

- 11 Hear, O LORD, and have mercy upon me; *
O LORD, be my helper."
 - 12 You have turned my wailing into dancing; *
you have put off my sack-cloth and clothed me with joy.
 - 13 Therefore my heart sings to you without ceasing; *
O LORD my God, I will give you thanks for ever.
- 31 *In te, Domine, speravi*
- 1 In you, O LORD, have I taken refuge;
let me never be put to shame; *
deliver me in your righteousness.
 - 2 Incline your ear to me; *
make haste to deliver me.
 - 3 Be my strong rock, a castle to keep me safe,
for you are my crag and my stronghold; *
for the sake of your Name, lead me and guide me.
 - 4 Take me out of the net that they have secretly set for
me, *
for you are my tower of strength.
 - 5 Into your hands I commend my spirit, *
for you have redeemed me,
O LORD, O God of truth.
 - 6 I hate those who cling to worthless idols, *
and I put my trust in the LORD.
 - 7 I will rejoice and be glad because of your mercy; *
for you have seen my affliction;
you know my distress.
 - 8 You have not shut me up in the power of the enemy; *
you have set my feet in an open place.

- 9 Have mercy on me, O LORD, for I am in trouble; *
my eye is consumed with sorrow,
and also my throat and my belly.
- 10 For my life is wasted with grief,
and my years with sighing; *
my strength fails me because of affliction,
and my bones are consumed.
- 11 I have become a reproach to all my enemies and even to
my neighbors,
a dismay to those of my acquaintance; *
when they see me in the street they avoid me.
- 12 I am forgotten like a dead man, out of mind; *
I am as useless as a broken pot.
- 13 For I have heard the whispering of the crowd; fear is all
around; *
they put their heads together against me;
they plot to take my life.
- 14 But as for me, I have trusted in you, O LORD. *
I have said, "You are my God.
- 15 My times are in your hand; *
rescue me from the hand of my enemies,
and from those who persecute me.
- 16 Make your face to shine upon your servant, *
and in your loving-kindness save me."
- 17 LORD, let me not be ashamed for having called upon
you; *
rather, let the wicked be put to shame;
let them be silent in the grave.
- 18 Let the lying lips be silenced which speak against the
righteous; *
haughtily, disdainfully, and with contempt.

- 19 How great is your goodness, O LORD!
which you have laid up for those who fear you; *
which you have done in the sight of all
for those who put their trust in you.
- 20 You hide them in the covert of your presence from those
who slander them; *
you keep them in your shelter from the strife of
tongues.
- 21 Blessed be the LORD! *
for he has shown me the wonders of his love in a
besieged city.
- 22 Yet I said in my alarm,
"I have been cut off from the sight of your eyes." *
Nevertheless, you heard the sound of my entreaty
when I cried out to you.
- 23 Love the LORD, all you who worship him; *
the LORD protects the faithful,
but repays to the full those who act haughtily.
- 24 Be strong and let your heart take courage, *
all you who wait for the LORD.

Sixth Day: Evening Prayer

32 *Beati quorum*

- 1 Happy are they whose transgressions are forgiven, *
and whose sin is put away!
- 2 Happy are they to whom the LORD imputes no guilt, *
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away, *
because of my groaning all day long.

- 4 For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.
- 5 Then I acknowledged my sin to you, *
and did not conceal my guilt.
- 6 I said, "I will confess my transgressions to the LORD." *
Then you forgave me the guilt of my sin.
- 7 Therefore all the faithful will make their prayers to you in
time of trouble; *
when the great waters overflow, they shall not reach
them.
- 8 You are my hiding-place;
you preserve me from trouble; *
you surround me with shouts of deliverance.
- 9 "I will instruct you and teach you in the way that you
should go; *
I will guide you with my eye.
- 10 Do not be like horse or mule, which have no
understanding; *
who must be fitted with bit and bridle,
or else they will not stay near you."
- 11 Great are the tribulations of the wicked; *
but mercy embraces those who trust in the LORD.
- 12 Be glad, you righteous, and rejoice in the LORD; *
shout for joy, all who are true of heart.

33 *Exultate, justi*

- 1 Rejoice in the LORD, you righteous; *
it is good for the just to sing praises.
- 2 Praise the LORD with the harp; *
play to him upon the psaltery and lyre.

- 3 Sing for him a new song; *
sound a fanfare with all your skill upon the trumpet.
- 4 For the word of the LORD is right, *
and all his works are sure.
- 5 He loves righteousness and justice; *
the loving-kindness of the LORD fills the whole earth.
- 6 By the word of the LORD were the heavens made, *
by the breath of his mouth all the heavenly hosts.
- 7 He gathers up the waters of the ocean as in a water-skin *
and stores up the depths of the sea.
- 8 Let all the earth fear the LORD; *
let all who dwell in the world stand in awe of him.
- 9 For he spoke, and it came to pass; *
he commanded, and it stood fast.
- 10 The LORD brings the will of the nations to naught; *
he thwarts the designs of the peoples.
- 11 But the LORD's will stands fast for ever, *
and the designs of his heart from age to age.
- 12 Happy is the nation whose God is the LORD! *
happy the people he has chosen to be his own!
- 13 The LORD looks down from heaven, *
and beholds all the people in the world.
- 14 From where he sits enthroned he turns his gaze *
on all who dwell on the earth.
- 15 He fashions all the hearts of them *
and understands all their works.
- 16 There is no king that can be saved by a mighty army; *
a strong man is not delivered by his great strength.

- 17 The horse is a vain hope for deliverance; *
for all its strength it cannot save.
 - 18 Behold, the eye of the LORD is upon those who fear him, *
on those who wait upon his love,
 - 19 To pluck their lives from death, *
and to feed them in time of famine.
 - 20 Our soul waits for the LORD; *
he is our help and our shield.
 - 21 Indeed, our heart rejoices in him, *
for in his holy Name we put our trust.
 - 22 Let your loving-kindness, O LORD, be upon us, *
as we have put our trust in you.
- 34 Benedicam Dominum**
- 1 I will bless the LORD at all times; *
his praise shall ever be in my mouth.
 - 2 I will glory in the LORD; *
let the humble hear and rejoice.
 - 3 Proclaim with me the greatness of the LORD; *
let us exalt his Name together.
 - 4 I sought the LORD, and he answered me *
and delivered me out of all my terror.
 - 5 Look upon him and be radiant, *
and let not your faces be ashamed.
 - 6 I called in my affliction and the LORD heard me *
and saved me from all my troubles.
 - 7 The angel of the LORD encompasses those who fear him, *
and he will deliver them.

- 8 Taste and see that the LORD is good; *
happy are they who trust in him!
- 9 Fear the LORD, you that are his saints, *
for those who fear him lack nothing.
- 10 The young lions lack and suffer hunger, *
but those who seek the LORD lack nothing that is good.
- 11 Come, children, and listen to me; *
I will teach you the fear of the LORD.
- 12 Who among you loves life *
and desires long life to enjoy prosperity?
- 13 Keep your tongue from evil-speaking *
and your lips from lying words.
- 14 Turn from evil and do good; *
seek peace and pursue it.
- 15 The eyes of the LORD are upon the righteous, *
and his ears are open to their cry.
- 16 The face of the LORD is against those who do evil, *
to root out the remembrance of them from the earth.
- 17 The righteous cry, and the LORD hears them *
and delivers them from all their troubles.
- 18 The LORD is near to the brokenhearted *
and will save those whose spirits are crushed.
- 19 Many are the troubles of the righteous, *
but the LORD will deliver him out of them all.
- 20 He will keep safe all his bones; *
not one of them shall be broken.
- 21 Evil shall slay the wicked, *
and those who hate the righteous will be punished.

- 22 The LORD ransoms the life of his servants, *
and none will be punished who trust in him.

Seventh Day: Morning Prayer

35 Judica, Domine

- 1 Fight those who fight me, O LORD; *
attack those who are attacking me.
- 2 Take up shield and armor *
and rise up to help me.
- 3 Draw the sword and bar the way against those who pursue
me; *
say to my soul, "I am your salvation."
- 4 Let those who seek after my life be shamed and
humbled, *
let those who plot my ruin fall back and be dismayed.
- 5 Let them be like chaff before the wind, *
and let the angel of the LORD drive them away.
- 6 Let their way be dark and slippery, *
and let the angel of the LORD pursue them.
- 7 For they have secretly spread a net for me without a
cause; *
without a cause they have dug a pit to take me alive.
- 8 Let ruin come upon them unawares; *
let them be caught in the net they hid;
let them fall into the pit they dug.
- 9 Then I will be joyful in the LORD; *
I will glory in his victory.

- 10 My very bones will say, "LORD, who is like you?" *
You deliver the poor from those who are too strong for them,
the poor and needy from those who rob them."
- 11 Malicious witnesses rise up against me; *
they charge me with matters I know nothing about.
- 12 They pay me evil in exchange for good; *
my soul is full of despair.
- 13 But when they were sick I dressed in sack-cloth *
and humbled myself by fasting;
- 14 I prayed with my whole heart,
as one would for a friend or a brother; *
I behaved like one who mourns for his mother,
bowed down and grieving.
- 15 But when I stumbled, they were glad and gathered
together; they gathered against me; *
strangers whom I did not know tore me to pieces and
would not stop.
- 16 They put me to the test and mocked me; *
they gnashed at me with their teeth.
- 17 O Lord, how long will you look on? *
rescue me from the roaring beasts,
and my life from the young lions.
- 18 I will give you thanks in the great congregation; *
I will praise you in the mighty throng.
- 19 Do not let my treacherous foes rejoice over me, *
nor let those who hate me without a cause wink at each
other.
- 20 For they do not plan for peace, *
but invent deceitful schemes against the quiet in the
land.

- 21 They opened their mouths at me and said, *
"Aha! we saw it with our own eyes."
- 22 You saw it, O LORD; do not be silent; *
O Lord, be not far from me.
- 23 Awake, arise, to my cause! *
to my defense, my God and my Lord!
- 24 Give me justice, O LORD my God,
according to your righteousness; *
do not let them triumph over me.
- 25 Do not let them say in their hearts,
"Aha! just what we want!" *
Do not let them say, "We have swallowed him up."
- 26 Let all who rejoice at my ruin be ashamed and
disgraced; *
let those who boast against me be clothed with dismay
and shame.
- 27 Let those who favor my cause sing out with joy and be
glad; *
let them say always, "Great is the LORD,
who desires the prosperity of his servant."
- 28 And my tongue shall be talking of your righteousness *
and of your praise all the day long.
- 36 *Dixit iniustus*
- 1 There is a voice of rebellion deep in the heart of the
wicked; *
there is no fear of God before his eyes.
- 2 He flatters himself in his own eyes *
that his hateful sin will not be found out.
- 3 The words of his mouth are wicked and deceitful, *
he has left off acting wisely and doing good.

- 4 He thinks up wickedness upon his bed
and has set himself in no good way; *
he does not abhor that which is evil.
- 5 Your love, O LORD, reaches to the heavens, *
and your faithfulness to the clouds.
- 6 Your righteousness is like the strong mountains,
your justice like the great deep; *
you save both man and beast, O LORD.
- 7 How priceless is your love, O God! *
your people take refuge under the shadow of your
wings.
- 8 They feast upon the abundance of your house; *
you give them drink from the river of your delights.
- 9 For with you is the well of life, *
and in your light we see light.
- 10 Continue your loving-kindness to those who know you, *
and your favor to those who are true of heart.
- 11 Let not the foot of the proud come near me, *
nor the hand of the wicked push me aside.
- 12 See how they are fallen, those who work wickedness! *
they are cast down and shall not be able to rise.

Seventh Day: Evening Prayer

37

Part I Noli oemulari

- 1 Do not fret yourself because of evildoers; *
do not be jealous of those who do wrong.
- 2 For they shall soon wither like the grass, *
and like the green grass fade away.

- 3 Put your trust in the LORD and do good; *
dwell in the land and feed on its riches.
- 4 Take delight in the LORD *
and he shall give you your heart's desire.
- 5 Commit your way to the LORD and put your trust in
him, *
and he will bring it to pass.
- 6 He will make your righteousness as clear as the light *
and your just dealing as the noonday.
- 7 Be still before the LORD *
and wait patiently for him.
- 8 Do not fret yourself over the one who prospers, *
the one who succeeds in evil schemes.
- 9 Refrain from anger, leave rage alone; *
do not fret yourself; it leads only to evil.
- 10 For evildoers shall be cut off, *
but those who wait upon the LORD shall possess the
land.
- 11 In a little while the wicked shall be no more; *
you shall search out their place, but they will not be
there.
- 12 But the lowly shall possess the land; *
they will delight in abundance of peace.
- 13 The wicked plot against the righteous *
and gnash at them with their teeth.
- 14 The LORD laughs at the wicked, *
because he sees that their day will come.
- 15 The wicked draw their sword and bend their bow
to strike down the poor and needy, *
to slaughter those who are upright in their ways.

- 16 Their sword shall go through their own heart, *
and their bow shall be broken.
- 17 The little that the righteous has *
is better than great riches of the wicked.
- 18 For the power of the wicked shall be broken, *
but the LORD upholds the righteous.
- 37
- Part II Novit Dominus*
- 19 The LORD cares for the lives of the godly, *
and their inheritance shall last for ever.
- 20 They shall not be ashamed in bad times, *
and in days of famine they shall have enough.
- 21 As for the wicked, they shall perish, *
and the enemies of the LORD, like the glory of the
meadows, shall vanish;
they shall vanish like smoke.
- 22 The wicked borrow and do not repay, *
but the righteous are generous in giving.
- 23 Those who are blessed by God shall possess the land, *
but those who are cursed by him shall be destroyed.
- 24 Our steps are directed by the LORD; *
he strengthens those in whose way he delights.
- 25 If they stumble, they shall not fall headlong, *
for the LORD holds them by the hand.
- 26 I have been young and now I am old, *
but never have I seen the righteous forsaken,
or their children begging bread.
- 27 The righteous are always generous in their lending, *
and their children shall be a blessing.

- 28 Turn from evil, and do good, *
and dwell in the land for ever.
- 29 For the LORD loves justice; *
he does not forsake his faithful ones.
- 30 They shall be kept safe for ever, *
but the offspring of the wicked shall be destroyed.
- 31 The righteous shall possess the land *
and dwell in it for ever.
- 32 The mouth of the righteous utters wisdom, *
and their tongue speaks what is right.
- 33 The law of their God is in their heart, *
and their footsteps shall not falter.
- 34 The wicked spy on the righteous *
and seek occasion to kill them.
- 35 The LORD will not abandon them to their hand, *
nor let them be found guilty when brought to trial.
- 36 Wait upon the LORD and keep his way; *
he will raise you up to possess the land,
and when the wicked are cut off, you will see it.
- 37 I have seen the wicked in their arrogance, *
flourishing like a tree in full leaf.
- 38 I went by, and behold, they were not there; *
I searched for them, but they could not be found.
- 39 Mark those who are honest;
observe the upright; *
for there is a future for the peaceable.
- 40 Transgressors shall be destroyed, one and all; *
the future of the wicked is cut off.

- 41 But the deliverance of the righteous comes from the
LORD; *
he is their stronghold in time of trouble.
- 42 The LORD will help them and rescue them; *
he will rescue them from the wicked and deliver them,
because they seek refuge in him.

Eighth Day: Morning Prayer

38 *Domine, ne in furore*

- 1 O LORD, do not rebuke me in your anger; *
do not punish me in your wrath.
- 2 For your arrows have already pierced me, *
and your hand presses hard upon me.
- 3 There is no health in my flesh,
because of your indignation; *
there is no soundness in my body, because of my sin.
- 4 For my iniquities overwhelm me; *
like a heavy burden they are too much for me to bear.
- 5 My wounds stink and fester *
by reason of my foolishness.
- 6 I am utterly bowed down and prostrate; *
I go about in mourning all the day long.
- 7 My loins are filled with searing pain; *
there is no health in my body.
- 8 I am utterly numb and crushed; *
I wail, because of the groaning of my heart.
- 9 O Lord, you know all my desires, *
and my sighing is not hidden from you.

- 10 My heart is pounding, my strength has failed me, *
and the brightness of my eyes is gone from me.
- 11 My friends and companions draw back from my
affliction; *
my neighbors stand afar off.
- 12 Those who seek after my life lay snares for me; *
those who strive to hurt me speak of my ruin
and plot treachery all the day long.
- 13 But I am like the deaf who do not hear, *
like those who are mute and do not open their mouth.
- 14 I have become like one who does not hear *
and from whose mouth comes no defense.
- 15 For in you, O LORD, have I fixed my hope; *
you will answer me, O Lord my God.
- 16 For I said, "Do not let them rejoice at my expense, *
those who gloat over me when my foot slips."
- 17 Truly, I am on the verge of falling, *
and my pain is always with me.
- 18 I will confess my iniquity *
and be sorry for my sin.
- 19 Those who are my enemies without cause are mighty, *
and many in number are those who wrongfully hate
me.
- 20 Those who repay evil for good slander me, *
because I follow the course that is right.
- 21 O LORD, do not forsake me; *
be not far from me, O my God.
- 22 Make haste to help me, *
O Lord of my salvation.

39 Dixi, Custodiam

- 1 I said, "I will keep watch upon my ways, *
so that I do not offend with my tongue.
- 2 I will put a muzzle on my mouth *
while the wicked are in my presence."
- 3 So I held my tongue and said nothing; *
I refrained from rash words;
but my pain became unbearable.
- 4 My heart was hot within me;
while I pondered, the fire burst into flame; *
I spoke out with my tongue:
- 5 LORD, let me know my end and the number of my
days, *
so that I may know how short my life is.
- 6 You have given me a mere handful of days,
and my lifetime is as nothing in your sight; *
truly, even those who stand erect are but a puff of
wind.
- 7 We walk about like a shadow,
and in vain we are in turmoil; *
we heap up riches and cannot tell who will gather
them.
- 8 And now, what is my hope? *
O Lord, my hope is in you.
- 9 Deliver me from all my transgressions *
and do not make me the taunt of the fool.
- 10 I fell silent and did not open my mouth, *
for surely it was you that did it.
- 11 Take your affliction from me; *
I am worn down by the blows of your hand.

- 12 With rebukes for sin you punish us;
like a moth you eat away all that is dear to us; *
truly, everyone is but a puff of wind.
 - 13 Hear my prayer, O LORD, and give ear to my cry; *
hold not your peace at my tears.
 - 14 For I am but a sojourner with you, *
a wayfarer, as all my forebears were.
 - 15 Turn your gaze from me, that I may be glad again, *
before I go my way and am no more.
- 40 *Expectans, expectavi*
- 1 I waited patiently upon the LORD; *
he stooped to me and heard my cry.
 - 2 He lifted me out of the desolate pit, out of the mire and
clay; *
he set my feet upon a high cliff and made my footing
sure.
 - 3 He put a new song in my mouth,
a song of praise to our God; *
many shall see, and stand in awe,
and put their trust in the LORD.
 - 4 Happy are they who trust in the LORD! *
they do not resort to evil spirits or turn to false gods.
 - 5 Great things are they that you have done, O LORD my
God!
how great your wonders and your plans for us! *
there is none who can be compared with you.
 - 6 Oh, that I could make them known and tell them! *
but they are more than I can count.
 - 7 In sacrifice and offering you take no pleasure *
(you have given me ears to hear you);

- 18 Though I am poor and afflicted, *
the Lord will have regard for me.
- 19 You are my helper and my deliverer; *
do not tarry, O my God.
- 41 *Beatus qui intelligit*
- 1 Happy are they who consider the poor and needy! *
the Lord will deliver them in the time of trouble.
- 2 The Lord preserves them and keeps them alive,
so that they may be happy in the land; *
he does not hand them over to the will of their enemies.
- 3 The Lord sustains them on their sickbed *
and ministers to them in their illness.
- 4 I said, "Lord, be merciful to me; *
heal me, for I have sinned against you."
- 5 My enemies are saying wicked things about me: *
"When will he die, and his name perish?"
- 6 Even if they come to see me, they speak empty words; *
their hearts collect false rumors;
they go outside and spread them.
- 7 All my enemies whisper together about me *
and devise evil against me.
- 8 "A deadly thing," they say, "has fastened on him; *
he has taken to his bed and will never get up again."
- 9 Even my best friend, whom I trusted,
who broke bread with me, *
has lifted up his heel and turned against me.
- 10 But you, O Lord, be merciful to me and raise me up, *
and I shall repay them.

- 8 Burnt-offering and sin-offering you have not required, *
and so I said, "Behold, I come."
- 9 In the roll of the book it is written concerning me: *
'I love to do your will, O my God;
your law is deep in my heart.'
- 10 I proclaimed righteousness in the great congregation; *
behold, I did not restrain my lips;
and that, O Lord, you know.
- 11 Your righteousness have I not hidden in my heart;
I have spoken of your faithfulness and your deliverance; *
I have not concealed your love and faithfulness from
the great congregation.
- 12 You are the Lord;
do not withhold your compassion from me; *
let your love and your faithfulness keep me safe for ever,
- 13 For innumerable troubles have crowded upon me;
my sins have overtaken me, and I cannot see; *
they are more in number than the hairs of my head,
and my heart fails me.
- 14 Be pleased, O Lord, to deliver me; *
O Lord, make haste to help me.
- 15 Let them be ashamed and altogether dismayed
who seek after my life to destroy it; *
let them draw back and be disgraced
who take pleasure in my misfortune.
- 16 Let those who say "Aha!" and gloat over me be
confounded, *
because they are ashamed.
- 17 Let all who seek you rejoice in you and be glad; *
let those who love your salvation continually say,
"Great is the LORD!"

- 11 By this I know you are pleased with me, *
that my enemy does not triumph over me.
- 12 In my integrity you hold me fast, *
and shall set me before your face for ever.
- 13 Blessed be the LORD God of Israel, *
from age to age. Amen. Amen.

Book Two

42 *Quemadmodum*

- 1 As the deer longs for the water-brooks, *
so longs my soul for you, O God.
- 2 My soul is athirst for God, athirst for the living God; *
when shall I come to appear before the presence of God?
- 3 My tears have been my food day and night, *
while all day long they say to me,
"Where now is your God?"
- 4 I pour out my soul when I think on these things: *
how I went with the multitude and led them into the
house of God,
- 5 With the voice of praise and thanksgiving, *
among those who keep holy-day.
- 6 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?
- 7 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.
- 8 My soul is heavy within me; *
therefore I will remember you from the land of Jordan,
and from the peak of Mizar among the heights of
Hermon.

- 9 One deep calls to another in the noise of your cataracts; *
all your rapids and floods have gone over me.
- 10 The LORD grants his loving-kindness in the daytime; *
in the night season his song is with me,
a prayer to the God of my life.
- 11 I will say to the God of my strength,
"Why have you forgotten me? *
and why do I go so heavily while the enemy oppresses
me?"
- 12 While my bones are being broken, *
my enemies mock me to my face;
- 13 All day long they mock me *
and say to me, "Where now is your God?"
- 14 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?
- 15 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

43 *Judica me, Deus*

- 1 Give judgment for me, O God,
and defend my cause against an ungodly people; *
deliver me from the deceitful and the wicked.
- 2 For you are the God of my strength;
why have you put me from you? *
and why do I go so heavily while the enemy
oppresses me?
- 3 Send out your light and your truth, that they may lead
me, *
and bring me to your holy hill
and to your dwelling;

- 4 That I may go to the altar of God,
to the God of my joy and gladness; *
and on the harp I will give thanks to you, O God my
God.
- 5 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?
- 6 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

Ninth Day: Morning Prayer

44 *Deus, aures*

- 1 We have heard with our ears, O God,
our forefathers have told us, *
the deeds you did in their days,
in the days of old.
- 2 How with your hand you drove the peoples out
and planted our forefathers in the land; *
how you destroyed nations and made your people
flourish.
- 3 For they did not take the land by their sword,
nor did their arm win the victory for them; *
but your right hand, your arm, and the light of your
countenance,
because you favored them.
- 4 You are my King and my God; *
you command victories for Jacob.
- 5 Through you we pushed back our adversaries; *
through your Name we trampled on those who rose up
against us.

- 6 For I do not rely on my bow, *
and my sword does not give me the victory.
- 7 Surely, you gave us victory over our adversaries *
and put those who hate us to shame.
- 8 Every day we gloried in God, *
and we will praise your Name for ever.
- 9 Nevertheless, you have rejected and humbled us *
and do not go forth with our armies.
- 10 You have made us fall back before our adversary, *
and our enemies have plundered us.
- 11 You have made us like sheep to be eaten *
and have scattered us among the nations.
- 12 You are selling your people for a trifle *
and are making no profit on the sale of them.
- 13 You have made us the scorn of our neighbors, *
a mockery and derision to those around us.
- 14 You have made us a byword among the nations, *
a laughing-stock among the peoples.
- 15 My humiliation is daily before me, *
and shame has covered my face;
- 16 Because of the taunts of the mockers and blasphemers, *
because of the enemy and avenger.
- 17 All this has come upon us; *
yet we have not forgotten you,
nor have we betrayed your covenant.
- 18 Our heart never turned back, *
nor did our footsteps stray from your path;
- 19 Though you thrust us down into a place of misery, *
and covered us over with deep darkness.

- 20 If we have forgotten the Name of our God, *
or stretched out our hands to some strange god,
- 21 Will not God find it out? *
for he knows the secrets of the heart.
- 22 Indeed, for your sake we are killed all the day long; *
we are accounted as sheep for the slaughter.
- 23 Awake, O Lord! why are you sleeping? *
Arise! do not reject us for ever.
- 24 Why have you hidden your face *
and forgotten our affliction and oppression?
- 25 We sink down into the dust; *
our body cleaves to the ground.
- 26 Rise up, and help us, *
and save us, for the sake of your steadfast love.

45 *Eructavit cor meum*

- 1 My heart is stirring with a noble song; *
let me recite what I have fashioned for the king; *
my tongue shall be the pen of a skilled writer.
- 2 You are the fairest of men; *
grace flows from your lips,
because God has blessed you for ever.
- 3 Strap your sword upon your thigh, O mighty warrior, *
in your pride and in your majesty.
- 4 Ride out and conquer in the cause of truth *
and for the sake of justice.
- 5 Your right hand will show you marvelous things; *
your arrows are very sharp, O mighty warrior.
- 6 The peoples are falling at your feet, *
and the king's enemies are losing heart.

- 7 Your throne, O God, endures for ever and ever, *
a scepter of righteousness is the scepter of your
kingdom;
you love righteousness and hate iniquity.
- 8 Therefore God, your God, has anointed you *
with the oil of gladness above your fellows.
- 9 All your garments are fragrant with myrrh, aloes, and
cassia, *
and the music of strings from ivory palaces makes you
glad.
- 10 Kings' daughters stand among the ladies of the court; *
on your right hand is the queen,
adorned with the gold of Ophir.
- 11 "Hear, O daughter; consider and listen closely; *
forget your people and your father's house.
- 12 The king will have pleasure in your beauty; *
he is your master; therefore do him honor.
- 13 The people of Tyre are here with a gift; *
the rich among the people seek your favor."
- 14 All glorious is the princess as she enters; *
her gown is cloth-of-gold.
- 15 In embroidered apparel she is brought to the king; *
after her the bridesmaids follow in procession.
- 16 With joy and gladness they are brought, *
and enter into the palace of the king.
- 17 "In place of fathers, O king, you shall have sons; *
you shall make them princes over all the earth.
- 18 I will make your name to be remembered
from one generation to another; *
therefore nations will praise you for ever and ever."

46 *Deus noster refugium*

- 1 God is our refuge and strength, *
a very present help in trouble.
- 2 Therefore we will not fear, though the earth be moved, *
and though the mountains be toppled into the depths
of the sea;
- 3 Though its waters rage and foam, *
and though the mountains tremble at its tumult.
- 4 The LORD of hosts is with us; *
the God of Jacob is our stronghold.
- 5 There is a river whose streams make glad the city of
God, *
the holy habitation of the Most High.
- 6 God is in the midst of her;
she shall not be overthrown; *
God shall help her at the break of day.
- 7 The nations make much ado, and the kingdoms are
shaken; *
God has spoken, and the earth shall melt away.
- 8 The LORD of hosts is with us; *
the God of Jacob is our stronghold.
- 9 Come now and look upon the works of the LORD, *
what awesome things he has done on earth.
- 10 It is he who makes war to cease in all the world; *
he breaks the bow, and shatters the spear,
and burns the shields with fire.
- 11 "Be still, then, and know that I am God; *
I will be exalted among the nations;
I will be exalted in the earth."

- 12 The LORD of hosts is with us; *
the God of Jacob is our stronghold.

Ninth Day: Evening Prayer

47 *Omnes gentes, plaudite*

- 1 Clap your hands, all you peoples; *
shout to God with a cry of joy.
 - 2 For the LORD Most High is to be feared; *
he is the great King over all the earth.
 - 3 He subdues the peoples under us, *
and the nations under our feet.
 - 4 He chooses our inheritance for us, *
the pride of Jacob whom he loves.
 - 5 God has gone up with a shout, *
the LORD with the sound of the ram's-horn.
 - 6 Sing praises to God, sing praises; *
sing praises to our King, sing praises.
 - 7 For God is King of all the earth; *
sing praises with all your skill.
 - 8 God reigns over the nations; *
God sits upon his holy throne.
 - 9 The nobles of the peoples have gathered together *
with the people of the God of Abraham.
 - 10 The rulers of the earth belong to God, *
and he is highly exalted.
- 48 *Magnus Dominus*
- 1 Great is the LORD, and highly to be praised; *
in the city of our God is his holy hill.

- 13 This God is our God for ever and ever; *
he shall be our guide for evermore.
- 49 *Audite haec, omnes*
- 1 Hear this, all you peoples;
hearken, all you who dwell in the world, *
you of high degree and low, rich and poor together.
- 2 My mouth shall speak of wisdom, *
and my heart shall meditate on understanding.
- 3 I will incline my ear to a proverb *
and set forth my riddle upon the harp.
- 4 Why should I be afraid in evil days, *
when the wickedness of those at my heels surrounds
me,
- 5 The wickedness of those who put their trust in their
goods, *
and boast of their great riches?
- 6 We can never ransom ourselves, *
or deliver to God the price of our life;
- 7 For the ransom of our life is so great, *
that we should never have enough to pay it,
- 8 In order to live for ever and ever, *
and never see the grave.
- 9 For we see that the wise die also;
like the dull and stupid they perish *
and leave their wealth to those who come after them.
- 10 Their graves shall be their homes for ever,
their dwelling places from generation to generation, *
though they call the lands after their own names.

- 2 Beautiful and lofty, the joy of all the earth, is the hill of
Zion, *
the very center of the world and the city of the great
King.
- 3 God is in her citadels, *
he is known to be her sure refuge.
- 4 Behold, the kings of the earth assembled *
and marched forward together.
- 5 They looked and were astounded; *
they retreated and fled in terror.
- 6 Trembling seized them there; *
they writhed like a woman in childbirth,
like ships of the sea when the east wind shatters them.
- 7 As we have heard, so have we seen,
in the city of the LORD of hosts, in the city of our God; *
God has established her for ever.
- 8 We have waited in silence on your loving-kindness, O
God, *
in the midst of your temple.
- 9 Your praise, like your Name, O God, reaches to the
world's end; *
your right hand is full of justice.
- 10 Let Mount Zion be glad
and the cities of Judah rejoice, *
because of your judgments.
- 11 Make the circuit of Zion;
walk round about her; *
count the number of her towers.
- 12 Consider well her bulwarks;
examine her strongholds; *
that you may tell those who come after.

- 11 Even though honored, they cannot live for ever; *
they are like the beasts that perish.
- 12 Such is the way of those who foolishly trust in
themselves, *
and the end of those who delight in their own words.
- 13 Like a flock of sheep they are destined to die;
Death is their shepherd; *
they go down straightway to the grave.
- 14 Their form shall waste away, *
and the land of the dead shall be their home.
- 15 But God will ransom my life; *
he will snatch me from the grasp of death.
- 16 Do not be envious when some become rich, *
or when the grandeur of their house increases;
- 17 For they will carry nothing away at their death, *
nor will their grandeur follow them.
- 18 Though they thought highly of themselves while they
lived, *
and were praised for their success,
- 19 They shall join the company of their forebears, *
who will never see the light again.
- 20 Those who are honored, but have no understanding, *
are like the beasts that perish.

Tenth Day: Morning Prayer

50 *Deus deorum*

- 1 The LORD, the God of gods, has spoken; *
he has called the earth from the rising of the sun to its
setting.

- 2 Out of Zion, perfect in its beauty, *
God reveals himself in glory.
- 3 Our God will come and will not keep silence; *
before him there is a consuming flame,
and round about him a raging storm.
- 4 He calls the heavens and the earth from above *
to witness the judgment of his people.
- 5 "Gather before me my loyal followers, *
those who have made a covenant with me
and sealed it with sacrifice."
- 6 Let the heavens declare the rightness of his cause; *
for God himself is judge.
- 7 Hear, O my people, and I will speak:
"O Israel, I will bear witness against you; *
for I am God, your God.
- 8 I do not accuse you because of your sacrifices; *
your offerings are always before me.
- 9 I will take no bull-calf from your stalls, *
nor he-goats out of your pens;
- 10 For all the beasts of the forest are mine, *
the herds in their thousands upon the hills.
- 11 I know every bird in the sky, *
and the creatures of the fields are in my sight.
- 12 If I were hungry, I would not tell you, *
for the whole world is mine and all that is in it.
- 13 Do you think I eat the flesh of bulls, *
or drink the blood of goats?
- 14 Offer to God a sacrifice of thanksgiving *
and make good your vows to the Most High.

- 15 Call upon me in the day of trouble; *
I will deliver you, and you shall honor me."
 - 16 But to the wicked God says: *
"Why do you recite my statutes,
and take my covenant upon your lips;
 - 17 Since you refuse discipline, *
and toss my words behind your back?
 - 18 When you see a thief, you make him your friend, *
and you cast in your lot with adulterers.
 - 19 You have loosed your lips for evil, *
and harnessed your tongue to a lie.
 - 20 You are always speaking evil of your brother *
and slandering your own mother's son.
 - 21 These things you have done, and I kept still, *
and you thought that I am like you."
 - 22 "I have made my accusation; *
I have put my case in order before your eyes.
 - 23 Consider this well, you who forget God, *
lest I rend you and there be none to deliver you.
 - 24 Whoever offers me the sacrifice of thanksgiving honors
me; *
but to those who keep in my way will I show the
salvation of God."
- 51 *Miserere mei, Deus*
- 1 Have mercy on me, O God, according to your loving-
kindness; *
in your great compassion blot out my offenses.
 - 2 Wash me through and through from my wickedness *
and cleanse me from my sin.

- 3 For I know my transgressions, *
and my sin is ever before me.
- 4 Against you only have I sinned *
and done what is evil in your sight.
- 5 And so you are justified when you speak *
and upright in your judgment.
- 6 Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.
- 7 For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.
- 9 Make me hear of joy and gladness, *
that the body you have broken may rejoice.
- 10 Hide your face from my sins *
and blot out all my iniquities.
- 11 Create in me a clean heart, O God, *
and renew a right spirit within me.
- 12 Cast me not away from your presence *
and take not your holy Spirit from me.
- 13 Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.
- 14 I shall teach your ways to the wicked, *
and sinners shall return to you.
- 15 Deliver me from death, O God, *
and my tongue shall sing of your righteousness,
O God of my salvation.
- 16 Open my lips, O Lord, *
and my mouth shall proclaim your praise.

- 17 Had you desired it, I would have offered sacrifice, *
but you take no delight in burnt-offerings.
- 18 The sacrifice of God is a troubled spirit; *
a broken and contrite heart, O God, you will not
despise.
- 19 Be favorable and gracious to Zion, *
and rebuild the walls of Jerusalem.
- 20 Then you will be pleased with the appointed sacrifices,
with burnt-offerings and oblations; *
then shall they offer young bullocks upon your altar.
- 52 *Quid gloriaris?*
- 1 You tyrant, why do you boast of wickedness *
against the godly all day long?
- 2 You plot ruin;
your tongue is like a sharpened razor, *
O worker of deception.
- 3 You love evil more than good *
and lying more than speaking the truth.
- 4 You love all words that hurt, *
O you deceitful tongue.
- 5 Oh, that God would demolish you utterly, *
topple you, and snatch you from your dwelling,
and root you out of the land of the living!
- 6 The righteous shall see and tremble, *
and they shall laugh at him, saying,
- 7 "This is the one who did not take God for a refuge, *
but trusted in great wealth
and relied upon wickedness."

- 8 But I am like a green olive tree in the house of God; *
I trust in the mercy of God for ever and ever.
- 9 I will give you thanks for what you have done *
and declare the goodness of your Name in the presence
of the godly.

Tenth Day: Evening Prayer

53 *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 God 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, those evildoers *
who eat up my people like bread
and do not call upon God?
- 5 See how greatly they tremble,
such trembling as never was; *
for God has scattered the bones of the enemy;
they are put to shame because God has rejected them.
- 6 Oh, that Israel's deliverance would come out of Zion! *
when God restores the fortunes of his people
Jacob will rejoice and Israel be glad.
- 54 *Deus, in nomine*
- 1 Save me, O God, by your Name; *
in your might defend my cause.

- 2 Hear my prayer, O God; *
give ear to the words of my mouth.
- 3 For the arrogant have risen up against me,
and the ruthless have sought my life, *
those who have no regard for God.
- 4 Behold, God is my helper; *
it is the Lord who sustains my life.
- 5 Render evil to those who spy on me; *
in your faithfulness, destroy them.
- 6 I will offer you a farewell sacrifice *
and praise your Name, O Lord, for it is good.
- 7 For you have rescued me from every trouble, *
and my eye has seen the ruin of my foes.

55 *Exaudi, Deus*

- 1 Hear my prayer, O God; *
do not hide yourself from my petition.
- 2 Listen to me and answer me; *
I have no peace, because of my cares.
- 3 I am shaken by the noise of the enemy *
and by the pressure of the wicked;
- 4 For they have cast an evil spell upon me *
and are set against me in fury.
- 5 My heart quakes within me, *
and the terrors of death have fallen upon me.
- 6 Fear and trembling have come over me, *
and horror overwhelms me.
- 7 And I said, "Oh, that I had wings like a dove! *
I would fly away and be at rest.

- 8 I would flee to a far-off place *
and make my lodging in the wilderness.
- 9 Swallow them up, O Lord;
confound their speech; *
for I have seen violence and strife in the city.
- 11 Day and night the watchmen make their rounds upon her
walls, *
but trouble and misery are in the midst of her.
- 12 There is corruption in her heart, *
her streets are never free of oppression and deceit.
- 13 For had it been an adversary who taunted me,
then I could have borne it; *
or had it been an enemy who vaunted himself against
me,
then I could have hidden from him.
- 14 But it was you, a man after my own heart, *
my companion, my own familiar friend.
- 15 We took sweet counsel together, *
and walked with the throng in the house of God.
- 16 Let death come upon them suddenly;
let them go down alive into the grave; *
for wickedness is in their dwellings, in their very midst.
- 17 But I will call upon God, *
and the LORD will deliver me.
- 18 In the evening, in the morning, and at noonday,
I will complain and lament, *
and he will hear my voice.
- 19 He will bring me safely back from the battle waged
against me; *
for there are many who fight me.

- 20 God, who is enthroned of old, will hear me and bring them down; *
they never change; they do not fear God.
- 21 My companion stretched forth his hand against his comrade; *
he has broken his covenant.
- 22 His speech is softer than butter, *
but war is in his heart.
- 23 His words are smoother than oil, *
but they are drawn swords.
- 24 Cast your burden upon the LORD, and he will sustain you; *
he will never let the righteous stumble.
- 25 For you will bring the bloodthirsty and deceitful *
down to the pit of destruction, O God.
- 26 They shall not live out half their days, *
but I will put my trust in you.

Eleventh Day: Morning Prayer

56 *Miserere mei, Deus*

- 1 Have mercy on me, O God,
for my enemies are hounding me; *
all day long they assault and oppress me.
- 2 They hound me all the day long; *
truly there are many who fight against me, O Most High.
- 3 Whenever I am afraid, *
I will put my trust in you.

- 4 In God, whose word I praise,
in God I trust and will not be afraid, *
for what can flesh do to me?
- 5 All day long they damage my cause; *
their only thought is to do me evil.
- 6 They band together; they lie in wait; *
they spy upon my footsteps; because they seek my life.
- 7 Shall they escape despite their wickedness? *
O God, in your anger, cast down the peoples.
- 8 You have noted my lamentation;
put my tears into your bottle; *
are they not recorded in your book?
- 9 Whenever I call upon you, my enemies will be put to flight; *
this I know, for God is on my side.
- 10 In God the LORD, whose word I praise,
in God I trust and will not be afraid, *
or what can mortals do to me?
- 11 I am bound by the vow I made to you, O God; *
I will present to you thank-offerings;
- 12 For you have rescued my soul from death and my feet
from stumbling, *
that I may walk before God in the light of the living.

57 *Miserere mei, Deus*

- 1 Be merciful to me, O God, be merciful,
for I have taken refuge in you; *
in the shadow of your wings will I take refuge
until this time of trouble has gone by.
- 2 I will call upon the Most High God, *
the God who maintains my cause.

- 3 He will send from heaven and save me;
he will confound those who trample upon me; *
God will send forth his love and his faithfulness.
- 4 I lie in the midst of lions that devour the people; *
their teeth are spears and arrows,
their tongue a sharp sword.
- 5 They have laid a net for my feet,
and I am bowed low; *
they have dug a pit before me,
but have fallen into it themselves.
- 6 Exalt yourself above the heavens, O God, *
and your glory over all the earth.
- 7 My heart is firmly fixed, O God, my heart is fixed; *
I will sing and make melody.
- 8 Wake up, my spirit; awake, lute and harp; *
I myself will waken the dawn.
- 9 I will confess you among the peoples, O LORD; *
I will sing praise to you among the nations.
- 10 For your loving-kindness is greater than the heavens, *
and your faithfulness reaches to the clouds.
- 11 Exalt yourself above the heavens, O God, *
and your glory over all the earth.

58 *Si vere utique*

- 1 Do you indeed decree righteousness, you rulers? *
do you judge the peoples with equity?
- 2 No; you devise evil in your hearts, *
and your hands deal out violence in the land.
- 3 The wicked are perverse from the womb; *
liars go astray from their birth.

- 4 They are as venomous as a serpent, *
they are like the deaf adder which stops its ears,
- 5 Which does not heed the voice of the charmer, *
no matter how skillful his charming.
- 6 O God, break their teeth in their mouths; *
pull the fangs of the young lions, O LORD.
- 7 Let them vanish like water that runs off; *
let them wither like trodden grass.
- 8 Let them be like the snail that melts away, *
like a stillborn child that never sees the sun.
- 9 Before they bear fruit, let them be cut down like a brier; *
like thorns and thistles let them be swept away.
- 10 The righteous will be glad when they see the vengeance; *
they will bathe their feet in the blood of the wicked.
- 11 And they will say,
"Surely, there is a reward for the righteous; *
surely, there is a God who rules in the earth."

Eleventh Day: Evening Prayer

59 *Eripe me de inimicis*

- 1 Rescue me from my enemies, O God; *
protect me from those who rise up against me.
- 2 Rescue me from evildoers *
and save me from those who thirst for my blood.
- 3 See how they lie in wait for my life,
how the mighty gather together against me; *
not for any offense or fault of mine, O LORD.
- 4 Not because of any guilt of mine *
they run and prepare themselves for battle.

- 5 Rouse yourself, come to my side, and see; *
for you, LORD God of hosts, are Israel's God.
- 6 Awake, and punish all the ungodly; *
show no mercy to those who are faithless and evil.
- 7 They go to and fro in the evening; *
they snarl like dogs and run about the city.
- 8 Behold, they boast with their mouths,
and taunts are on their lips; *
"For who," they say, "will hear us?"
- 9 But you, O LORD, you laugh at them; *
you laugh all the ungodly to scorn.
- 10 My eyes are fixed on you, O my Strength; *
for you, O God, are my stronghold.
- 11 My merciful God comes to meet me; *
God will let me look in triumph on my enemies.
- 12 Slay them, O God, lest my people forget; *
send them reeling by your might
and put them down, O Lord our shield.
- 13 For the sins of their mouths, for the words of their lips,
for the cursing and lies that they utter, *
let them be caught in their pride.
- 14 Make an end of them in your wrath; *
make an end of them, and they shall be no more.
- 15 Let everyone know that God rules in Jacob, *
and to the ends of the earth.
- 16 They go to and fro in the evening; *
they snarl like dogs and run about the city.
- 17 They forage for food, *
and if they are not filled, they howl.

- 18 For my part, I will sing of your strength; *
I will celebrate your love in the mornings;
 - 19 For you have become my stronghold, *
a refuge in the day of my trouble.
 - 20 To you, O my Strength, will I sing; *
for you, O God, are my stronghold and my merciful
God.
- 60 Deus, repulisti nos**
- 1 O God, you have cast us off and broken us; *
you have been angry;
oh, take us back to you again.
 - 2 You have shaken the earth and split it open; *
repair the cracks in it, for it totters.
 - 3 You have made your people know hardship; *
you have given us wine that makes us stagger.
 - 4 You have set up a banner for those who fear you, *
to be a refuge from the power of the bow.
 - 5 Save us by your right hand and answer us, *
that those who are dear to you may be delivered.
 - 6 God spoke from his holy place and said: *
"I will exult and parcel out Shechem;
I will divide the valley of Succoth.
 - 7 Gilead is mine and Manasseh is mine; *
Ephraim is my helmet and Judah my scepter.
 - 8 Moab is my wash-basin,
on Edom I throw down my sandal to claim it, *
and over Philistia will I shout in triumph."
 - 9 Who will lead me into the strong city? *
who will bring me into Edom?

- 10 Have you not cast us off, O God? *
- you no longer go out, O God, with our armies.
- 11 Grant us your help against the enemy, *
- for vain is the help of man.
- 12 With God we will do valiant deeds, *
- and he shall tread our enemies under foot.

61 *Exaudi, Deus*

- 1 Hear my cry, O God, *
- and listen to my prayer.
- 2 I call upon you from the ends of the earth:
- with heaviness in my heart; *
- set me upon the rock that is higher than I.
- 3 For you have been my refuge, *
- a strong tower against the enemy.
- 4 I will dwell in your house for ever; *
- I will take refuge under the cover of your wings.
- 5 For you, O God, have heard my vows; *
- you have granted me the heritage of those who fear
- your Name.
- 6 Add length of days to the king's life; *
- let his years extend over many generations.
- 7 Let him sit enthroned before God for ever; *
- bid love and faithfulness watch over him.
- 8 So will I always sing the praise of your Name, *
- and day by day I will fulfill my vows.

Twelfth Day: Morning Prayer

62 *Nonne Deo?*

- 1 For God alone my soul in silence waits; *
- from him comes my salvation.
- 2 He alone is my rock and my salvation, *
- my stronghold, so that I shall not be greatly shaken.
- 3 How long will you assail me to crush me,
- all of you together, *
- as if you were a leaning fence, a toppling wall?
- 4 They seek only to bring me down from my place of
- honor; *
- lies are their chief delight.
- 5 They bless with their lips, *
- but in their hearts they curse.
- 6 For God alone my soul in silence waits; *
- truly, my hope is in him.
- 7 He alone is my rock and my salvation, *
- my stronghold, so that I shall not be shaken.
- 8 In God is my safety and my honor; *
- God is my strong rock and my refuge.
- 9 Put your trust in him always, O people, *
- pour out your hearts before him, for God is our refuge.
- 10 Those of high degree are but a fleeting breath, *
- even those of low estate cannot be trusted.
- 11 On the scales they are lighter than a breath, *
- all of them together.
- 12 Put no trust in extortion;
- in robbery take no empty pride; *
- though wealth increase, set not your heart upon it.

- 13 God has spoken once, twice have I heard it, *
that power belongs to God.
- 14 Steadfast love is yours, O Lord, *
for you repay everyone according to his deeds.

63 *Deus, Deus meus*

- 1 O God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you,
as in a barren and dry land where there is no water.
- 2 Therefore I have gazed upon you in your holy place, *
that I might behold your power and your glory.
- 3 For your loving-kindness is better than life itself; *
my lips shall give you praise.
- 4 So will I bless you as long as I live *
and lift up my hands in your Name.
- 5 My soul is content, as with marrow and fatness, *
and my mouth praises you with joyful lips,
- 6 When I remember you upon my bed, *
and meditate on you in the night watches.
- 7 For you have been my helper, *
and under the shadow of your wings I will rejoice.

- 8 My soul clings to you; *
your right hand holds me fast.
- 9 May those who seek my life to destroy it *
go down into the depths of the earth;
- 10 Let them fall upon the edge of the sword, *
and let them be food for jackals.

- 11 But the king will rejoice in God; *
all those who swear by him will be glad; *
for the mouth of those who speak lies shall be stopped.

64 *Exaudi, Deus*

- 1 Hear my voice, O God, when I complain; *
protect my life from fear of the enemy.
- 2 Hide me from the conspiracy of the wicked, *
from the mob of evildoers.
- 3 They sharpen their tongue like a sword, *
and aim their bitter words like arrows,
- 4 That they may shoot down the blameless from ambush; *
they shoot without warning and are not afraid.
- 5 They hold fast to their evil course; *
they plan how they may hide their snares.
- 6 They say, "Who will see us?
who will find out our crimes? *
we have thought out a perfect plot."
- 7 The human mind and heart are a mystery; *
but God will loose an arrow at them,
and suddenly they will be wounded.
- 8 He will make them trip over their tongues, *
and all who see them will shake their heads.
- 9 Everyone will stand in awe and declare God's deeds; *
they will recognize his works.
- 10 The righteous will rejoice in the LORD and put their trust
in him, *
and all who are true of heart will glory.

Twelfth Day: Evening Prayer

65 *Te decet hymnus*

- 1 You are to be praised, O God, in Zion; *
to you shall vows be performed in Jerusalem.

- 2 To you that hear prayer shall all flesh come, *
because of their transgressions.
- 3 Our sins are stronger than we are, *
but you will blot them out.
- 4 Happy are they whom you choose
and draw to your courts to dwell there! *
they will be satisfied by the beauty of your house,
by the holiness of your temple.
- 5 Awesome things will you show us in your righteousness,
O God of our salvation, *
O Hope of all the ends of the earth
and of the seas that are far away.
- 6 You make fast the mountains by your power; *
they are girded about with might.
- 7 You still the roaring of the seas, *
the roaring of their waves,
and the clamor of the peoples.
- 8 Those who dwell at the ends of the earth
will tremble at your marvelous signs; *
you make the dawn and the dusk to sing for joy.
- 9 You visit the earth and water it abundantly;
you make it very plenteous; *
the river of God is full of water.
- 10 You prepare the grain, *
for so you provide for the earth.
- 11 You drench the furrows and smooth out the ridges; *
with heavy rain you soften the ground and bless its
increase.
- 12 You crown the year with your goodness, *
and your paths overflow with plenty.

- 13 May the fields of the wilderness be rich for grazing, *
and the hills be clothed with joy.
- 14 May the meadows cover themselves with flocks,
and the valleys cloak themselves with grain; *
let them shout for joy and sing.

66 *Jubilare Deo*

- 1 Be joyful in God, all you lands; *
sing the glory of his Name;
sing the glory of his praise.
- 2 Say to God, "How awesome are your deeds! *
because of your great strength your enemies cringe
before you.
- 3 All the earth bows down before you, *
sings to you, sings out your Name."
- 4 Come now and see the works of God, *
how wonderful he is in his doing toward all people.
- 5 He turned the sea into dry land,
so that they went through the water on foot, *
and there we rejoiced in him.
- 6 In his might he rules for ever;
his eyes keep watch over the nations; *
let no rebel rise up against him.
- 7 Bless our God, you peoples; *
make the voice of his praise to be heard;
- 8 Who holds our souls in life, *
and will not allow our feet to slip.
- 9 For you, O God, have proved us; *
you have tried us just as silver is tried.
- 10 You brought us into the snare; *
you laid heavy burdens upon our backs.

- 11 You let enemies ride over our heads;
we went through fire and water; *
but you brought us out into a place of refreshment.
- 12 I will enter your house with burnt-offerings
and will pay you my vows, *
which I promised with my lips
and spoke with my mouth when I was in trouble.
- 13 I will offer you sacrifices of fat beasts
with the smoke of rams; *
I will give you oxen and goats.
- 14 Come and listen, all you who fear God, *
and I will tell you what he has done for me.
- 15 I called out to him with my mouth, *
and his praise was on my tongue.
- 16 If I had found evil in my heart, *
the Lord would not have heard me;
- 17 But in truth God has heard me; *
he has attended to the voice of my prayer.
- 18 Blessed be God, who has not rejected my prayer, *
nor withheld his love from me.

67 *Deus misereatur*

- 1 May God be merciful to us and bless us, *
show us the light of his countenance and come to us.
- 2 Let your ways be known upon earth, *
your saving health among all nations.
- 3 Let the peoples praise you, O God; *
let all the peoples praise you.

- 4 Let the nations be glad and sing for joy, *
for you judge the peoples with equity
and guide all the nations upon earth.
- 5 Let the peoples praise you, O God; *
let all the peoples praise you.
- 6 The earth has brought forth her increase; *
may God, our own God, give us his blessing.
- 7 May God give us his blessing, *
and may all the ends of the earth stand in awe of him.

Thirteenth Day: Morning Prayer

68 *Exsurgat Deus*

- 1 Let God arise, and let his enemies be scattered; *
let those who hate him flee before him.
- 2 Let them vanish like smoke when the wind drives it
away; *
as the wax melts at the fire, so let the wicked 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 Sing to God, sing praises to his Name;
exalt him who rides upon the heavens; *
YAHWEH is his Name, rejoice before him!
- 5 Father of orphans, defender of widows, *
God in his holy habitation!
- 6 God gives the solitary a home and brings forth prisoners
into freedom; *
but the rebels shall live in dry places.
- 7 O God, when you went forth before your people, *
when you marched through the wilderness,

- 8 The earth shook, and the skies poured down rain,
at the presence of God, the God of Sinai; *
at the presence of God, the God of Israel.
- 9 You sent a gracious rain, O God, upon your inheritance; *
you refreshed the land when it was weary.
- 10 Your people found their home in it; *
in your goodness, O God, you have made provision for
the poor.
- 11 The Lord gave the word; *
great was the company of women who bore the tidings:
- 12 "Kings with their armies are fleeing away; *
the women at home are dividing the spoils."
- 13 Though you lingered among the sheepfolds, *
you shall be like a dove whose wings are covered with
silver,
whose feathers are like green gold.
- 14 When the Almighty scattered kings, *
it was like snow falling in Zalmon.
- 15 O mighty mountain, O hill of Bashan! *
O rugged mountain, O hill of Bashan!
- 16 Why do you look with envy, O rugged mountain,
at the hill which God chose for his resting place? *
truly, the LORD will dwell there for ever.
- 17 The chariots of God are twenty thousand,
even thousands of thousands; *
the Lord comes in holiness from Sinai.
- 18 You have gone up on high and led captivity captive;
you have received gifts even from your enemies, *
that the LORD God might dwell among them.

- 19 Blessed be the Lord day by day, *
the God of our salvation, who bears our burdens.
- 20 He is our God, the God of our salvation; *
God is the LORD, by whom we escape death.
- 21 God shall crush the heads of his enemies, *
and the hairy scalp of those who go on still in their
wickedness.
- 22 The Lord has said, "I will bring them back from
Bashan; *
I will bring them back from the depths of the sea;
- 23 That your foot may be dipped in blood, *
the tongues of your dogs in the blood of your enemies."
- 24 They see your procession, O God, *
your procession into the sanctuary, my God and my
King.
- 25 The singers go before, musicians follow after, *
in the midst of maidens playing upon the hand-drums.
- 26 Bless God in the congregation; *
bless the LORD, you that are of the fountain of Israel.
- 27 There is Benjamin, least of the tribes, at the head;
the princes of Judah in a company; *
and the princes of Zebulon and Naphtali.
- 28 Send forth your strength, O God; *
establish, O God, what you have wrought for us.
- 29 Kings shall bring gifts to you, *
for your temple's sake at Jerusalem.
- 30 Rebuke the wild beast of the reeds, *
and the peoples, a herd of wild bulls with its calves.
- 31 Trample down those who lust after silver; *
scatter the peoples that delight in war.

- 32 Let tribute be brought out of Egypt; *
let Ethiopia stretch out her hands to God.
- 33 Sing to God, O kingdoms of the earth; *
sing praises to the Lord.
- 34 He rides in the heavens, the ancient heavens; *
he sends forth his voice, his mighty voice.
- 35 Ascribe power to God; *
his majesty is over Israel;
his strength is in the skies.
- 36 How wonderful is God in his holy places! *
the God of Israel giving strength and power to his
people!
Blessed be God!
- Thirteenth Day: Evening Prayer*
- 69 *Salvum me fac*
- 1 Save me, O God, *
for the waters have risen up to my neck.
- 2 I am sinking in deep mire, *
and there is no firm ground for my feet.
- 3 I have come into deep waters, *
and the torrent washes over me.
- 4 I have grown weary with my crying;
my throat is inflamed; *
my eyes have failed from looking for my God.
- 5 Those who hate me without a cause are more than the
hairs of my head;
my lying foes who would destroy me are mighty. *
Must I then give back what I never stole?

- 6 O God, you know my foolishness, *
and my faults are not hidden from you.
- 7 Let not those who hope in you be put to shame through
me, LORD GOD of hosts; *
let not those who seek you be disgraced because of me,
O God of Israel.
- 8 Surely, for your sake have I suffered reproach, *
and shame has covered my face.
- 9 I have become a stranger to my own kindred, *
an alien to my mother's children.
- 10 Zeal for your house has eaten me up; *
the scorn of those who scorn you has fallen upon me.
- 11 I humbled myself with fasting, *
but that was turned to my reproach.
- 12 I put on sack-cloth also, *
and became a byword among them.
- 13 Those who sit at the gate murmur against me, *
and the drunkards make songs about me.
- 14 But as for me, this is my prayer to you, *
at the time you have set, O LORD:
- 15 "In your great mercy, O God, *
answer me with your unfailing help.
- 16 Save me from the mire; do not let me sink; *
let me be rescued from those who hate me
and out of the deep waters.
- 17 Let not the torrent of waters wash over me,
neither let the deep swallow me up; *
do not let the Pit shut its mouth upon me.
- 18 Answer me, O LORD, for your love is kind; *
in your great compassion, turn to me."

- 19 "Hide not your face from your servant; *
be swift and answer me, for I am in distress.
- 20 Draw near to me and redeem me; *
because of my enemies deliver me.
- 21 You know my reproach, my shame, and my dishonor; *
my adversaries are all in your sight."
- 22 Reproach has broken my heart, and it cannot be healed; *
I looked for sympathy, but there was none,
for comforters, but I could find no one.
- 23 They gave me gall to eat, *
and when I was thirsty, they gave me vinegar to drink.
- 24 Let the table before them be a trap *
and their sacred feasts a snare.
- 25 Let their eyes be darkened, that they may not see, *
and give them continual trembling in their loins.
- 26 Pour out your indignation upon them, *
and let the fierceness of your anger overtake them.
- 27 Let their camp be desolate, *
and let there be none to dwell in their tents.
- 28 For they persecute him whom you have stricken *
and add to the pain of those whom you have pierced.
- 29 Lay to their charge guilt upon guilt, *
and let them not receive your vindication.
- 30 Let them be wiped out of the book of the living *
and not be written among the righteous.
- 31 As for me, I am afflicted and in pain; *
your help, O God, will lift me up on high.
- 32 I will praise the Name of God in song, *
I will proclaim his greatness with thanksgiving.

- 33 This will please the LORD more than an offering of oxen, *
more than bullocks with horns and hoofs.
 - 34 The afflicted shall see and be glad; *
you who seek God, your heart shall live.
 - 35 For the LORD listens to the needy, *
and his prisoners he does not despise.
 - 36 Let the heavens and the earth praise him, *
the seas and all that moves in them;
 - 37 For God will save Zion and rebuild the cities of Judah; *
they shall live there and have it in possession.
 - 38 The children of his servants will inherit it, *
and those who love his Name will dwell therein.
- 70 Deus, in adiutorium**
- 1 Be pleased, O God, to deliver me; *
O LORD, make haste to help me.
 - 2 Let those who seek my life be ashamed
and altogether dismayed; *
let those who take pleasure in my misfortune
draw back and be disgraced.
 - 3 Let those who say to me "Aha!" and gloat over me turn
back, *
because they are ashamed.
 - 4 Let all who seek you rejoice and be glad in you; *
let those who love your salvation say for ever,
"Great is the LORD!"
 - 5 But as for me, I am poor and needy; *
come to me speedily, O God.
 - 6 You are my helper and my deliverer; *
O LORD, do not tarry.

Fourteenth Day: Morning Prayer

71 In te, Domine, speravi

- 1 In you, O LORD, have I taken refuge; *
let me never be ashamed.
- 2 In your righteousness, deliver me and set me free; *
incline your ear to me and save me.
- 3 Be my strong rock, a castle to keep me safe; *
you are my crag and my stronghold.
- 4 Deliver me, my God, from the hand of the wicked, *
from the clutches of the evildoer and the oppressor.
- 5 For you are my hope, O Lord God, *
my confidence since I was young.
- 6 I have been sustained by you ever since I was born; *
from my mother's womb you have been my strength; *
my praise shall be always of you.
- 7 I have become a portent to many; *
but you are my refuge and my strength.
- 8 Let my mouth be full of your praise *
and your glory all the day long.
- 9 Do not cast me off in my old age; *
forsake me not when my strength fails.
- 10 For my enemies are talking against me, *
and those who lie in wait for my life take counsel
together.
- 11 They say, "God has forsaken him;
go after him and seize him; *
because there is none who will save."
- 12 O God, be not far from me; *
come quickly to help me, O my God.

- 13 Let those who set themselves against me be put to shame
and be disgraced; *
let those who seek to do me evil be covered with scorn
and reproach.
- 14 But I shall always wait in patience, *
and shall praise you more and more.
- 15 My mouth shall recount your mighty acts
and saving deeds all day long; *
though I cannot know the number of them.
- 16 I will begin with the mighty works of the Lord God; *
I will recall your righteousness, yours alone.
- 17 O God, you have taught me since I was young, *
and to this day I tell of your wonderful works.
- 18 And now that I am old and gray-headed,
O God, do not forsake me, *
till I make known your strength to this generation
and your power to all who are to come.
- 19 Your righteousness, O God, reaches to the heavens; *
you have done great things;
who is like you, O God?
- 20 You have showed me great troubles and adversities, *
but you will restore my life and bring me up again
from the deep places of the earth.
- 21 You strengthen me more and more; *
you enfold and comfort me,
- 22 Therefore I will praise you upon the lyre for your
faithfulness, O my God; *
I will sing to you with the harp, O Holy One of Israel.
- 23 My lips will sing with joy when I play to you, *
and so will my soul, which you have redeemed.