word in my tongue, * but thou, O LORD, knowest it altogether.

4 Thou hast beset me behind and before, * and laid thine hand upon me.

5 Such knowledge is too wonderful and excellent for me; * I cannot attain unto it.

6 Whither shall I go then from thy Spirit? * or whither shall I go then from thy presence?

7 If I climb up into heaven, thou art there; * if I go down to hell, thou art there also.

8 If I take the wings of the morning, * and remain in the uttermost parts of the sea;

9 Even there also shall thy hand lead me, * and thy right hand shall hold me.

10 If I say, Peradventure the darkness shall cover me; * then shall my night be turned to day.

11 Yea, the darkness is no darkness with thee, but the night is as clear as the day; * the darkness and light to thee are both alike.

12 For my reins are thine; * thou hast covered me in my mother's womb.

13 I will give thanks unto thee, for I am fearfully and wonderfully made: * marvellous are thy works, and that my soul knoweth right well.

14 My bones are not hid from thee, * though I be made secretly, and fashioned beneath in the earth.

15 Thine eyes did see my substance, yet being imperfect; * and in thy book were all my members written;

16 Which day by day were fashioned, * when as yet there was none of them.

17 How dear are thy counsels unto me, O God; * O how great is the sum of them!

18 If I tell them, they are more in number than the sand: * when I wake up, I am present with thee.

19 Wilt thou not slay the wicked, O God? * Depart from me, ye blood-thirsty men.

20 For they speak unrighteously against thee; * and thine enemies take thy Name in vain.

21 Do not I hate them, O LORD, that hate thee? * and am not I grieved with those that rise up against thee?

22 Yea, I hate them right sore; * even as though they were mine enemies.

23 Try me, O God, and seek the ground of my heart; * prove me, and examine my thoughts.

24 Look well if there be any way of wickedness in me; * and lead me in the way everlasting.

Psalm 140. *Eripe me, Domine.*

DELIVER me, O LORD, from the evil man; * and preserve me from the wicked man;

2 Who imagine mischief in their hearts, * and stir up strife all the day long.

3 They have sharpened their tongues like a serpent; * adder's poison is under their lips.

4 Keep me, O LORD, from the hands of the ungodly; * preserve me from the wicked men, who are purposed to overthrow my goings.

5 The proud have laid a snare for me, and spread a net abroad with cords; * yea, and set traps in my way.

6 I said unto the LORD, Thou art my God, * hear the voice of my prayers, O LORD.

7 O LORD God, thou strength of my health; * thou hast covered my head in the day of battle.

- 8 Let not the ungodly have his desire, O LORD; * let not his mischievous imagination prosper, lest they be too proud.
- 9 Let the mischief of their own lips fall upon the head of them * that compass me about.
- 10 Let hot burning coals fall upon them; * let them be cast into the fire, and into the pit, that they never rise up again.
- 11 A man full of words shall not prosper upon the earth: * evil shall hunt the wicked person to overthrow him.
- 12 Sure I am that the LORD will avenge the poor, * and maintain the cause of the helpless.
- 13 The righteous also shall give thanks unto thy Name; * and the just shall continue in thy sight.

Evening Prayer

Psalm 141. *Domine, clamavi.*

- L**ORD, I call upon thee; haste thee unto me, * and consider my voice, when I cry unto thee.
- 2 Let my prayer be set forth in thy sight as the incense; * and let the lifting up of my hands be an evening sacrifice.
 - 3 Set a watch, O LORD, before my mouth, * and keep the door of my lips.
 - 4 O let not mine heart be inclined to any evil thing; * let me not be occupied in ungodly works with the men that work wickedness, neither let me eat of such things as please them.
 - 5 Let the righteous rather smite me friendly, and reprove me; * yea, let not my head refuse their precious balms.
 - 6 As for the ungodly, * I will pray yet against their wickedness.
 - 7 Let their judges be overthrown in stony places, * that they may hear my words; for they are sweet.
 - 8 Our bones lie scattered before the pit, * like as when one breaketh and heweth wood upon the earth.
 - 9 But mine eyes look unto thee, O LORD God; * in thee is my trust; O cast not out my soul.
 - 10 Keep me from the snare that they have laid for me, * and from the traps of the wicked doers.

- 11 Let the ungodly fall into their own nets together, * and let me ever escape them.

Psalm 142. *Voce mea ad Dominum.*

- I** CRIED unto the LORD with my voice; * yea, even unto the LORD did I make my supplication.
- 2 I poured out my complaints before him, * and showed him of my trouble.
 - 3 When my spirit was in heaviness, thou knewest my path; * in the way wherein I walked, have they privily laid a snare for me.
 - 4 I looked also upon my right hand, * and saw there was no man that would know me.
 - 5 I had no place to flee unto, * and no man cared for my soul.
 - 6 I cried unto thee, O LORD, and said, * Thou art my hope, and my portion in the land of the living.
 - 7 Consider my complaint; * for I am brought very low.
 - 8 O deliver me from my persecutors; * for they are too strong for me.
 - 9 Bring my soul out of prison, that I may give thanks unto thy Name; * which thing if thou wilt grant me, then shall the righteous resort unto my company.

Psalm 143. *Domine, exaudi.*

- H**EAR my prayer, O LORD, and consider my desire; * hearken unto me for thy truth and righteousness' sake.
- 2 And enter not into judgment with thy servant; * for in thy sight shall no man living be justified.
 - 3 For the enemy hath persecuted my soul; he hath smitten my life down to the ground; * he hath laid me in the darkness, as the men that have been long dead.
 - 4 Therefore is my spirit vexed within me, * and my heart within me is desolate.
 - 5 Yet do I remember the time past; I muse upon all thy works; * yea, I exercise myself in the works of thy hands.
 - 6 I stretch forth my hands unto thee; * my soul gaspeth unto thee as a thirsty land.

7 Hear me, O LORD, and that soon; for my spirit waxeth faint: * hide not thy face from me, lest I be like unto them that go down into the pit.

8 O let me hear thy loving-kindness betimes in the mornings; for in thee is my trust: * show thou me the way that I should walk in; for I lift up my soul unto thee.

9 Deliver me, O LORD, from mine enemies; * for I flee unto thee to hide me.

10 Teach me to do the thing that pleaseth thee; for thou art my God: * let thy loving Spirit lead me forth into the land of righteousness.

11 Quicken me, O LORD, for thy Name's sake; * and for thy righteousness' sake bring my soul out of trouble.

12 And of thy goodness slay mine enemies, * and destroy all them that vex my soul; for I am thy servant.

THE THIRTIETH DAY

Morning Prayer

Psalm 144. *Benedictus Dominus.*

BLESSED be the LORD my strength, * who teacheth my hands to war, and my fingers to fight:

2 My hope and my fortress, my castle and deliverer, my defender in whom I trust; * who subdueth my people that is under me.

3 LORD, what is man, that thou hast such respect unto him? * or the son of man, that thou so regardest him?

4 Man is like a thing of nought; * his time passeth away like a shadow.

5 Bow thy heavens, O LORD, and come down; * touch the mountains, and they shall smoke.

6 Cast forth thy lightning, and tear them; * shoot out thine arrows, and consume them.

7 Send down thine hand from above; * deliver me, and take me out of the great waters, from the hand of strangers;

8 Whose mouth talketh of vanity, * and their right hand is a right hand of wickedness.

9 I will sing a new song unto thee, O God; * and sing praises unto thee upon a ten-stringed lute.

10 Thou hast given victory unto kings, * and hast delivered David thy servant from the peril of the sword.

11 Save me, and deliver me from the hand of strangers, * whose mouth talketh of vanity, and their right hand is a right hand of iniquity:

12 That our sons may grow up as the young plants, * and that our daughters may be as the polished corners of the temple;

13 That our garners may be full and plenteous with all manner of store; * that our sheep may bring forth thousands, and ten thousands in our fields;

14 That our oxen may be strong to labour; that there be no decay, * no leading into captivity, and no complaining in our streets.

15 Happy are the people that are in such a case; * yea, blessed are the people who have the LORD for their God.

Psalm 145. *Exaltabo te, Deus.*

I WILL magnify thee, O God, my King; * and I will praise thy Name for ever and ever.

2 Every day will I give thanks unto thee; * and praise thy Name for ever and ever.

3 Great is the LORD, and marvellous worthy to be praised; * there is no end of his greatness.

4 One generation shall praise thy works unto another, * and declare thy power.

5 As for me, I will be talking of thy worship, * thy glory, thy praise, and wondrous works;

6 So that men shall speak of the might of thy marvellous acts; * and I will also tell of thy greatness.

7 The memorial of thine abundant kindness shall be showed; * and men shall sing of thy righteousness.

8 The LORD is gracious and merciful; * long-suffering, and of great goodness.

- 9 The LORD is loving unto every man; * and his mercy is over all his works.
- 10 All thy works praise thee, O LORD; * and thy saints give thanks unto thee.
- 11 They show the glory of thy kingdom, * and talk of thy power;
- 12 That thy power, thy glory, and mightiness of thy kingdom, * might be known unto men.
- 13 Thy kingdom is an everlasting kingdom, * and thy dominion endureth throughout all ages.
- 14 The LORD upholdeth all such as fall, * and lifeth up all those that are down.
- 15 The eyes of all wait upon thee, O LORD; * and thou givest them their meat in due season.
- 16 Thou openest thine hand, * and fillest all things living with plenteousness.
- 17 The LORD is righteous in all his ways, * and holy in all his works.
- 18 The LORD is nigh unto all them that call upon him; * yea, all such as call upon him faithfully.
- 19 He will fulfil the desire of them that fear him; * he also will hear their cry, and will help them.
- 20 The LORD preserveth all them that love him; * but scattereth abroad all the ungodly.
- 21 My mouth shall speak the praise of the LORD; * and let all flesh give thanks unto his holy Name for ever and ever.

Psalm 146. *Lauda, anima mea.*

PRAISE the LORD, O my soul: while I live, will I praise the LORD; * yea, as long as I have any being, I will sing praises unto my God.

- 2 O put not your trust in princes, nor in any child of man; * for there is no help in them.
- 3 For when the breath of man goeth forth, he shall turn again to his earth, * and then all his thoughts perish.
- 4 Blessed is he that hath the God of Jacob for his help, * and whose hope is in the LORD his God:

- 5 Who made heaven and earth, the sea, and all that therein is; * who keepeth his promise for ever;
- 6 Who helpeth them to right that suffer wrong; * who feedeth the hungry.
- 7 The LORD looseth men out of prison; * the LORD giveth sight to the blind.
- 8 The LORD helpeth them that are fallen; * the LORD careth for the righteous.
- 9 The LORD careth for the strangers; he defendeth the fatherless and widow: * as for the way of the ungodly, he turneth it upside down.
- 10 The LORD thy God, O Sion, shall be King for evermore, * and throughout all generations.

Evening Prayer

Psalm 147. *Laudate Dominum.*

PRAISE the LORD, for it is a good thing to sing praises unto our God; * yea, a joyful and pleasant thing it is to be thankful.

- 2 The LORD doth build up Jerusalem, * and gather together the outcasts of Israel.
- 3 He healeth those that are broken in heart, * and giveth medicine to heal their sickness.
- 4 He telleth the number of the stars, * and calleth them all by their names.
- 5 Great is our Lord, and great is his power; * yea, and his wisdom is infinite.
- 6 The LORD setteth up the meek, * and bringeth the ungodly down to the ground.
- 7 O sing unto the LORD with thanksgiving; * sing praises upon the harp unto our God:
- 8 Who covereth the heaven with clouds, and prepareth rain for the earth; * and maketh the grass to grow upon the mountains, and herb for the use of men;
- 9 Who giveth fodder unto the cattle, * and feedeth the young ravens that call upon him.

- 10 He hath no pleasure in the strength of an horse; * neither delighteth he in any man's legs.
- 11 But the LORD's delight is in them that fear him, * and put their trust in his mercy.
- 12 Praise the LORD, O Jerusalem; * praise thy God, O Sion.
- 13 For he hath made fast the bars of thy gates, * and hath blessed thy children within thee.
- 14 He maketh peace in thy borders, * and filleth thee with the flour of wheat.
- 15 He sendeth forth his commandment upon earth, * and his word runneth very swiftly.
- 16 He giveth snow like wool, * and scattereth the hoarfrost like ashes.
- 17 He casteth forth his ice like morsels: * who is able to abide his frost?
- 18 He sendeth out his word, and melteth them: * he bloweth with his wind, and the waters flow.
- 19 He sheweth his word unto Jacob, * his statutes and ordinances unto Israel.
- 20 He hath not dealt so with any nation; * neither have the heathen knowledge of his laws.

Psalm 148. *Laudate Dominum.*

- O** PRAISE the LORD from the heavens: * praise him in the heights.
- 2 Praise him, all ye angels of his: * praise him, all his host.
 - 3 Praise him, sun and moon: * praise him, all ye stars and light.
 - 4 Praise him, all ye heavens, * and ye waters that are above the heavens.
 - 5 Let them praise the Name of the LORD: * for he spake the word, and they were made; he commanded, and they were created.
 - 6 He hath made them fast for ever and ever: * he hath given them a law which shall not be broken.
 - 7 Praise the LORD from the earth, * ye dragons and all deeps;
 - 8 Fire and hail, snow and vapours, * wind and storm, fulfilling his word;

- 9 Mountains and all hills; * fruitful trees and all cedars;
- 10 Beasts and all cattle; * creeping things and flying fowls;
- 11 Kings of the earth, and all peoples; * princes, and all judges of the world;
- 12 Young men and maidens, old men and children, praise the Name of the LORD: * for his Name only is excellent, and his praise above heaven and earth.
- 13 He shall exalt the horn of his people: all his saints shall praise him; * even the children of Israel, even the people that serveth him.

Psalm 149. *Cantate Domino.*

- O** SING unto the LORD a new song; * let the congregation of saints praise him.
- 2 Let Israel rejoice in him that made him, * and let the children of Zion be joyful in their King.
 - 3 Let them praise his Name in the dance: * let them sing praises unto him with tabret and harp.
 - 4 For the LORD hath pleasure in his people, * and helpeth the meek-hearted.
 - 5 Let the saints be joyful with glory; * let them rejoice in their beds.
 - 6 Let the praises of God be in their mouth; * and a two-edged sword in their hands;
 - 7 To be avenged of the nations, * and to rebuke the peoples;
 - 8 To bind their kings in chains, * and their nobles with links of iron;
 - 9 To execute judgment upon them; as it is written, * Such honour have all his saints.

Psalm 150. *Laudate Dominum.*

- O** PRAISE God in his sanctuary: * praise him in the firmament of his power.
- 2 Praise him in his noble acts: * praise him according to his excellent greatness.
 - 3 Praise him in the sound of the trumpet: * praise him upon the lute and harp.

- 4 Praise him in the timbrels and dances: * praise him upon the strings and pipe.
- 5 Praise him upon the well-tuned cymbals: * praise him upon the loud cymbals.
- 6 Let every thing that hath breath * praise the LORD.

The End of the Psalter.

THE PSALTER CONTEMPORARY

The Psalter

Book One

First Day: Morning Prayer

1 *Beatus vir qui non abiit*

- 1 Happy are they who have not walked in the counsel of the wicked, *
nor lingered in the way of sinners,
nor sat in the seats of the scornful!
- 2 Their delight is in the law of the LORD, *
and they meditate on his law day and night.
- 3 They are like trees planted by streams of water,
bearing fruit in due season, with leaves that do not
wither; *
everything they do shall prosper.
- 4 It is not so with the wicked; *
they are like chaff which the wind blows away.
- 5 Therefore the wicked shall not stand upright when
judgment comes, *
nor the sinner in the council of the righteous.
- 6 For the LORD knows the way of the righteous, *
but the way of the wicked is doomed.

2 *Quare fremuerunt gentes?*

- 1 Why are the nations in an uproar? *
Why do the peoples mutter empty threats?
- 2 Why do the kings of the earth rise up in revolt,
and the princes plot together, *
against the LORD and against his Anointed?

- 3 "Let us break their yoke," they say; *
"let us cast off their bonds from us."
 - 4 He whose throne is in heaven is laughing; *
the Lord has them in derision.
 - 5 Then he speaks to them in his wrath, *
and his rage fills them with terror.
 - 6 "I myself have set my king *
upon my holy hill of Zion."
 - 7 Let me announce the decree of the LORD: *
he said to me, "You are my Son;
this day have I begotten you.
 - 8 Ask of me, and I will give you the nations
for your inheritance *
and the ends of the earth for your possession.
 - 9 You shall crush them with an iron rod *
and shatter them like a piece of pottery."
 - 10 And now, you kings, be wise; *
be warned, you rulers of the earth.
 - 11 Submit to the LORD with fear, *
and with trembling bow before him;
 - 12 Lest he be angry and you perish; *
for his wrath is quickly kindled.
 - 13 Happy are they all *
who take refuge in him!
- 3 *Domine, quid multiplicati*
- 1 LORD, how many adversaries I have! *
how many there are who rise up against me!
 - 2 How many there are who say of me, *
"There is no help for him in his God."

- 3 But you, O LORD, are a shield about me; *
you are my glory, the one who lifts up my head.
 - 4 I call aloud upon the LORD, *
and he answers me from his holy hill;
 - 5 I lie down and go to sleep; *
I wake again, because the LORD sustains me.
 - 6 I do not fear the multitudes of people *
who set themselves against me all around.
 - 7 Rise up, O LORD; set me free, O my God; *
surely, you will strike all my enemies across the face,
you will break the teeth of the wicked.
 - 8 Deliverance belongs to the LORD. *
Your blessing be upon your people!
- 4 *Cum invocarem*
- 1 Answer me when I call, O God, defender of my cause; *
you set me free when I am hard-pressed;
have mercy on me and hear my prayer.
 - 2 "You mortals, how long will you dishonor my glory; *
how long will you worship dumb idols
and run after false gods?"
 - 3 Know that the LORD does wonders for the faithful; *
when I call upon the LORD, he will hear me.
 - 4 Tremble, then, and do not sin; *
speak to your heart in silence upon your bed.
 - 5 Offer the appointed sacrifices *
and put your trust in the LORD.
 - 6 Many are saying,
"Oh, that we might see better times!" *
Lift up the light of your countenance upon us, O LORD.

- 7 You have put gladness in my heart, *
more than when grain and wine and oil increase.
- 8 I lie down in peace; at once I fall asleep; *
for only you, Lord, make me dwell in safety.
- 5 *Verba mea auribus*
- 1 Give ear to my words, O LORD; *
consider my meditation.
- 2 Hearken to my cry for help, my King and my God, *
for I make my prayer to you.
- 3 In the morning, LORD, you hear my voice; *
early in the morning I make my appeal and watch for
you.
- 4 For you are not a God who takes pleasure in
wickedness, *
and evil cannot dwell with you.
- 5 Braggarts cannot stand in your sight; *
you hate all those who work wickedness.
- 6 You destroy those who speak lies; *
the bloodthirsty and deceitful, O LORD, you abhor.
- 7 But as for me, through the greatness of your mercy I will
go into your house; *
I will bow down toward your holy temple in awe of you.
- 8 Lead me, O LORD, in your righteousness,
because of those who lie in wait for me; *
make your way straight before me.
- 9 For there is no truth in their mouth; *
there is destruction in their heart;
- 10 Their throat is an open grave; *
they flatter with their tongue.

- 11 Declare them guilty, O God; *
let them fall, because of their schemes.
- 12 Because of their many transgressions cast them out, *
for they have rebelled against you.
- 13 But all who take refuge in you will be glad; *
they will sing out their joy for ever.
- 14 You will shelter them, *
so that those who love your Name may exult in you.
- 15 For you, O LORD, will bless the righteous; *
you will defend them with your favor as with a shield.

First Day: Evening Prayer

6 *Domine, ne in furore*

- 1 LORD, do not rebuke me in your anger; *
do not punish me in your wrath.
- 2 Have pity on me, LORD, for I am weak; *
heal me, LORD, for my bones are racked.
- 3 My spirit shakes with terror; *
how long, O LORD, how long?
- 4 Turn, O LORD, and deliver me; *
save me for your mercy's sake.
- 5 For in death no one remembers you; *
and who will give you thanks in the grave?
- 6 I grow weary because of my groaning; *
every night I drench my bed
and flood my couch with tears.
- 7 My eyes are wasted with grief *
and worn away because of all my enemies.

- 8 Depart from me, all evildoers, *
for the LORD has heard the sound of my weeping.
- 9 The LORD has heard my supplication; *
the LORD accepts my prayer.
- 10 All my enemies shall be confounded and quake with
fear; *
they shall turn back and suddenly be put to shame.
- 7 *Domine, Deus meus*
- 1 O LORD my God, I take refuge in you; *
save and deliver me from all who pursue me;
- 2 Lest like a lion they tear me in pieces *
and snatch me away with none to deliver me.
- 3 O LORD my God, if I have done these things: *
if there is any wickedness in my hands,
- 4 If I have repaid my friend with evil, *
or plundered him who without cause is my enemy;
- 5 Then let my enemy pursue and overtake me, *
trample my life into the ground,
and lay my honor in the dust.
- 6 Stand up, O LORD, in your wrath; *
rise up against the fury of my enemies.
- 7 Awake, O my God, decree justice; *
let the assembly of the peoples gather round you.
- 8 Be seated on your lofty throne, O Most High; *
O LORD, judge the nations.
- 9 Give judgment for me according to my righteousness, O
LORD, *
and according to my innocence, O Most High.

- 10 Let the malice of the wicked come to an end, but
establish the righteous; *
for you test the mind and heart, O righteous God.
- 11 God is my shield and defense; *
he is the savior of the true in heart.
- 12 God is a righteous judge; *
God sits in judgment every day.
- 13 If they will not repent, God will whet his sword; *
he will bend his bow and make it ready.
- 14 He has prepared his weapons of death; *
he makes his arrows shafts of fire.
- 15 Look at those who are in labor with wickedness, *
who conceive evil, and give birth to a lie.
- 16 They dig a pit and make it deep *
and fall into the hole that they have made.
- 17 Their malice turns back upon their own head; *
their violence falls on their own scalp.
- 18 I will bear witness that the LORD is righteous; *
I will praise the Name of the LORD Most High.
- 8 *Domine, Dominus noster*
- 1 O LORD our Governor, *
how exalted is your Name in all the world!
- 2 Out of the mouths of infants and children *
your majesty is praised above the heavens.
- 3 You have set up a stronghold against your adversaries, *
to quell the enemy and the avenger.
- 4 When I consider your heavens, the work of your fingers, *
the moon and the stars you have set in their courses,

- 5 What is man that you should be mindful of him? *
the son of man that you should seek him out?
- 6 You have made him but little lower than the angels; *
you adorn him with glory and honor;
- 7 You give him mastery over the works of your hands; *
you put all things under his feet:
- 8 All sheep and oxen, *
even the wild beasts of the field,
- 9 The birds of the air, the fish of the sea, *
and whatsoever walks in the paths of the sea.
- 10 O LORD our Governor, *
how exalted is your Name in all the world!

Second Day: Morning Prayer

9 Confitebor tibi

- 1 I will give thanks to you, O LORD, with my whole heart; *
I will tell of all your marvelous works.
- 2 I will be glad and rejoice in you; *
I will sing to your Name, O Most High.
- 3 When my enemies are driven back, *
they will stumble and perish at your presence.
- 4 For you have maintained my right and my cause; *
you sit upon your throne judging right.
- 5 You have rebuked the ungodly and destroyed the
wicked; *
you have blotted out their name for ever and ever.
- 6 As for the enemy, they are finished, in perpetual ruin, *
their cities ploughed under, the memory of them
perished;

- 7 But the LORD is enthroned for ever; *
he has set up his throne for judgment.
- 8 It is he who rules the world with righteousness; *
he judges the peoples with equity.
- 9 The LORD will be a refuge for the oppressed, *
a refuge in time of trouble.
- 10 Those who know your Name will put their trust in you, *
for you never forsake those who seek you, O LORD.
- 11 Sing praise to the LORD who dwells in Zion; *
proclaim to the peoples the things he has done.
- 12 The Avenger of blood will remember them; *
he will not forget the cry of the afflicted.
- 13 Have pity on me, O LORD; *
see the misery I suffer from those who hate me,
O you who lift me up from the gate of death;
- 14 So that I may tell of all your praises
and rejoice in your salvation *
in the gates of the city of Zion.
- 15 The ungodly have fallen into the pit they dug, *
and in the snare they set is their own foot caught.
- 16 The LORD is known by his acts of justice; *
the wicked are trapped in the works of their own hands.
- 17 The wicked shall be given over to the grave, *
and also all the peoples that forget God.
- 18 For the needy shall not always be forgotten, *
and the hope of the poor shall not perish for ever.
- 19 Rise up, O LORD, let not the ungodly have the upper
hand; *
let them be judged before you.

20 Put fear upon them, O LORD; *
let the ungodly know they are but mortal.

10 *Ut quid, Domine?*

- 1 Why do you stand so far off, O LORD, *
and hide yourself in time of trouble?
- 2 The wicked arrogantly persecute the poor, *
but they are trapped in the schemes they have devised.
- 3 The wicked boast of their heart's desire; *
the covetous curse and revile the LORD.
- 4 The wicked are so proud that they care not for God; *
their only thought is, "God does not matter."
- 5 Their ways are devious at all times;
your judgments are far above out of their sight; *
they defy all their enemies.
- 6 They say in their heart, "I shall not be shaken; *
no harm shall happen to me ever."
- 7 Their mouth is full of cursing, deceit, and oppression; *
under their tongue are mischief and wrong.
- 8 They lurk in ambush in public squares
and in secret places they murder the innocent; *
they spy out the helpless.
- 9 They lie in wait, like a lion in a covert;
they lie in wait to seize upon the lowly; *
they seize the lowly and drag them away in their net.
- 10 The innocent are broken and humbled before them; *
the helpless fall before their power.
- 11 They say in their heart, "God has forgotten; *
he hides his face; he will never notice."

12 Rise up, O LORD;
lift up your hand, O God; *
do not forget the afflicted.

- 13 Why should the wicked revile God? *
why should they say in their heart, "You do not care"?
- 14 Surely, you behold trouble and misery; *
you see it and take it into your own hand.
- 15 The helpless commit themselves to you, *
for you are the helper of orphans.
- 16 Break the power of the wicked and evil; *
search out their wickedness until you find none.
- 17 The LORD is King for ever and ever; *
the ungodly shall perish from his land.
- 18 The LORD will hear the desire of the humble; *
you will strengthen their heart and your ears shall hear;
- 19 To give justice to the orphan and oppressed, *
so that mere mortals may strike terror no more.

11 *In Domino confido*

- 1 In the LORD have I taken refuge; *
how then can you say to me,
"Fly away like a bird to the hilltop;
- 2 For see how the wicked bend the bow
and fit their arrows to the string, *
to shoot from ambush at the true of heart.
- 3 When the foundations are being destroyed, *
what can the righteous do?"
- 4 The LORD is in his holy temple; *
the LORD's throne is in heaven.

- 5 His eyes behold the inhabited world; *
his piercing eye weighs our worth.
- 6 The LORD weighs the righteous as well as the wicked, *
but those who delight in violence he abhors.
- 7 Upon the wicked he shall rain coals of fire and burning
sulphur; *
a scorching wind shall be their lot.
- 8 For the LORD is righteous;
he delights in righteous deeds; *
and the just shall see his face.

Second Day: Evening Prayer

12 *Salvum me fac*

- 1 Help me, LORD, for there is no godly one left; *
the faithful have vanished from among us.
- 2 Everyone speaks falsely with his neighbor; *
with a smooth tongue they speak from a double heart.
- 3 Oh, that the LORD would cut off all smooth tongues, *
and close the lips that utter proud boasts!
- 4 Those who say, "With our tongue will we prevail; *
our lips are our own; who is lord over us?"
- 5 "Because the needy are oppressed,
and the poor cry out in misery, *
I will rise up," says the LORD,
"and give them the help they long for."
- 6 The words of the LORD are pure words, *
like silver refined from ore
and purified seven times in the fire.
- 7 O LORD, watch over us *
and save us from this generation for ever.

- 8 The wicked prowl on every side, *
and that which is worthless is highly prized by
everyone.

13 *Usquequo, Domine?*

- 1 How long, O LORD?
will you forget me for ever? *
how long will you hide your face from me?
- 2 How long shall I have perplexity in my mind,
and grief in my heart, day after day? *
how long shall my enemy triumph over me?
- 3 Look upon me and answer me, O LORD my God; *
give light to my eyes, lest I sleep in death;
- 4 Lest my enemy say, "I have prevailed over him," *
and my foes rejoice that I have fallen.
- 5 But I put my trust in your mercy; *
my heart is joyful because of your saving help.
- 6 I will sing to the LORD, for he has dealt with me richly; *
I will praise the Name of the Lord Most High.

14 *Dixit insipiens*

- 1 The fool has said in his heart, "There is no God." *
All are corrupt and commit abominable acts;
there is none who does any good.
- 2 The LORD looks down from heaven upon us all, *
to see if there is any who is wise,
if there is one who seeks after God.
- 3 Every one has proved faithless;
all alike have turned bad; *
there is none who does good; no, not one.

- 4 Have they no knowledge, all those evildoers *
who eat up my people like bread
and do not call upon the LORD?
- 5 See how they tremble with fear, *
because God is in the company of the righteous.
- 6 Their aim is to confound the plans of the afflicted, *
but the LORD is their refuge.
- 7 Oh, that Israel's deliverance would come out of Zion! *
when the LORD restores the fortunes of his people,
Jacob will rejoice and Israel be glad.

Third Day: Morning Prayer

15 *Domine, quis habitabit?*

- 1 LORD, who may dwell in your tabernacle? *
who may abide upon your holy hill?
- 2 Whoever leads a blameless life and does what is right, *
who speaks the truth from his heart.
- 3 There is no guile upon his tongue;
he does no evil to his friend; *
he does not heap contempt upon his neighbor.
- 4 In his sight the wicked is rejected, *
but he honors those who fear the LORD.
- 5 He has sworn to do no wrong *
and does not take back his word.
- 6 He does not give his money in hope of gain, *
nor does he take a bribe against the innocent.
- 7 Whoever does these things *
shall never be overthrown.

16 *Conserva me, Domine*

- 1 Protect me, O God, for I take refuge in you; *
I have said to the LORD, "You are my Lord,
my good above all other."
- 2 All my delight is upon the godly that are in the land, *
upon those who are noble among the people.
- 3 But those who run after other gods *
shall have their troubles multiplied.
- 4 Their libations of blood I will not offer, *
nor take the names of their gods upon my lips.
- 5 O LORD, you are my portion and my cup; *
it is you who uphold my lot.
- 6 My boundaries enclose a pleasant land; *
indeed, I have a goodly heritage.
- 7 I will bless the LORD who gives me counsel; *
my heart teaches me, night after night.
- 8 I have set the LORD always before me; *
because he is at my right hand I shall not fall.
- 9 My heart, therefore, is glad, and my spirit rejoices; *
my body also shall rest in hope.
- 10 For you will not abandon me to the grave, *
nor let your holy one see the Pit.
- 11 You will show me the path of life; *
in your presence there is fullness of joy,
and in your right hand are pleasures for evermore.

17 *Exaudi, Domine*

- 1 Hear my plea of innocence, O LORD;
give heed to my cry; *
listen to my prayer, which does not come from lying lips.

- 2 Let my vindication come forth from your presence; *
let your eyes be fixed on justice.
- 3 Weigh my heart, summon me by night, *
melt me down; you will find no impurity in me.
- 4 I give no offense with my mouth as others do; *
I have heeded the words of your lips.
- 5 My footsteps hold fast to the ways of your law; *
in your paths my feet shall not stumble.
- 6 I call upon you, O God, for you will answer me; *
incline your ear to me and hear my words.
- 7 Show me your marvelous loving-kindness, *
O Savior of those who take refuge at your right hand
from those who rise up against them.
- 8 Keep me as the apple of your eye; *
hide me under the shadow of your wings,
- 9 From the wicked who assault me, *
from my deadly enemies who surround me.
- 10 They have closed their heart to pity, *
and their mouth speaks proud things.
- 11 They press me hard, *
now they surround me, *
watching how they may cast me to the ground,
- 12 Like a lion, greedy for its prey, *
and like a young lion lurking in secret places.
- 13 Arise, O LORD; confront them and bring them down; *
deliver me from the wicked by your sword.
- 14 Deliver me, O LORD, by your hand *
from those whose portion in life is this world;

- 15 Whose bellies you fill with your treasure, *
who are well supplied with children
and leave their wealth to their little ones.
- 16 But at my vindication I shall see your face; *
when I awake, I shall be satisfied, beholding your
likeness.

Third Day: Evening Prayer

18

Part I Diligam te, Domine

- 1 I love you, O LORD my strength, *
O LORD my stronghold, my crag, and my haven.
- 2 My God, my rock in whom I put my trust, *
my shield, the horn of my salvation, and my refuge;
you are worthy of praise.
- 3 I will call upon the LORD, *
and so shall I be saved from my enemies.
- 4 The breakers of death rolled over me, *
and the torrents of oblivion made me afraid.
- 5 The cords of hell entangled me, *
and the snares of death were set for me.
- 6 I called upon the LORD in my distress *
and cried out to my God for help.
- 7 He heard my voice from his heavenly dwelling; *
my cry of anguish came to his ears.
- 8 The earth reeled and rocked; *
the roots of the mountains shook;
they reeled because of his anger.

- 9 Smoke rose from his nostrils
and a consuming fire out of his mouth; *
hot burning coals blazed forth from him.
- 10 He parted the heavens and came down *
with a storm cloud under his feet.
- 11 He mounted on cherubim and flew; *
he swooped on the wings of the wind.
- 12 He wrapped darkness about him; *
he made dark waters and thick clouds his pavilion.
- 13 From the brightness of his presence, through the clouds, *
burst hailstones and coals of fire.
- 14 The LORD thundered out of heaven; *
the Most High uttered his voice.
- 15 He loosed his arrows and scattered them; *
he hurled thunderbolts and routed them.
- 16 The beds of the seas were uncovered,
and the foundations of the world laid bare, *
at your battle cry, O LORD,
at the blast of the breath of your nostrils.
- 17 He reached down from on high and grasped me; *
he drew me out of great waters.
- 18 He delivered me from my strong enemies
and from those who hated me; *
for they were too mighty for me.
- 19 They confronted me in the day of my disaster; *
but the LORD was my support.
- 20 He brought me out into an open place; *
he rescued me because he delighted in me.

18

Part II *Et retribuēt mihi*

- 21 The LORD rewarded me because of my righteous
dealing; *
because my hands were clean he rewarded me;
- 22 For I have kept the ways of the LORD rewarded me
according to my righteous dealing, *
because of the cleanness of my hands in his sight.
- 23 For all his judgments are before my eyes, *
and his decrees I have not put away from me;
- 24 For I have been blameless with him *
and have kept myself from iniquity.
- 25 Therefore the LORD rewarded me according to my
righteous dealing, *
because of the cleanness of my hands in his sight.
- 26 With the faithful you show yourself faithful, O God; *
with the forthright you show yourself forthright.
- 27 With the pure you show yourself pure, *
but with the crooked you are wily.
- 28 You will save a lowly people, *
but you will humble the haughty eyes.
- 29 You, O LORD, are my lamp; *
my God, you make my darkness bright.
- 30 With you I will break down an enclosure; *
with the help of my God I will scale any wall.
- 31 As for God, his ways are perfect;
the words of the LORD are tried in the fire; *
he is a shield to all who trust in him.

- 32 For who is God, but the LORD? *
- 33 who is the Rock, except our God?
- 34 It is God who girds me about with strength *
- and makes my way secure.
- 35 He makes me sure-footed like a deer *
- and lets me stand firm on the heights.
- 36 He trains my hands for battle *
- and my arms for bending even a bow of bronze.
- 37 You have given me your shield of victory; *
- your right hand also sustains me;
- your loving care makes me great.
- 38 You lengthen my stride beneath me, *
- and my ankles do not give way.
- 39 I pursue my enemies and overtake them; *
- I will not turn back till I have destroyed them.
- 40 I strike them down, and they cannot rise; *
- they fall defeated at my feet.
- 41 You have girded me with strength for the battle; *
- you have cast down my adversaries beneath me;
- you have put my enemies to flight.
- 42 I destroy those who hate me;
- they cry out, but there is none to help them; *
- they cry to the LORD, but he does not answer.
- 43 I beat them small like dust before the wind; *
- I trample them like mud in the streets.
- 44 You deliver me from the strife of the peoples; *
- you put me at the head of the nations.
- 45 A people I have not known shall serve me;
- no sooner shall they hear than they shall obey me; *
- strangers will cringe before me.

- 45 The foreign peoples will lose heart; *
- they shall come trembling out of their strongholds.
- 46 The LORD lives! Blessed is my Rock! *
- Exalted is the God of my salvation!
- 47 He is the God who gave me victory *
- and cast down the peoples beneath me.
- 48 You rescued me from the fury of my enemies;
- you exalted me above those who rose against me; *
- you saved me from my deadly foe.
- 49 Therefore will I extol you among the nations, O LORD, *
- and sing praises to your Name.
- 50 He multiplies the victories of his king; *
- he shows loving-kindness to his anointed,
- to David and his descendants for ever.

Fourth Day: Morning Prayer

19 Caeli enarrant

- 1 The heavens declare the glory of God, *
- and the firmament shows his handiwork.
- 2 One day tells its tale to another, *
- and one night imparts knowledge to another.
- 3 Although they have no words or language, *
- and their voices are not heard,
- 4 Their sound has gone out into all lands, *
- and their message to the ends of the world.
- 5 In the deep has he set a pavilion for the sun; *
- it comes forth like a bridegroom out of his chamber;
- it rejoices like a champion to run its course.

- 6 It goes forth from the uttermost edge of the heavens and runs about to the end of it again; * nothing is hidden from its burning heat.
 - 7 The law of the LORD is perfect and revives the soul; * the testimony of the LORD is sure and gives wisdom to the innocent.
 - 8 The statutes of the LORD are just and rejoice the heart; * the commandment of the LORD is clear and gives light to the eyes.
 - 9 The fear of the LORD is clean and endures for ever; * the judgments of the LORD are true and righteous altogether.
 - 10 More to be desired are they than gold, more than much fine gold, * sweeter far than honey, than honey in the comb.
 - 11 By them also is your servant enlightened, * and in keeping them there is great reward.
 - 12 Who can tell how often he offends? * cleanse me from my secret faults.
 - 13 Above all, keep your servant from presumptuous sins; let them not get dominion over me; * then shall I be whole and sound, and innocent of a great offense.
 - 14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, * O LORD, my strength and my redeemer.
- 20 *Exaudiat te Dominus*
- 1 May the LORD answer you in the day of trouble, * the Name of the God of Jacob defend you;

- 2 Send you help from his holy place * and strengthen you out of Zion;
 - 3 Remember all your offerings * and accept your burnt sacrifice;
 - 4 Grant you your heart's desire * and prosper all your plans;
 - 5 We will shout for joy at your victory and triumph in the Name of our God; * may the LORD grant all your requests.
 - 6 Now I know that the LORD gives victory to his anointed; * he will answer him out of his holy heaven, with the victorious strength of his right hand.
 - 7 Some put their trust in chariots and some in horses, * but we will call upon the Name of the LORD our God.
 - 8 They collapse and fall down, * but we will arise and stand upright.
 - 9 O LORD, give victory to the king * and answer us when we call.
- 21 *Domine, in virtute tua*
- 1 The king rejoices in your strength, O LORD; * how greatly he exults in your victory!
 - 2 You have given him his heart's desire; * you have not denied him the request of his lips.
 - 3 For you meet him with blessings of prosperity, * and set a crown of fine gold upon his head.
 - 4 He asked you for life, and you gave it to him: * length of days, for ever and ever.
 - 5 His honor is great, because of your victory; * splendor and majesty have you bestowed upon him.

- 6 For you will give him everlasting felicity *
and will make him glad with the joy of your presence.
- 7 For the king puts his trust in the LORD; *
because of the loving-kindness of the Most High, he
will not fall.
- 8 Your hand will lay hold upon all your enemies; *
your right hand will seize all those who hate you.
- 9 You will make them like a fiery furnace *
at the time of your appearing, O LORD;
- 10 You will swallow them up in your wrath, *
and fire shall consume them.
- 11 You will destroy their offspring from the land *
and their descendants from among the peoples of the
earth.
- 12 Though they intend evil against you
and devise wicked schemes, *
yet they shall not prevail.
- 13 For you will put them to flight *
and aim your arrows at them.
- 14 Be exalted, O LORD, in your might; *
we will sing and praise your power.

Fourth Day: Evening Prayer

22 *Deus, Deus meus*

- 1 My God, my God, why have you forsaken me? *
and are so far from my cry
and from the words of my distress?
- 2 O my God, I cry in the daytime, but you do not answer; *
by night as well, but I find no rest.

- 3 Yet you are the Holy One, *
enthroned upon the praises of Israel.
- 4 Our forefathers put their trust in you; *
they trusted, and you delivered them.
- 5 They cried out to you and were delivered; *
they trusted in you and were not put to shame.
- 6 But as for me, I am a worm and no man, *
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; *
they curl their lips and wag their heads, saying,
- 8 "He trusted in the LORD; let him deliver him; *
let him rescue him, if he delights in him."
- 9 Yet you are he who took me out of the womb, *
and kept me safe upon my mother's breast.
- 10 I have been entrusted to you ever since I was born; *
you were my God when I was still in my mother's
womb.
- 11 Be not far from me, for trouble is near, *
and there is none to help.
- 12 Many young bulls encircle me; *
strong bulls of Bashan surround me.
- 13 They open wide their jaws at me, *
like a ravening and a roaring lion.
- 14 I am poured out like water;
all my bones are out of joint; *
my heart within my breast is melting wax.
- 15 My mouth is dried out like a pot-sherd;
my tongue sticks to the roof of my mouth; *
and you have laid me in the dust of the grave.

- 16 Packs of dogs close me in,
and gangs of evildoers circle around me; *
they pierce my hands and my feet;
I can count all my bones.
- 17 They stare and gloat over me; *
they divide my garments among them;
they cast lots for my clothing.
- 18 Be not far away, O LORD; *
you are my strength; hasten to help me.
- 19 Save me from the sword, *
my life from the power of the dog.
- 20 Save me from the lion's mouth, *
my wretched body from the horns of wild bulls.
- 21 I will declare your Name to my brethren; *
in the midst of the congregation I will praise you.
- 22 Praise the LORD, you that fear him; *
stand in awe of him, O offspring of Israel;
all you of Jacob's line, give glory.
- 23 For he does not despise nor abhor the poor in their
poverty;
neither does he hide his face from them; *
but when they cry to him he hears them.
- 24 My praise is of him in the great assembly; *
I will perform my vows in the presence of those who
worship him.
- 25 The poor shall eat and be satisfied,
and those who seek the LORD shall praise him: *
"May your heart live for ever!"
- 26 All the ends of the earth shall remember and turn to the
LORD, *
and all the families of the nations shall bow before him.

- 27 For kingship belongs to the LORD; *
he rules over the nations.
 - 28 To him alone all who sleep in the earth bow down in
worship; *
all who go down to the dust fall before him.
 - 29 My soul shall live for him;
my descendants shall serve him; *
they shall be known as the LORD's for ever.
 - 30 They shall come and make known to a people yet
unborn *
the saving deeds that he has done.
- 23 *Dominus regit me*
- 1 The LORD is my shepherd; *
I shall not be in want.
 - 2 He makes me lie down in green pastures *
and leads me beside still waters.
 - 3 He revives my soul *
and guides me along right pathways for his Name's
sake.
 - 4 Though I walk through the valley of the shadow of death,
I shall fear no evil; *
for you are with me;
your rod and your staff, they comfort me.
 - 5 You spread a table before me in the presence of those who
trouble me; *
you have anointed my head with oil,
and my cup is running over.
 - 6 Surely your goodness and mercy shall follow me all the
days of my life, *
and I will dwell in the house of the LORD for ever.

Fifth Day: Morning Prayer

24 Domini est terra

- 1 The earth is the LORD's and all that is in it, *
the world and all who dwell therein.
- 2 For it is he who founded it upon the seas *
and made it firm upon the rivers of the deep.
- 3 "Who can ascend the hill of the LORD? *
and who can stand in his holy place?"
- 4 "Those who have clean hands and a pure heart, *
who have not pledged themselves to falsehood,
nor sworn by what is a fraud.
- 5 They shall receive a blessing from the LORD *
and a just reward from the God of their salvation."
- 6 Such is the generation of those who seek him, *
of those who seek your face, O God of Jacob.
- 7 Lift up your heads, O gates;
lift them high, O everlasting doors; *
and the King of glory shall come in.
- 8 "Who is this King of glory?" *
"The LORD, strong and mighty,
the LORD, mighty in battle."
- 9 Lift up your heads, O gates;
lift them high, O everlasting doors; *
and the King of glory shall come in.
- 10 "Who is he, this King of glory?" *
"The LORD of hosts,
he is the King of glory."

25 Ad te, Domine, levavi

- 1 To you, O LORD, I lift up my soul;
my God, I put my trust in you; *
let me not be humiliated,
nor let my enemies triumph over me.
- 2 Let none who look to you be put to shame; *
let the treacherous be disappointed in their schemes.
- 3 Show me your ways, O LORD, *
and teach me your paths.
- 4 Lead me in your truth and teach me, *
for you are the God of my salvation;
in you have I trusted all the day long.
- 5 Remember, O LORD, your compassion and love, *
for they are from everlasting.
- 6 Remember not the sins of my youth and my
transgressions; *
remember me according to your love
and for the sake of your goodness, O LORD.
- 7 Gracious and upright is the LORD; *
therefore he teaches sinners in his way.
- 8 He guides the humble in doing right *
and teaches his way to the lowly.
- 9 All the paths of the LORD are love and faithfulness *
to those who keep his covenant and his testimonies.
- 10 For your Name's sake, O LORD, *
forgive my sin, for it is great.
- 11 Who are they who fear the LORD? *
he will teach them the way that they should choose.
- 12 They shall dwell in prosperity, *
and their offspring shall inherit the land.

- 13 The LORD is a friend to those who fear him *
and will show them his covenant.
- 14 My eyes are ever looking to the LORD, *
for he shall pluck my feet out of the net.
- 15 Turn to me and have pity on me, *
for I am left alone and in misery.
- 16 The sorrows of my heart have increased; *
bring me out of my troubles.
- 17 Look upon my adversity and misery *
and forgive me all my sin.
- 18 Look upon my enemies, for they are many, *
and they bear a violent hatred against me.
- 19 Protect my life and deliver me; *
let me not be put to shame, for I have trusted in you.
- 20 Let integrity and uprightness preserve me, *
for my hope has been in you.
- 21 Deliver Israel, O God, *
out of all his troubles.

26 *Judica me, Domine*

- 1 Give judgment for me, O LORD,
for I have lived with integrity; *
I have trusted in the Lord and have not faltered.
- 2 Test me, O LORD, and try me; *
examine my heart and my mind.
- 3 For your love is before my eyes; *
I have walked faithfully with you.
- 4 I have not sat with the worthless, *
nor do I consort with the deceitful.

- 5 I have hated the company of evildoers; *
I will not sit down with the wicked.
- 6 I will wash my hands in innocence, O LORD, *
that I may go in procession round your altar,
- 7 Singing aloud a song of thanksgiving *
and recounting all your wonderful deeds.
- 8 LORD, I love the house in which you dwell *
and the place where your glory abides.
- 9 Do not sweep me away with sinners, *
nor my life with those who thirst for blood,
- 10 Whose hands are full of evil plots, *
and their right hand full of bribes.
- 11 As for me, I will live with integrity; *
redeem me, O LORD, and have pity on me.
- 12 My foot stands on level ground; *
in the full assembly I will bless the LORD.

Fifth Day: *Evening Prayer*

27 *Dominus illuminatio*

- 1 The 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 evildoers came upon me to eat up my flesh, *
it was they, my foes and my adversaries, who
stumbled and fell.
- 3 Though an army should encamp against me, *
yet my heart shall not be afraid;

- 4 And though war should rise up against me, *
yet will I put my trust in him.
- 5 One thing have I asked of the LORD; one thing I seek; *
that I may dwell in the house of the LORD all the days
of my life;
- 6 To behold the fair beauty of the LORD *
and to seek him in his temple.
- 7 For in the day of trouble he shall keep me safe in his
shelter; *
he shall hide me in the secrecy of his dwelling
and set me high upon a rock.
- 8 Even now he lifts up my head *
above my enemies round about me.
- 9 Therefore I will offer in his dwelling an oblation
with sounds of great gladness; *
I will sing and make music to the LORD.
- 10 Hearken to my voice, O LORD, when I call; *
have mercy on me and answer me.
- 11 You speak in my heart and say, "Seek my face." *
Your face, LORD, will I seek.
- 12 Hide not your face from me, *
nor turn away your servant in displeasure.
- 13 You have been my helper;
cast me not away; *
do not forsake me, O God of my salvation.
- 14 Though my father and my mother forsake me, *
the LORD will sustain me.
- 15 Show me your way, O LORD; *
lead me on a level path, because of my enemies.

- 16 Deliver me not into the hand of my adversaries, *
for false witnesses have risen up against me,
and also those who speak malice.
- 17 What if I had not believed that I should see the goodness
of the LORD *
in the land of the living!
- 18 O tarry and await the LORD's pleasure;
be strong, and he shall comfort your heart; *
wait patiently for the LORD.
- 28 *Ad te, Domine*
- 1 O LORD, I call to you;
my Rock, do not be deaf to my cry; *
lest, if you do not hear me,
I become like those who go down to the Pit.
- 2 Hear the voice of my prayer when I cry out to you, *
when I lift up my hands to your holy of holies.
- 3 Do not snatch me away with the wicked or with the
evildoers, *
who speak peaceably with their neighbors,
while strife is in their hearts.
- 4 Repay them according to their deeds, *
and according to the wickedness of their actions.
- 5 According to the work of their hands repay them, *
and give them their just deserts.
- 6 They have no understanding of the LORD's doings,
nor of the works of his hands; *
therefore he will break them down and not build
them up.
- 7 Blessed is the LORD! *
for he has heard the voice of my prayer.

- 8 The LORD is my strength and my shield; *
my heart trusts in him, and I have been helped;
 - 9 Therefore my heart dances for joy, *
and in my song will I praise him.
 - 10 The LORD is the strength of his people, *
a safe refuge for his anointed.
 - 11 Save your people and bless your inheritance; *
shepherd them and carry them for ever.
- 29 *Afferte Domino*
- 1 Ascribe to the LORD, you gods, *
ascribe to the LORD glory and strength.
 - 2 Ascribe to the LORD the glory due his Name; *
worship the LORD in the beauty of holiness.
 - 3 The voice of the LORD is upon the waters;
the God of glory thunders; *
the LORD is upon the mighty waters.
 - 4 The voice of the LORD is a powerful voice; *
the voice of the LORD is a voice of splendor.
 - 5 The voice of the LORD breaks the cedar trees; *
the LORD breaks the cedars of Lebanon;
 - 6 He makes Lebanon skip like a calf, *
and Mount Hermon like a young wild ox.
 - 7 The voice of the LORD splits the flames of fire; the voice of
the LORD shakes the wilderness; *
the LORD shakes the wilderness of Kadesh.
 - 8 The voice of the LORD makes the oak trees writhe *
and strips the forests bare.
 - 9 And in the temple of the LORD *
all are crying, "Glory!"

- 10 The LORD sits enthroned above the flood; *
the LORD sits enthroned as King for evermore.
- 11 The LORD shall give strength to his people; *
the LORD shall give his people the blessing of peace.

Sixth Day: *Morning Prayer*

30 *Exaltabo te, Domine*

- 1 I will exalt you, O LORD, because you have lifted me up *
and have not let my enemies triumph over me.
- 2 O LORD my God, I cried out to you, *
and you restored me to health.
- 3 You brought me up, O LORD, from the dead; *
you restored my life as I was going down to the grave.
- 4 Sing to the LORD, you servants of his; *
give thanks for the remembrance of his holiness.
- 5 For his wrath endures but the twinkling of an eye, *
his favor for a lifetime.
- 6 Weeping may spend the night, *
but joy comes in the morning.
- 7 While I felt secure, I said, "I shall never be disturbed. *
You, LORD, with your favor, made me as strong as the
mountains."
- 8 Then you hid your face, *
and I was filled with fear.
- 9 I cried to you, O LORD; *
I pleaded with the LORD, saying,
- 10 "What profit is there in my blood, if I go down to the
Pit? *
will the dust praise you or declare your faithfulness?"