

## **A LITURGICAL PSALTER**

### **GENERAL SYNOD 2016 EDITION**

The Psalter of *The Book of Alternative Services*  
Emended for Contemporary Liturgical Use

- *The purpose of this emendation is to prepare a psalter whose language is (i) faithful to the intent of the writers of the psalms as poems expressing the relationship between God and the people of Israel and (ii) fair to current users of the psalms who have found the predominately masculine language a barrier to the integration of the psalms into their life of prayer and worship.*
- *The English language uses the masculine singular pronoun when referring to God in the third person. In this psalter alternative wordings or sentence structures have been used to eliminate the use of the masculine pronoun. In a similar fashion third-person plural pronouns have been used to replace the singular when referring to human beings in a particular category, e.g., ‘the wicked’, ‘the scornful’, ‘the righteous’, etc.*
- *While some contemporary psalters have eliminated the use of ‘Lord’ as a title for God, this emendation retains its use. In a world of competing claims of sovereignty, in our own times as well as in biblical times, the use of ‘Lord’ reminds us who is truly sovereign and whose purposes are being worked out in human history.*
- *In some cases masculine gender has been retained for human beings referred to in the psalms, e.g., Psalm 72. In such cases the context requires gender specificity.*
- *The psalms as printed in Evangelical Lutheran Worship and in the New Revised Standard Version of the Scriptures have been consulted for guidance in the emendation.*
- *The versification of certain psalms has been altered to conform to the versification of the New Revised Standard Version in order to facilitate use with the Revised Common Lectionary citations of psalms, especially when liturgical planners are using on-line and web resources.*
- *At the discretion of the liturgical planner any psalm may be followed by the recitation of a doxology or a psalm prayer. Appropriate psalm prayers are found in The Book of Alternative Services and Evangelical Lutheran Worship: Leaders Desk Edition.*
- *The traditional division of the psalter into five books has been maintained here as well as the use of the Latin incipits (‘first line’).*
- *The Liturgy Task Force recognizes that there are many inclusive-language psalters available for use including, but not limited to, the psalms in Evangelical Lutheran Worship, the Psalter for the Christian People, The Saint Helena Psalter and the Canadian publication, Songs for the Holy One.*

























































































































































- <sup>7</sup> It is you, O God, who judges; \*  
you put down one and lift up another.
- <sup>8</sup> For in your hand, O Lord, there is a cup,  
full of spiced and foaming wine, which you pour out, \*  
and all the wicked of the earth shall drink and drain the dregs.
- <sup>9</sup> But I will rejoice for ever; \*  
I will sing praises to the God of Jacob.
- <sup>10</sup> You shall break off all the horns of the wicked; \*  
but the horns of the righteous shall be exalted.

**Psalm 76** *Notus in Judæa*

- <sup>1</sup> In Judah are you known, O God; \*  
your name is great in Israel.
- <sup>2</sup> At Salem is your tabernacle, \*  
and your dwelling is in Zion.
- <sup>3</sup> There you broke the flashing arrows, \*  
the shield, the sword and the weapons of battle.
- <sup>4</sup> How glorious you are! \*  
More splendid than the everlasting mountains!
- <sup>5</sup> The strong of heart have been despoiled;  
they sink into sleep; \*  
none of the warriors can lift a hand.
- <sup>6</sup> At your rebuke, O God of Jacob, \*  
both horse and rider lie stunned.
- <sup>7</sup> What terror you inspire! \*  
Who can stand before you when you are angry?
- <sup>8</sup> From heaven you pronounced judgement; \*  
the earth was afraid and was still;
- <sup>9</sup> When you, O God, rose up to judgement \*  
and to save all the oppressed of the earth.
- <sup>10</sup> Truly, wrathful Edom will give you thanks, \*  
and the remnant of Hamath will keep your feasts.
- <sup>11</sup> Make a vow to the Lord your God and keep it; \*  
let all around bring gifts to the One who is worthy to be feared,
- <sup>12</sup> who breaks the spirit of princes, \*  
and strikes terror in the rulers of the earth.

**Psalm 77** *Voce mea ad Dominum*

- <sup>1</sup> I will cry aloud to God; \*  
I will cry aloud, and God will hear me.
- <sup>2</sup> In the day of my trouble \*

I sought the Lord;  
 my hands were stretched out by night and did not tire; \*  
 I refused to be comforted.

<sup>3</sup> I think of God, I am restless, \*  
 I ponder, and my spirit faints.

<sup>4</sup> You will not let my eyelids close; \*  
 I am troubled and I cannot speak.

<sup>5</sup> I consider the days of old; \*  
 I remember the years long past;

<sup>6</sup> I commune with my heart in the night; \*  
 I ponder and search my mind.

<sup>7</sup> Will the Lord cast me off for ever \*  
 and no longer favour me?

<sup>8</sup> O God, has your loving-kindness come to an end for ever \*  
 and has your promise failed for evermore?

<sup>9</sup> Have you forgotten to be gracious \*  
 and in anger withheld compassion?

<sup>10</sup> And I said, "My grief is this: \*  
 the mighty hand of the Most High has lost its power."

<sup>11</sup> I will remember your works, O Lord, \*  
 and call to mind your wonders of old time.

<sup>12</sup> I will meditate on all your acts \*  
 and ponder your mighty deeds.

<sup>13</sup> Your way, O God, is holy; \*  
 who is so great a god as our God?

<sup>14</sup> You are the God who works wonders \*  
 and have declared your power among the peoples.

<sup>15</sup> By your strength you have redeemed your people, \*  
 the children of Jacob and Joseph.

<sup>16</sup> The waters saw you, O God;  
 the waters saw you and trembled; \*  
 the very depths were shaken.

<sup>17</sup> The clouds poured out water; the skies thundered; \*  
 your arrows flashed to and fro;

<sup>18</sup> the sound of your thunder was in the whirlwind;  
 your lightnings lit up the world; \*  
 the earth trembled and shook.

<sup>19</sup> Your way was in the sea, and your paths in the great waters, \*  
 yet your footsteps were not seen.

<sup>20</sup> You led your people like a flock \*  
 by the hand of Moses and Aaron.

## Psalm 78

*Part I Attendite, popule*

- <sup>1</sup> Hear my teaching, O my people; \*  
incline your ears to the words of my mouth.
- <sup>2</sup> I will open my mouth in a parable; \*  
I will declare the mysteries of ancient times.
- <sup>3</sup> That which we have heard and known,  
and what our ancestors have told us, \*  
we will not hide from their children.
- <sup>4</sup> We will recount to generations to come  
the praiseworthy deeds and the power of the Lord, \*  
who has done wonderful works.
- <sup>5</sup> The Lord gave a decree to Jacob and established a law for Israel, \*  
commanding them to teach their children;
- <sup>6</sup> that the generations to come might know,  
and the children yet unborn; \*  
that they in their turn might tell it to their children;
- <sup>7</sup> so that they might put their trust in God, \*  
and not forget those mighty deeds,  
but keep the commandments;
- <sup>8</sup> and not be like their ancestors, \*  
a stubborn and rebellious generation,  
a generation whose heart was not steadfast, \*  
and whose spirit was not faithful to God.
- <sup>9</sup> The people of Ephraim, armed with the bow, \*  
turned back in the day of battle;
- <sup>10</sup> they did not keep the covenant of God, \*  
and refused to walk in the law;
- <sup>11</sup> they forgot what God had done, \*  
and the wonders God had shown them.
- <sup>12</sup> God worked marvels in the sight of their ancestors, \*  
in the land of Egypt, in the field of Zoan,
- <sup>13</sup> splitting open the sea and letting them pass through, \*  
making the waters stand up like walls;
- <sup>14</sup> leading them with a cloud by day, \*  
and all the night through with the glow of fire;
- <sup>15</sup> splitting hard rocks in the wilderness, \*  
and giving them drink as from the great deep;
- <sup>16</sup> bringing streams out of the cliff, \*  
and the waters gushing out like rivers.
- <sup>17</sup> But they went on sinning against God, \*  
rebellious in the desert against the Most High.



18 They tested God in their hearts, \*  
demanding food for their craving.

19 They railed against God and said, \*  
“Can God set a table in the wilderness?

20 True, God struck the rock, the waters gushed out,  
and the gullies overflowed; \*  
but is God able to give bread or to provide meat for this people?”

21 Hearing this, the Lord was full of wrath; \*  
a fire was kindled against Jacob,  
and the divine anger mounted against Israel;

22 for they had no faith in God, \*  
nor did they put their trust in the saving power of God.

23 So God commanded the clouds above \*  
and opened the doors of heaven,  
24 raining down manna upon them to eat \*  
and giving them grain from heaven.

25 So mortals ate the bread of angels; \*  
God provided for them food enough.

26 The Lord caused the east wind to blow in the heavens \*  
and powerfully led out the south wind,  
27 raining down flesh upon them like dust \*  
and winged birds like the sand of the sea,  
28 letting it fall in the midst of their camp \*  
and round about their dwellings.

29 So they ate and were well filled, \*  
for God gave them what they craved.

30 But they did not stop their craving, \*  
though the food was still in their mouths.

31 So the anger of God mounted against them; \*  
the Lord slew their strongest men and laid low the youth of Israel.

32 In spite of all this, they went on sinning \*  
and had no faith in the wonderful works of God.

33 So the Lord brought their days to an end like a breath \*  
and their years in sudden terror.

34 Whenever God slew them, they would seek the Lord, \*  
and repent and diligently search for God.

35 They would remember that God was their rock, \*  
and the Most High God their redeemer.

36 But they flattered God with their mouths \*  
and lied with their tongues.

37 Their heart was not steadfast \*  
nor were they faithful to the covenant.

38 But God, being merciful, forgave their sins and did not destroy them, \*

holding back the divine anger  
and not permitting wrath to be roused.  
39 For the Lord remembered that they were but flesh, \*  
a breath that goes forth and does not return.

*Part II Quoties exacerbaverunt*

40 How often the people disobeyed God in the wilderness \*  
and offended in the desert!  
41 Again and again they tempted God \*  
and provoked the Holy One of Israel.  
42 They did not remember the power of God \*  
in the day when the Lord ransomed them from the enemy;  
43 how God wrought signs in Egypt \*  
and omens in the field of Zoan,  
44 turning their rivers into blood, \*  
so that they could not drink of their streams;  
45 sending swarms of flies among them, which ate them up, \*  
and frogs, which destroyed them; \*  
46 giving their crops to the caterpillar, \*  
the fruit of their toil to the locust;  
47 killing their vines with hail \*  
and their sycamores with frost;  
48 delivering their cattle to hailstones \*  
and their livestock to hot thunderbolts.  
49 God poured out upon them blazing anger: \*  
fury, indignation and distress, a troop of destroying angels.  
50 Giving full rein to anger, God did not spare their souls from death, \*  
but delivered their lives to the plague,  
51 striking down all the firstborn of Egypt, \*  
the flower of youth in the dwellings of Ham.  
52 God led this people like sheep \*  
and guided them in the wilderness like a flock.  
53 The Lord led them to safety, and they were not afraid; \*  
but the sea overwhelmed their enemies.  
54 God brought them to the holy land, \*  
the mountain the strong hand of God had won.  
55 God drove out the Canaanites before them  
and apportioned an inheritance to them by lot, \*  
making the tribes of Israel to dwell in their tents.  
56 But they tested and defied the Most High \*  
and did not keep the commandments.  
57 They turned away and were disloyal like their ancestors; \*  
they were undependable like a warped bow.

58 They grieved God with their hill-altars \*  
 and provoked displeasure with their idols.  
 59 Hearing this, God was angry \*  
 and utterly rejected Israel;  
 60 forsaking the shrine at Shiloh, \*  
 the tabernacle where God had lived among this people;  
 61 delivering the ark into captivity, \*  
 the glory of God into the adversary's hand;  
 62 giving this people to the sword \*  
 and becoming angry against the very inheritance of God.  
 63 The fire consumed their young men; \*  
 there were no wedding songs for their young women.  
 64 Their priests fell by the sword, \*  
 and their widows made no lamentation.  
 65 Then the Lord woke as though from sleep, \*  
 like a warrior refreshed with wine,  
 66 striking the enemies of God on the backside \*  
 and putting them to perpetual shame.  
 67 God rejected the tent of Joseph \*  
 and did not choose the tribe of Ephraim;  
 68 choosing instead the tribe of Judah \*  
 and Mount Zion, beloved by God,  
 69 where a sanctuary was built like the heights of heaven, \*  
 like the everlasting earth.  
 70 God chose David as a servant \*  
 and took him away from the sheepfolds,  
 71 bringing him from following the ewes, \*  
 to be a shepherd over Jacob God's people  
 and over the inheritance of Israel.  
 72 So David shepherded them with a faithful and true heart \*  
 and guided them with the skillfulness of God's hands..

**Psalm 79** *Deus, venerunt*

1 O God, the heathen have come into your inheritance;  
 they have profaned your holy temple; \*  
 they have made Jerusalem a heap of rubble.  
 2 They have given the bodies of your servants  
 as food for the birds of the air, \*  
 and the flesh of your faithful ones to the beasts of the field.  
 3 They have shed their blood like water on every side of Jerusalem, \*  
 and there was no one to bury them.  
 4 We have become a reproach to our neighbours, \*

- an object of scorn and derision to those around us.
- <sup>5</sup> How long will you be angry, O Lord? \*  
Will your fury blaze like fire for ever?
- <sup>6</sup> Pour out your wrath upon the heathen who have not known you \*  
and upon the dominions that have not called upon your name.
- <sup>7</sup> For they have devoured Jacob \*  
and made his dwelling a ruin.
- <sup>8</sup> Remember not our past sins;  
let your compassion be swift to meet us; \*  
for we have been brought very low.
- <sup>9</sup> Help us, O God our Saviour, for the glory of your name; \*  
deliver us and forgive us our sins, for your name's sake.
- <sup>10</sup> Why should the heathen say, "Where is their God?" \*  
Let it be known among the heathen and in our sight  
that you avenge the shedding of your servants' blood.
- <sup>11</sup> Let the sorrowful sighing of the prisoners come before you, \*  
and by your great might spare those who are condemned to die.
- <sup>12</sup> May the revilings with which they reviled you, O Lord, \*  
return seven-fold into their bosoms.
- <sup>13</sup> For we are your people and the sheep of your pasture; \*  
we will give you thanks for ever  
and show forth your praise from age to age.

**Psalm 80** *Qui regis Israel*

- <sup>1</sup> Hear, O Shepherd of Israel, leading Joseph like a flock; \*  
shine forth, you that are enthroned upon the cherubim.
- <sup>2</sup> In the presence of Ephraim, Benjamin, and Manasseh, \*  
stir up your strength and come to help us.
- <sup>3</sup> Restore us, O God of hosts; \*  
show the light of your countenance,  
and we shall be saved.
- <sup>4</sup> O Lord God of hosts, \*  
how long will you be angered despite the prayers of your people?
- <sup>5</sup> You have fed them with the bread of tears; \*  
you have given them bowls of tears to drink.
- <sup>6</sup> You have made us the derision of our neighbours, \*  
and our enemies laugh us to scorn.
- <sup>7</sup> Restore us, O God of hosts; \*  
show the light of your countenance,  
and we shall be saved.
- <sup>8</sup> You have brought a vine out of Egypt; \*  
you cast out the nations and planted it.

<sup>9</sup> You prepared the ground for it; \*  
     it took root and filled the land.  
<sup>10</sup> The mountains were covered by its shadow \*  
     and the towering cedar trees by its boughs.  
<sup>11</sup> You stretched out its tendrils to the sea \*  
     and its branches to the river.  
<sup>12</sup> Why have you broken down its wall, \*  
     so that all who pass by pluck off its grapes?  
<sup>13</sup> The wild boar of the forest has ravaged it, \*  
     and the beasts of the field have grazed upon it.  
<sup>14</sup> Turn now, O God of hosts, \*  
     look down from heaven;  
<sup>15</sup> behold and tend this vine; \*  
     preserve what your strong hand has planted.  
<sup>16</sup> They burn it with fire like rubbish; \*  
     at the rebuke of your countenance let them perish.  
<sup>17</sup> Let your hand be upon the one at your side in honour, \*  
     the one you have made so strong for yourself.  
<sup>18</sup> And so will we never turn away from you; \*  
     give us life, that we may call upon your name.  
<sup>19</sup> Restore us, O Lord God of hosts; \*  
     show the light of your countenance,  
     and we shall be saved.

**Psalm 81** *Exultate Deo*

<sup>1</sup> Sing with joy to God our strength \*  
     and raise a loud shout to the God of Jacob.  
<sup>2</sup> Raise a song and sound the timbrel, \*  
     the merry harp, and the lyre.  
<sup>3</sup> Blow the ram's-horn at the new moon, \*  
     and at the full moon, the day of our feast.  
<sup>4</sup> For this is a statute for Israel, \*  
     a law of the God of Jacob,  
<sup>5</sup> who laid it as a solemn charge upon Joseph, \*  
     when they came out of the land of Egypt.  
<sup>6</sup> I heard an unfamiliar voice saying, \*  
     "I eased their shoulders from the burden;  
     their hands were set free from bearing the load.  
<sup>7</sup> You called on me in trouble, and I saved you; \*  
     I answered you from the secret place of thunder  
     and tested you at the waters of Meribah.  
<sup>8</sup> Hear, O my people, and I will admonish you: \*

O Israel, if you would but listen to me!  
<sup>9</sup> There shall be no strange god among you; \*  
 you shall not worship a foreign god.  
<sup>10</sup> I am the Lord your God,  
 who brought you out of the land of Egypt and said, \*  
 'Open your mouth wide, and I will fill it.'  
<sup>11</sup> And yet my people did not hear my voice, \*  
 and Israel would not obey me.  
<sup>12</sup> So I gave them over to the stubbornness of their hearts, \*  
 to follow their own devices.  
<sup>13</sup> Oh, that my people would listen to me! \*  
 That Israel would walk in my ways!  
<sup>14</sup> I should soon subdue their enemies \*  
 and turn my hand against their foes.  
<sup>15</sup> Those who hate the Lord would cringe before me, \*  
 and their punishment would last for ever.  
<sup>16</sup> But Israel would I feed with the finest wheat \*  
 and satisfy them with honey from the rock."

**Psalm 82** *Deus stetit*

<sup>1</sup> God stands in the council of heaven \*  
 and gives judgement in the midst of the gods:  
<sup>2</sup> "How long will you judge unjustly, \*  
 and show favour to the wicked?  
<sup>3</sup> Save the weak and the orphan; \*  
 defend the humble and needy;  
<sup>4</sup> Rescue the weak and the poor; \*  
 deliver them from the power of the wicked.  
<sup>5</sup> They do not know, neither do they understand;  
 they go about in darkness; \*  
 all the foundations of the earth are shaken.  
<sup>6</sup> Now I say to you, 'You are gods, \*  
 and all of you children of the Most High;  
<sup>7</sup> nevertheless, you shall die like mortals, \*  
 and fall like any prince.'"  
<sup>8</sup> Arise, O God, and rule the earth, \*  
 for you shall take all nations for your own.

**Psalm 83** *Deus, quis similis?*

<sup>1</sup> O God, do not be silent; \*  
 do not keep still nor hold your peace, O God;

<sup>2</sup> for your enemies are in tumult, \*  
 and those who hate you have lifted up their heads.  
<sup>3</sup> They take secret counsel against your people \*  
 and plot against those whom you protect.  
<sup>4</sup> They have said, "Come, let us wipe them out from among the nations; \*  
 let the name of Israel be remembered no more."  
<sup>5</sup> They have conspired together; \*  
 they have made an alliance against you:  
<sup>6</sup> The tents of Edom and the Ishmaelites; \*  
 the Moabites and the Hagarenes;  
<sup>7</sup> Gebal, and Ammon, and Amalek; \*  
 the Philistines and those who dwell in Tyre.  
<sup>8</sup> The Assyrians also have joined them, \*  
 and have come to help the people of Lot.  
<sup>9</sup> Do to them as you did to Midian, \*  
 to Sisera, and to Jabin at the river of Kishon:  
<sup>10</sup> They were destroyed at Endor; \*  
 they became like dung upon the ground.  
<sup>11</sup> Make their leaders like Oreb and Zeëb, \*  
 and all their commanders like Zebah and Zalmunna,  
<sup>12</sup> who said, "Let us take for ourselves \*  
 the fields of God as our possession."  
<sup>13</sup> O my God, make them like whirling dust \*  
 and like chaff before the wind;  
<sup>14</sup> Like fire that burns down a forest, \*  
 like the flame that sets mountains ablaze.  
<sup>15</sup> Drive them with your tempest \*  
 and terrify them with your storm;  
<sup>16</sup> Cover their faces with shame, O Lord, \*  
 that they may seek your name.  
<sup>17</sup> Let them be disgraced and terrified for ever; \*  
 let them be put to confusion and perish.  
<sup>18</sup> Let them know that you, whose name is Yahweh, \*  
 you alone are the Most High over all the earth.

**Psalm 84** *Quam dilecta!*

<sup>1</sup> How dear to me is your dwelling, \*  
 O Lord of hosts!  
 My soul has a desire and longing for the courts of the Lord; \*  
 my heart and my flesh rejoice in the living God.  
<sup>2</sup> The sparrow has found her a house \*  
 and the swallow a nest where she may lay her young;

by the side of your altars, O Lord of hosts, \*  
 my Sovereign and my God.  
<sup>3</sup> Happy are they who dwell in your house! \*  
 They will always be praising you.  
<sup>4</sup> Happy are the people whose strength is in you, \*  
 whose hearts are set on the pilgrims' way!  
<sup>5</sup> Those who go through the desolate valley will find it a place of springs, \*  
 for the early rains have covered it with pools of water.  
<sup>6</sup> They will climb from height to height, \*  
 and you, the God of gods, will reveal yourself in Zion.  
<sup>7</sup> Lord God of hosts, hear my prayer; \*  
 hearken, O God of Jacob.  
<sup>8</sup> Behold our defender, O God; \*  
 and look upon the face of your anointed.  
<sup>9</sup> For one day in your courts is better than a thousand in my own room, \*  
 and to stand at the threshold of the house of my God  
 than to dwell in the tents of the wicked.  
<sup>10</sup> For you, Lord God, are both sun and shield; \*  
 you will give grace and glory;  
<sup>11</sup> no good thing will you withhold, O Lord, \*  
 from those who walk with integrity.  
<sup>12</sup> O Lord of hosts, \*  
 happy are they who put their trust in you!

**Psalm 85** *Benedixisti, Domine*

<sup>1</sup> You have been gracious to your land, O Lord, \*  
 you have restored the good fortune of Jacob.  
<sup>2</sup> You have forgiven all the iniquity of your people \*  
 and blotted out all their sins.  
<sup>3</sup> You have withdrawn all your fury \*  
 and turned yourself from your wrathful indignation.  
<sup>4</sup> Restore us then, O God our Saviour; \*  
 let your anger depart from us.  
<sup>5</sup> Will you be displeased with us for ever? \*  
 Will you prolong your anger from age to age?  
<sup>6</sup> Will you not give us life again, \*  
 that your people may rejoice in you?  
<sup>7</sup> Show us your mercy, O Lord, \*  
 and grant us your salvation.  
<sup>8</sup> I will listen to what you, Lord God, are saying, \*  
 for you are speaking peace to your faithful people  
 and to those who turn their hearts to you.



- <sup>9</sup> Truly, your salvation is very near to those who fear you, \*  
that your glory may dwell in our land.
- <sup>10</sup> Mercy and truth have met together; \*  
righteousness and peace have kissed each other.
- <sup>11</sup> Truth shall spring up from the earth, \*  
and righteousness shall look down from heaven.
- <sup>12</sup> Lord, you will indeed grant prosperity, \*  
and our land will yield its increase.
- <sup>13</sup> Righteousness shall go before you, \*  
and peace shall be a pathway for your feet.

**Psalm 86** *Inclina, Domine*

- <sup>1</sup> Bow down your ear, O Lord, and answer me, \*  
for I am poor and in misery.
- <sup>2</sup> Keep watch over my life, for I am faithful; \*  
save your servant who trusts in you.
- <sup>3</sup> Be merciful to me, O Lord, for you are my God; \*  
I call upon you all the day long.
- <sup>4</sup> Gladden the soul of your servant, \*  
for to you, O Lord, I lift up my soul.
- <sup>5</sup> For you, O Lord, are good and forgiving, \*  
and great is your love toward all who call upon you.
- <sup>6</sup> Give ear, O Lord, to my prayer, \*  
and attend to the voice of my supplications.
- <sup>7</sup> In the time of my trouble I will call upon you, \*  
for you will answer me.
- <sup>8</sup> Among the gods there is none like you, O Lord, \*  
nor anything like your works.
- <sup>9</sup> All nations you have made will come and worship you, O Lord, \*  
and glorify your name.
- <sup>10</sup> For you are great; you do wondrous things; \*  
and you alone are God.
- <sup>11</sup> Teach me your way, O Lord, and I will walk in your truth; \*  
knit my heart to you that I may fear your name.
- <sup>12</sup> I will thank you, O Lord my God, with all my heart, \*  
and glorify your name for evermore.
- <sup>13</sup> For great is your love toward me; \*  
you have delivered me from the nethermost Pit.
- <sup>14</sup> The arrogant rise up against me, O God,  
and the violent seek my life; \*  
they have not set you before their eyes.
- <sup>15</sup> But you, O Lord, are gracious and full of compassion, \*

slow to anger, and full of kindness and truth.  
16 Turn to me and have mercy upon me; \*  
give your strength to your servant;  
and save the child of your handmaid.  
17 Show me a sign of your favour,  
so that those who hate me may see it and be ashamed; \*  
because you, O Lord, have helped me and comforted me.

**Psalm 87** *Fundamenta ejus*

1 On the holy mountain \*  
stands the city God has founded;  
2 the Lord loves the gates of Zion  
more than all the dwellings of Jacob.  
3 Glorious things are spoken of you, \*  
O city of our God.  
4 I count Egypt and Babylon among those who know me; \*  
behold Philistia, Tyre, and Ethiopia: in Zion were they born.  
5 Of Zion it shall be said, "Everyone was born in there, \*  
and the Most High shall sustain it."  
6 The Lord will record as the peoples are enrolled, \*  
"These also were born there."  
7 The singers and the dancers will say, \*  
"All my fresh springs are in you."

**Psalm 88** *Domine, Deus*

1 O Lord, my God, my Saviour, \*  
by day and night I cry to you.  
2 Let my prayer enter into your presence; \*  
incline your ear to my lamentation.  
3 For I am full of trouble; \*  
my life is at the brink of the grave.  
4 I am counted among those who go down to the Pit; \*  
I have become like one who has no strength;  
5 lost among the dead, like the slain who lie in the grave, \*  
whom you remember no more, for they are cut off from your hand.  
6 You have laid me in the depths of the Pit, \*  
in dark places, and in the abyss.  
7 Your anger weighs upon me heavily, \*  
and all your great waves overwhelm me.  
8 You have put my friends far from me;  
you have made me to be abhorred by them; \*

- I am in prison and cannot get free.
- <sup>9</sup> My sight has failed me because of trouble; \*  
 Lord, I have called upon you daily;  
 I have stretched out my hands to you.
- <sup>10</sup> Do you work wonders for the dead? \*  
 Will those who have died stand up and give you thanks?
- <sup>11</sup> Will your loving-kindness be declared in the grave \*  
 or your faithfulness in the land of destruction?
- <sup>12</sup> Will your wonders be known in the dark? \*  
 or your righteousness in the country where all is forgotten?
- <sup>13</sup> But as for me, O Lord, I cry to you for help; \*  
 in the morning my prayer comes before you.
- <sup>14</sup> Lord, why have you rejected me? \*  
 Why have you hidden your face from me?
- <sup>15</sup> Ever since my youth, I have been wretched and at the point of death; \*  
 I have borne your terrors with a troubled mind.
- <sup>16</sup> Your blazing anger has swept over me; \*  
 your terrors have destroyed me;
- <sup>17</sup> They surround me all day long like a flood; \*  
 they encompass me on every side.
- <sup>18</sup> My friend and my neighbour you have put away from me, \*  
 and darkness is my only companion.

## Psalm 89

### *Part I Misericordias Domini*

- <sup>1</sup> Your love, O Lord, for ever will I sing; \*  
 from age to age my mouth will proclaim your faithfulness.
- <sup>2</sup> For I am persuaded that your love is established for ever; \*  
 you have set your faithfulness firmly in the heavens.
- <sup>3</sup> "I have made a covenant with my chosen one; \*  
 I have sworn an oath to David my servant:
- <sup>4</sup> 'I will establish your line for ever, \*  
 and preserve your throne for all generations.'"
- <sup>5</sup> The heavens bear witness to your wonders, O Lord, \*  
 and to your faithfulness in the assembly of the holy ones;
- <sup>6</sup> for who in the skies can be compared to the Lord? \*  
 Who is like the Lord among the gods?
- <sup>7</sup> You are much to be feared in the council of the holy ones, \*  
 great and terrible to all those round about you.
- <sup>8</sup> Who is like you, Lord God of hosts? \*  
 O mighty Lord, your faithfulness is all around you.
- <sup>9</sup> You rule the raging of the sea \*

- and still the surging of its waves.
- <sup>10</sup> You have crushed Rahab of the deep with a deadly wound; \*  
you have scattered your enemies with your mighty arm.
- <sup>11</sup> Yours are the heavens; the earth also is yours; \*  
you laid the foundations of the world and all that is in it.
- <sup>12</sup> You have made the north and the south; \*  
Tabor and Hermon rejoice in your name.
- <sup>13</sup> You have a mighty arm; \*  
strong and lofty is your hand.
- <sup>14</sup> Righteousness and justice are the foundations of your throne;\*  
love and truth go before your face.
- <sup>15</sup> Happy are the people who know the festal shout! \*  
they walk, O Lord, in the light of your presence.
- <sup>16</sup> They rejoice daily in your name; \*  
they are jubilant in your righteousness.
- <sup>17</sup> For you are the glory of their strength, \*  
and by your favour our might is exalted.
- <sup>18</sup> Truly, the Lord is our ruler; \*  
the Holy One of Israel is our sovereign.

*Part II Tunc locutus es*

- <sup>19</sup> You spoke once in a vision and said to your faithful people: \*  
“I have set the crown upon a warrior  
and have exalted one chosen out of the people.
- <sup>20</sup> I have found David my servant; \*  
with my holy oil have I anointed him.
- <sup>21</sup> My hand will hold him fast \*  
and my arm will make him strong.
- <sup>22</sup> No enemy shall deceive him, \*  
nor any wicked one bring him down.
- <sup>23</sup> I will crush his foes before him \*  
and strike down those who hate him.
- <sup>24</sup> My faithfulness and love shall be with him, \*  
and he shall be victorious through my name.
- <sup>25</sup> I shall make his dominion extend \*  
from the Great Sea to the River.
- <sup>26</sup> He will say to me, 'You are my Father, \*  
my God, and the rock of my salvation'
- <sup>27</sup> I will make him my firstborn \*  
and higher than the rulers of the earth.
- <sup>28</sup> I will keep my love for him for ever, \*  
and my covenant will stand firm for him.
- <sup>29</sup> I will establish his line for ever \*

and his throne as the days of heaven.  
 30 If his children forsake my law \*  
 and do not walk according to my judgements;  
 31 if they break my statutes \*  
 and do not keep my commandments;  
 32 I will punish their transgressions with a rod \*  
 and their iniquities with the lash;  
 33 but I will not take my love from him, \*  
 nor let my faithfulness prove false.  
 34 I will not break my covenant, \*  
 nor change what has gone out of my lips.  
 35 Once for all I have sworn by my holiness: \*  
 'I will not lie to David.  
 36 His line shall endure for ever \*  
 and his throne as the sun before me;  
 37 It shall stand fast for evermore like the moon, \*  
 the abiding witness in the sky.'"  
 38 But you have cast off and rejected your anointed; \*  
 you have become enraged at him.  
 39 You have broken your covenant with your servant, \*  
 defiled his crown, and hurled it to the ground.  
 40 You have breached all his walls \*  
 and laid his strongholds in ruins.  
 41 All who pass by despoil him; \*  
 he has become the scorn of his neighbours.  
 42 You have exalted the strong hand of his foes \*  
 and made all his enemies rejoice.  
 43 You have turned back the edge of his sword \*  
 and have not sustained him in battle.  
 44 You have put an end to his splendour \*  
 and cast his throne to the ground.  
 45 You have cut short the days of his youth \*  
 and have covered him with shame.  
 46 How long will you hide yourself, O Lord?  
 Will you hide yourself for ever? \*  
 How long will your anger burn like fire?  
 47 Remember, Lord, how short life is, \*  
 how frail you have made all flesh.  
 48 Who can live and not see death? \*  
 Who can save oneself from the power of the grave?  
 49 Where, Lord, are your loving-kindnesses of old, \*  
 which you promised David in your faithfulness?  
 50 Remember, Lord, how your servant is mocked, \*

how I carry in my bosom the taunts of many peoples,  
51 the taunts your enemies have hurled, O Lord, \*  
which they hurled at the heels of your anointed.  
52 Blessed be the Lord for evermore! \*  
Amen, I say, Amen.

## BOOK IV

### Psalm 90 *Domine, refugium*

1 Lord, you have been our refuge \*  
from one generation to another.  
2 Before the mountains were brought forth, or the land and the earth were born, \*  
from age to age you are God.  
3 You turn us back to the dust and say, \*  
“Go back, O child of earth.”  
4 For a thousand years in your sight are like yesterday when it is past \*  
and like a watch in the night.  
5 You sweep us away like a dream; \*  
we fade away suddenly like the grass.  
6 In the morning it is green and flourishes; \*  
in the evening it is dried up and withered.  
7 For we consume away in your displeasure; \*  
we are afraid because of your wrathful indignation.  
8 Our iniquities you have set before you, \*  
and our secret sins in the light of your countenance.  
9 When you are angry, all our days are gone; \*  
we bring our years to an end like a sigh.  
10 The span of our life is seventy years, perhaps in strength even eighty; \*  
yet the sum of them is but labour and sorrow,  
for they pass away quickly and we are gone.  
11 Who regards the power of your wrath? \*  
Who rightly fears your indignation?  
12 So teach us to number our days \*  
that we may apply our hearts to wisdom.  
13 Return, O Lord; how long will you tarry? \*  
Be gracious to your servants.  
14 Satisfy us by your loving-kindness in the morning; \*  
so shall we rejoice and be glad all the days of our life.  
15 Make us glad by the measure of the days that you afflicted us \*  
and the years in which we suffered adversity.  
16 Show your servants your works \*  
and your splendour to their children.

<sup>17</sup> May the graciousness of the Lord our God be upon us; \*  
prosper the work of our hands; prosper our handiwork.

**Psalm 91** *Qui habitat*

<sup>1</sup> Those who dwell in the shelter of the Most High, \*  
abide under the shadow of the Almighty.  
<sup>2</sup> They shall say to the Lord, “You are our refuge and our stronghold, \*  
our God in whom we put our trust.”  
<sup>3</sup> The Lord shall deliver you from the snare of the hunter \*  
and from the deadly pestilence.  
<sup>4</sup> The wings of the Lord shall cover you,  
and you shall find refuge under them; \*  
the faithfulness of God shall be a shield and buckler.  
<sup>5</sup> You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;  
<sup>6</sup> of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.  
<sup>7</sup> A thousand shall fall at your side and ten thousand at your side, \*  
but it shall not come near you.  
<sup>8</sup> Your eyes have only to behold \*  
to see the reward of the wicked.  
<sup>9</sup> Because you have made the Lord your refuge, \*  
and the Most High your habitation,  
<sup>10</sup> there shall no evil happen to you, \*  
neither shall any plague come near your dwelling.  
<sup>11</sup> For the angels of God shall have charge over you, \*  
to keep you in all your ways.  
<sup>12</sup> They shall bear you in their hands, \*  
lest you dash your foot against a stone.  
<sup>13</sup> You shall tread upon the lion and adder; \*  
you shall trample the young lion and the serpent under your feet.  
<sup>14</sup> “Because they are bound to me in love, \*  
therefore will I deliver them;  
I will protect them, \*  
because they know my name.  
<sup>15</sup> They shall call upon me, \*  
and I will answer them;  
I am with them in trouble; \*  
I will rescue them and bring them to honour.  
<sup>16</sup> With long life will I satisfy them, \*  
and show them my salvation.”

**Psalm 92** *Bonum est confiteri*

- <sup>1</sup> It is a good thing to give thanks to the Lord, \*  
and to sing praises to your name, O Most High;  
<sup>2</sup> to tell of your loving-kindness early in the morning \*  
and of your faithfulness in the night season;  
<sup>3</sup> on the psaltery, and on the lyre, \*  
and to the melody of the harp.  
<sup>4</sup> For you have made me glad by your acts, O Lord; \*  
and I shout for joy because of the works of your hands.  
<sup>5</sup> Lord, how great are your works! \*  
Your thoughts are very deep.  
<sup>6</sup> The dullard does not know, \*  
nor does the fool understand, \*  
<sup>7</sup> that though the wicked grow like weeds,  
and all the workers of iniquity flourish, \*  
they flourish only to be destroyed for ever;  
<sup>8</sup> but you, O Lord, \*  
are exalted for evermore.  
<sup>9</sup> For lo, your enemies, O Lord, lo, your enemies shall perish, \*  
and all the workers of iniquity shall be scattered.  
<sup>10</sup> But my horn you have exalted like the horns of wild bulls; \*  
I am anointed with fresh oil.  
<sup>11</sup> My eyes also gloat over my enemies, \*  
and my ears rejoice to hear the doom of the wicked  
who rise up against me.  
<sup>12</sup> The righteous shall flourish like a palm tree, \*  
and shall spread abroad like a cedar of Lebanon.  
<sup>13</sup> Those who are planted in the house of the Lord \*  
shall flourish in the courts of our God;  
<sup>14</sup> they shall still bear fruit in old age; \*  
they shall be green and succulent;  
<sup>15</sup> that they may show how upright the Lord is, \*  
my rock, in whom there is no fault.

**Psalm 93** *Dominus regnavit*

- <sup>1</sup> The Lord reigns and has put on splendid apparel;  
the Lord is robed in splendour and girded with strength. \*  
The Lord has made the whole world so sure  
that it cannot be moved;  
<sup>2</sup> ever since the world began, your throne has been established; \*  
you are from everlasting.



<sup>3</sup> The waters have lifted up, O Lord, the waters have lifted up their voice; \*  
the waters have lifted up their pounding waves.

<sup>4</sup> Mightier than the sound of many waters,  
mightier than the breakers of the sea, \*  
mightier is the Lord who dwells on high.

<sup>5</sup> Your testimonies are very sure, \*  
and holiness adorns your house, O Lord,  
for ever and for evermore.

### **Psalm 94** *Deus ultionum*

<sup>1</sup> O Lord God of vengeance, \*  
O God of vengeance, show yourself.

<sup>2</sup> Rise up, O Judge of the world; \*  
give the arrogant their just deserts.

<sup>3</sup> How long shall the wicked, O Lord, \*  
how long shall the wicked triumph?

<sup>4</sup> They bluster in their insolence; \*  
all evildoers are full of boasting.

<sup>5</sup> They crush your people, O Lord, \*  
and afflict your chosen nation.

<sup>6</sup> They murder the widow and the stranger \*  
and put the orphans to death.

<sup>7</sup> Yet they say, "The Lord does not see, \*  
the God of Jacob takes no notice."

<sup>8</sup> Consider well, you dullards among the people; \*  
when will you fools understand?

<sup>9</sup> Does the One that planted the ear not hear? \*  
Does the One that formed the eye not see?

<sup>10</sup> Does the One who admonishes the nations not punish? \*  
Does the One who teaches all the world have no knowledge?

<sup>11</sup> The Lord knows our human thoughts; \*  
how like a puff of wind they are.

<sup>12</sup> Happy are they whom you instruct, O Lord! \*  
whom you teach out of your law;

<sup>13</sup> to give them rest in evil days, \*  
until a pit is dug for the wicked.

<sup>14</sup> For you will not abandon your people, \*  
nor will you forsake your own.

<sup>15</sup> For judgement will again be just, \*  
and all the true of heart will follow it.

<sup>16</sup> Who rose up for me against the wicked? \*  
Who took my part against the evildoers?

<sup>17</sup> If the Lord had not come to my help, \*  
     I should soon have dwelt in the land of silence.  
<sup>18</sup> As often as I said, "My foot has slipped," \*  
     your love, O Lord, upheld me.  
<sup>19</sup> When many cares fill my mind, \*  
     your consolations cheer my soul.  
<sup>20</sup> Can a corrupt tribunal have any part with you, \*  
     one which frames evil into law?  
<sup>21</sup> They conspire against the life of the just \*  
     and condemn the innocent to death.  
<sup>22</sup> But, you, O Lord, have become my stronghold, \*  
     and my God, the rock of my trust.  
<sup>23</sup> O Lord, you will turn their wickedness back upon them  
 and destroy them in their own malice; \*  
     you, the Lord our God, will destroy them.

**Psalm 95** *Venite, exultemus*

<sup>1</sup> Come, let us sing to the Lord; \*  
     let us shout for joy to the rock of our salvation.  
<sup>2</sup> Let us come before the presence of the Lord with thanksgiving \*  
     and raise a loud shout to God with psalms.  
<sup>3</sup> For you, O Lord, are a great God, \*  
     and a great sovereign above all gods.  
<sup>4</sup> In your hand are the caverns of the earth, \*  
     and the heights of the hills are yours also.  
<sup>5</sup> The sea is yours, for you made it, \*  
     and your hands have moulded the dry land.  
<sup>6</sup> Come, let us bow down, and bend the knee, \*  
     and kneel before the Lord our Maker.  
<sup>7</sup> For you are our God,  
 and we are the people of your pasture and the sheep of your hand. \*  
     Oh, that today we would hearken to your voice!  
<sup>8</sup> "Harden not your hearts, as your forebears did in the wilderness, \*  
     at Meribah, and on that day at Massah, when they tempted me.  
<sup>9</sup> They put me to the test, \*  
     though they had seen my works.  
<sup>10</sup> Forty years long I detested that generation and said, \*  
     'This people are wayward in their hearts;  
     they do not know my ways.'  
<sup>11</sup> So I swore in my wrath, \*  
     'They shall not enter into my rest.'"

**Psalm 96** *Cantate Domino*

- <sup>1</sup> Sing to the Lord a new song; \*  
sing to the Lord, all the whole earth.
- <sup>2</sup> Sing to the Lord and bless the divine name; \*  
proclaim the good news of our salvation from day to day.
- <sup>3</sup> Declare the glory of the Lord among the nations \*  
and the wonders of God among all peoples.
- <sup>4</sup> For great is the Lord and greatly to be praised, \*  
more to be feared than all gods.
- <sup>5</sup> As for all the gods of the nations, they are but idols; \*  
but it is you, O Lord, who made the heavens.
- <sup>6</sup> Oh, the majesty and magnificence of your presence! \*  
Oh, the power and the splendour of your sanctuary!
- <sup>7</sup> Ascribe to the Lord, you families of the peoples; \*  
ascribe to the Lord honour and power.
- <sup>8</sup> Ascribe to the Lord the honour due the divine name; \*  
bring offerings and come into the courts of the Lord.
- <sup>9</sup> Worship the Lord in the beauty of holiness; \*  
let the whole earth tremble before God.
- <sup>10</sup> Tell it out among the nations: "The Lord reigns! \*  
The Lord who made the world so firm that it cannot be moved  
will judge the peoples with equity."
- <sup>11</sup> Let the heavens rejoice, and let the earth be glad;  
let the sea thunder and all that is in it; \*  
let the field be joyful and all that is therein.
- <sup>12</sup> Then shall all the trees of the wood shout for joy  
before the Lord who is coming, \*  
who is coming to judge the earth.
- <sup>13</sup> The Lord will judge the world with righteousness \*  
and the peoples with truth.

**Psalm 97** *Dominus regnavit*

- <sup>1</sup> The Lord reigns; let the earth rejoice; \*  
let the multitude of the isles be glad.
- <sup>2</sup> Clouds and darkness are round about you, O Lord; \*  
righteousness and justice are the foundations of your throne.
- <sup>3</sup> A fire goes before you \*  
and burns up your enemies on every side.
- <sup>4</sup> Your lightnings light up the world; \*  
the earth sees it and is afraid.
- <sup>5</sup> The mountains melt like wax at the presence of the Lord, \*

- at the presence of the Lord of the whole earth.
- <sup>6</sup> The heavens declare your righteousness, \*  
and all the peoples see your glory.
- <sup>7</sup> Confounded be all who worship carved images and delight in false gods! \*  
Bow down before the Lord, all you gods.
- <sup>8</sup> Zion hears and is glad, and the cities of Judah rejoice, \*  
because of your judgements, O Lord.
- <sup>9</sup> For you are the Lord, most high over all the earth; \*  
you are exalted far above all gods.
- <sup>10</sup> The Lord loves those who hate evil, \*  
preserving the lives of the saints  
and delivering them from the hand of the wicked.
- <sup>11</sup> Light has sprung up for the righteous, \*  
and joyful gladness for those who are truehearted.
- <sup>12</sup> Rejoice in the Lord, you righteous, \*  
and give thanks to the holy name of the Lord.

**Psalm 98** *Cantate Domino*

- <sup>1</sup> Sing a new song to the Lord,  
who has done marvellous things, \*  
whose mighty hand and holy arm have won the victory.
- <sup>2</sup> O Lord, you have made known the victory; \*  
you have openly shown your righteousness  
in the sight of the nations.
- <sup>3</sup> You remember your mercy and faithfulness to the house of Israel, \*  
and all the ends of the earth have seen your victory, O God.
- <sup>4</sup> Shout with joy to the Lord, all you lands; \*  
lift up your voice, rejoice and sing.
- <sup>5</sup> Sing to the Lord with the harp, \*  
with the harp and the voice of song.
- <sup>6</sup> With trumpets and the sound of the horn \*  
shout with joy before our sovereign, the Lord.
- <sup>7</sup> Let the sea make a noise and all that is in it, \*  
the lands and those who dwell therein.
- <sup>8</sup> Let the rivers clap their hands, \*  
and let the hills ring out with joy before the Lord,  
who is coming to judge the earth.
- <sup>9</sup> In righteousness shall God judge the world \*  
and the peoples with equity.

**Psalm 99** *Dominus regnavit*

- <sup>1</sup> The Lord reigns; \*  
let the people tremble;  
the Lord is enthroned upon the Cherubim; \*  
let the earth shake.
- <sup>2</sup> The Lord is great in Zion \*  
and is high above all peoples.
- <sup>3</sup> Let them confess your name, which is great and awesome; \*  
you are the Holy One.
- <sup>4</sup> “O mighty Sovereign, lover of justice, you have established equity; \*  
you have executed justice and righteousness in Jacob.”
- <sup>5</sup> Proclaim the greatness of the Lord our God  
and fall down before the footstool of God; \*  
the Lord is the Holy One.
- <sup>6</sup> Moses and Aaron among your priests, \*  
and Samuel among those who call upon your name,  
they called upon you, O Lord, \*  
and you answered them.
- <sup>7</sup> You spoke to them out of the pillar of cloud; \*  
they kept your testimonies and the decree that you gave them.
- <sup>8</sup> “O Lord our God, you answered them indeed; \*  
you were a God who forgave them,  
yet punished them for their evil deeds.”
- <sup>9</sup> Proclaim the greatness of the Lord our God  
and worship upon the holy hill of God; \*  
for the Lord our God is the Holy One.

**Psalm 100** *Jubilare Deo*

- <sup>1</sup> Be joyful in the Lord, \*  
all you lands;
- <sup>2</sup> serve the Lord with gladness  
and come into the divine presence with a song.
- <sup>3</sup> Know this: the Lord, the Lord, is God; \*  
the One made us and to whom we belong;  
we are God’s people, the sheep of God’s pasture.
- <sup>4</sup> Enter the gates of the Lord with thanksgiving;  
go into these courts with praise; \*  
give thanks to God and call upon the name of the Lord.
- <sup>5</sup> For the Lord is good, whose steadfast love is everlasting; \*  
and whose faithfulness endures from age to age.

**Psalm 101** *Misericordiam et iudicium*

- <sup>1</sup> I will sing of mercy and justice; \*  
to you, O Lord, will I sing praises.
- <sup>2</sup> I will strive to follow a blameless course;  
oh, when will you come to me? \*  
I will walk with sincerity of heart within my house.
- <sup>3</sup> I will set no worthless thing before my eyes; \*  
I hate the doers of evil deeds; they shall not remain with me.
- <sup>4</sup> A crooked heart shall be far from me; \*  
I will not know evil.
- <sup>5</sup> Those who in secret slander their neighbours I will destroy; \*  
those who have a haughty look and a proud heart I cannot abide.
- <sup>6</sup> My eyes are upon the faithful in the land, that they may dwell with me, \*  
and only those who lead a blameless life shall be my servants.
- <sup>7</sup> Those who act deceitfully shall not dwell in my house, \*  
and those who tell lies shall not continue in my sight.
- <sup>8</sup> I will soon destroy all the wicked in the land, \*  
that I may root out all evildoers from the city of the Lord.

**Psalm 102** *Domine, exaudi*

- <sup>1</sup> Lord, hear my prayer, and let my cry come before you; \*  
hide not your face from me in the day of my trouble.
- <sup>2</sup> Incline your ear to me; \*  
when I call, make haste to answer me,
- <sup>3</sup> For my days drift away like smoke, \*  
and my bones are hot as burning coals.
- <sup>4</sup> My heart is smitten like grass and withered, \*  
so that I forget to eat my bread.
- <sup>5</sup> Because of the voice of my groaning \*  
I am but skin and bones.
- <sup>6</sup> I have become like a vulture in the wilderness, \*  
like an owl among the ruins.
- <sup>7</sup> I lie awake and groan; \*  
I am like a sparrow, lonely on a house-top.
- <sup>8</sup> My enemies revile me all day long, \*  
and those who scoff at me have taken an oath against me.
- <sup>9</sup> For I have eaten ashes for bread \*  
and mingled my drink with weeping.
- <sup>10</sup> Because of your indignation and wrath \*  
you have lifted me up and thrown me away.
- <sup>11</sup> My days pass away like a shadow, \*

- and I wither like the grass.
- <sup>12</sup> But you, O Lord, endure for ever, \*  
and your name from age to age.
- <sup>13</sup> You will arise and have compassion on Zion,  
for it is time to have mercy upon her; \*  
indeed, the appointed time has come.
- <sup>14</sup> For your servants love her very rubble, \*  
and are moved to pity even for her dust.
- <sup>15</sup> The nations shall fear your name, O Lord, \*  
and all the rulers of the earth your glory.
- <sup>16</sup> For you, O Lord, will build up Zion, \*  
and your glory will appear.
- <sup>17</sup> You will look with favour on the prayer of the homeless; \*  
you will not despise their plea.
- <sup>18</sup> Let this be written for a future generation, \*  
so that a people yet unborn may praise the Lord.
- <sup>19</sup> For you, O Lord, looked down from your holy place on high; \*  
from the heavens you beheld the earth;
- <sup>20</sup> that you might hear the groan of the captive \*  
and set free those condemned to die;
- <sup>21</sup> so that they may declare in Zion the name of the Lord, \*  
and your praise in Jerusalem;
- <sup>22</sup> when the peoples are gathered together, \*  
and the nations also, to serve the Lord.
- <sup>23</sup> You have brought down my strength before my time; \*  
you have shortened the number of my days;
- <sup>24</sup> And I said, "O my God, do not take me away in the midst of my days; \*  
your years endure throughout all generations.
- <sup>25</sup> In the beginning, O Lord, you laid the foundations of the earth, \*  
and the heavens are the work of your hands;
- <sup>26</sup> They shall perish, but you will endure;  
they all shall wear out like a garment; \*  
as clothing you will change them,  
and they shall be changed;
- <sup>27</sup> But you are always the same, \*  
and your years will never end.
- <sup>28</sup> The children of your servants shall continue, \*  
and their offspring shall stand fast in your sight".

**Psalm 103** *Benedic, anima mea*

- <sup>1</sup> Bless the Lord, O my soul, \*  
and all that is within me, bless God's holy name.

<sup>2</sup> Bless the Lord, O my soul, \*  
 and forget not all the benefits of the Lord.

<sup>3</sup> The Lord forgives all your sins \*  
 and heals all your infirmities;

<sup>4</sup> redeeming your life from the grave \*  
 and crowning you with mercy and loving-kindness;

<sup>5</sup> satisfying you with good things, \*  
 and renewing your youth like an eagle's.

<sup>6</sup> The Lord executes righteousness \*  
 and judgement for all who are oppressed.

<sup>7</sup> O Lord, you made your ways known to Moses \*  
 and your works to the children of Israel.

<sup>8</sup> You are full of compassion and mercy, \*  
 slow to anger and of great kindness.

<sup>9</sup> You will not always accuse us, \*  
 nor will you keep your anger for ever.

<sup>10</sup> You have not dealt with us according to our sins, \*  
 nor rewarded us according to our wickedness.

<sup>11</sup> For as the heavens are high above the earth, \*  
 so is your mercy great upon those who fear you.

<sup>12</sup> As far as the east is from the west, \*  
 so far have you removed our sins from us.

<sup>13</sup> As parents care for their children, \*  
 so do you, O Lord, care for those who fear you.

<sup>14</sup> For you yourself know whereof we are made; \*  
 you remember that we are but dust.

<sup>15</sup> Our days are like the grass; \*  
 we flourish like a flower of the field;

<sup>16</sup> when the wind goes over it, it is gone, \*  
 and its place shall know it no more.

<sup>17</sup> But your merciful goodness endures for ever on those who fear you, \*  
 and your righteousness on children's children;

<sup>18</sup> on those who keep the covenant \*  
 and remember the commandments and do them.

<sup>19</sup> The Lord is enthroned in heaven, \*  
 and has dominion over all.

<sup>20</sup> Bless the Lord, you angels,  
 you mighty ones who do the bidding of God, \*  
 and hearken to the voice of the word of the Lord.

<sup>21</sup> Bless the Lord, all you hosts, \*  
 you ministers who do the will of God.

<sup>22</sup> Bless the Lord, all you works of the Lord,  
 in all places of the dominion of the Lord; \*



bless the Lord, O my soul.

**Psalm 104** *Benedic, anima mea*

- <sup>1</sup> Bless the Lord, O my soul; \*  
    O Lord my God, how excellent is your greatness!  
    You are clothed with majesty and splendour.
- <sup>2</sup> You wrap yourself with light as with a cloak \*  
    and spread out the heavens like a curtain.
- <sup>3</sup> You lay the beams of your chambers in the waters above; \*  
    you make the clouds your chariot;  
    you ride on the wings of the wind.
- <sup>4</sup> You make the winds your messengers \*  
    and flames of fire your servants.
- <sup>5</sup> You have set the earth upon its foundations, \*  
    so that it never shall move at any time.
- <sup>6</sup> You covered it with the deep as with a mantle; \*  
    the waters stood higher than the mountains.
- <sup>7</sup> At your rebuke they fled; \*  
    at the voice of your thunder they hastened away.
- <sup>8</sup> They went up into the hills and down to the valleys beneath, \*  
    to the places you had appointed for them.
- <sup>9</sup> You set the limits that they should not pass; \*  
    they shall not again cover the earth.
- <sup>10</sup> You send the springs into the valleys; \*  
    they flow between the mountains.
- <sup>11</sup> All the beasts of the field drink their fill from them, \*  
    and the wild asses quench their thirst.
- <sup>12</sup> Beside them the birds of the air make their nests \*  
    and sing among the branches.
- <sup>13</sup> You water the mountains from your dwelling on high; \*  
    the earth is fully satisfied by the fruit of your works.
- <sup>14</sup> You make grass grow for flocks and herds \*  
    and plants to serve human beings  
    that they may bring forth food from the earth, \*
- <sup>15</sup> wine to gladden our hearts, oil to make a cheerful countenance, \*  
    and bread to strengthen the heart.
- <sup>16</sup> The trees of the Lord are full of sap, \*  
    the cedars of Lebanon which you planted,
- <sup>17</sup> in which the birds build their nests, \*  
    and in whose tops the stork makes its dwelling.
- <sup>18</sup> The high hills are a refuge for the mountain goats, \*  
    and the stony cliffs for the rock badgers.

- 19 You appointed the moon to mark the seasons, \*  
and the sun knows the time of its setting.
- 20 You make darkness that it may be night, \*  
in which all the beasts of the forest prowl.
- 21 The lions roar after their prey \*  
and seek their food from God.
- 22 The sun rises, and they slip away \*  
and lay themselves down in their dens.
- 23 Mortals goes forth to their work \*  
and to their labour until the evening.
- 24 O Lord, how manifold are your works! \*  
In wisdom you have made them all;  
the earth is full of your creatures.
- 25 Yonder is the great and wide sea  
with its living things too many to number, \*  
creatures both small and great.
- 26 There move the ships, and there is that Leviathan, \*  
which you have made for the sport of it.
- 27 All of them look to you \*  
to give them their food in due season.
- 28 You give it to them; they gather it; \*  
you open your hand,  
and they are filled with good things.
- 29 You hide your face, and they are terrified; \*  
you take away their breath,  
and they die and return to their dust.
- 30 You send forth your Spirit, and they are created; \*  
and so you renew the face of the earth.
- 31 May your glory, O Lord, endure for ever; \*  
may you rejoice in all your works;
- 32 you look at the earth and it trembles; \*  
you touch the mountains and they smoke.
- 33 I will sing to the Lord as long as I live; \*  
I will praise my God while I have my being.
- 34 May these words of mine please you; \*  
I will rejoice in the Lord.
- 35 Let sinners be consumed out of the earth,  
and the wicked be no more. \*  
Bless the Lord, O my soul. Hallelujah!

## Psalm 105

### *Part I Confitemini Domino*

- <sup>1</sup> Give thanks to the Lord and call upon the divine name; \*  
make known the deeds of the Lord among the peoples.
- <sup>2</sup> Sing to the Lord, sing praises, \*  
and speak of all the marvellous works of the Lord.
- <sup>3</sup> Glory in the holy name; \*  
let the hearts of those who seek the Lord rejoice.
- <sup>4</sup> Search for the strength of the Lord; \*  
continually seek the face of God.
- <sup>5</sup> Remember the marvels the Lord has done, \*  
the wonders and the judgements of the mouth of the Lord,
- <sup>6</sup> O offspring of Abraham the servant of God, \*  
O children of Jacob the chosen of the Lord.
- <sup>7</sup> The Lord is our God, \*  
whose judgements prevail in all the world,
- <sup>8</sup> who has always been mindful of the covenant, \*  
the promise made for a thousand generations:
- <sup>9</sup> the covenant made with Abraham, \*  
the oath sworn to Isaac,
- <sup>10</sup> established as a statute for Jacob, \*  
an everlasting covenant for Israel,
- <sup>11</sup> saying, "To you will I give the land of Canaan \*  
to be your allotted inheritance."
- <sup>12</sup> When they were few in number, \*  
of little account, and sojourners in the land,
- <sup>13</sup> wandering from nation to nation \*  
and from one kingdom to another,
- <sup>14</sup> The Lord let no one oppress them \*  
and rebuked rulers for their sake,
- <sup>15</sup> saying, "Do not touch my anointed \*  
and do my prophets no harm."
- <sup>16</sup> Then God called for a famine in the land \*  
and destroyed the supply of bread.
- <sup>17</sup> The Lord sent a man before them, \*  
Joseph, who was sold as a slave
- <sup>18</sup> They bruised his feet in fetters; \*  
his neck they put in an iron collar.
- <sup>19</sup> Until his prediction came to pass, \*  
the word of the Lord tested him.
- <sup>20</sup> The king sent and released him; \*  
the ruler of the peoples set him free.

- 21 He set him as master over his household, \*  
as a ruler over all his possessions,  
22 to instruct his princes according to his will \*  
and to teach his elders wisdom.

*Part II Et intravit Israel*

- 23 Israel came into Egypt, \*  
and Jacob became a sojourner in the land of Ham.  
24 The Lord made this people exceedingly fruitful; \*  
making them stronger than their enemies;  
25 whose heart God turned, so that they hated this people, \*  
and dealt unjustly with the servants of God.  
26 O Lord, you sent Moses your servant, \*  
and Aaron whom you had chosen.  
27 They worked your signs among them, \*  
and portents in the land of Ham.  
28 You sent darkness, and it grew dark; \*  
but the Egyptians rebelled against your words.  
29 You turned their waters into blood \*  
and caused their fish to die.  
30 Their land was overrun by frogs, \*  
in the very chambers of their kings.  
31 You spoke, and there came swarms of insects \*  
and gnats within all their borders.  
32 You gave them hailstones instead of rain, \*  
and flames of fire throughout their land.  
33 You blasted their vines and their fig trees \*  
and shattered every tree in their country.  
34 You spoke, and the locust came, \*  
and young locusts without number,  
35 which ate up all the green plants in their land \*  
and devoured the fruit of their soil.  
36 You struck down the firstborn of their land, \*  
the first fruits of all their strength.  
37 You led out your people with silver and gold; \*  
in all their tribes there was not one that stumbled.  
38 Egypt was glad of their going, \*  
because they were afraid of them.  
39 You spread out a cloud for a covering \*  
and a fire to give light in the night season.  
40 They asked, and quails appeared, \*  
and you satisfied them with bread from heaven.  
41 You opened the rock, and water flowed, \*

so the river ran in the dry places.  
42 For you, O God, remembered your holy word \*  
and Abraham your servant.  
43 So you led forth your people with gladness, \*  
your chosen with shouts of joy.  
44 You gave your people the lands of the nations, \*  
and they took the fruit of others' toil,  
45 that they might keep your statutes \*  
and observe your laws. Hallelujah!

## **Psalm 106**

### *Part I Confitemini Domino*

1 Hallelujah! Give thanks to the Lord who is good, \*  
whose mercy endures for ever.  
2 Who can declare your mighty acts, O Lord, \*  
or show forth all your praise?  
3 Happy are those who act with justice \*  
and always do what is right!  
4 Remember me, O Lord, with the favour you have for your people, \*  
and visit me with your saving help;  
5 that I may see the prosperity of your elect  
and be glad with the gladness of your people, \*  
that I may glory with your inheritance.  
6 We have sinned as our ancestors did; \*  
we have done wrong and dealt wickedly.  
7 In Egypt they did not consider your marvellous works,  
nor remember the abundance of your love; \*  
they defied the Most High at the Red Sea.  
8 But you saved them for your name's sake, \*  
to make your power known.  
9 You rebuked the Red Sea, and it dried up, \*  
and you led them through the deep as through a desert.  
10 You saved them from the hand of those who hated them \*  
and redeemed them from the hand of the enemy.  
11 The waters covered their oppressors; \*  
not one of them was left.  
12 Then they believed your words \*  
and sang you songs of praise.  
13 But they soon forgot your deeds \*  
and did not wait for your counsel.  
14 A craving seized them in the wilderness, \*  
and they put you to the test in the desert.

- <sup>15</sup> You gave them what they asked, \*  
but sent leanness into their soul.  
<sup>16</sup> They envied Moses in the camp, \*  
and Aaron, the holy one of the Lord.  
<sup>17</sup> The earth opened and swallowed Dathan \*  
and covered the company of Abiram.  
<sup>18</sup> Fire blazed up against their company, \*  
and flames devoured the wicked.

*Part II Et fecerunt vitulum*

- <sup>19</sup> Israel made a bull-calf at Horeb \*  
and worshipped a molten image;  
<sup>20</sup> and so they exchanged their Glory \*  
for the image of an ox that feeds on grass.  
<sup>21</sup> They forgot you, their saviour, \*  
who had done great things in Egypt,  
<sup>22</sup> wonderful deeds in the land of Ham, \*  
and fearful things at the Red Sea.  
<sup>23</sup> So you would have destroyed them,  
had not Moses your chosen stood before you in the breach, \*  
to turn away your wrath from consuming them.  
<sup>24</sup> They refused the pleasant land \*  
and would not believe your promise.  
<sup>25</sup> They grumbled in their tents \*  
and would not listen to the voice of the Lord.  
<sup>26</sup> So you lifted your hand against them, \*  
to overthrow them in the wilderness,  
<sup>27</sup> to cast out their seed among the nations, \*  
and to scatter them throughout the lands.  
<sup>28</sup> They joined themselves to Baal-Peor \*  
and ate sacrifices offered to the dead.  
<sup>29</sup> They provoked you to anger with their actions, \*  
and a plague broke out among them.  
<sup>30</sup> Then Phinehas stood up and interceded, \*  
and the plague came to an end.  
<sup>31</sup> This was reckoned to him as righteousness \*  
throughout all generations for ever.  
<sup>32</sup> Again they provoked your anger at the waters of Meribah, \*  
so that you punished Moses because of them;  
<sup>33</sup> for they so embittered his spirit \*  
that he spoke rash words with his lips.  
<sup>34</sup> They did not destroy the peoples \*  
as the Lord had commanded them.

- 35 They intermingled with the heathen \*  
and learned their pagan ways,  
36 So that they worshipped their idols, \*  
which became a snare to them.  
37 They sacrificed their sons \*  
and their daughters to evil spirits.  
38 They shed innocent blood, the blood of their sons and daughters, \*  
which they offered to the idols of Canaan,  
and the land was defiled with blood.  
39 Thus they were polluted by their actions \*  
and went whoring in their evil deeds.  
40 Therefore your wrath was kindled against your people \*  
and you abhorred your inheritance.  
41 You gave them over to the hand of the heathen, \*  
and those who hated them ruled over them.  
42 Their enemies oppressed them, \*  
and they were humbled under their hand.  
43 Many a time did you deliver them,  
but they rebelled through their own devices, \*  
and were brought down in their iniquity.  
44 Nevertheless, you saw their distress, \*  
when you heard their lamentation.  
45 You remembered your covenant with them \*  
and relented in accordance with your great mercy.  
46 You caused them to be pitied \*  
by those who held them captive.  
47 Save us, O Lord our God, and gather us from among the nations, \*  
that we may give thanks to your holy name  
and glory in your praise.  
48 Blessed be the Lord, the God of Israel,  
from everlasting and to everlasting; \*  
and let all the people say, "Amen!"  
Hallelujah!

## BOOK V

### Psalm 107

#### *Part I Confitemini Domino*

- <sup>1</sup> Give thanks to the Lord who is good, \*  
and whose mercy endures for ever.  
<sup>2</sup> Let all those whom the Lord has redeemed proclaim \*  
that God redeemed them from the hand of the foe.

<sup>3</sup> The Lord gathered them out of the lands; \*  
from the east and from the west,  
from the north and from the south.

<sup>4</sup> Some wandered in desert wastes; \*  
they found no way to a city where they might dwell.

<sup>5</sup> They were hungry and thirsty; \*  
their spirits languished within them.

<sup>6</sup> Then they cried to the Lord in their trouble, \*  
who delivered them from their distress.

<sup>7</sup> The Lord put their feet on a straight path \*  
to go to a city where they might dwell.

<sup>8</sup> Let them give thanks to you, O Lord, for your mercy \*  
and the wonders you do for your children.

<sup>9</sup> For you satisfy the thirsty \*  
and fill the hungry with good things.

<sup>10</sup> Some sat in darkness and deep gloom, \*  
bound fast in misery and iron;

<sup>11</sup> because they rebelled against the words of God \*  
and despised the counsel of the Most High.

<sup>12</sup> So you humbled their spirits with hard labour; \*  
they stumbled, and there was none to help.

<sup>13</sup> Then they cried to you in their trouble, \*  
and you delivered them from their distress.

<sup>14</sup> You led them out of darkness and deep gloom \*  
and broke their bonds asunder.

<sup>15</sup> Let them give thanks to you, O Lord, for your mercy \*  
and the wonders you do for your children.

<sup>16</sup> For you shatter the doors of bronze \*  
and break in two the iron bars.

<sup>17</sup> Some were fools and took to rebellious ways; \*  
they were afflicted because of their sins.

<sup>18</sup> They abhorred all manner of food \*  
and drew near to death's door.

<sup>19</sup> Then they cried to you, O Lord, in their trouble, \*  
and you delivered them from their distress.

<sup>20</sup> You sent forth your word and healed them \*  
and saved them from the grave.

<sup>21</sup> Let them give thanks to you, O Lord, for your mercy \*  
and the wonders you do for your children.

<sup>22</sup> Let them offer a sacrifice of thanksgiving \*  
and tell of your acts with shouts of joy.

<sup>23</sup> Some went down to the sea in ships \*  
and plied their trade in deep waters;



- 24 They beheld your works, O Lord, \*  
and your wonders in the deep.
- 25 Then you 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 you delivered them from their distress.
- 29 You stilled the storm to a whisper \*  
and quieted the waves of the sea.
- 30 Then were they glad because of the calm, \*  
and you brought them to the harbour they were bound for.
- 31 Let them give thanks to you, O Lord, for your mercy \*  
and the wonders you do for your children.
- 32 Let them exalt you in the congregation of the people \*  
and praise you in the council of the elders.

*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 The Lord changed deserts into pools of water \*  
and dry land into water-springs,
- 36 settling 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 The Lord blessed them, so that they increased greatly; \*  
and did not let their herds decrease.
- 39 Yet when they were diminished and brought low, \*  
through stress of adversity and sorrow,
- 40 (You pour contempt on princes \*  
and make them wander in trackless wastes)
- 41 The Lord 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.

**Psalm 108** *Paratum cor meum*

- <sup>1</sup> My heart is firmly fixed, O God, my heart is fixed; \*  
I will sing and make melody.
- <sup>2</sup> Wake up, my spirit; awake, lute and harp; \*  
I myself will waken the dawn.
- <sup>3</sup> I will confess you among the peoples, O Lord; \*  
I will sing praises to you among the nations.
- <sup>4</sup> For your loving-kindness is greater than the heavens, \*  
and your faithfulness reaches to the clouds.
- <sup>5</sup> Exalt yourself above the heavens, O God, \*  
and your glory over all the earth.
- <sup>6</sup> So that those who are dear to you may be delivered, \*  
save with your strong hand and answer me.
- <sup>7</sup> You spoke from your heavenly dwelling and said, \*  
“I will exult and parcel out Shechem;  
I will divide the valley of Succoth.
- <sup>8</sup> Gilead is mine and Manasseh is mine; \*  
Ephraim is my helmet and Judah my sceptre.
- <sup>9</sup> Moab is my washbasin; on Edom I throw down my sandal to claim it, \*  
and over Philistia will I shout in triumph.”
- <sup>10</sup> Who will lead me into the strong city? \*  
Who will bring me into Edom?
- <sup>11</sup> Have you not cast us off, O God? \*  
You no longer go out, O God, with our armies.
- <sup>12</sup> Grant us your help against the enemy, \*  
for vain is the help of mortals.
- <sup>13</sup> With you we will do valiant deeds, \*  
and you shall tread our enemies under foot.

**Psalm 109** *Deus, laudem*

- <sup>1</sup> Hold not your tongue, \*  
O God of my praise.
- <sup>2</sup> For the mouth of the wicked, the mouth of the deceitful,  
is opened against me; \*  
they speak to me with a lying tongue.
- <sup>3</sup> They encompass me with hateful words \*  
and fight against me without a cause.
- <sup>4</sup> Despite my love, they accuse me; \*  
but as for me, I pray for them.
- <sup>5</sup> They repay evil for good, \*  
and hatred for my love.

- <sup>6</sup> Set the wicked against them, \*  
and let an accuser stand at their side.
- <sup>7</sup> When they are judged, let them be found guilty, \*  
and let their appeal be in vain.
- <sup>8</sup> Let their days be few, \*  
and let another take their office.
- <sup>9</sup> Let their children be orphaned, \*  
and their spouses widowed.
- <sup>10</sup> Let their children be waifs and beggars; \*  
let them be driven from the ruins of their homes.
- <sup>11</sup> Let creditors seize everything they have; \*  
let strangers plunder their gains.
- <sup>12</sup> Let there be no one to show their kindness, \*  
and none to pity their orphaned children.
- <sup>13</sup> Let their descendants be destroyed, \*  
and their name be blotted out in the next generation.
- <sup>14</sup> Let the wickedness of their ancestors  
be remembered before the Lord, \*  
and their mothers' sin not be blotted out;
- <sup>15</sup> Let their sin be always before the Lord; \*  
but let their names be rooted out from the earth;
- <sup>16</sup> because they did not remember to show mercy, \*  
but persecuted the poor and needy  
and sought to kill the brokenhearted.
- <sup>17</sup> They loved cursing,  
let it come upon them; \*  
they took no delight in blessing,  
let it depart from them.
- <sup>18</sup> They put on cursing like a garment, \*  
let it soak into their bodies like water  
and into their bones like oil;
- <sup>19</sup> Let it be to them like the cloak  
which they wrap around themselves, \*  
and like the belt that they wear continually.
- <sup>20</sup> Let this be the recompense from the Lord to my accusers, \*  
and to those who speak evil against me.
- <sup>21</sup> But you, O Lord my God, oh, deal with me according to your name; \*  
for your tender mercy's sake, deliver me.
- <sup>22</sup> For I am poor and needy, \*  
and my heart is wounded within me.
- <sup>23</sup> I have faded away like a shadow when it lengthens; \*  
I am shaken off like a locust.
- <sup>24</sup> My knees are weak through fasting, \*

- and my flesh is wasted and gaunt.
- <sup>25</sup> I have become a reproach to them; \*  
they see and shake their heads.
- <sup>26</sup> Help me, O Lord my God; \*  
save me for your mercy's sake.
- <sup>27</sup> Let them know that this is your hand, \*  
that you, O Lord, have done it.
- <sup>28</sup> They may curse, but you will bless; \*  
let those who rise up against me be put to shame,  
and your servant will rejoice.
- <sup>29</sup> Let my accusers be clothed with disgrace \*  
and wrap themselves in their shame as in a cloak.
- <sup>30</sup> I will give great thanks to the Lord with my mouth; \*  
in the midst of the multitude will I praise God;
- <sup>31</sup> because the Lord stands at the side of the needy, \*  
to save their lives from those who would condemn them.

**Psalm 110** *Dixit Dominus*

- <sup>1</sup> The Lord said to my lord, "Sit at my side in honour, \*  
until I make your enemies your footstool"
- <sup>2</sup> The Lord will send the sceptre of your power out of Zion, \*  
saying, "Rule over your enemies round about you.
- <sup>3</sup> Royal 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."
- <sup>4</sup> The Lord has sworn and will not recant: \*  
"You are a priest for ever after the order of Melchizedek."
- <sup>5</sup> The Lord who is at your side will smite rulers in the day of wrath; \*  
and will rule over the nations.
- <sup>6</sup> The Lord will heap high the corpses, \*  
smashing heads over the wide earth.
- <sup>7</sup> The king will drink from the brook beside the road, \*  
therefore he will lift high his head.

**Psalm 111** *Confitebor tibi*

- <sup>1</sup> Hallelujah!  
I will give thanks to the Lord with my whole heart, \*  
in the assembly of the upright, in the congregation.
- <sup>2</sup> Great are the deeds of the Lord! \*  
They are studied by all who delight in them.
- <sup>3</sup> O Lord, your work is full of majesty and splendour, \*

- and your righteousness endures for ever.
- <sup>4</sup> You make your marvellous works to be remembered; \*  
you are gracious and full of compassion.
- <sup>5</sup> You give food to those who fear you; \*  
you are ever mindful of your covenant.
- <sup>6</sup> You have shown your people the power of your works \*  
in giving them the lands of the nations.
- <sup>7</sup> The works of your hands are faithfulness and justice; \*  
all your commandments are sure.
- <sup>8</sup> They stand fast for ever and ever, \*  
because they are done in truth and equity.
- <sup>9</sup> You send redemption to your people;  
you commanded your covenant for ever; \*  
holy and awesome is your name.
- <sup>10</sup> The fear of the Lord is the beginning of wisdom; \*  
those who act accordingly have a good understanding;  
the praise of the Lord endures for ever.

**Psalm 112** *Beatus vir*

- <sup>1</sup> Hallelujah!  
Happy are they who fear the Lord \*  
and have great delight in the divine commandments!
- <sup>2</sup> Their descendants will be mighty in the land; \*  
the generation of the upright will be blessed.
- <sup>3</sup> Wealth and riches will be in their house, \*  
and their righteousness will last for ever.
- <sup>4</sup> Light shines in the darkness for the upright; \*  
the righteous are merciful and full of compassion.
- <sup>5</sup> It is good for them to be generous in lending \*  
and to manage their affairs with justice.
- <sup>6</sup> For they will never be shaken; \*  
the righteous will be kept in everlasting remembrance.
- <sup>7</sup> They will not be afraid of any evil rumours; \*  
their heart is right; they put their trust in the Lord.
- <sup>8</sup> Their heart is established and will not shrink, \*  
until they see their desire upon their enemies.
- <sup>9</sup> They have given freely to the poor, \*  
and their righteousness stands fast for ever;  
they will hold up their head with honour.
- <sup>10</sup> The wicked will see it and be angry;  
they will gnash their teeth and pine away; \*  
the desires of the wicked will perish.

**Psalm 113** *Laudate, pueri*

<sup>1</sup> Hallelujah!

Give praise, you servants of the Lord; \*  
praise the name of the Lord.

<sup>2</sup> Let the name of the Lord be blessed, \*  
from this time forth for evermore.

<sup>3</sup> From the rising of the sun to its going down \*  
let the name of the Lord be praised.

<sup>4</sup> The Lord is high above all nations, \*  
and is glorious above the heavens.

<sup>5</sup> Who is like the Lord our God, \*  
who sits enthroned on high,

<sup>6</sup> but stoops to behold \*  
the heavens and the earth?

<sup>7</sup> The Lord takes up the weak out of the dust \*  
and lifts up the poor from the ashes.

<sup>8</sup> The Lord sets them with the rulers, \*  
with the rulers of this people,

<sup>9</sup> making the woman of a childless house \*  
to be a joyful mother of children.

**Psalm 114** *In exitu Israel*

<sup>1</sup> Hallelujah!

When Israel came out of Egypt, \*  
the house of Jacob from a people of strange speech,

<sup>2</sup> Judah became the sanctuary of the Lord \*  
and Israel the dominion of God.

<sup>3</sup> The sea beheld it and fled; \*  
Jordan turned and went back.

<sup>4</sup> The mountains skipped like rams, \*  
and the little hills like young sheep.

<sup>5</sup> What ailed you, O sea, that you fled? \*  
O Jordan, that you turned back?

<sup>6</sup> You mountains, that you skipped like rams? \*  
You little hills like young sheep?

<sup>7</sup> Tremble, O earth, at the presence of the Lord, \*  
at the presence of the God of Jacob,

<sup>8</sup> who turned the hard rock into a pool of water \*  
and flint-stone into a flowing spring.

**Psalm 115** *Non nobis, Domine*

- <sup>1</sup> Not to us, O Lord, not to us,  
but to your name give glory; \*  
because of your love and because of your faithfulness.
- <sup>2</sup> Why should the heathen say, \*  
"Where then is their God?"
- <sup>3</sup> Our God is in heaven; \*  
whatever God wills to do comes to pass.
- <sup>4</sup> Their idols are silver and gold, \*  
the work of human hands.
- <sup>5</sup> They have mouths, but they cannot speak; \*  
eyes have they, but they cannot see;
- <sup>6</sup> they have ears, but they cannot hear; \*  
noses, but they cannot smell;
- <sup>7</sup> they have hands, but they cannot feel;  
feet, but they cannot walk; \*  
they make no sound with their throat.
- <sup>8</sup> Those who make them are like them, \*  
and so are all who put their trust in them.
- <sup>9</sup> O Israel, trust in the Lord, \*  
who is your help and your shield.
- <sup>10</sup> O house of Aaron, trust in the Lord; \*  
who is your help and your shield.
- <sup>11</sup> You who fear the Lord, trust in the Lord; \*  
who is your help and your shield.
- <sup>12</sup> The Lord has been mindful of us and will bless us; \*  
blessing the house of Israel and the house of Aaron;
- <sup>13</sup> those who fear the Lord will be blessed, \*  
both small and great together.
- <sup>14</sup> May the Lord increase you more and more, \*  
you and your children after you.
- <sup>15</sup> May you be blessed by the Lord, \*  
the maker of heaven and earth.
- <sup>16</sup> The heaven of heavens is the Lord's, \*  
but the Lord entrusted the earth to its peoples.
- <sup>17</sup> The dead do not praise the Lord, \*  
nor all those who go down into silence;
- <sup>18</sup> But we will bless the Lord, \*  
from this time forth for evermore.  
Hallelujah!

**Psalm 116** *Dilexi, quoniam*

- <sup>1</sup> I love the Lord \*  
    who has heard the voice of my supplication,  
<sup>2</sup> who has listened to me \*  
    whenever I called.
- <sup>3</sup> The cords of death entangled me;  
the grip of the grave took hold of me; \*  
    I came to grief and sorrow.
- <sup>4</sup> Then I called upon the name of the Lord: \*  
    “O Lord, I pray you, save my life.”
- <sup>5</sup> Gracious is the Lord and righteous; \*  
    our God is full of compassion.
- <sup>6</sup> The Lord watches over the innocent; \*  
    I was brought very low, and the Lord helped me.
- <sup>7</sup> Turn again to your rest, O my soul, \*  
    for the Lord has treated you well.
- <sup>8</sup> For you, O Lord, have rescued my life from death, \*  
    my eyes from tears, and my feet from stumbling.
- <sup>9</sup> I will walk in the presence of the Lord \*  
    in the land of the living.
- <sup>10</sup> I believed, even when I said, \*  
    “I have been brought very low.”
- <sup>11</sup> In my distress I said, \*  
    “No one can be trusted.”
- <sup>12</sup> How shall I repay you, O Lord, \*  
    for all the good things you have done for me?
- <sup>13</sup> I will lift up the cup of salvation \*  
    and call upon your name.
- <sup>14</sup> I will fulfil my vows to the Lord \*  
    in the presence of all the people.
- <sup>15</sup> Precious in your sight, O Lord \*  
    is the death of your servants.
- <sup>16</sup> O Lord, I am your servant; \*  
    I am your servant and the child of your handmaid;  
    you have freed me from my bonds.
- <sup>17</sup> I will offer you the sacrifice of thanksgiving \*  
    and call upon the name of the Lord.
- <sup>18</sup> I will fulfil my vows to the Lord \*  
    in the presence of all the people of God.
- <sup>19</sup> In the courts of the house of the Lord, \*  
    in the midst of you, O Jerusalem.  
    Hallelujah!



**Psalm 117** *Laudate Dominum*

- <sup>1</sup> Praise the Lord, all you nations; \*  
    laud the Lord, all you peoples.  
<sup>2</sup> For the loving-kindness of the Lord toward us is great, \*  
    and the faithfulness of the Lord endures for ever.  
    Hallelujah!

**Psalm 118** *Confitemini Domino*

- <sup>1</sup> Give thanks to the Lord who is good; \*  
    the mercy of the Lord endures for ever.  
<sup>2</sup> Let Israel now proclaim, \*  
    "The mercy of the Lord endures for ever."  
<sup>3</sup> Let the house of Aaron now proclaim, \*  
    "The mercy of the Lord endures for ever."  
<sup>4</sup> Let those who fear the Lord now proclaim, \*  
    "The mercy of the Lord endures for ever."  
<sup>5</sup> I called to the Lord in my distress; \*  
    who answered by setting me free.  
<sup>6</sup> The Lord is at my side, therefore I will not fear; \*  
    what can anyone do to me?  
<sup>7</sup> The Lord is at my side to help me; \*  
    I will triumph over those who hate me.  
<sup>8</sup> It is better to rely on the Lord \*  
    than to put any trust in flesh.  
<sup>9</sup> It is better to rely on the Lord \*  
    than to put any trust in rulers.  
<sup>10</sup> All the ungodly encompass me; \*  
    in the name of the Lord I will repel them.  
<sup>11</sup> They hem me in, they hem me in on every side; \*  
    in the name of the Lord I will repel them.  
<sup>12</sup> They swarm about me like bees;  
they blaze like a fire of thorns; \*  
    in the name of the Lord I will repel them.  
<sup>13</sup> I was pressed so hard that I almost fell, \*  
    but the Lord came to my help.  
<sup>14</sup> The Lord is my strength and my song, \*  
    and has become my salvation.  
<sup>15</sup> There is a sound of exultation and victory \*  
    in the tents of the righteous:  
<sup>16</sup> "The mighty hand of the Lord has triumphed! \*

- the mighty hand of the Lord is exalted!  
the mighty 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 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; \*  
those who are righteous may enter.”
- 21 I will give thanks to the Lord who answered me \*  
and has 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 marvellous 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 the one who comes in the name of the Lord; \*  
we bless you from the house of the Lord.
- 27 God is the Lord and 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 who is good; \*  
the mercy of the Lord endures for ever.

## **Psalm 119**

### *Aleph Beati immaculati*

- 1 Happy are they whose way is blameless, \*  
who walk in the law of the Lord!
- 2 Happy are they who observe your decrees \*  
and seek you with all their hearts;
- 3 who never do any wrong, \*  
but always walk in your 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!

- <sup>6</sup> Then I should not be put to shame, \*  
when I regard all your commandments.
- <sup>7</sup> I will thank you with an unfeigned heart, \*  
when I have learned your righteous judgements.
- <sup>8</sup> I will keep your statutes; \*  
do not utterly forsake me.

*Beth In quo corrigit?*

- <sup>9</sup> How shall the young cleanse their way? \*  
By keeping to your words.
- <sup>10</sup> With my whole heart I seek you; \*  
let me not stray from your commandments.
- <sup>11</sup> I treasure your promise in my heart, \*  
that I may not sin against you.
- <sup>12</sup> Blessed are you, O Lord; \*  
instruct me in your statutes.
- <sup>13</sup> With my lips will I recite \*  
all the judgements of your mouth.
- <sup>14</sup> I have taken greater delight in the way of your decrees \*  
than in all manner of riches.
- <sup>15</sup> I will meditate on your commandments \*  
and give attention to your ways.
- <sup>16</sup> My delight is in your statutes; \*  
I will not forget your word.

*Gimel Retribue servo tuo*

- <sup>17</sup> Deal bountifully with your servant, \*  
that I may live and keep your word.
- <sup>18</sup> Open my eyes, that I may see \*  
the wonders of your law.
- <sup>19</sup> I am a stranger here on earth; \*  
do not hide your commandments from me.
- <sup>20</sup> My soul is consumed at all times \*  
with longing for your judgements.
- <sup>21</sup> You have rebuked the insolent; \*  
cursed are they who stray from your commandments!
- <sup>22</sup> Turn from me shame and rebuke, \*  
for I have kept your decrees.
- <sup>23</sup> Even though rulers sit and plot against me, \*  
I will meditate on your statutes.
- <sup>24</sup> For your decrees are my delight, \*  
and they are my counsellors.

*Daleth Adhæsit pavimento*

- <sup>25</sup> My soul cleaves to the dust; \*  
    give me life according to your word.
- <sup>26</sup> I have confessed my ways, and you answered me; \*  
    instruct me in your statutes.
- <sup>27</sup> Make me understand the way of your commandments, \*  
    that I may meditate on your marvellous works.
- <sup>28</sup> My soul melts away for sorrow; \*  
    strengthen me according to your word.
- <sup>29</sup> Take from me the way of lying; \*  
    let me find grace through your law.
- <sup>30</sup> I have chosen the way of faithfulness; \*  
    I have set your judgements before me.
- <sup>31</sup> I hold fast to your decrees; \*  
    O Lord, let me not be put to shame.
- <sup>32</sup> I will run the way of your commandments, \*  
    for you have set my heart at liberty.

*He Legem pone*

- <sup>33</sup> Teach me, O Lord, the way of your statutes, \*  
    and I shall keep it to the end.
- <sup>34</sup> Give me understanding, and I shall keep your law; \*  
    I shall keep it with all my heart.
- <sup>35</sup> Make me go in the path of your commandments, \*  
    for that is my desire.
- <sup>36</sup> Incline my heart to your decrees \*  
    and not to unjust gain.
- <sup>37</sup> Turn my eyes from watching what is worthless; \*  
    give me life in your ways.
- <sup>38</sup> Fulfil your promise to your servant, \*  
    which you make to those who fear you.
- <sup>39</sup> Turn away the reproach which I dread, \*  
    because your judgements are good.
- <sup>40</sup> Behold, I long for your commandments; \*  
    in your righteousness preserve my life.

*Waw Et veniat super me*

- <sup>41</sup> Let your loving-kindness come to me, O Lord, \*  
    and your salvation, according to your promise.
- <sup>42</sup> Then shall I have a word for those who taunt me, \*  
    because I trust in your words.
- <sup>43</sup> Do not take the word of truth out of my mouth, \*  
    for my hope is in your judgements.

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

*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 judgements 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.

*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.
- 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 judgements.
- 63 I am a companion of all who fear you \*

and of those who keep your commandments.

- <sup>64</sup> The earth, O Lord, is full of your love; \*  
instruct me in your statutes.

*Teth Bonitatem fecisti*

- <sup>65</sup> O Lord, you have dealt graciously with your servant, \*  
according to your word.
- <sup>66</sup> Teach me discernment and knowledge, \*  
for I have believed in your commandments.
- <sup>67</sup> Before I was afflicted I went astray, \*  
but now I keep your word.
- <sup>68</sup> You are good and you bring forth good; \*  
instruct me in your statutes.
- <sup>69</sup> The proud have smeared me with lies, \*  
but I will keep your commandments with my whole heart.
- <sup>70</sup> Their heart is gross and fat, \*  
but my delight is in your law.
- <sup>71</sup> It is good for me that I have been afflicted, \*  
that I might learn your statutes.
- <sup>72</sup> The law of your mouth is dearer to me \*  
than thousands in gold and silver.

*Yodh Manus tuæ fecerunt me*

- <sup>73</sup> Your hands have made me and fashioned me; \*  
give me understanding,  
that I may learn your commandments.
- <sup>74</sup> Those who fear you will be glad when they see me, \*  
because I trust in your word.
- <sup>75</sup> I know, O Lord, that your judgements are right \*  
and that in faithfulness you have afflicted me.
- <sup>76</sup> Let your loving-kindness be my comfort \*  
as you have promised to your servant.
- <sup>77</sup> Let your compassion come to me, that I may live, \*  
for your law is my delight.
- <sup>78</sup> Let the arrogant be put to shame,  
for they wrong me with lies; \*  
but I will meditate on your commandments.
- <sup>79</sup> Let those who fear you turn to me, \*  
and also those who know your decrees.
- <sup>80</sup> Let my heart be sound in your statutes, \*  
that I may not be put to shame.

*Kaph Deficit in salutare*

- <sup>81</sup> My soul has longed for your salvation; \*  
I have put my hope in your word.
- <sup>82</sup> My eyes have failed from watching for your promise, \*  
and I say, "When will you comfort me?"
- <sup>83</sup> I have become like a leather flask in the smoke, \*  
but I have not forgotten your statutes.
- <sup>84</sup> How much longer must I wait? \*  
When will you give judgement  
against those who persecute me?
- <sup>85</sup> The proud have dug pits for me; \*  
they do not keep your law.
- <sup>86</sup> All your commandments are true; \*  
help me, for they persecute me with lies.
- <sup>87</sup> They had almost made an end of me on earth, \*  
but I have not forsaken your commandments.
- <sup>88</sup> In your loving-kindness, revive me, \*  
that I may keep the decrees of your mouth.

*Lamedh In æternum, Domine*

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

*Mem Quomodo dilexi!*

- <sup>97</sup> Oh, how I love your law! \*  
All the day long it is in my mind.
- <sup>98</sup> Your commandment has made me wiser than my enemies, \*  
and it is always with me.
- <sup>99</sup> 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 judgements, \*  
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.

*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 judgements.  
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 judgements.  
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 fulfil your statutes \*  
for ever and to the end.

*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.



- <sup>119</sup> In your sight all the wicked of the earth are but dross; \*  
therefore I love your decrees.  
<sup>120</sup> My flesh trembles with dread of you; \*  
I am afraid of your judgements.

*Ayin Feci iudicium*

- <sup>121</sup> I have done what is just and right; \*  
do not deliver me to my oppressors.  
<sup>122</sup> Be surety for your servant's good; \*  
let not the proud oppress me.  
<sup>123</sup> My eyes have failed from watching for your salvation \*  
and for your righteous promise.  
<sup>124</sup> Deal with your servant according to your loving-kindness \*  
and teach me your statutes.  
<sup>125</sup> I am your servant; grant me understanding, \*  
that I may know your decrees.  
<sup>126</sup> It is time for you to act, O Lord, \*  
for they have broken your law.  
<sup>127</sup> Truly, I love your commandments \*  
more than gold and precious stones.  
<sup>128</sup> I hold all your commandments to be right for me; \*  
all paths of falsehood I abhor.

*Pe Mirabilia*

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

*Sadhe Justus es, Domine*

- <sup>137</sup> You are righteous, O Lord, \*

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

*Qoph Clamavi in toto, corde meo*

<sup>145</sup> I call with my whole heart; \*  
answer me, O Lord, that I may keep your statutes.  
<sup>146</sup> I call to you; oh, that you would save me! \*  
I will keep your decrees.  
<sup>147</sup> Early in the morning I cry out to you, \*  
for in your word is my trust.  
<sup>148</sup> My eyes are open in the night watches, \*  
that I may meditate upon your promise.  
<sup>149</sup> Hear my voice, O Lord, according to your loving-kindness; \*  
according to your judgements, give me life.  
<sup>150</sup> They draw near who in malice persecute me; \*  
they are very far from your law.  
<sup>151</sup> You, O Lord, are near at hand, \*  
and all your commandments are true.  
<sup>152</sup> Long have I known from your decrees \*  
that you have established them for ever.

*Resh Vide humilitatem*

<sup>153</sup> Behold my affliction and deliver me, \*  
for I do not forget your law.  
<sup>154</sup> Plead my cause and redeem me; \*  
according to your promise, give me life.  
<sup>155</sup> Deliverance is far from the wicked, \*  
for they do not study your statutes.  
<sup>156</sup> Great is your compassion, O Lord; \*  
preserve my life, according to your judgements.

- <sup>157</sup> There are many who persecute and oppress me, \*  
yet I have not swerved from your decrees.
- <sup>158</sup> I look with loathing at the faithless, \*  
for they have not kept your word.
- <sup>159</sup> See how I love your commandments! \*  
O Lord, in your mercy, preserve me.
- <sup>160</sup> The heart of your word is truth; \*  
all your righteous judgements endure for evermore.

*Shin Principes persecuti sunt*

- <sup>161</sup> Rulers have persecuted me without a cause, \*  
but my heart stands in awe of your word.
- <sup>162</sup> I am as glad because of your promise \*  
as one who finds great spoils.
- <sup>163</sup> As for lies, I hate and abhor them, \*  
but your law is my love.
- <sup>164</sup> Seven times a day do I praise you, \*  
because of your righteous judgements.
- <sup>165</sup> Great peace have they who love your law; \*  
for them there is no stumbling block.
- <sup>166</sup> I have hoped for your salvation, O Lord, \*  
and I have fulfilled your commandments.
- <sup>167</sup> I have kept your decrees \*  
and I have loved them deeply.
- <sup>168</sup> I have kept your commandments and decrees, \*  
for all my ways are before you.

*Taw Appropinquet deprecatio*

- <sup>169</sup> Let my cry come before you, O Lord; \*  
give me understanding, according to your word.
- <sup>170</sup> Let my supplication come before you; \*  
deliver me, according to your promise.
- <sup>171</sup> My lips shall pour forth your praise, \*  
when you teach me your statutes.
- <sup>172</sup> My tongue shall sing of your promise, \*  
for all your commandments are righteous.
- <sup>173</sup> Let your hand be ready to help me, \*  
for I have chosen your commandments.
- <sup>174</sup> I long for your salvation, O Lord, \*  
and your law is my delight.
- <sup>175</sup> Let me live, and I will praise you, \*  
and let your judgements help me.
- <sup>176</sup> I have gone astray like a sheep that is lost; \*

search for your servant,  
for I do not forget your commandments.

**Psalm 120** *Ad Dominum*

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

**Psalm 121** *Levavi oculos*

- <sup>1</sup> I lift up my eyes to the hills; \*  
from where is my help to come?
- <sup>2</sup> My help comes from the Lord, \*  
the maker of heaven and earth.
- <sup>3</sup> The Lord will not let your foot be moved \*  
and the One who watches over you will not fall asleep.
- <sup>4</sup> Behold, the One who keeps watch over Israel \*  
shall neither slumber nor sleep.
- <sup>5</sup> The Lord, the Lord, watches over you; \*  
the Lord is your shade at your side,
- <sup>6</sup> so that the sun shall not strike you by day, \*  
nor the moon by night.
- <sup>7</sup> The Lord shall preserve you from all evil \*  
and shall keep you safe.
- <sup>8</sup> The Lord shall watch over your going out and your coming in, \*  
from this time forth for evermore.

**Psalm 122** *Lætatus sum*

- <sup>1</sup> I was glad when they said to me, \*  
“Let us go to the house of the Lord.”

- <sup>2</sup> Now our feet are standing \*  
 within your gates, O Jerusalem.
- <sup>3</sup> Jerusalem is built as a city \*  
 that is at unity with itself.
- <sup>4</sup> To which the tribes go up,  
 the tribes of the Lord,\*  
 the assembly of Israel,  
 to praise the name of the Lord.
- <sup>5</sup> For there are the thrones of judgement, \*  
 the thrones of the house of David.
- <sup>6</sup> Pray for the peace of Jerusalem: \*  
 "May they prosper who love you.
- <sup>7</sup> Peace be within your walls \*  
 and quietness within your towers.
- <sup>8</sup> For my kindred and companions' sake, \*  
 I pray for your prosperity.
- <sup>9</sup> Because of the house of the Lord our God, \*  
 I will seek to do you good."

**Psalm 123** *Ad te levavi oculos meos*

- <sup>1</sup> To you I lift up my eyes, \*  
 to you enthroned in the heavens.
- <sup>2</sup> As the eyes of servants look to the hand of their masters,  
 and the eyes of a maid to the hand of her mistress, \*  
 so our eyes look to you, O Lord our God,  
 until you show us your mercy.
- <sup>3</sup> Have mercy upon us, O Lord, have mercy, \*  
 for we have had more than enough of contempt,
- <sup>4</sup> too much of the scorn of the indolent rich, \*  
 and of the derision of the proud.

**Psalm 124** *Nisi quia Dominus*

- <sup>1</sup> If the Lord had not been on our side, \*  
 let Israel now say;
- <sup>2</sup> if the Lord had not been on our side, \*  
 when enemies rose up against us;
- <sup>3</sup> then would they have swallowed us up alive \*  
 in their fierce anger toward us;
- <sup>4</sup> then would the waters have overwhelmed us \*  
 and the torrent gone over us;
- <sup>5</sup> then would the raging waters \*

- have gone right over us.
- <sup>6</sup> Blessed be the Lord \*  
who has not given us over to be a prey for their teeth.
- <sup>7</sup> We have escaped like a bird from the snare of the fowler; \*  
the snare is broken, and we have escaped.
- <sup>8</sup> Our help is in the name of the Lord, \*  
the maker of heaven and earth.

**Psalm 125** *Qui confidunt*

- <sup>1</sup> Those who trust in the Lord are like Mount Zion, \*  
which cannot be moved, but stands fast for ever.
- <sup>2</sup> The hills stand about Jerusalem; \*  
so does the Lord stand round about this people,  
from this time forth for evermore.
- <sup>3</sup> The sceptre 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.
- <sup>4</sup> Show your goodness, O Lord, to those who are good \*  
and to those who are true of heart.
- <sup>5</sup> As for those who turn aside to crooked ways,  
the Lord will lead them away with the evildoers; \*  
but peace be upon Israel.

**Psalm 126** *In convertendo*

- <sup>1</sup> When the Lord restored the fortunes of Zion, \*  
then were we like those who dream.
- <sup>2</sup> Then was our mouth filled with laughter, \*  
and our tongue with shouts of joy.  
Then they said among the nations, \*  
"The Lord has done great things for them."
- <sup>3</sup> The Lord has done great things for us, \*  
and we are glad indeed.
- <sup>4</sup> Restore our fortunes, O Lord, \*  
like the watercourses of the Negev.
- <sup>5</sup> Those who sowed with tears \*  
will reap with songs of joy.
- <sup>6</sup> Those who go out weeping, carrying the seed, \*  
will come again with joy, shouldering their sheaves.

**Psalm 127** *Nisi Dominus*

- <sup>1</sup> Unless the Lord builds the house, \*  
their labour is in vain who build it.
- <sup>2</sup> Unless the Lord watches over the city, \*  
in vain the sentinels keep their vigil.
- It is in vain that we rise so early and go to bed so late; \*  
vain, too, to eat the bread of toil,  
for you, O Lord, give to your beloved sleep.
- <sup>3</sup> Children are a heritage from the Lord, \*  
and the fruit of the womb is a gift.
- <sup>4</sup> Like arrows in the hand of a warrior \*  
are the children of one's youth.
- <sup>5</sup> Happy are they whose quiver is full of them! \*  
They shall not be put to shame  
when they contend with their enemies in the gate.

**Psalm 128** *Beati omnes*

- <sup>1</sup> Happy are they all who fear the Lord, \*  
and who follow in the ways of God!
- <sup>2</sup> You shall eat the fruit of your labour; \*  
happiness and prosperity shall be yours.
- <sup>3</sup> Your wife shall be like a fruitful vine within your house, \*  
your children like olive shoots round about your table.
- <sup>4</sup> The one who fears the Lord \*  
shall thus indeed be blessed.
- <sup>5</sup> The Lord bless you from Zion, \*  
and may you see the prosperity of Jerusalem all the days of your life.
- <sup>6</sup> May you live to see your children's children; \*  
may peace be upon Israel.

**Psalm 129** *Sæpe expugnaverunt*

- <sup>1</sup> "Greatly have they oppressed me since my youth," \*  
let Israel now say;
- <sup>2</sup> "Greatly have they oppressed me since my youth, \*  
but they have not prevailed against me."
- <sup>3</sup> The farmers plowed upon my back \*  
and made their furrows long.
- <sup>4</sup> The Lord, the Righteous One, \*  
has cut the cords of the wicked.
- <sup>5</sup> Let them be put to shame and thrown back, \*

all those who are enemies of Zion.  
<sup>6</sup> Let them be like grass upon the housetops, \*  
which withers before it can be plucked;  
<sup>7</sup> which does not fill the hand of the reaper, \*  
nor the bosom of the one who binds the sheaves;  
<sup>8</sup> 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."

**Psalm 130** *De profundis*

<sup>1</sup> Out of the depths \*  
have I called you, O Lord;  
<sup>2</sup> Lord, hear my voice; \*  
let your ears consider well the voice of my supplication.  
<sup>3</sup> If you, Lord, were to note what is done amiss, \*  
O Lord, who could stand?  
<sup>4</sup> For there is forgiveness with you; \*  
therefore you shall be feared.  
<sup>5</sup> I wait for you, O Lord; my soul waits for you; \*  
in your word is my hope.  
<sup>6</sup> My soul waits for you, O Lord, \*  
more than sentinels for the morning,  
more than sentinels for the morning.  
<sup>7</sup> O Israel, wait for the Lord, \*  
for with the Lord there is mercy;  
<sup>8</sup> with whom there is plenteous redemption, \*  
and who shall redeem Israel from all their sins.

**Psalm 131** *Domine, non est*

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



**Psalm 132** *Memento, Domine*

- <sup>1</sup> Lord, remember David, \*  
and all the hardships he endured.
- <sup>2</sup> How he swore an oath to the Lord \*  
and vowed a vow to the Mighty One of Jacob.
- <sup>3</sup> “I will not come under the roof of my house, \*  
nor climb up into my bed;
- <sup>4</sup> I will not allow my eyes to sleep, \*  
nor let my eyelids slumber;
- <sup>5</sup> until I find a place for the Lord, \*  
a dwelling for the Mighty One of Jacob.”
- <sup>6</sup> “The Ark! We heard it was in Ephratah; \*  
we found it in the fields of Jearim.
- <sup>7</sup> Let us go to the dwelling place of the Lord; \*  
let us fall upon our knees before the footstool of the Lord.”
- <sup>8</sup> Arise, O Lord, into your resting-place, \*  
you and the ark of your strength.
- <sup>9</sup> Let your priests be clothed with righteousness; \*  
let your faithful people sing with joy.
- <sup>10</sup> For your servant David’s sake, \*  
do not turn away the face of your anointed.
- <sup>11</sup> You, O Lord, have sworn an oath to David;  
in truth, you will not break it: \*  
“A son, the fruit of your body will I set upon your throne.
- <sup>12</sup> If your children keep my covenant  
and my testimonies that I shall teach them, \*  
their children will sit upon your throne for evermore.”
- <sup>13</sup> For you, O Lord, have chosen Zion, \*  
and have desired it for your habitation:
- <sup>14</sup> “This shall be my resting-place for ever; \*  
here will I dwell, for I delight in it.
- <sup>15</sup> I will surely bless its provisions, \*  
and satisfy its poor with bread.
- <sup>16</sup> I will clothe its priests with salvation, \*  
and its faithful people will rejoice and sing.
- <sup>17</sup> There will I make the horn of David flourish; \*  
I have prepared a lamp for my anointed.
- <sup>18</sup> As for his enemies, I will clothe them with shame; \*  
but as for him, his crown will shine.”

**Psalm 133** *Ecce, quam bonum*

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

**Psalm 134** *Ecce nunc*

- <sup>1</sup> Behold now, bless the Lord, all you servants of the Lord, \*  
you that stand by night in the house of the Lord.
- <sup>2</sup> Lift up your hands in the holy place \*  
and bless the Lord;
- <sup>3</sup> the Lord who made heaven and earth \*  
bless you out of Zion.

**Psalm 135** *Laudate nomen*

- <sup>1</sup> Hallelujah!  
Praise the name of the Lord; \*  
give praise, you servants of the Lord,
- <sup>2</sup> you who stand in the house of the Lord, \*  
in the courts of the house of our God.
- <sup>3</sup> Praise the Lord,  
for the Lord is good; \*  
sing praises to the name of the Lord,  
for it is lovely.
- <sup>4</sup> For you, O Lord, have chosen Jacob \*  
and Israel as a possession.
- <sup>5</sup> For I know that you, O Lord, are great, \*  
and that you are above all gods.
- <sup>6</sup> O Lord, you do whatever pleases you \*  
in the seas and all the deeps.
- <sup>7</sup> You, O Lord, bring up rain clouds from the ends of the earth; \*  
sending out lightning with the rain,  
and bringing the winds out of storehouse of heaven.
- <sup>8</sup> It was you, O Lord, who struck down the firstborn of Egypt, \*  
the firstborn both of mortal and beast.
- <sup>9</sup> The Lord sent signs and wonders into the midst of you, O Egypt, \*

against Pharaoh and all his servants,  
10 overthrowing many nations \*  
and putting mighty rulers to death:  
11 Sihon, king of the Amorites, and Og, the king of Bashan, \*  
and all the kingdoms of Canaan.  
12 The Lord gave their land to be an inheritance, \*  
an inheritance for the people of Israel.  
13 O Lord, your name is everlasting; \*  
your renown endures from age to age.  
14 For you give your people justice \*  
and show compassion to your 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!

**Psalm 136** *Confitemini*

1 Give thanks to the Lord who is good, \*  
for the mercy of God endures for ever.  
2 Give thanks to the God of gods, \*  
for the mercy of God endures for ever.  
3 Give thanks to the Lord of lords, \*  
for the mercy of God endures for ever;  
4 who only does great wonders, \*  
for the mercy of God endures for ever;  
5 who by divine wisdom made the heavens, \*  
for the mercy of God endures for ever;  
6 who spread out the earth upon the waters, \*  
for the mercy of God endures for ever;  
7 who created great lights, \*  
for the mercy of God endures for ever;

<sup>8</sup> the sun to rule the day, \*  
for the mercy of God endures for ever;  
<sup>9</sup> the moon and the stars to govern the night, \*  
for the mercy of God endures for ever;  
<sup>10</sup> who struck down the firstborn of Egypt, \*  
for the mercy of God endures for ever;  
<sup>11</sup> and brought out Israel from among them, \*  
for the mercy of God endures for ever;  
<sup>12</sup> with a mighty hand and a stretched-out arm, \*  
for the mercy of God endures for ever;  
<sup>13</sup> who divided the Red Sea in two, \*  
for the mercy of God endures for ever;  
<sup>14</sup> and made Israel to pass through the midst of it, \*  
for the mercy of God endures for ever;  
<sup>15</sup> but swept Pharaoh and his army into the Red Sea, \*  
for the mercy of God endures for ever;  
<sup>16</sup> who led this people through the wilderness, \*  
for the mercy of God endures for ever;  
<sup>17</sup> who struck down great kings, \*  
for the mercy of God endures for ever;  
<sup>18</sup> and slew mighty kings, \*  
for the mercy of God endures for ever;  
<sup>19</sup> Sihon, king of the Amorites, \*  
for the mercy of God endures for ever;  
<sup>20</sup> and Og, the king of Bashan, \*  
for the mercy of God endures for ever;  
<sup>21</sup> and gave away their lands for an inheritance, \*  
for the mercy of God endures for ever;  
<sup>22</sup> an inheritance for Israel God's servant, \*  
for the mercy of God endures for ever;  
<sup>23</sup> who remembered us in our low estate, \*  
for the mercy of God endures for ever.  
<sup>24</sup> and delivered us from our enemies, \*  
for the mercy of God endures for ever;  
<sup>25</sup> who gives food to all creatures, \*  
for the mercy of God endures for ever.  
<sup>26</sup> Give thanks to the God of heaven, \*  
for the mercy of God endures for ever.

**Psalm 137** *Super flumina*

<sup>1</sup> By the waters of Babylon we sat down and wept, \*  
when we remembered you, O Zion.

- <sup>2</sup> As for our harps, we hung them up \*  
on the trees in the midst of that land.
- <sup>3</sup> 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."
- <sup>4</sup> How shall we sing the Lord's song \*  
upon an alien soil?
- <sup>5</sup> If I forget you, O Jerusalem, \*  
let my strong hand forget its skill.
- <sup>6</sup> 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.
- <sup>7</sup> Remember the day of Jerusalem, O Lord,  
against the people of Edom, \*  
who said, "Down with it! Down with it!  
Even to the ground!"
- <sup>8</sup> O Daughter of Babylon, doomed to destruction, \*  
happy the one who pays you back for what you have done to us!
- <sup>9</sup> Happy shall be the one who takes your little ones, \*  
and dashes them against the rock!

**Psalm 138** *Confitebor tibi*

- <sup>1</sup> I will give thanks to you, O Lord, with my whole heart; \*  
before the gods I will sing your praise.
- <sup>2</sup> I will bow down toward your holy temple and praise your name, \*  
because of your love and faithfulness;  
for you have glorified your name \*  
and your word above all things.
- <sup>3</sup> When I called, you answered me; \*  
you increased my strength within me.
- <sup>4</sup> All the rulers of the earth will praise you, O Lord, \*  
when they have heard the words of your mouth.
- <sup>5</sup> They will sing of the ways of the Lord, \*  
that great is the glory of the Lord.
- <sup>6</sup> Though you are high, you care for the lowly; \*  
you perceive the haughty from afar.
- <sup>7</sup> Though I walk in the midst of trouble, you keep me safe; \*  
you stretch forth your hand against the fury of my enemies;  
your mighty hand shall save me.
- <sup>8</sup> O Lord, you will make good your purpose for me; \*  
your love endures for ever;  
do not abandon the works of your hands.

**Psalm 139** *Domine, probasti*

- <sup>1</sup> Lord, you have searched me out \*  
and known me.
- <sup>2</sup> You know my sitting down and my rising up; \*  
you discern my thoughts from afar.
- <sup>3</sup> You trace my journeys and my resting-places \*  
and are acquainted with all my ways.
- <sup>4</sup> Indeed, there is not a word on my lips, \*  
but you, O Lord, know it altogether.
- <sup>5</sup> You press upon me behind and before \*  
and lay your hand upon me.
- <sup>6</sup> Such knowledge is too wonderful for me; \*  
it is so high that I cannot attain to it.
- <sup>7</sup> Where can I go then from your Spirit? \*  
Where can I flee from your presence?
- <sup>8</sup> If I climb up to heaven, you are there; \*  
if I make the grave my bed, you are there also.
- <sup>9</sup> If I take the wings of the morning \*  
and dwell in the uttermost parts of the sea,  
<sup>10</sup> even there your hand will lead me \*  
and your mighty hand hold me fast.
- <sup>11</sup> If I say, "Surely the darkness will cover me, \*  
and the light around me turn to night."  
<sup>12</sup> Darkness is not dark to you; the night is as bright as the day; \*  
darkness and light to you are both alike.
- <sup>13</sup> For you yourself created my inmost parts; \*  
you knit me together in my mother's womb.
- <sup>14</sup> I will thank you because I am marvellously made; \*  
your works are wonderful, and I know it well.
- <sup>15</sup> My body was not hidden from you, \*  
while I was being made in secret  
and woven in the depths of the earth.
- <sup>16</sup> 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.
- <sup>17</sup> How deep I find your thoughts, O God! \*  
How great is the sum of them!
- <sup>18</sup> 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.
- <sup>19</sup> Oh, that you would slay the wicked, O God! \*  
You that thirst for blood, depart from me.
- <sup>20</sup> They speak despitefully against you; \*  
your enemies take your name in vain.
- <sup>21</sup> Do I not hate those, O Lord, who hate you? \*  
And do I not loathe those who rise up against you?
- <sup>22</sup> I hate them with a perfect hatred; \*  
they have become my own enemies.
- <sup>23</sup> Search me out, O God, and know my heart; \*  
try me and know my restless thoughts.
- <sup>24</sup> Look well whether there be any wickedness in me \*  
and lead me in the way that is everlasting.

**Psalm 140** *Eripe me, Domine*

- <sup>1</sup> Deliver me, O Lord, from evildoers; \*  
protect me from the violent,
- <sup>2</sup> who devise evil in their hearts \*  
and stir up strife all day long.
- <sup>3</sup> They have sharpened their tongues like a serpent; \*  
adder's poison is under their lips.
- <sup>4</sup> Keep me, O Lord, from the hands of the wicked; \*  
protect me from the violent, who are determined to trip me up.
- <sup>5</sup> The proud have hidden a snare for me and stretched out a net of cords; \*  
they have set traps for me along the path.
- <sup>6</sup> I have said to the Lord, "You are my God; \*  
listen, O Lord, to my supplication."
- <sup>7</sup> O Lord God, the strength of my salvation, \*  
you have covered my head in the day of battle.
- <sup>8</sup> Do not grant the desires of the wicked, O Lord, \*  
nor let their evil plans prosper.
- <sup>9</sup> Let not those who surround me lift up their heads; \*  
let the evil of their lips overwhelm them.
- <sup>10</sup> Let hot burning coals fall upon them; \*  
let them be cast into the mire,  
never to rise up again.
- <sup>11</sup> A slanderer shall not be established on the earth, \*  
and evil shall hunt down the lawless.
- <sup>12</sup> I know that the Lord will maintain the cause of the poor \*  
and render justice to the needy.
- <sup>13</sup> Surely, the righteous will give thanks to your name, \*  
and the upright shall continue in your sight.

**Psalm 141** *Domine, clamavi*

- <sup>1</sup> O Lord, I call to you;  
come to me quickly; \*  
    hear my voice when I cry to you.
- <sup>2</sup> Let my prayer be set forth in your sight as incense, \*  
    the lifting up of my hands as the evening sacrifice.
- <sup>3</sup> Set a watch before my mouth, O Lord, \*  
    and guard the door of my lips.
- <sup>4</sup> Let not my heart incline to any evil thing. \*  
    Let me not be occupied in wickedness with evildoers,  
    nor eat of their choice foods.
- <sup>5</sup> 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.
- <sup>6</sup> Let their rulers be overthrown in stony places, \*  
    that they may know my words are true.
- <sup>7</sup> As when a farmer turns over the earth in furrows, \*  
    let their bones be scattered at the mouth of the grave.
- <sup>8</sup> But my eyes are turned to you, Lord God; \*  
    in you I take refuge; do not strip me of my life.
- <sup>9</sup> Protect me from the snare which they have laid for me \*  
    and from the traps of the evildoers.
- <sup>10</sup> Let the wicked fall into their own nets, \*  
    while I myself escape.

**Psalm 142** *Voce mea ad Dominum*

- <sup>1</sup> I cry to the Lord with my voice; \*  
    to you I make loud supplication.
- <sup>2</sup> I pour out my complaint before you \*  
    and tell you all my trouble.
- <sup>3</sup> When my spirit languishes within me, you know my path; \*  
    in the way wherein I walk they have hidden a trap for me.
- <sup>4</sup> I look to my side and find no one who knows me; \*  
    I have no place to flee to, and no one cares for me.
- <sup>5</sup> I cry out to you, O Lord; \*  
    I say, "You are my refuge,  
    my portion in the land of the living."
- <sup>6</sup> 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.

**Psalm 143** *Domine exaudi*

1 Lord, hear my prayer,  
and in your faithfulness heed my supplications; \*  
answer me in your righteousness.  
2 Enter not into judgement with your servant, \*  
for in your sight shall no one living be justified.  
3 For my enemies have sought my life;  
they have crushed me to the ground; \*  
they have 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.

**Psalm 144** *Benedictus Dominus*

- <sup>1</sup> Blessed be the Lord my rock, \*  
    who trains my hand to fight and my fingers to battle;
- <sup>2</sup> my help and my fortress, \*  
    my stronghold and my deliverer,  
my shield in whom I trust, \*  
    who subdues the peoples under me.
- <sup>3</sup> O Lord, what are we that you should care for us? \*  
    Mere mortals that you should think of us?
- <sup>4</sup> We are like a puff of wind; \*  
    our days are like a passing shadow.
- <sup>5</sup> Bow your heavens, O Lord, and come down; \*  
    touch the mountains, and they shall smoke.
- <sup>6</sup> Hurl the lightning and scatter them; \*  
    shoot out your arrows and rout them.
- <sup>7</sup> Stretch out your hand from on high; \*  
    rescue me and deliver me from the great waters,  
    from the hand of foreign peoples,
- <sup>8</sup> for their mouths speak deceitfully \*  
    and their hand is raised in falsehood.
- <sup>9</sup> O God, I will sing to you a new song; \*  
    I will play to you on a ten-stringed lyre.
- <sup>10</sup> You give victory to rulers \*  
    and have rescued David your servant.
- <sup>11</sup> Rescue me from the hurtful sword \*  
    and deliver me from the hand of foreign peoples,  
for their mouths speak deceitfully \*  
    and they raise their hand in falsehood.
- <sup>12</sup> May our sons be like plants well nurtured from their youth, \*  
    and our daughters like sculptured corners of a palace.
- <sup>13</sup> 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.
- <sup>14</sup> May there be no breaching of the walls, no going into exile, \*  
    no wailing in the public squares.
- <sup>15</sup> Happy are the people of whom this is so! \*  
    Happy are the people for whom God is the Lord!

**Psalm 145** *Exaltabo te, Deus*

- <sup>1</sup> I will exalt you, O God my sovereign, \*  
    and bless your name for ever and ever.

- <sup>2</sup> Every day will I bless you \*  
and praise your name for ever and ever.
- <sup>3</sup> Great are you, O Lord, and greatly to be praised; \*  
there is no end to your greatness.
- <sup>4</sup> One generation shall praise your works to another \*  
and shall declare your power.
- <sup>5</sup> I will ponder the glorious splendour of your majesty \*  
and all your marvellous works.
- <sup>6</sup> They shall speak of the might of your wondrous acts, \*  
and I will tell of your greatness.
- <sup>7</sup> They shall publish the remembrance of your great goodness; \*  
they shall sing of your righteous deeds.
- <sup>8</sup> O Lord, you are gracious and full of compassion, \*  
slow to anger and of great kindness.
- <sup>9</sup> You are loving to everyone \*  
and your compassion is over all your works.
- <sup>10</sup> All your works praise you, O Lord, \*  
and your faithful servants bless you.
- <sup>11</sup> They make known the glory of your dominion \*  
and speak of your power;
- <sup>12</sup> so that the peoples may know of your power \*  
and the glorious splendour of your dominion.
- <sup>13</sup> Your sovereignty is an everlasting one; \*  
your dominion endures throughout all ages.
- Lord, you are faithful in all your words \*  
and merciful in all your deeds.
- <sup>14</sup> You uphold all those who fall \*  
and lift up those who are bowed down.
- <sup>15</sup> The eyes of all wait upon you, O Lord, \*  
and you give them their food in due season.
- <sup>16</sup> You open wide your hand \*  
and satisfy the needs of every living creature.
- <sup>17</sup> You are righteous in all your ways \*  
and loving in all your works.
- <sup>18</sup> You are near to those who call upon you, \*  
to all who call upon you faithfully.
- <sup>19</sup> You fulfil the desire of those who fear you, \*  
you hear their cry and help them.
- <sup>20</sup> You preserve all those who love you, \*  
but you destroy all the wicked.
- <sup>21</sup> My mouth shall speak your praise, O Lord; \*  
let all flesh bless your holy name for ever and ever.

**Psalm 146** *Lauda, anima mea*

<sup>1</sup> Hallelujah! \*

Praise the Lord, O my soul!

<sup>2</sup> I will praise the Lord as long as I live;

I will sing praise to my God while I have my being.

<sup>3</sup> Put not your trust in rulers, nor in any child of earth, \*

for there is no help in them.

<sup>4</sup> When they breathe their last, they return to earth, \*

and in that day their thoughts perish.

<sup>5</sup> Happy are they who have the God of Jacob for their help! \*

For their hope is in the Lord their God,

<sup>6</sup> who made heaven and earth, the seas,  
and all that is in them; \*

who keeps promises for ever;

<sup>7</sup> who gives justice to those who are oppressed, \*

food to those who hunger

and sets the prisoners free.

<sup>8</sup> The Lord opens the eyes of the blind! \*

The Lord lifts up those who are bowed down

and loves the righteous.

<sup>9</sup> The Lord cares for the stranger \*

and sustains the orphan and widow,

but frustrates the way of the wicked.

<sup>10</sup> The Lord shall reign for ever, \*

your God, O Zion, throughout all generations.

Hallelujah!

**Psalm 147** *Laudate Dominum*

<sup>1</sup> Hallelujah!

How good it is to sing praises to our God! \*

How pleasant it is to honour God with praise!

<sup>2</sup> The Lord rebuilds Jerusalem \*

and gathers the exiles of Israel.

<sup>3</sup> The Lord heals the brokenhearted \*

and binds up their wounds.

<sup>4</sup> The Lord counts the number of stars \*

and calls them all by their names.

<sup>5</sup> Great is our Lord and mighty in power; \*

there is no limit to the wisdom of God.

<sup>6</sup> The Lord lifts up the lowly, \*

but casts the wicked to the ground.

<sup>7</sup> Sing to the Lord with thanksgiving; \*  
 make music to our God upon the harp.  
<sup>8</sup> The Lord covers the heavens with clouds \*  
 and prepares rain for the earth,  
 making grass to grow upon the mountains \*  
 and green plants to serve humankind.  
<sup>9</sup> The Lord provides food for flocks and herds \*  
 and for the young ravens when they cry.  
<sup>10</sup> The Lord is not impressed by the might of a horse \*  
 and has no pleasure in human strength,  
<sup>11</sup> but finds pleasure in those who fear God, \*  
 in those who await the gracious favour of the Lord.  
<sup>12</sup> Worship the Lord, O Jerusalem; \*  
 praise your God, O Zion,  
<sup>13</sup> who has strengthened the bars of your gates, \*  
 who has blessed your children within you.  
<sup>14</sup> For the Lord has established peace on your borders \*  
 and satisfies you with the finest wheat.  
<sup>15</sup> The Lord sends out a command to the earth, \*  
 and this word runs very swiftly.  
<sup>16</sup> The Lord gives snow like wool \*  
 and scatters hoarfrost like ashes  
<sup>17</sup> and hail like bread-crumbs; \*  
 who can stand against such cold?  
<sup>18</sup> The Lord sends forth the word and melts them, \*  
 blowing with the wind and the waters flow.  
<sup>19</sup> The Lord declares the word to Jacob, \*  
 statutes and judgements to Israel.  
<sup>20</sup> The Lord has not done so to any other nation; \*  
 to them these judgements have not been revealed.  
 Hallelujah!

**Psalm 148** *Laudate Dominum*

<sup>1</sup> Hallelujah!  
 Praise the Lord from the heavens; \*  
 praise God in the heights.  
<sup>2</sup> Praise the Lord all you angels; \*  
 sing praises, all you heavenly host.  
<sup>3</sup> Praise the Lord, sun and moon; \*  
 sing praises, all you shining stars.  
<sup>4</sup> Praise the Lord, heaven of heavens, \*  
 sing praises, you waters above the heavens.

<sup>5</sup> Let them praise the name of the Lord; \*  
     who gave the command and they were created,  
<sup>6</sup> who made them stand fast for ever and ever, \*  
     who gave them a law which shall not pass away.  
<sup>7</sup> Praise the Lord from the earth, \*  
     you sea-monsters and all deeps;  
<sup>8</sup> fire and hail, snow and fog, \*  
     tempestuous wind, doing God's will;  
<sup>9</sup> mountains and all hills, \*  
     fruit trees and all cedars;  
<sup>10</sup> wild beasts and all cattle, \*  
     creeping things and wingèd birds;  
<sup>11</sup> sovereigns of the earth and all peoples, \*  
     princes and all rulers of the world;  
<sup>12</sup> young men and young women, \*  
     old and young together.  
<sup>13</sup> Let them praise the name of the Lord, \*  
     whose name only is exalted,  
     whose splendour is over earth and heaven.  
<sup>14</sup> The Lord has raised up strength for this people \*  
     and praise for all loyal servants,  
 the children of Israel, \*  
     a people who are near to the Lord.  
 Hallelujah!

**Psalm 149** *Cantate Domino*

<sup>1</sup> Hallelujah!  
 Sing to the Lord a new song; \*  
     sing the praises of God in the congregation of the faithful.  
<sup>2</sup> Let Israel rejoice in their maker; \*  
     let the children of Zion be joyful in their sovereign.  
<sup>3</sup> Let them praise the name of the Lord in the dance; \*  
     let them sing praise to God with timbrel and harp.  
<sup>4</sup> For the Lord takes pleasure in this people \*  
     and adorns the poor with victory.  
<sup>5</sup> Let the faithful rejoice in triumph; \*  
     let them be joyful on their beds.  
<sup>6</sup> Let the praises of God be in their throat \*  
     and a two-edged sword in their hand;  
<sup>7</sup> to wreak vengeance on the nations \*  
     and punishment on the peoples;  
<sup>8</sup> to bind their rulers in chains \*

and their nobles with links of iron;  
<sup>9</sup> to inflict on them the judgement decreed; \*  
this is glory for all God's faithful people.  
Hallelujah!

**Psalm 150** *Laudate Dominum*

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