

- 12 So he humbled their spirits with hard labor; *
they stumbled, and there was none to help.
- 13 Then they cried to the LORD in their trouble, *
and he delivered them from their distress.
- 14 He led them out of darkness and deep gloom *
and broke their bonds asunder.
- 15 Let them give thanks to the LORD for his mercy *
and the wonders he does for his children.
- 16 For he shatters the doors of bronze *
and breaks in two the iron bars.
- 17 Some were fools and took to rebellious ways; *
they were afflicted because of their sins.
- 18 They abhorred all manner of food *
and drew near to death's door.
- 19 Then they cried to the LORD in their trouble, *
and he delivered them from their distress.
- 20 He sent forth his word and healed them *
and saved them from the grave.
- 21 Let them give thanks to the LORD for his mercy *
and the wonders he does for his children.
- 22 Let them offer a sacrifice of thanksgiving *
and tell of his acts with shouts of joy.
- 23 Some went down to the sea in ships *
and plied their trade in deep waters;
- 24 They beheld the works of the LORD *
and his wonders in the deep.
- 25 Then he spoke, and a stormy wind arose, *
which tossed high the waves of the sea.

- 26 They mounted up to the heavens and fell back to the
depths; *
their hearts melted because of their peril.
- 27 They reeled and staggered like drunkards *
and were at their wits' end.
- 28 Then they cried to the LORD in their trouble, *
and he delivered them from their distress.
- 29 He stilled the storm to a whisper *
and quieted the waves of the sea.
- 30 Then were they glad because of the calm, *
and he brought them to the harbor they were bound
for.
- 31 Let them give thanks to the LORD for his mercy *
and the wonders he does for his children.
- 32 Let them exalt him in the congregation of the people *
and praise him in the council of the elders.

107

Part II *Posuit flumina*

- 33 The LORD changed rivers into deserts, *
and water-springs into thirsty ground,
- 34 A fruitful land into salt flats, *
because of the wickedness of those who dwell there.
- 35 He changed deserts into pools of water *
and dry land into water-springs.
- 36 He settled the hungry there, *
and they founded a city to dwell in.
- 37 They sowed fields, and planted vineyards, *
and brought in a fruitful harvest.

- 38 He blessed them, so that they increased greatly; *
he did not let their herds decrease.
- 39 Yet when they were diminished and brought low, *
through stress of adversity and sorrow,
- 40 (He pours contempt on princes *
and makes them wander in trackless wastes)
- 41 He lifted up the poor out of misery *
and multiplied their families like flocks of sheep.
- 42 The upright will see this and rejoice, *
but all wickedness will shut its mouth.
- 43 Whoever is wise will ponder these things, *
and consider well the mercies of the LORD.

Twenty-second Day: Evening Prayer

108 *Paratum cor meum*

- 1 My heart is firmly fixed, O God, my heart is fixed; *
I will sing and make melody.
- 2 Wake up, my spirit;
awake, lute and harp; *
I myself will waken the dawn.
- 3 I will confess you among the peoples, O LORD; *
I will sing praises to you among the nations.
- 4 For your loving-kindness is greater than the heavens, *
and your faithfulness reaches to the clouds.
- 5 Exalt yourself above the heavens, O God, *
and your glory over all the earth.
- 6 So that those who are dear to you may be delivered, *
save with your right hand and answer me.

- 7 God spoke from his holy place and said, *
"I will exult and parcel out Shechem;
I will divide the valley of Succoth.
- 8 Gilead is mine and Manasseh is mine; *
Ephraim is my helmet and Judah my scepter.
- 9 Moab is my washbasin,
on Edom I throw down my sandal to claim it, *
and over Philistia will I shout in triumph."
- 10 Who will lead me into the strong city? *
who will bring me into Edom?
- 11 Have you not cast us off, O God? *
you no longer go out, O God, with our armies.
- 12 Grant us your help against the enemy, *
for vain is the help of man.
- 13 With God we will do valiant deeds, *
and he shall tread our enemies under foot.

109 *Deus, laudem*

- 1 Hold not your tongue, O God of my praise; *
for the mouth of the wicked,
he mouth of the deceitful, is opened against me.
- 2 They speak to me with a lying tongue; *
they encompass me with hateful words
and fight against me without a cause.
- 3 Despite my love, they accuse me; *
but as for me, I pray for them.
- 4 They repay evil for good, *
and hatred for my love.
- 5 Set a wicked man against him, *
and let an accuser stand at his right hand.

- 6 When he is judged, let him be found guilty, *
and let his appeal be in vain.
- 7 Let his days be few, *
and let another take his office.
- 8 Let his children be fatherless, *
and his wife become a widow.
- 9 Let his children be waifs and beggars; *
let them be driven from the ruins of their homes.
- 10 Let the creditor seize everything he has, *
let strangers plunder his gains.
- 11 Let there be no one to show him kindness, *
and none to pity his fatherless children.
- 12 Let his descendants be destroyed, *
and his name be blotted out in the next generation.
- 13 Let the wickedness of his fathers be remembered before
the LORD, *
and his mother's sin not be blotted out;
- 14 Let their sin be always before the LORD; *
but let him root out their names from the earth;
- 15 Because he did not remember to show mercy, *
but persecuted the poor and needy
and sought to kill the brokenhearted.
- 16 He loved cursing,
let it come upon him; *
he took no delight in blessing,
let it depart from him.
- 17 He put on cursing like a garment, *
let it soak into his body like water
and into his bones like oil;

- 18 Let it be to him like the cloak which he wraps around
himself, *
and like the belt that he wears continually.
- 19 Let this be the recompense from the LORD to my
accusers, *
and to those who speak evil against me.
- 20 But you, O LORD my GOD,
oh, deal with me according to your Name; *
for your tender mercy's sake, deliver me.
- 21 For I am poor and needy, *
and my heart is wounded within me.
- 22 I have faded away like a shadow when it lengthens; *
I am shaken off like a locust.
- 23 My knees are weak through fasting, *
and my flesh is wasted and gaunt.
- 24 I have become a reproach to them; *
they see and shake their heads.
- 25 Help me, O LORD my God; *
save me for your mercy's sake.
- 26 Let them know that this is your hand, *
that you, O LORD, have done it.
- 27 They may curse, but you will bless; *
let those who rise up against me be put to shame,
and your servant will rejoice.
- 28 Let my accusers be clothed with disgrace *
and wrap themselves in their shame as in a cloak.
- 29 I will give great thanks to the LORD with my mouth; *
in the midst of the multitude will I praise him;
- 30 Because he stands at the right hand of the needy, *
to save his life from those who would condemn him.

110 *Dixit Dominus*

- 1 The LORD said to my Lord, "Sit at my right hand, *
until I make your enemies your footstool."
- 2 The LORD will send the scepter of your power out of
Zion, *
saying, "Rule over your enemies round about you.
- 3 Princely state has been yours from the day of your birth; *
in the beauty of holiness have I begotten you,
like dew from the womb of the morning."
- 4 The LORD has sworn and he will not recant: *
"You are a priest for ever after the order of
Melchizedek."
- 5 The Lord who is at your right hand
will smite kings in the day of his wrath; *
he will rule over the nations.
- 6 He will heap high the corpses; *
he will smash heads over the wide earth.
- 7 He will drink from the brook beside the road; *
therefore he will lift high his head.

111 *Confitebor tibi*

- 1 Hallelujah!
I will give thanks to the LORD with my whole heart, *
in the assembly of the upright, in the congregation.
- 2 Great are the deeds of the LORD! *
they are studied by all who delight in them.
- 3 His work is full of majesty and splendor, *
and his righteousness endures for ever.

- 4 He makes his marvelous works to be remembered; *
the LORD is gracious and full of compassion.
- 5 He gives food to those who fear him; *
he is ever mindful of his covenant.
- 6 He has shown his people the power of his works *
in giving them the lands of the nations.
- 7 The works of his hands are faithfulness and justice; *
all his commandments are sure.
- 8 They stand fast for ever and ever, *
because they are done in truth and equity.
- 9 He sent redemption to his people; *
he commanded his covenant for ever; *
holy and awesome is his Name.
- 10 The fear of the LORD is the beginning of wisdom; *
those who act accordingly have a good understanding;
his praise endures for ever.

112 *Beatus vir*

- 1 Hallelujah!
Happy are they who fear the Lord *
and have great delight in his commandments!
- 2 Their descendants will be mighty in the land; *
the generation of the upright will be blessed.
- 3 Wealth and riches will be in their house, *
and their righteousness will last for ever.
- 4 Light shines in the darkness for the upright; *
the righteous are merciful and full of compassion.
- 5 It is good for them to be generous in lending *
and to manage their affairs with justice.

- 6 For they will never be shaken; *
the righteous will be kept in everlasting remembrance.
- 7 They will not be afraid of any evil rumors; *
their heart is right;
they put their trust in the Lord.
- 8 Their heart is established and will not shrink, *
until they see their desire upon their enemies.
- 9 They have given freely to the poor, *
and their righteousness stands fast for ever;
they will hold up their head with honor.
- 10 The wicked will see it and be angry; *
they will gnash their teeth and pine away; *
the desires of the wicked will perish.

113 *Laudate, pueri*

- 1 Hallelujah!
Give praise, you servants of the LORD; *
praise the Name of the LORD.
- 2 Let the Name of the LORD be blessed, *
from this time forth for evermore.
- 3 From the rising of the sun to its going down *
let the Name of the LORD be praised.
- 4 The LORD is high above all nations, *
and his glory above the heavens.
- 5 Who is like the LORD our God, who sits enthroned on high *
but stoops to behold the heavens and the earth?
- 6 He takes up the weak out of the dust *
and lifts up the poor from the ashes.

- 7 He sets them with the princes, *
with the princes of his people.
- 8 He makes the woman of a childless house *
to be a joyful mother of children.

Twenty-third Day: Evening Prayer

114 *In exitu Israel*

- 1 Hallelujah!
When Israel came out of Egypt, *
the house of Jacob from a people of strange speech,
- 2 Judah became God's sanctuary *
and Israel his dominion.
- 3 The sea beheld it and fled; *
Jordan turned and went back.
- 4 The mountains skipped like rams, *
and the little hills like young sheep.
- 5 What ailed you, O sea, that you fled? *
O Jordan, that you turned back?
- 6 You mountains, that you skipped like rams? *
you little hills like young sheep?
- 7 Tremble, O earth, at the presence of the Lord, *
at the presence of the God of Jacob,
- 8 Who turned the hard rock into a pool of water *
and flint-stone into a flowing spring.

115 *Non nobis, Domine*

- 1 Not to us, O LORD, not to us,
but to your Name give glory; *
because of your love and because of your faithfulness.

- 2 Why should the heathen say, *
"Where then is their God?"
- 3 Our God is in heaven; *
whatever he wills to do he does.
- 4 Their idols are silver and gold, *
the work of human hands.
- 5 They have mouths, but they cannot speak; *
eyes have they, but they cannot see;
- 6 They have ears, but they cannot hear; *
noses, but they cannot smell;
- 7 They have hands, but they cannot feel;
feet, but they cannot walk; *
they make no sound with their throat.
- 8 Those who make them are like them, *
and so are all who put their trust in them.
- 9 O Israel, trust in the LORD; *
he is their help and their shield.
- 10 O house of Aaron, trust in the LORD; *
he is their help and their shield.
- 11 You who fear the LORD, trust in the LORD; *
he is their help and their shield.
- 12 The LORD has been mindful of us, and he will bless us; *
he will bless the house of Israel;
he will bless the house of Aaron;
- 13 He will bless those who fear the LORD, *
both small and great together.
- 14 May the LORD increase you more and more, *
you and your children after you.

- 15 May you be blessed by the LORD, *
the maker of heaven and earth.
- 16 The heaven of heavens is the LORD's, *
but he entrusted the earth to its peoples.
- 17 The dead do not praise the LORD, *
nor all those who go down into silence;
- 18 But we will bless the LORD, *
from this time forth for evermore.
Hallelujah!

Twenty-fourth Day: Morning Prayer

116 *Dilexi, quoniam*

- 1 I love the LORD, because he has heard the voice of my
supplication, *
because he has inclined his ear to me whenever I called
upon him.
- 2 The cords of death entangled me;
the grip of the grave took hold of me; *
I came to grief and sorrow.
- 3 Then I called upon the Name of the LORD: *
"O LORD, I pray you, save my life."
- 4 Gracious is the LORD and righteous; *
our God is full of compassion.
- 5 The LORD watches over the innocent; *
I was brought very low, and he helped me.
- 6 Turn again to your rest, O my soul, *
for the LORD has treated you well.
- 7 For you have rescued my life from death, *
my eyes from tears, and my feet from stumbling.

- 8 I will walk in the presence of the LORD *
in the land of the living.
- 9 I believed, even when I said,
"I have been brought very low." *
In my distress I said, "No one can be trusted."
- 10 How shall I repay the LORD *
for all the good things he has done for me?
- 11 I will lift up the cup of salvation *
and call upon the Name of the LORD.
- 12 I will fulfill my vows to the LORD *
in the presence of all his people.
- 13 Precious in the sight of the LORD *
is the death of his servants.
- 14 O LORD, I am your servant; *
I am your servant and the child of your handmaid;
you have freed me from my bonds.
- 15 I will offer you the sacrifice of thanksgiving *
and call upon the Name of the LORD.
- 16 I will fulfill my vows to the LORD *
in the presence of all his people,
- 17 In the courts of the LORD's house, *
in the midst of you, O Jerusalem.
Hallelujah!

117 *Laudate Dominum*

- 1 Praise the LORD, all you nations; *
laud him, all you peoples.
- 2 For his loving-kindness toward us is great, *
and the faithfulness of the LORD endures for ever.
Hallelujah!

118 *Confitemini Domino*

- 1 Give thanks to the LORD, for he is good; *
his mercy endures for ever.
- 2 Let Israel now proclaim, *
"His mercy endures for ever."
- 3 Let the house of Aaron now proclaim, *
"His mercy endures for ever."
- 4 Let those who fear the LORD now proclaim, *
"His mercy endures for ever."
- 5 I called to the LORD in my distress; *
the LORD answered by setting me free.
- 6 The LORD is at my side, therefore I will not fear; *
what can anyone do to me?
- 7 The LORD is at my side to help me; *
I will triumph over those who hate me.
- 8 It is better to rely on the LORD *
than to put any trust in flesh.
- 9 It is better to rely on the LORD *
than to put any trust in rulers.
- 10 All the ungodly encompass me; *
in the name of the LORD I will repel them.
- 11 They hem me in, they hem me in on every side; *
in the name of the LORD I will repel them.
- 12 They swarm about me like bees;
they blaze like a fire of thorns; *
in the name of the LORD I will repel them.
- 13 I was pressed so hard that I almost fell, *
but the LORD came to my help.

- 14 The LORD is my strength and my song, *
and he has become my salvation.
- 15 There is a sound of exultation and victory *
in the tents of the righteous:
- 16 "The right hand of the LORD has triumphed! *
the right hand of the LORD is exalted!
the right hand of the LORD has triumphed!"
- 17 I shall not die, but live, *
and declare the works of the LORD.
- 18 The LORD has punished me sorely, *
but he did not hand me over to death.
- 19 Open for me the gates of righteousness; *
I will enter them;
I will offer thanks to the LORD.
- 20 "This is the gate of the LORD; *
he who is righteous may enter."
- 21 I will give thanks to you, for you answered me *
and have become my salvation.
- 22 The same stone which the builders rejected *
has become the chief cornerstone.
- 23 This is the LORD's doing, *
and it is marvelous in our eyes.
- 24 On this day the LORD has acted; *
we will rejoice and be glad in it.
- 25 Hosannah, LORD, hosannah! *
LORD, send us now success.
- 26 Blessed is he who comes in the name of the LORD; *
we bless you from the house of the LORD.

- 27 God is the LORD; he has shined upon us; *
form a procession with branches up to the horns of the
altar.
- 28 "You are my God, and I will thank you; *
you are my God, and I will exalt you."
- 29 Give thanks to the LORD, for he is good; *
his mercy endures for ever.

Twenty-fourth Day: Evening Prayer

119

I. Aleph *Beati immaculati*

- 1 Happy are they whose way is blameless, *
who walk in the law of the LORD!
- 3 Who never do any wrong, *
but always walk in his ways.
- 4 You laid down your commandments, *
that we should fully keep them.
- 5 Oh, that my ways were made so direct *
that I might keep your statutes!
- 6 Then I should not be put to shame, *
when I regard all your commandments.
- 7 I will thank you with an unfeigned heart, *
when I have learned your righteous judgments.
- 8 I will keep your statutes; *
do not utterly forsake me.

II. Beth *In quo corrigi?*

- 9 How shall a young man cleanse his way? *
By keeping to your words.

- 10 With my whole heart I seek you; *
let me not stray from your commandments.
- 11 I treasure your promise in my heart, *
that I may not sin against you.
- 12 Blessed are you, O LORD; *
instruct me in your statutes.
- 13 With my lips will I recite *
all the judgments of your mouth.
- 14 I have taken greater delight in the way of your decrees *
than in all manner of riches.
- 15 I will meditate on your commandments *
and give attention to your ways.
- 16 My delight is in your statutes; *
I will not forget your word.

III. *Gimel Retribue servo tuo*

- 17 Deal bountifully with your servant, *
that I may live and keep your word.
- 18 Open my eyes, that I may see *
the wonders of your law.
- 19 I am a stranger here on earth; *
do not hide your commandments from me.
- 20 My soul is consumed at all times *
with longing for your judgments.
- 21 You have rebuked the insolent; *
cursed are they who stray from your commandments!
- 22 Turn from me shame and rebuke, *
for I have kept your decrees.

- 23 Even though rulers sit and plot against me, *
I will meditate on your statutes.
- 24 For your decrees are my delight, *
and they are my counselors.
- IV. *Daleth Adhaesit pavimento*
- 25 My soul cleaves to the dust; *
give me life according to your word.
- 26 I have confessed my ways, and you answered me; *
instruct me in your statutes.
- 27 Make me understand the way of your commandments, *
that I may meditate on your marvelous works.
- 28 My soul melts away for sorrow; *
strengthen me according to your word.
- 29 Take from me the way of lying; *
let me find grace through your law.
- 30 I have chosen the way of faithfulness; *
I have set your judgments before me.
- 31 I hold fast to your decrees; *
O LORD, let me not be put to shame.
- 32 I will run the way of your commandments, *
or you have set my heart at liberty.

Twenty-fifth Day: Morning Prayer

V. *He Legem pone*

- 33 Teach me, O LORD, the way of your statutes, *
and I shall keep it to the end.
- 34 Give me understanding, and I shall keep your law; *
I shall keep it with all my heart.

48 I will lift up my hands to your commandments, *
and I will meditate on your statutes.

VII. Zayin *Memor esto verbi tui*

49 Remember your word to your servant, *
because you have given me hope.

50 This is my comfort in my trouble, *
that your promise gives me life.

51 The proud have derided me cruelly, *
but I have not turned from your law.

52 When I remember your judgments of old, *
O LORD, I take great comfort.

53 I am filled with a burning rage, *
because of the wicked who forsake your law.

54 Your statutes have been like songs to me *
wherever I have lived as a stranger.

55 I remember your Name in the night, O LORD, *
and dwell upon your law.

56 This is how it has been with me, *
because I have kept your commandments.

VIII. Heth *Portio mea, Domine*

57 You only are my portion, O LORD; *
I have promised to keep your words.

58 I entreat you with all my heart, *
be merciful to me according to your promise.

59 I have considered my ways *
and turned my feet toward your decrees.

60 I hasten and do not tarry *
to keep your commandments.

35 Make me go in the path of your commandments, *
for that is my desire.

36 Incline my heart to your decrees *
and not to unjust gain.

37 Turn my eyes from watching what is worthless; *
give me life in your ways.

38 Fulfill your promise to your servant, *
which you make to those who fear you.

39 Turn away the reproach which I dread, *
because your judgments are good.

40 Behold, I long for your commandments; *
in your righteousness preserve my life.

VI. Waw *Et veniat super me*

41 Let your loving-kindness come to me, O LORD, *
and your salvation, according to your promise.

42 Then shall I have a word for those who taunt me, *
because I trust in your words.

43 Do not take the word of truth out of my mouth, *
for my hope is in your judgments.

44 I shall continue to keep your law; *
I shall keep it for ever and ever.

45 I will walk at liberty, *
because I study your commandments.

46 I will tell of your decrees before kings *
and will not be ashamed.

47 I delight in your commandments, *
which I have always loved.

- 61 Though the cords of the wicked entangle me, *
I do not forget your law.
- 62 At midnight I will rise to give you thanks, *
because of your righteous judgments.
- 63 I am a companion of all who fear you; *
and of those who keep your commandments.
- 64 The earth, O LORD, is full of your love; *
instruct me in your statutes.
- IX. Teth Bonitatem fecisti**
- 65 O LORD, you have dealt graciously with your servant, *
according to your word.
- 66 Teach me discernment and knowledge, *
for I have believed in your commandments.
- 67 Before I was afflicted I went astray, *
but now I keep your word.
- 68 You are good and you bring forth good; *
instruct me in your statutes.
- 69 The proud have smeared me with lies, *
but I will keep your commandments with my whole heart.
- 70 Their heart is gross and fat, *
but my delight is in your law.
- 71 It is good for me that I have been afflicted, *
that I might learn your statutes.
- 72 The law of your mouth is dearer to me *
than thousands in gold and silver.

Twenty-fifth Day: Evening Prayer

X. Yodh Manus tuae fecerunt me

- 73 Your hands have made me and fashioned me; *
give me understanding, that I may learn your commandments.
- 74 Those who fear you will be glad when they see me, *
because I trust in your word.
- 75 I know, O LORD, that your judgments are right *
and that in faithfulness you have afflicted me.
- 76 Let your loving-kindness be my comfort, *
as you have promised to your servant.
- 77 Let your compassion come to me, that I may live, *
for your law is my delight.
- 78 Let the arrogant be put to shame, for they wrong me with lies; *
but I will meditate on your commandments.
- 79 Let those who fear you turn to me, *
and also those who know your decrees.
- 80 Let my heart be sound in your statutes, *
that I may not be put to shame.
- XI. Kaph Defecit in salutare**
- 81 My soul has longed for your salvation; *
I have put my hope in your word.
- 82 My eyes have failed from watching for your promise, *
and I say, "When will you comfort me?"
- 83 I have become like a leather flask in the smoke, *
but I have not forgotten your statutes.

- 84 How much longer must I wait? *
when will you give judgment against those who
persecute me?
- 85 The proud have dug pits for me; *
they do not keep your law.
- 86 All your commandments are true; *
help me, for they persecute me with lies.
- 87 They had almost made an end of me on earth, *
but I have not forsaken your commandments.
- 88 In your loving-kindness, revive me; *
that I may keep the decrees of your mouth.

XII. Lamedh In aeternum, Domine

- 89 O LORD, your word is everlasting; *
it stands firm in the heavens.
- 90 Your faithfulness remains from one generation to
another; *
you established the earth, and it abides.
- 91 By your decree these continue to this day, *
for all things are your servants.
- 92 If my delight had not been in your law, *
I should have perished in my affliction.
- 93 I will never forget your commandments, *
because by them you give me life.
- 94 I am yours; oh, that you would save me! *
for I study your commandments.
- 95 Though the wicked lie in wait for me to destroy me, *
will apply my mind to your decrees.
- 96 I see that all things come to an end, *
but your commandment has no bounds.

XIII. Mem Quomodo dilexi!

- 97 Oh, how I love your law! *
all the day long it is in my mind.
- 98 Your commandment has made me wiser than my
enemies, *
and it is always with me.
- 99 I have more understanding than all my teachers, *
for your decrees are my study.
- 100 I am wiser than the elders, *
because I observe your commandments.
- 101 I restrain my feet from every evil way, *
that I may keep your word.
- 102 I do not shrink from your judgments, *
because you yourself have taught me.
- 103 How sweet are your words to my taste! *
they are sweeter than honey to my mouth.
- 104 Through your commandments I gain understanding; *
therefore I hate every lying way.

Twenty-sixth Day: Morning Prayer

XIV. Nun Lucerna pedibus meis

- 105 Your word is a lantern to my feet *
and a light upon my path.
- 106 I have sworn and am determined *
to keep your righteous judgments.
- 107 I am deeply troubled; *
preserve my life, O LORD, according to your word.
- 108 Accept, O LORD, the willing tribute of my lips, *
and teach me your judgments.

- 109 My life is always in my hand, *
yet I do not forget your law.
- 110 The wicked have set a trap for me, *
but I have not strayed from your commandments.
- 111 Your decrees are my inheritance for ever; *
truly, they are the joy of my heart.
- 112 I have applied my heart to fulfill your statutes *
for ever and to the end.

XV. Samekh *Iniquos odio habui*

- 113 I hate those who have a divided heart, *
but your law do I love.
- 114 You are my refuge and shield; *
my hope is in your word.
- 115 Away from me, you wicked! *
I will keep the commandments of my God.
- 116 Sustain me according to your promise, that I may
live, *
and let me not be disappointed in my hope.
- 117 Hold me up, and I shall be safe, *
and my delight shall be ever in your statutes.
- 118 You spurn all who stray from your statutes; *
their deceitfulness is in vain.
- 119 In your sight all the wicked of the earth are but dross; *
therefore I love your decrees.
- 120 My flesh trembles with dread of you; *
I am afraid of your judgments.

XVI. Ayin *Feci iudicium*

- 121 I have done what is just and right; *
do not deliver me to my oppressors.
- 122 Be surety for your servant's good; *
let not the proud oppress me.
- 123 My eyes have failed from watching for your salvation *
and for your righteous promise.

- 124 Deal with your servant according to your loving-kindness *
and teach me your statutes.
- 125 I am your servant; grant me understanding, *
that I may know your decrees.
- 126 It is time for you to act, O LORD, *
for they have broken your law.
- 127 Truly, I love your commandments *
more than gold and precious stones.
- 128 I hold all your commandments to be right for me; *
all paths of falsehood I abhor.

XVII. Pe *Mirabilia*

- 129 Your decrees are wonderful; *
therefore I obey them with all my heart.
- 130 When your word goes forth it gives light; *
it gives understanding to the simple.
- 131 I open my mouth and pant; *
I long for your commandments.
- 132 Turn to me in mercy, *
as you always do to those who love your Name.
- 133 Steady my footsteps in your word; *
let no iniquity have dominion over me.
- 134 Rescue me from those who oppress me, *
and I will keep your commandments.
- 135 Let your countenance shine upon your servant *
and teach me your statutes.
- 136 My eyes shed streams of tears, *
because people do not keep your law.

XVIII. Sadhe *Iustus es, Domine*

- 137 You are righteous, O LORD, *
and upright are your judgments.
- 138 You have issued your decrees *
with justice and in perfect faithfulness.
- 139 My indignation has consumed me, *
because my enemies forget your words.
- 140 Your word has been tested to the uttermost, *
and your servant holds it dear.
- 141 I am small and of little account, *
yet I do not forget your commandments.
- 142 Your justice is an everlasting justice *
and your law is the truth.
- 143 Trouble and distress have come upon me, *
yet your commandments are my delight.
- 144 The righteousness of your decrees is everlasting, *
grant me understanding, that I may live.

Twenty-sixth Day: Evening Prayer

XIX. Qoph *Clamavi in toto corde meo*

- 145 I call with my whole heart; *
answer me, O LORD, that I may keep your statutes.
- 146 I call to you;
oh, that you would save me! *
I will keep your decrees.
- 147 Early in the morning I cry out to you, *
for in your word is my trust.
- 148 My eyes are open in the night watches, *
that I may meditate upon your promise.

149 Hear my voice, O LORD, according to your loving-kindness; *
according to your judgments, give me life.

150 They draw near who in malice persecute me; *
they are very far from your law.

151 You, O LORD, are near at hand, *
and all your commandments are true.

152 Long have I known from your decrees *
that you have established them for ever.

XX. Resh *Vide humilitatem*

153 Behold my affliction and deliver me, *
for I do not forget your law.

154 Plead my cause and redeem me; *
according to your promise, give me life.

155 Deliverance is far from the wicked, *
for they do not study your statutes.

156 Great is your compassion, O LORD; *
preserve my life, according to your judgments.

157 There are many who persecute and oppress me, *
yet I have not swerved from your decrees.

158 I look with loathing at the faithless, *
for they have not kept your word.

159 See how I love your commandments! *
O LORD, in your mercy, preserve me.

160 The heart of your word is truth; *
all your righteous judgments endure for evermore.

XXI. Shin *Principes persecuti sunt*

161 Rulers have persecuted me without a cause, *
but my heart stands in awe of your word.

162 I am as glad because of your promise *
as one who finds great spoils.

163 As for lies, I hate and abhor them, *
but your law is my love.

164 Seven times a day do I praise you, *
because of your righteous judgments.

165 Great peace have they who love your law; *
for them there is no stumbling block.

166 I have hoped for your salvation, O LORD, *
and I have fulfilled your commandments.

167 I have kept your decrees *
and I have loved them deeply.

168 I have kept your commandments and decrees, *
for all my ways are before you.

XXII. Taw *Appropinquet deprecatio*

169 Let my cry come before you, O LORD; *
give me understanding, according to your word.

170 Let my supplication come before you; *
deliver me, according to your promise.

171 My lips shall pour forth your praise, *
when you teach me your statutes.

172 My tongue shall sing of your promise, *
for all your commandments are righteous.

173 Let your hand be ready to help me, *
for I have chosen your commandments.

- 174 I long for your salvation, O LORD, *
and your law is my delight.
- 175 Let me live, and I will praise you, *
and let your judgments help me.
- 176 I have gone astray like a sheep that is lost; *
search for your servant,
for I do not forget your commandments.

Twenty-seventh Day: Morning Prayer

120 *Ad Dominum*

- 1 When I was in trouble, I called to the LORD; *
I called to the LORD, and he answered me.
- 2 Deliver me, O LORD, from lying lips *
and from the deceitful tongue.
- 3 What shall be done to you, and what more besides, *
O you deceitful tongue?
- 4 The sharpened arrows of a warrior, *
along with hot glowing coals.
- 5 How hateful it is that I must lodge in Meshech *
and dwell among the tents of Kedar!
- 6 Too long have I had to live; *
among the enemies of peace.
- 7 I am on the side of peace, *
but when I speak of it, they are for war.

121 *Levavi oculos*

- 1 I lift up my eyes to the hills; *
from where is my help to come?

- 2 My help comes from the LORD, *
the maker of heaven and earth.
- 3 He will not let your foot be moved *
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;
- 5 The LORD himself watches over you; *
the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, *
nor the moon by night.
- 7 The LORD shall preserve you from all evil; *
it is he who shall keep you safe.
- 8 The LORD shall watch over your going out and your
coming in, *
from this time forth for evermore.

122 *Laetatus sum*

- 1 I was glad when they said to me, *
"Let us go to the house of the LORD."
- 2 Now our feet are standing *
within your gates, O Jerusalem.
- 3 Jerusalem is built as a city *
that is at unity with itself;
- 4 To which the tribes go up,
the tribes of the LORD, *
the assembly of Israel,
to praise the Name of the LORD.
- 5 For there are the thrones of judgment, *
the thrones of the house of David.

- 6 Pray for the peace of Jerusalem: *
"May they prosper who love you.
- 7 Peace be within your walls *
and quietness within your towers.
- 8 For my brethren and companions' sake, *
I pray for your prosperity.
- 9 Because of the house of the LORD our God, *
I will seek to do you good."

123 *Ad te levavi oculos meos*

- 1 To you I lift up my eyes, *
to you enthroned in the heavens.
- 2 As the eyes of servants look to the hand of their masters, *
and the eyes of a maid to the hand of her mistress,
- 3 So our eyes look to the LORD our God, *
until he show us his mercy.
- 4 Have mercy upon us, O LORD, have mercy, *
for we have had more than enough of contempt,
- 5 Too much of the scorn of the indolent rich, *
and of the derision of the proud.

124 *Nisi quia Dominus*

- 1 If the LORD had not been on our side, *
let Israel now say;
- 2 If the LORD had not been on our side, *
when enemies rose up against us;
- 3 Then would they have swallowed us up alive *
in their fierce anger toward us;
- 4 Then would the waters have overwhelmed us *
and the torrent gone over us;

- 5 Then would the raging waters *
have gone right over us.
- 6 Blessed be the LORD! *
he has not given us over to be a prey for their teeth.
- 7 We have escaped like a bird from the snare of the fowler; *
the snare is broken, and we have escaped.
- 8 Our help is in the Name of the LORD, *
the maker of heaven and earth.

125 *Qui confidunt*

- 1 Those who trust in the LORD are like Mount Zion, *
which cannot be moved, but stands fast for ever.
- 2 The hills stand about Jerusalem; *
so does the LORD stand round about his people,
from this time forth for evermore.
- 3 The scepter of the wicked shall not hold sway over the
land allotted to the just, *
so that the just shall not put their hands to evil.
- 4 Show your goodness, O LORD, to those who are good *
and to those who are true of heart.

- 5 As for those who turn aside to crooked ways,
the LORD will lead them away with the evildoers; *
but peace be upon Israel.

Twenty-seventh Day: Evening Prayer

126 *In convertendo*

- 1 When the LORD restored the fortunes of Zion, *
then were we like those who dream.
- 2 Then was our mouth filled with laughter, *
and our tongue with shouts of joy.

- 3 Then they said among the nations, *
"The LORD has done great things for them."
- 4 The LORD has done great things for us, *
and we are glad indeed.
- 5 Restore our fortunes, O LORD, *
like the watercourses of the Negev.
- 6 Those who sowed with tears *
will reap with songs of joy.
- 7 Those who go out weeping, carrying the seed, *
will come again with joy, shouldering their sheaves.

127 *Nisi Dominus*

- 1 Unless the LORD builds the house, *
their labor is in vain who build it.
- 2 Unless the LORD watches over the city, *
in vain the watchman keeps his vigil.
- 3 It is in vain that you rise so early and go to bed so late, *
vain, too, to eat the bread of toil,
for he gives to his beloved sleep.
- 4 Children are a heritage from the LORD, *
and the fruit of the womb is a gift.
- 5 Like arrows in the hand of a warrior *
are the children of one's youth.
- 6 Happy is the man who has his quiver full of them! *
he shall not be put to shame
when he contends with his enemies in the gate.

128 *Beati omnes*

- 1 Happy are they all who fear the LORD, *
and who follow in his ways!

- 2 You shall eat the fruit of your labor; *
happiness and prosperity shall be yours.
- 3 Your wife shall be like a fruitful vine within your house, *
your children like olive shoots round about your table.
- 4 The man who fears the LORD *
shall thus indeed be blessed.
- 5 The LORD bless you from Zion, *
and may you see the prosperity of Jerusalem all the
days of your life.
- 6 May you live to see your children's children; *
may peace be upon Israel.

129 *Saepe expugnauerunt*

- 1 "Greatly have they oppressed me since my youth," *
let Israel now say;
- 2 "Greatly have they oppressed me since my youth, *
but they have not prevailed against me."
- 3 The plowmen plowed upon my back *
and made their furrows long.
- 4 The LORD, the Righteous One, *
has cut the cords of the wicked.
- 5 Let them be put to shame and thrown back, *
all those who are enemies of Zion.
- 6 Let them be like grass upon the housetops, *
which withers before it can be plucked;
- 7 Which does not fill the hand of the reaper, *
nor the bosom of him who binds the sheaves;
- 8 So that those who go by say not so much as,
"The LORD prosper you. *
We wish you well in the Name of the LORD."

130 *De profundis*

- 1 Out of the depths have I called to you, O LORD;
LORD, hear my voice; *
- 2 If you, LORD, were to note what is done amiss, *
O LORD, who could stand?
- 3 For there is forgiveness with you; *
therefore you shall be feared.
- 4 I wait for the LORD; my soul waits for him; *
in his word is my hope.
- 5 My soul waits for the LORD,
more than watchmen for the morning, *
more than watchmen for the morning.
- 6 O Israel, wait for the LORD, *
for with the LORD there is mercy;
- 7 With him there is plenteous redemption, *
and he shall redeem Israel from all their sins.

131 *Domine, non est*

- 1 O LORD, I am not proud; *
I have no haughty looks.
- 2 I do not occupy myself with great matters, *
or with things that are too hard for me.
- 3 But I still my soul and make it quiet,
like a child upon its mother's breast; *
my soul is quieted within me.
- 4 O Israel, wait upon the LORD, *
from this time forth for evermore.

Twenty-eighth Day: Morning Prayer

132 *Memento, Domine*

- 1 LORD, remember David, *
and all the hardships he endured;
- 2 How he swore an oath to the LORD *
and vowed a vow to the Mighty One of Jacob:
- 3 "I will not come under the roof of my house, *
nor climb up into my bed;
- 4 I will not allow my eyes to sleep, *
nor let my eyelids slumber;
- 5 Until I find a place for the LORD, *
a dwelling for the Mighty One of Jacob."
- 6 "The ark! We heard it was in Ephratah; *
we found it in the fields of Jearim.
- 7 Let us go to God's dwelling place; *
let us fall upon our knees before his footstool."
- 8 Arise, O LORD, into your resting-place, *
you and the ark of your strength.
- 9 Let your priests be clothed with righteousness; *
let your faithful people sing with joy.
- 10 For your servant David's sake, *
do not turn away the face of your Anointed.
- 11 The LORD has sworn an oath to David; *
in truth, he will not break it:
- 12 "A son, the fruit of your body *
will I set upon your throne.

- 13 If your children keep my covenant
and my testimonies that I shall teach them, *
their children will sit upon your throne for evermore."
- 14 For the LORD has chosen Zion; *
he has desired her for his habitation:
- 15 "This shall be my resting-place for ever; *
here will I dwell, for I delight in her.
- 16 I will surely bless her provisions, *
and satisfy her poor with bread.
- 17 I will clothe her priests with salvation, *
and her faithful people will rejoice and sing.
- 18 There will I make the horn of David flourish; *
I have prepared a lamp for my Anointed.
- 19 As for his enemies, I will clothe them with shame; *
but as for him, his crown will shine."

133 *Ecce, quam bonum!*

- 1 Oh, how good and pleasant it is, *
when brethren live together in unity!
- 2 It is like fine oil upon the head *
that runs down upon the beard,
- 3 Upon the beard of Aaron, *
and runs down upon the collar of his robe.
- 4 It is like the dew of Hermon *
that falls upon the hills of Zion.
- 5 For there the LORD has ordained the blessing: *
life for evermore.

134 *Ecce nunc*

- 1 Behold now, bless the LORD, all you servants of the
LORD, *
you that stand by night in the house of the LORD.
- 2 Lift up your hands in the holy place and bless the LORD; *
the LORD who made heaven and earth bless you out of
Zion.

135 *Laudate nomen*

- 1 Hallelujah!
Praise the Name of the LORD; *
give praise, you servants of the LORD,
- 2 You who stand in the house of the LORD, *
in the courts of the house of our God.
- 3 Praise the LORD, for the LORD is good; *
sing praises to his Name, for it is lovely.
- 4 For the LORD has chosen Jacob for 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 The LORD does whatever pleases him, in heaven and on
earth, *
in the seas and all the deeps.
- 7 He brings up rain clouds from the ends of the earth; *
he sends out lightning with the rain,
and brings the winds out of his storehouse.
- 8 It was he who struck down the firstborn of Egypt, *
the firstborn both of man and beast.

- 9 He sent signs and wonders into the midst of you, O Egypt, *
against Pharaoh and all his servants.
- 10 He overthrew many nations *
and put mighty kings to death:
- 11 Sihon, king of the Amorites,
and Og, the king of Bashan, *
and all the kingdoms of Canaan.
- 12 He gave their land to be an inheritance, *
an inheritance for Israel his people.
- 13 O LORD, your Name is everlasting; *
your renown, O LORD, endures from age to age.
- 14 For the LORD gives his people justice *
and shows compassion to his servants.
- 15 The idols of the heathen are silver and gold, *
the work of human hands.
- 16 They have mouths, but they cannot speak; *
eyes have they, but they cannot see.
- 17 They have ears, but they cannot hear; *
neither is there any breath in their mouth.
- 18 Those who make them are like them, *
and so are all who put their trust in them.
- 19 Bless the LORD, O house of Israel; *
O house of Aaron, bless the LORD.
- 20 Bless the LORD, O house of Levi; *
you who fear the LORD, bless the LORD.
- 21 Blessed be the LORD out of Zion, *
who dwells in Jerusalem.
Hallelujah!

Twenty-eighth Day: Evening Prayer

136 Confitemini

- 1 Give thanks to the LORD, for he is good, *
for his mercy endures for ever.
- 2 Give thanks to the God of gods, *
for his mercy endures for ever.
- 3 Give thanks to the Lord of lords, *
for his mercy endures for ever.
- 4 Who only does great wonders, *
for his mercy endures for ever;
- 5 Who by wisdom made the heavens, *
for his mercy endures for ever;
- 6 Who spread out the earth upon the waters, *
for his mercy endures for ever;
- 7 Who created great lights, *
for his mercy endures for ever;
- 8 The sun to rule the day, *
for his mercy endures for ever;
- 9 The moon and the stars to govern the night, *
for his mercy endures for ever.
- 10 Who struck down the firstborn of Egypt, *
for his mercy endures for ever;
- 11 And brought out Israel from among them, *
for his mercy endures for ever;
- 12 With a mighty hand and a stretched-out arm, *
for his mercy endures for ever;
- 13 Who divided the Red Sea in two, *
for his mercy endures for ever;

- 14 And made Israel to pass through the midst of it, *
for his mercy endures for ever;
- 15 But swept Pharaoh and his army into the Red Sea, *
for his mercy endures for ever;
- 16 Who led his people through the wilderness, *
for his mercy endures for ever.
- 17 Who struck down great kings, *
for his mercy endures for ever;
- 18 And slew mighty kings, *
for his mercy endures for ever;
- 19 Sihon, king of the Amorites, *
for his mercy endures for ever;
- 20 And Og, the king of Bashan, *
for his mercy endures for ever;
- 21 And gave away their lands for an inheritance, *
for his mercy endures for ever;
- 22 An inheritance for Israel his servant, *
for his mercy endures for ever.
- 23 Who remembered us in our low estate, *
for his mercy endures for ever;
- 24 And delivered us from our enemies,
for his mercy endures for ever;
- 25 Who gives food to all creatures, *
for his mercy endures for ever.
- 26 Give thanks to the God of heaven, *
for his mercy endures for ever.

137 *Super flumina*

- 1 By the waters of Babylon we sat down and wept, *
when we remembered you, O Zion.
- 2 As for our harps, we hung them up *
on the trees in the midst of that land.
- 3 For those who led us away captive asked us for a song,
and our oppressors called for mirth: *
"Sing us one of the songs of Zion."
- 4 How shall we sing the LORD's song *
upon an alien soil.
- 5 If I forget you, O Jerusalem, *
let my right hand forget its skill.
- 6 Let my tongue cleave to the roof of my mouth
if I do not remember you, *
if I do not set Jerusalem above my highest joy.
- 7 Remember the day of Jerusalem, O LORD,
against the people of Edom, *
who said, "Down with it! down with it!
even to the ground!"
- 8 O Daughter of Babylon, doomed to destruction, *
happy the one who pays you back
for what you have done to us!
- 9 Happy shall he be who takes your little ones, *
and dashes them against the rock!

138 *Confitebor tibi*

- 1 I will give thanks to you, O LORD, with my whole
heart; *
before the gods I will sing your praise.

- 2 I will bow down toward your holy temple
and praise your Name, *
because of your love and faithfulness;
- 3 For you have glorified your Name *
and your word above all things.
- 4 When I called, you answered me; *
you increased my strength within me.
- 5 All the kings of the earth will praise you, O LORD, *
when they have heard the words of your mouth.
- 6 They will sing of the ways of the LORD, *
that great is the glory of the LORD.
- 7 Though the LORD be high, he cares for the lowly; *
he perceives the haughty from afar.
- 8 Though I walk in the midst of trouble, you keep me
safe; *
you stretch forth your hand against the fury of my
enemies;
your right hand shall save me.
- 9 The LORD will make good his purpose for me; *
O LORD, your love endures for ever;
do not abandon the works of your hands.

Twenty-ninth Day: Morning Prayer

139 Domine, probasti

- 1 LORD, you have searched me out and known me; *
you know my sitting down and my rising up;
you discern my thoughts from afar.
- 2 You trace my journeys and my resting-places *
and are acquainted with all my ways.

- 3 Indeed, there is not a word on my lips, *
but you, O LORD, know it altogether.
- 4 You press upon me behind and before *
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me; *
it is so high that I cannot attain to it.
- 6 Where can I go then from your Spirit? *
where can I flee from your presence?
- 7 If I climb up to heaven, you are there; *
if I make the grave my bed, you are there also.
- 8 If I take the wings of the morning *
and dwell in the uttermost parts of the sea,
- 9 Even there your hand will lead me *
and your right hand hold me fast.
- 10 If I say, "Surely the darkness will cover me, *
and the light around me turn to night,"
- 11 Darkness is not dark to you;
the night is as bright as the day; *
darkness and light to you are both alike.
- 12 For you yourself created my inmost parts; *
you knit me together in my mother's womb.
- 13 I will thank you because I am marvelously made; *
your works are wonderful, and I know it well.
- 14 My body was not hidden from you, *
while I was being made in secret
and woven in the depths of the earth.
- 15 Your eyes beheld my limbs, yet unfinished in the womb;
all of them were written in your book;
they were fashioned day by day,
when as yet there was none of them.

- 16 How deep I find your thoughts, O God! *
how great is the sum of them!
- 17 If I were to count them, they would be more in number
than the sand; *
to count them all, my life span would need to be like
yours.
- 18 Oh, that you would slay the wicked, O God! *
You that thirst for blood, depart from me.
- 19 They speak spitefully against you; *
your enemies take your Name in vain.
- 20 Do I not hate those, O LORD, who hate you? *
and do I not loathe those who rise up against you?
- 21 I hate them with a perfect hatred; *
they have become my own enemies.
- 22 Search me out, O God, and know my heart; *
try me and know my restless thoughts.
- 23 Look well whether there be any wickedness in me *
and lead me in the way that is everlasting.

140 Eripe me, Domine

- 1 Deliver me, O LORD, from evildoers; *
protect me from the violent,
- 2 Who devise evil in their hearts *
and stir up strife all 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 wicked; *
protect me from the violent,
who are determined to trip me up.

- 5 The proud have hidden a snare for me
and stretched out a net of cords; *
they have set traps for me along the path.
- 6 I have said to the LORD, "You are my God; *
listen, O LORD, to my supplication.
- 7 O LORD God, the strength of my salvation, *
you have covered my head in the day of battle.
- 8 Do not grant the desires of the wicked, O LORD, *
nor let their evil plans prosper.
- 9 Let not those who surround me lift up their heads; *
let the evil of their lips overwhelm them.
- 10 Let hot burning coals fall upon them; *
let them be cast into the mire, never to rise up again."
- 11 A slanderer shall not be established on the earth, *
and evil shall hunt down the lawless.
- 12 I know that the LORD will maintain the cause of the
poor *
and render justice to the needy.
- 13 Surely, the righteous will give thanks to your Name, *
and the upright shall continue in your sight.

Twenty-ninth Day: Evening Prayer

141 Domine, clamavi

- 1 O LORD, I call to you; come to me quickly; *
hear my voice when I cry to you.
- 2 Let my prayer be set forth in your sight as incense, *
the lifting up of my hands as the evening sacrifice.

- 3 Set a watch before my mouth, O LORD,
and guard the door of my lips; *
let not my heart incline to any evil thing.
- 4 Let me not be occupied in wickedness with evildoers, *
nor eat of their choice foods.
- 5 Let the righteous smite me in friendly rebuke; *
let not the oil of the unrighteous anoint my head; *
for my prayer is continually against their wicked
deeds.
- 6 Let their rulers be overthrown in stony places, *
that they may know my words are true.
- 7 As when a plowman turns over the earth in furrows, *
let their bones be scattered at the mouth of the grave.
- 8 But my eyes are turned to you, LORD GOD; *
in you I take refuge;
do not strip me of my life.
- 9 Protect me from the snare which they have laid for me *
and from the traps of the evildoers.
- 10 Let the wicked fall into their own nets, *
while I myself escape.

142 *Voce mea ad Dominum*

- 1 I cry to the LORD with my voice; *
to the LORD I make loud supplication.
- 2 I pour out my complaint before him *
and tell him all my trouble.
- 3 When my spirit languishes within me, you know my path; *
in the way wherein I walk they have hidden a trap for
me.

- 4 I look to my right hand and find no one who knows me; *
I have no place to flee to, and no one cares for me.
- 5 I cry out to you, O LORD; *
I say, "You are my refuge,
my portion in the land of the living."
- 6 Listen to my cry for help, for I have been brought very
low; *
save me from those who pursue me,
for they are too strong for me.
- 7 Bring me out of prison, that I may give thanks to your
Name; *
when you have dealt bountifully with me,
the righteous will gather around me.

143 *Domine, exaudi*

- 1 LORD, hear my prayer,
and in your faithfulness heed my supplications; *
answer me in your righteousness.
- 2 Enter not into judgment with your servant, *
for in your sight shall no one living be justified.
- 3 For my enemy has sought my life;
he has crushed me to the ground; *
he has made me live in dark places like those who are
long dead.
- 4 My spirit faints within me; *
my heart within me is desolate.
- 5 I remember the time past;
I muse upon all your deeds; *
I consider the works of your hands.
- 6 I spread out my hands to you; *
my soul gasps to you like a thirsty land.

- 7 O LORD, make haste to answer me; my spirit fails me; *
do not hide your face from me
or I shall be like those who go down to the Pit.
- 8 Let me hear of your loving-kindness in the morning,
for I put my trust in you; *
show me the road that I must walk,
for I lift up my soul to you.
- 9 Deliver me from my enemies, O LORD, *
for I flee to you for refuge.
- 10 Teach me to do what pleases you, for you are my God; *
let your good Spirit lead me on level ground.
- 11 Revive me, O LORD, for your Name's sake; *
for your righteousness' sake, bring me out of trouble.
- 12 Of your goodness, destroy my enemies
and bring all my foes to naught, *
for truly I am your servant.

Thirtieth Day: Morning Prayer

144 *Benedictus Dominus*

- 1 Blessed be the LORD my rock! *
who trains my hands to fight and my fingers to battle;
- 2 My help and my fortress, my stronghold and my
deliverer, *
my shield in whom I trust,
who subdues the peoples under me.
- 3 O LORD, what are we that you should care for us? *
mere mortals that you should think of us?
- 4 We are like a puff of wind; *
our days are like a passing shadow.

- 5 Bow your heavens, O LORD, and come down; *
touch the mountains, and they shall smoke.
- 6 Hurl the lightning and scatter them; *
shoot out your arrows and rout them.
- 7 Stretch out your hand from on high; *
rescue me and deliver me from the great waters,
from the hand of foreign peoples,
- 8 Whose mouths speak deceitfully *
and whose right hand is raised in falsehood.
- 9 O God, I will sing to you a new song; *
I will play to you on a ten-stringed lyre.
- 10 You give victory to kings *
and have rescued David your servant.
- 11 Rescue me from the hurtful sword *
and deliver me from the hand of foreign peoples,
- 12 Whose mouths speak deceitfully *
and whose right hand is raised in falsehood.
- 13 May our sons be like plants well nurtured from their
youth, *
and our daughters like sculptured corners of a palace.
- 14 May our barns be filled to overflowing with all manner of
crops; *
may the flocks in our pastures increase by thousands
and tens of thousands;
may our cattle be fat and sleek.
- 15 May there be no breaching of the walls, no going into
exile, *
no wailing in the public squares.
- 16 Happy are the people of whom this is so! *
happy are the people whose God is the LORD!

145 *Exaltabo te, Deus*

- 1 I will exalt you, O God my King,
and bless your Name for ever and ever.
- 2 Every day will I bless you *
and praise your Name for ever and ever.
- 3 Great is the LORD and greatly to be praised; *
there is no end to his greatness.
- 4 One generation shall praise your works to another *
and shall declare your power.
- 5 I will ponder the glorious splendor of your majesty *
and all your marvelous works.
- 6 They shall speak of the might of your wondrous acts, *
and I will tell of your greatness.
- 7 They shall publish the remembrance of your great
goodness; *
they shall sing of your righteous deeds.
- 8 The LORD is gracious and full of compassion, *
slow to anger and of great kindness.
- 9 The LORD is loving to everyone *
and his compassion is over all his works.
- 10 All your works praise you, O LORD, *
and your faithful servants bless you.
- 11 They make known the glory of your kingdom *
and speak of your power;
- 12 That the peoples may know of your power *
and the glorious splendor of your kingdom.
- 13 Your kingdom is an everlasting kingdom; *
your dominion endures throughout all ages.

- 14 The LORD is faithful in all his words *
and merciful in all his deeds.
- 15 The LORD upholds all those who fall; *
he lifts up those who are bowed down.
- 16 The eyes of all wait upon you, O LORD, *
and you give them their food in due season.
- 17 You open wide your hand *
and satisfy the needs of every living creature.
- 18 The LORD is righteous in all his ways *
and loving in all his works.
- 19 The LORD is near to those who call upon him, *
to all who call upon him faithfully.
- 20 He fulfills the desire of those who fear him; *
he hears their cry and helps them.
- 21 The LORD preserves all those who love him, *
but he destroys all the wicked.
- 22 My mouth shall speak the praise of the LORD, *
let all flesh bless his holy Name for ever and ever.

146 *Lauda, anima mea*

- 1 Hallelujah! Praise the LORD, O my soul! *
I will praise the LORD as long as I live;
I will sing praises to my God while I have my being.
- 2 Put not your trust in rulers, nor in any child of earth, *
for there is no help in them.
- 3 When they breathe their last, they return to earth, *
and in that day their thoughts perish.
- 4 Happy are they who have the God of Jacob for their
help! *
whose hope is in the LORD their God;

- 5 Who made heaven and earth, the seas, and all that is in them; *
who keeps his promise for ever;
- 6 Who gives justice to those who are oppressed, *
and food to those who hunger.
- 7 The LORD sets the prisoners free;
the LORD opens the eyes of the blind, *
the LORD lifts up those who are bowed down;
- 8 The LORD loves the righteous;
the LORD cares for the stranger; *
he sustains the orphan and widow,
but frustrates the way of the wicked.
- 9 The LORD shall reign for ever, *
your God, O Zion, throughout all generations.
Hallelujah!

Thirtieth Day: Evening Prayer

147 Laudate Dominum

- 1 Hallelujah!
How good it is to sing praises to our God! *
how pleasant it is to honor him with praise!
- 2 The LORD rebuilds Jerusalem; *
he gathers the exiles of Israel.
- 3 He heals the brokenhearted *
and binds up their wounds.
- 4 He counts the number of the stars *
and calls them all by their names.
- 5 Great is our LORD and mighty in power; *
there is no limit to his wisdom.

- 6 The LORD lifts up the lowly, *
but casts the wicked to the ground.
- 7 Sing to the LORD with thanksgiving; *
make music to our God upon the harp.
- 8 He covers the heavens with clouds *
and prepares rain for the earth;
- 9 He makes grass to grow upon the mountains *
and green plants to serve mankind.
- 10 He provides food for flocks and herds *
and for the young ravens when they cry.
- 11 He is not impressed by the might of a horse; *
he has no pleasure in the strength of a man;
- 12 But the LORD has pleasure in those who fear him, *
in those who await his gracious favor.
- 13 Worship the LORD, O Jerusalem; *
praise your God, O Zion;
- 14 For he has strengthened the bars of your gates; *
he has blessed your children within you.
- 15 He has established peace on your borders; *
he satisfies you with the finest wheat.
- 16 He sends out his command to the earth, *
and his word runs very swiftly.
- 17 He gives snow like wool; *
he scatters hoarfrost like ashes.
- 18 He scatters his hail like bread crumbs; *
who can stand against his cold?
- 19 He sends forth his word and melts them; *
he blows with his wind, and the waters flow.

- 20 He declares his word to Jacob, *
his statutes and his judgments to Israel.
- 21 He has not done so to any other nation; *
to them he has not revealed his judgments.
Hallelujah!

148 Laudate Dominum

- 1 Hallelujah!
Praise the LORD from the heavens; *
praise him in the heights.
- 2 Praise him, all you angels of his; *
praise him, all his host.
- 3 Praise him, sun and moon; *
praise him, all you shining stars.
- 4 Praise him, heaven of heavens, *
and you waters above the heavens.
- 5 Let them praise the Name of the LORD; *
for he commanded, and they were created.
- 6 He made them stand fast for ever and ever; *
he gave them a law which shall not pass away.
- 7 Praise the LORD from the earth, *
you sea-monsters and all deeps;
- 8 Fire and hail, snow and fog, *
tempestuous wind, doing his will;
- 9 Mountains and all hills, *
fruit trees and all cedars;
- 10 Wild beasts and all cattle, *
creeping things and winged birds;

- 11 Kings of the earth and all peoples, *
princes and all rulers of the world;
- 12 Young men and maidens, *
old and young together.
- 13 Let them praise the Name of the LORD, *
for his Name only is exalted,
his splendor is over earth and heaven.
- 14 He has raised up strength for his people
and praise for all his loyal servants, *
the children of Israel, a people who are near him.
Hallelujah!

149 Cantate Domino

- 1 Hallelujah!
Sing to the LORD a new song; *
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in his Maker; *
let the children of Zion be joyful in their King.
- 3 Let them praise his Name in the dance; *
let them sing praise to him with timbrel and harp.
- 4 For the LORD takes pleasure in his people *
and adorns the poor with victory.
- 5 Let the faithful rejoice in triumph; *
let them be joyful on their beds.
- 6 Let the praises of God be in their throat *
and a two-edged sword in their hand;
- 7 To wreak vengeance on the nations *
and punishment on the peoples;

- 8 To bind their kings in chains *
and their nobles with links of iron;
- 9 To inflict on them the judgment decreed; *
this is glory for all his faithful people...
Hallelujah!

150 Laudate Dominum

- 1 Hallelujah!
Praise God in his holy temple; *
praise him in the firmament of his power.
- 2 Praise him for his mighty acts; *
praise him for his excellent greatness.
- 3 Praise him with the blast of the ram's-horn; *
praise him with lyre and harp.
- 4 Praise him with timbrel and dance; *
praise him with strings and pipe.
- 5 Praise him with resounding cymbals; *
praise him with loud-clanging cymbals.
- 6 Let everything that has breath *
praise the LORD.
Hallelujah!