

# Daily Prayer

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## INTRODUCTION

This Order of Daily Prayer is designed to allow Scripture to stimulate and to express worship of the God of whom Scripture speaks.

A form of prayer is provided for morning and evening under a series of headings. These headings reflect the liturgical seasons, but are not intended to be tied to them. Thus the form under the heading "The Suffering Christ" could well be used in Holy Week, but no less appropriately when commemoration of a part of the church under persecution is made.

The form consists primarily of psalms and canticles which are intended to be recited slowly, quietly and reflectively, so that they may become part of us and give voice to our own prayer. Some suggestions for a simple, reflective way of singing psalms are included.

There is provision for silence within the order. It is helpful to keep a period of silence also before and after using it. A short form has already been published. Some will find this enough. Others will want to use the additional material provided here.

The material provided should be used - or omitted - as is found most helpful.

The Elements which make up the order are these:

1. An introductory verse and response, invoking God's presence and help.
2. Praise to God - Father, Son and Holy Spirit - with the implied request that our worship and our life reflect his glory.
3. Psalmody, which comprises:  
An opening psalm (or suitable hymn), a variable psalm or psalms, and a concluding passage from elsewhere in the Bible are grouped together by a single optional antiphon or sentence.

In the morning, the attitude of praise has controlled the choice; in the evening, reflective trust. Within this overall frame, it is intended that the psalms reflect the mood and images of the season of the year.

In addition, the choice of the variable psalms seeks generally to follow a pattern: on Sundays celebrating new life, resurrection; on Mondays reflecting the wisdom tradition in the Old Testament; on Tuesdays songs of kingship and the holy city; on Wednesdays prayers of lament and thanksgiving; on Thursdays songs of God's saving acts; on Fridays psalms enabling reflection on the cross of Christ; on Saturdays psalms suitable to the Sabbath day.

In the provision for Other Times, Weeks A-D, two sets of Psalms are given. These may be used consecutively, creating an eight-week cycle, or psalms in Set 2 may be used simply as alternatives to those in Set 1.

Psalms and other passages may be read all together, or else the leader and congregation may say alternate verses, or else two parts of the congregation may alternate ('a' and 'b' indicate where this is particularly appropriate).

An asterisk indicates

(a) in an antiphon the point at which everyone joins in with the leader:

(b) in the text of psalms and canticles the half verse.

Music for singing psalms is given [here](#).

4. Scripture reading(s). Readings for *Daily Prayer* are given in the *Calendar and Lectionary* of the Scottish Episcopal Church. Those who prefer a more limited provision will find it in the weekday lectionary drawn up to complement the readings for Sundays given in the *Revised Common Lectionary*. It is entitled *Revised Common Lectionary Daily Readings* and is published by Fortress Press. Others may wish to follow a scheme of Bible reading such as that provided by the Bible Reading Fellowship, or simply to read each day a few verses from a particular book of the Bible.

5. Silence at this point allows time for reflecting or simply for being in God's presence.
6. An optional Response follows the reading. This is a traditional device for concentrating upon a particular verse and making it the vehicle of our response to God's Word.
7. The Benedictus at Morning Prayer and the Magnificat at Evening Prayer celebrate Christ as the fulfilment of God's promise to Israel and the sign of the new covenant. In these canticles both morning and evening prayer reach their climax.  
For each canticle an optional antiphon is provided. This usually reflects the readings given in the Revised Common Lectionary for each Sunday.
8. After this climax, a simple invocation leads into brief (and perhaps informal) intercession, which ends with the Lord's Prayer, the collect of the day (as provided in *Scottish Liturgy (Eucharist)*, and a morning/evening collect. The conclusion of the order is marked by a verse and response which may lead into a time of silence.

## ACKNOWLEDGEMENTS

Thanks are expressed for permission to reprint here various material:

The common texts - English Language Liturgical Consultation (ELLC)

Numerous extracts - The New Liturgical Psalter

The morning and evening collects - Praise in All Our Days

Venite - An Australian Prayer Book

Numerous extracts - The Revised Standard Version of the Bible

Conclusion on page 39 - The New English Bible

Second version of Phos hilaron page 86 – The Hymnal 1982 (ECUSA)

## COMMON TEXTS

### GLORIA PATRI

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now,  
and shall be for ever.

**Amen.**

or

Glory to God, Source of all being, Eternal Word and Holy Spirit;\*  
as it was in the beginning, is now,  
and shall be for ever.

**Amen.**

### VENITE

- 1 O come let us sing out to the Lord,\*  
let us shout in triumph to the rock of our salvation.
- 2 Let us come before his face with thanksgiving\*  
and cry out to him joyfully in psalms.
- 3 For the Lord is a great God,\*  
and a great king above all gods.
- 4 In his hands are the depths of the earth,\*  
and the peaks of the mountains are his also.
- 5 The sea is his and he made it;\*  
his hands moulded dry land.
- 6 Come let us worship and bow down,\*  
and kneel before the Lord our maker.
- 7 For he himself is our God;\*  
we are the people of his pasture and the sheep of his hand.
- 8 Today if only you would hear his voice:\*  
'Do not harden your hearts as Israel did in the wilderness;
- 9 when your fathers tested me;\*  
put me to proof though they had seen my works.
- 10 Of whom I swore in my wrath:\*  
"They shall not enter my rest."

Glory to the Father... *(may be said by all)*

## VENITE (alternative version)

*One voice or group of voices says the verses marked a, another those marked b, and all say verses in bold type*

- a O come let us sing out to the Lord,\*  
let us shout in triumph to the rock of our salvation!
- b Let us come before his face with thanksgiving\*  
and cry out to him joyfully in psalms!

**You, Lord are a great God\*  
a great king above all gods.**

**In your hands are the depths of the earth\*  
the peaks of the mountains are yours also.**

**The sea is yours; you made it,\*  
your hands moulded dry land.**

- a Come let us worship and bow down\*  
and kneel before the Lord our maker!

**You are the Lord our God;\*  
we are your people, the sheep of your pasture.**

- b Today if only you would hear his voice:\*  
'Do not harden your hearts like Israel in the wilderness.'

**Our forebears tested you,  
put you to proof though they had seen your works.\*  
So you swore in your wrath, 'They shall not enter my rest.'**

Glory... *(may be said by all)*

## BENEDICTUS

- 1 Blessed be the Lord the God of Israel,\*  
for he has come to his people and set them free.
- 2 He has raised up for us a mighty saviour,\*  
born of the house of his servant David.
- 3 Through his holy prophets he promised of old\*  
that he would save us from our enemies,  
from the hands of all that hate us.
- 4 He promised to show mercy to our forebears,\*  
and to remember his holy covenant.
- 5 This was the oath he swore to our father Abraham:\*  
to set us free from the hands of our enemies,
- 6 free to worship him without fear,\*  
holy and righteous in his sight all the days of our life.
- 7 You my child shall be called the prophet of the Most High,\*  
for you will go before the Lord to prepare his way,
- 8 to give his people knowledge of salvation\*  
by the forgiveness of all their sins.
- 9 In the tender compassion of our God\*  
the dawn from on high shall break upon us,
- 10 to shine on those who dwell in darkness and the shadow of death,\*  
and to guide our feet into the way of peace.

Glory to the Father... *(may be said by all)*

## BENEDICTUS (alternative version)

*One voice or group of voices says the verses marked a, another those marked b, and all say verses in bold type*

- a Blessed are you, Lord, the God of Israel,\*  
you have come to your people and set them free.
- b You have raised up for us a mighty Saviour,\*  
born of the house of your servant David.
- a Through your holy prophets, you promised of old\*  
**to save us from our enemies,**  
**from the hands of all who hate us,\***  
**to show mercy to our forebears,**  
**and to remember your holy covenant.**
- b This was the oath you swore to our father Abraham:\*  
**to set us free from the hands of our enemies,**  
**free to worship you without fear,\***  
**holy and righteous before you,**  
**all the days of our life.**
- a And you, child, shall be called the prophet of the Most High,\*  
for you will go before the Lord to prepare the way,  
b to give God's people knowledge of salvation\*  
by the forgiveness of their sins.
- a In the tender compassion of our God\*  
the dawn from on high shall break upon us,  
b to shine on those who dwell in darkness and the shadow of death,\*  
and to guide our feet into the way of peace.

*Glory... (may be said by all)*

## MAGNIFICAT

- 1      My soul proclaims the greatness of the Lord,\*  
         my spirit rejoices in God my Saviour;
- 2      for he has looked with favour on his lowly servant;\*  
         from this day all generations will call me blessed.
- 3      The Almighty has done great things for me\*  
         and holy is his name.
- 4      He has mercy on those who fear him\*  
         in every generation.
- 5      He has shown the strength of his arm;\*  
         he has scattered the proud in their conceit.
- 6      He has cast down the mighty from their thrones\*  
         and has lifted up the lowly.
- 7      He has filled the hungry with good things,\*  
         and the rich he has sent away empty.
- 8      He has come to the help of his servant Israel,\*  
         for he has remembered his promise of mercy,
- 9      the promise he made to our forebears,\*  
         to Abraham and his children for ever.

Glory to the Father... *(may be said by all)*

## MAGNIFICAT (alternative version)

- 1 My soul proclaims the greatness of the Lord,\*  
my spirit rejoices in God my Saviour,
- 2 for you, Lord, have looked with favour on your lowly  
servant.\*  
From this day all generations will call me blessed:
- 3 You, the Almighty, have done great things for me\*  
and holy is your name.
- 4 You have mercy on those who fear you,\*  
from generation to generation.
- 5 You have shown strength with your arm\*  
and scattered the proud in their conceit,
- 6 casting down the mighty from their thrones\*  
and lifting up the lowly.
- 7 You have filled the hungry with good things  
and sent the rich away empty.
- 8 You have come to the aid of your servant Israel,\*  
to remember the promise of mercy,
- 9 the promise made to our forebears,\*  
to Abraham and his children for ever.

*Glory... (may be said by all)*

## NUNC DIMITTIS

- 1 Now, Lord, you let your servant go in peace:\*  
your word has been fulfilled.
- 2 My own eyes have seen the salvation\*  
which you have prepared in the sight of every people;
- 3 a light to reveal you to the nations\*  
and the glory of your people Israel.

*Glory to the Father... (may be said by all)*

# MORNING PRAYER

## ANTICIPATION

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.  
**Amen.**

## PSALMODY

Antiphon:        Show your servants your works\*  
                      and your splendour to their children.  
                      (Ps. 90.16)

### Opening

## VENITE

or from Psalm 90

- 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        Satisfy us by your loving-kindness in the morning;\*  
          so shall we rejoice and be glad all the days of our life.
- 4        Make us glad by the measure of the days that you afflicted us\*  
          and the years in which we suffered adversity.

Glory to the Father...

or a suitable hymn.

**Variable Psalms**

Sundays	97	
Mondays	50	
Tuesdays	20 (21)	
Wednesdays	44	or 144
Thursdays	99 (100)	
Fridays	94	
Saturdays	92 (93)	or 119 (any 2 or 3 sections)

**Conclusion** (Isaiah 2.2-5)

- 1 In days to come, the mountain where the Lord dwells\*  
will be lifted high above all the mountains  
and raised above the hills.
- 2 All the nations will flock to it;\*  
countless peoples will come to it.
- 3 And they will say, Come let us go to the mountain of the Lord,\*  
to the temple of the God of Jacob,
4. who will teach us his ways,\*  
and we will walk in his paths;
5. who will sit in judgement over the nations;\*  
be arbiter among many peoples.
6. They will beat their swords into ploughshares,\*  
and their spears into sickles;
7. nation shall not lift up sword against nation,\*  
nor ever again prepare for war.
8. O people of Jacob come,\*  
let us walk in the light of the Lord.

Glory to the Father...

**Antiphon:** Show your servants your works,  
and your splendour to their children.

## READING(S)

Silence

Response (Ps. 96.10)

Tell it out among the nations: 'The Lord is King!'

**Tell it out among the nations: 'The Lord is King!'**

He will judge the peoples with equity.

**'The Lord is King.'**

Glory to the Father and to the Son and to the Holy Spirit.

**Tell it out among the nations: 'The Lord is King!'**

## BENEDICTUS

### Benedictus Antiphons

- |        |                                                                                                                                  |
|--------|----------------------------------------------------------------------------------------------------------------------------------|
| Week 1 | Look up and raise your heads,*<br>because your redemption is drawing near. (Luke 21.28)                                          |
| Week 2 | Prepare the way of the Lord,* make his paths straight.<br>All flesh shall see the salvation of God. (Luke 3.4,6)                 |
| Week 3 | The Spirit of the Lord is upon me,*<br>because the Lord has anointed me to bring good tidings to<br>the afflicted. (Isaiah 61.1) |
| Week 4 | A virgin shall conceive and bear a son* and his name<br>shall be called Emmanuel: God with us. (Matt. 1.23)                      |

## **PRAYERS**

## **INCARNATION**

O Lord, open our lips:

**and our mouth shall proclaim your praise.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## **PSALMODY**

**Antiphon:** Your justice Lord dawns like morning light;\*  
its dawning is as sure as the sunrise. (Hos. 6.3)

## **Opening**

## **VENITE**

or from Psalm 85

- 1 I will listen to what the Lord God is saying,\*  
for he is speaking peace to his faithful people.
- 2 Truly his salvation is very near to those who fear him,\*  
that his glory may dwell in our land.
- 3 Mercy and truth have met together;\*  
righteousness and peace have kissed each other.
- 4 Truth shall spring up from the earth,\*  
and righteousness shall look down from heaven.

Glory to the Father...

or a suitable hymn

**Variable Psalms (see alternative psalms)**

Christmas Day	89.1-18	
Sundays	99 (100)	
Mondays	2 (8)	
Tuesdays	99 (100)	
Wednesdays	2 (8)	
Thursdays	99 (100)	
Fridays	2 (8)	
Saturdays	29 (34)	or 119 (any 2 or 3 sections)
Epiphany	72	or 98

**Conclusion** (from Isaiah 60)

- 1      Arise, shine, for your light has come,\*  
the glory of the Lord has risen upon you.
- 2      For behold darkness shall cover the earth,\*  
thick darkness the peoples;
- 3      but the Lord will arise upon you;\*  
God's glory will be seen upon you.
- 4      Nations shall come to your light;\*  
kings to the brightness of your rising.
- 5      The sun shall be no more your light by day;\*  
nor for brightness shall the moon give light to you by night;
- 6      but the Lord will be your everlasting light,\*  
your God will be your glory.

Glory to the Father...

**Antiphon:** Your justice Lord dawns like morning light,  
its dawning is as sure as the sunrise.

## **READING(S)**

**Silence**

**Response** (Ps. 119.130)

When your word goes forth it gives light.

**When your word goes forth it gives light.**

It gives understanding to the simple.

**It gives light.**

Glory to the Father and to the Son and to the Holy Spirit.

**When your word goes forth it gives light.**

## **BENEDICTUS**

**Benedictus Antiphon**

Christmas To us is born this day a Saviour,\* Christ the Lord. (Luke 2.11)

Epiphany Glory to Christ\* who is preached among the nations and  
believed on in the world. (from 1 Tim 3.16)

## **PRAYERS**

## RETURNING TO GOD

O Lord, open our lips:

**and our mouth shall proclaim your praise.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## PSALMODY

**Antiphon:** O God, you are my God;\*  
eagerly I seek you. (Ps. 63.1)

## Opening

## VENITE

or (from Psalm 63)

- 1 My soul thirsts for you, my flesh faints for you,\*  
as in a barren and dry land where there is no water.
- 2 For your loving-kindness is better than life itself;\*  
my lips shall give you praise.
- 3 For you have been my helper,\*  
and under the shadow of your wings I will rejoice.
- 4 My soul clings to you;\*  
your right hand holds me fast.

Glory to the Father...

or a suitable hymn

### **Variable Psalms**

Ash Wednesday	51 or 5;6	
Sundays	34	
Mondays	32 (36)	
Tuesdays	61 (62)	
Wednesdays	25	or 78.1-16
Thursdays	77	or 78.40-53
Fridays	51	
Saturdays	119 (any 2 or 3 sections)	

### **Conclusion** (from Ezekiel 36)

- 1 I will gather you from every country,\*  
and bring you home to your own land.
- 2 I will pour clean water over you,\*  
and cleanse you from your idols.
- 3 A new heart I will give you,\*  
and put a new spirit within you.
- 4 I will take from your body the heart of stone.\*  
and give you a heart of flesh.
- 5 I will put my spirit within you.\*  
and make you walk in my ways and observe my decrees.
- 6 You will live in the land that I gave to your forebears,\*  
you will be my people and I will be your God.

Glory to the Father...

Antiphon: O God, you are my God;  
eagerly I seek you.

## READING(S)

### Silence

### Response (Ps. 6.4)

Turn, O Lord, and deliver me.

**Turn, O Lord, and deliver me.**

Save me for your mercy's sake.

**And deliver me.**

Glory to the Father and to the Son and to the Holy Spirit.

**Turn, O Lord, and deliver me.**

## BENEDICTUS

### Benedictus Antiphons

Ash Wednesday	Create in me* a clean heart, O God (Ps.51.11)
1st week	We shall not live by bread alone,* but by every word that proceeds from the mouth of God. (Matt. 4.4)
2nd week	If you hear his voice,*harden not your hearts. (Ps. 95.7)
3rd week	Lord, you are indeed the Saviour of the world.* Give us living water, that we may not thirst. (cf Jn 3.16;4.15)
4th week	I will arise and go to my father* and I will say to him, Father I have sinned against heaven and before you. (Luke 15.18)
5th week	Anyone who serves me must follow me, says the Lord;* where I am, there shall my servant be also. (John 12.26)

## **PRAYERS**

### **THE SUFFERING CHRIST**

O Lord, open our lips:

**and our mouth shall proclaim your praise.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## **PSALMODY**

**Antiphon:** I will thank you, O Lord my God, with all my heart,\*  
and glorify your name for evermore. (Ps. 86.12)

### **Opening**

## **VENITE**

or (from Psalm 86)

- 1 Among the gods there is none like you, O Lord,\*  
nor anything like your works.
- 2 All nations you have made will come and worship you, O  
Lord,\*  
and glorify your name.
- 3 For you are great; you do wondrous things;\*  
and you alone are God.
- 4 Teach me your way, O Lord, and I will walk in your truth;\*  
knit my heart to you that I may fear your name.

Glory to the Father...

or a suitable hymn

### Variable Psalms (for psalms proper to Holy Week)

Sundays	24	or 20;24
Monday	27	or 26;27
Tuesdays	56 (57)	
Wednesdays	40	
Thursdays	81	or 80;81
Fridays	22	
Saturdays	119 (any 2 or 3 sections)	

### Conclusion

From Isaiah 42

*or*

From Lamentations 3

Behold my servant, whom I uphold\*  
my chosen, in whom  
my soul delights;  
I have put my spirit upon him\*  
he will bring forth justice to the  
nations:  
He will not cry nor lift up his voice\*  
or make it heard in the street;  
a bruised reed he will not break\*  
a dimly burning wick he will not  
quench;  
he will faithfully bring forth justice\*  
he will not fail nor be discouraged,  
till he has established justice in the  
earth\*  
and the coastlands wait for his law.

Remember my affliction and  
bitterness\*  
the wormwood and the gall!  
My soul continually thinks of it\*  
and is bowed down within me.  
But this I call to mind\*  
and therefore I have hope -  
The steadfast love of the Lord never  
ceases\*  
his mercies never come to an end.  
They are new every morning\*  
great is his faithfulness.  
'The Lord is my portion.' says my  
soul: \*  
'therefore I will hope in him.'

Glory to the Father...

Antiphon: I will thank you, O Lord my God, with all my  
heart, and glorify your name for evermore.

## READING(S)

### Silence

### Response (Ps. 119.123)

My eyes have failed from watching for your salvation.

**My eyes have failed from watching for your salvation.**

And for your righteous promise.

**For your salvation.**

Glory to the Father and to the Son and to the Holy Spirit.

**My eyes have failed from watching for your salvation.**

## BENEDICTUS

### Benedictus Antiphons

Sundays

5th week      Anyone who serves me must follow me, says the Lord,\*  
and where I am there shall my servant be also. (Jn 12.26)

6th week      Hosanna\* to the Son of David! (Mt 21.9)

Mondays      Deliver me O Lord from evil,\* preserve me from the wicked.  
(Ps 140.1)

Tuesdays      False witnesses have risen against me,\* and they breathe out  
violence. (Ps 27.12)

Wednesdays      Christ Jesus\* humbled himself even to death. (Phil 2.8)

Thursdays      A new commandment I give to you,\* that you love one  
another, says the Lord. (Jn 13.34)

Fridays      We proclaim Christ,\* nailed to the cross. (cf 1 Cor 1.23)

Saturdays      Destroy this temple\* and in three days I will raise it up, says  
the Lord. (Jn 2.19)

## PRAYERS

## NEW LIFE - THE LORD

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.  
**Amen.**

## PSALMODY

**Antiphon:** Christ has been raised from the dead: \*  
the first fruits of those who sleep. (1 Cor 15-20)

### Opening - Easter Anthems

- 1 Christ our passover has been sacrificed for us; \*  
so let us celebrate the feast.
- 2 Not with the old leaven of corruption and wickedness, \*  
but with the unleavened bread of sincerity and truth.
- 3 Christ once raised from the dead dies no more; \*  
death has no more dominion over him.
- 4 In dying, he died to sin once for all; \*  
in living, he lives to God.
- 5 See yourselves therefore as dead to sin, \*  
and alive to God in Jesus Christ our Lord.
- 6 Christ has been raised from the dead, \*  
the first fruits of those who sleep.
- 7 For as by man came death, \*  
by man has come also the resurrection of the dead.
- 8 For as in Adam all die, \*  
even so in Christ shall all be made alive.

Glory to the Father...

or a suitable hymn

## Variable Psalms

Sundays	118	
Monday	9	
Tuesdays	18.1-20	
Wednesdays	126	or 124;125;126
Thursdays	92 (93)	
Fridays	96 (97)	
Saturdays	148 (149)	
Ascension Day	24;47	

## Conclusion (from Wisdom 10) or Te Deum

- 1 Wisdom freed a holy people and a blameless race,\*  
from a nation of oppressors.
- 2 She entered the soul of a servant of the Lord,\*  
and withstood fearsome rulers with wonders and signs.
- 3 To the saints she gave the reward of their labours,\*  
and led them by a marvellous road.
- 4 She was their shelter by day,\*  
and a blaze of stars by night.
- 5 She brought them across the Red Sea;\*  
she led them through mighty waters.
- 6 She swallowed their enemies in the waves,\*  
and spat them out from the depths of the sea.
- 7 Then, Lord, the righteous sang the glories of your name,\*  
and praised together your protecting hand.
- 8 For wisdom opened the mouths of the silent.\*  
and gave speech to the tongues of her children.

Glory to the Father...

**Antiphon:** Christ has been raised from the dead:  
the first fruits of those who sleep.

## READING(S)

## Silence

### Response (Ps. 96.4)

Great is the Lord and greatly to be praised, alleluia, alleluia.

**Great is the Lord and greatly to be praised,  
alleluia, alleluia.**

He is more to be feared than all gods.

**Alleluia, alleluia.**

Glory to the Father and to the Son and to the Holy Spirit.

**Great is the Lord and greatly to be praised,  
alleluia, alleluia.**

## BENEDICTUS

### Benedictus Antiphons

Week 1	The Lord is risen indeed,* alleluia!
Week 2	Peace be with you,* says the Lord; alleluia!
Week 3	I am the good shepherd,* says the Lord; alleluia!
Week 4	I am the resurrection* and the life, says the Lord; alleluia!
Week 5	I am the way,* the truth and the life, says the Lord; alleluia!
Week 6	I am the vine* you are the branches, says the Lord; alleluia!

Ascension Day Father, I have manifested your name,\* and now I come to you; alleluia!

## PRAYERS

## NEW LIFE - THE SPIRIT

O Lord, open our lips:

**and our mouth shall proclaim your praise.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

### PSALMODY

**Antiphon:** Exalt yourself above the heavens, O God,\* and  
your glory over all the earth. (Ps. 57.11)

### Opening

### Easter Anthems

or (from Psalm 57)

- 1 My heart is firmly fixed, O God, my heart is fixed;\*  
I will sing and make melody.
- 2 Wake up, my spirit; awake, lute and harp:\*  
I myself will waken the dawn.
- 3 I will confess you among the peoples, O Lord;\*  
I will sing praise to you among the nations.
- 4 For your loving-kindness is greater than the heavens,\*  
and your faithfulness reaches to the clouds.

Glory to the Father...

or a suitable hymn

## Variable Psalms

Sundays	33	
Mondays	81 (82)	
Tuesdays	72	
Wednesdays	76 (77.11-20)	or 75;76
Thursdays	104.1-25	
Fridays	146	
Saturdays	147	or 119 (any 2 or 3 sections)

## Conclusion (Isaiah 61/Luke 4)

- 1      The Spirit of the Lord is upon me,\*  
         because he has anointed me to preach good news to the poor,
- 2      and has sent me to proclaim release to the captives;\*  
         recovery of sight to the blind;
- 3      to set at liberty those who are oppressed;\*  
         to proclaim the acceptable year of the Lord.
- 4      I will greatly rejoice in the Lord;\*  
         my soul shall exult in my God;
- 5      who has clothed me with the garment of salvation,\*  
         and covered me with the robe of righteousness.
- 6      For as the earth brings forth its shoots,\*  
         so the Lord will cause righteousness to spring forth before all  
         nations.

Glory to the Father...

**Antiphon:**      Exalt yourself above the heavens, O God,  
                         and your glory over all the earth.

## READING(S)

### Silence

### Response (Ps. 105.1)

Give thanks to the Lord and call upon his name,  
alleluia, alleluia.

**Give thanks to the Lord and call upon his name,  
alleluia, alleluia.**

Make known his deeds among the peoples,  
**Alleluia, alleluia.**

Glory to the Father and to the Son and to the Holy Spirit.

**Give thanks to the Lord and call upon his name,  
alleluia, alleluia.**

## BENEDICTUS

### Benedictus Antiphons

Week 7            I will not leave you desolate, says the Lord;\*  
I will come to you; alleluia. (John 14.18)

Pentecost        In the Spirit,\* we have access to the Father; alleluia!  
(Eph 2.18)

## PRAYERS

## OTHER TIMES - WEEK A

O Lord, open our lips:

**and our mouth shall proclaim your praise.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

### PSALMODY

**Antiphon:** I will sing to the Lord as long as I live;\* I will  
praise my God while I have my being. (Ps. 104.34)

### Opening

### VENITE

or (from Psalm 104)

- 1 You spread out the heavens like a curtain;\*  
you lay the beams of your chambers in the waters above;
- 2 You make the clouds your chariot;\*  
you ride on the wings of the wind;
- 3 You make the winds your messengers\*  
and flames of fire your servants.
- 4 You have set the earth upon its foundations,\*  
so that it never shall move at any time.

Glory to the Father...

or a suitable hymn

## Variable Psalms

	Set 1	Set 2
Sundays	146	100;114
Mondays	98	11;12
Tuesdays	47	89.1-18
Wednesdays	30	89.37-52
Thursdays	105.1-22	18.1-20
Fridays	97 or 51	17
Saturdays	119.1-24	119.97-120

## Conclusion (from Isaiah 45)

- 1      Thus says the Lord who created the heavens,\*  
         who formed the earth and made it;
- 2      who did not create it a chaos,\*  
         but formed it to be inhabited -
- 3      Turn to me and be saved, all the ends of the earth;\*  
         for I am God: there is no other.
- 4      From my mouth has gone forth in righteousness\*  
         a word that shall not return:
- 5      "To me every knee shall bow,\*  
         every tongue shall swear".'
- 6      In the Lord all the offspring of Israel\*  
         shall triumph and glory.

Glory to the Father...

**Antiphon:**      I will sing to the Lord as long as I live; I will  
                         praise my God while I have my being.

## READING(S)

### Silence

### Response (Ps 92.4)

**In all you have done, O Lord, you have made me glad.**

In all you have done, O Lord, you have made me glad.

I will sing for joy because of the works of your hands.

**You have made me glad.**

Glory to the Father and to the Son and to the Holy Spirit.

**In all you have done, O Lord, you have made me glad.**

## BENEDICTUS

### Benedictus Antiphons

Sundays	God has raised up for us* a mighty saviour.
Mondays	God has set us free* to worship him.
Tuesdays	God has remembered* his holy covenant.
Wednesdays	God promised of old* to save us.
Thursdays	God has come to us* and set us free.
Fridays	In tender compassion,* God's dawn has broken upon us.
Saturdays	God will guide us* in the way of peace.

## PRAYERS

## OTHER TIMES - WEEK B

O Lord, open our lips:

**and our mouth shall proclaim your praise.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

### PSALMODY

**Antiphon:** Your kingdom is an everlasting kingdom;\*  
your dominion endures throughout all ages. (Ps. 145.13)

### Opening

### VENITE

or (from Psalm 145)

- 1 I will exalt you, O God my king,\*  
and bless your name for ever and ever.
- 2 All your works praise you, O Lord,\*  
and your faithful servants bless you.
- 3 They make known the glory of your kingdom\*  
and speak of your power;
- 4 that the peoples may know of your power\*  
and the glorious splendour of your kingdom.

Glory to the Father...

or a suitable hymn

## Variable Psalms

	Set 1	Set 2
Sundays	135	116
Mondays	115	5;6
Tuesdays	138	68.1-18
Wednesdays	57	41
Thursdays	106.1-18	78.1-17
Fridays	22.21-30	22.1-20
Saturdays	119.25-48	119.121-144

## Conclusion (Isaiah 40)

- 1      The Lord is the everlasting God,\*  
         the Creator of the ends of the earth,
- 2      who does not faint nor grow weary,\*  
         whose understanding is unsearchable,
- 3      who gives power to the faint,\*  
         increase of strength to those who have no might.
- 4      Even youth shall faint and be weary;\*  
         the young shall fall exhausted.
- 5      But they who wait for the Lord shall renew their strength;\*  
         they shall mount up with wings like eagles.
- 6      They shall run and not be weary,\*  
         they shall walk and not faint.

Glory to the Father...

**Antiphon:**      Your kingdom is an everlasting kingdom,  
                         Your dominion endures throughout all ages.

## READING(S)

### Silence

### Response (Ps. 86.12)

I will thank you, O Lord my God, with all my heart.

**I will thank you, O Lord my God, with all my heart.**

I will glorify your name for evermore.

**With all my heart.**

Glory to the Father and to the Son and to the Holy Spirit.

**I will thank you, O Lord my God, with all my heart.**

## BENEDICTUS

### Benedictus Antiphons

Sundays	God raised up for us* a mighty saviour.
Mondays	God has set us free* to worship him.
Tuesdays	God has remembered* his holy covenant.
Wednesdays	God promised of old* to save us.
Thursdays	God has come to us* and set us free.
Fridays	In tender compassion,* God's dawn has broken upon us.
Saturdays	God will guide us* in the way of peace.

## PRAYERS

## OTHER TIMES - WEEK C

O Lord, open our lips:

**and our mouth shall proclaim your praise.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

### PSALMODY

**Antiphon:** Be joyful in God, all you lands;\*  
sing the glory of his name! (Ps. 66.1)

### Opening

### VENITE

or (from Psalms 66 and 92)

- 1 All the earth bows down before you,\*  
sings to you, sings out your name.
- 2 Bless our God, you peoples;\*  
make the voice of his praise to be heard.
- 3 It is a good thing to give thanks to the Lord,\*  
and to sing praises to your name, O Most High;
- 4 to tell of your loving-kindness early in the morning\*  
and of your faithfulness in the night season.

Glory to the Father...

or a suitable hymn

## Variable Psalms

	Set 1	Set 2
Sundays	65 (67)	96
Mondays	148	37.1-18
Tuesdays	46	72
Wednesdays	27	63;64
Thursdays	107.1-32	74
Fridays	40 or 51	31.1-13
Saturdays	119.49-72	119.145-160

## Conclusion (from Isaiah 12)

- 1 Behold God is my salvation;\*  
I will trust and not be afraid;
- 2 the Lord God is my strength and my song;  
he has become my salvation.
- 3 With joy you will draw water\*  
from the wells of salvation.
- 4 Give thanks to the Lord, call upon his name;\*  
make known his deeds among the nations.
- 5 Sing to the Lord for he has done gloriously;\*  
let this be known in all the earth.
- 6 Shout and sing for joy, O inhabitant of Sion,\*  
for great in your midst is the Holy One of Israel.

Glory to the Father.....

Antiphon: Be joyful in God, all you lands;  
Sing the glory of his name!

## READING(S)

### Silence

### Response (Ps. 63.4)

I will bless you Lord as long as I live.

**I will bless you Lord as long as I live.**

And lift up my hands in your name.

**As long as I live.**

Glory to the Father and to the Son and to the Holy Spirit.

**I will bless you Lord as long as I live.**

## BENEDICTUS

### Benedictus Antiphons

Sundays	God has raised up for us* a mighty saviour
Mondays	God has set us free* to worship him.
Tuesdays	God has remembered* his holy covenant.
Wednesdays	God promised of old* to save us.
Thursdays	God has come to us* and set us free.
Fridays	In tender compassion,* God's dawn has broken upon us.
Saturdays	God will guide us* in the way of peace.

## PRAYERS

## OTHER TIMES - WEEK D

O Lord, open our lips:

**and our mouth shall proclaim your praise.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

### PSALMODY

**Antiphon:**       Lead me, O Lord, in your righteousness;\*  
                      make your way straight before me. (Ps. 5.8)

### Opening

### VENITE

or (from Psalm 5)

- 1       In the morning, Lord, you hear my voice;\*  
          early in the morning I make my appeal and watch for you.
- 2       Through the greatness of your mercy I will go into your house;\*  
          I will bow down toward your holy temple in awe of you.
- 3       All who take refuge in you will be glad;\*  
          they will sing out their joy for ever.
- 4       You will shelter them,\*  
          so that those who love your name may exult in you.

Glory to the Father....

or a suitable hymn

## Variable Psalms

	Set 1	Set 2
Sundays	145	149;150
Mondays	111 (112)	90
Tuesdays	113	132
Wednesdays	66	69.1-20
Thursdays	147	78.40-54
Fridays	103	86
Saturdays	119.73-96	119.161-176

## Conclusion (from Isaiah 66)

- 1 Rejoice with Jerusalem and exult in her,\*  
all you who love her.
- 2 Share her joy with all your heart,\*  
all you who mourn over her.
- 3 Then you may suck and be fed from her breasts,\*  
delighting in her plentiful milk.
- 4 For thus says the Lord, I will send peace flowing over her like a river,\*  
and the wealth of nations like a stream in flood;
- 5 you shall be carried in her arms,\*  
and rocked upon her knees.
- 6 As a mother comforts her child,\*  
so will I myself comfort you, and you shall find strength in Jerusalem.
- 7 This you shall see and be glad at heart;\*  
your limbs shall be as the fresh grass in spring.\*
- 8 Then I myself will gather all nations;\*  
and they shall come and behold my glory.

Glory to the Father...

**Antiphon:** Lead me, O Lord, in your righteousness;  
make your way straight before me.

## **READING(S)**

### **Silence**

### **Response (Ps. 33.18)**

The eye of the Lord is upon those who fear him.  
The eye of the Lord is upon those who fear him.  
On those who wait upon his love.  
On those who fear him.  
Glory to the Father and to the Son and to the Holy Spirit.  
The eye of the Lord is upon those who fear him.

## **BENEDICTUS**

### **Benedictus Antiphons**

Sundays	God raised up for us* a mighty saviour.
Mondays	God has set us free* to worship him.
Tuesdays	God has remembered* his holy covenant.
Wednesdays	God promised of old* to save us.
Thursdays	God has come to us* and set us free.
Fridays	In tender compassion,* God's dawn has broken upon us.
Saturdays	God will guide us* in the way of peace.

## **PRAYERS**

## FESTIVALS

O Lord, open our lips:

**and our mouth shall proclaim your praise.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## PSALMODY

**Antiphon:**       The Lord is King, let the earth rejoice:\*

                      let the multitude of the isles be glad. (Ps. 97.1)

## Opening

## VENITE

or (from Psalm 97)

- 1       You are the Lord, most high over all the earth;\*
- you are exalted far above all gods.
- 2       The Lord loves those who hate evil;\*
- he preserves the lives of his saints
- and delivers them from the hand of the wicked.
- 3       Light has sprung up for the righteous,\*
- and joyful gladness for those who are truehearted.
- 4       Rejoice in the Lord, you righteous.\*
- and give thanks to his holy name.

Glory to the Father...

or a suitable hymn

## Variable Psalms

Feasts of the Lord	89.1-18 or 72
of Mary	96 (98)
of Apostles and Evangelists	19
of Saints	149;150
of Dedication	24 (46)

## Conclusion (Te Deum)

- a We praise you, O God;  
we acclaim you as Lord.
- b All creation worships you,  
the Father everlasting.
- a To you all angels, all the powers of heaven,  
the cherubim and seraphim, sing in endless praise:

**Holy, holy, holy Lord, God of power and might:  
heaven and earth are full of your glory.**

- a The glorious company of apostles praise you,  
the noble fellowship of prophets praise you.
- b The white-robed army of martyrs praise you.  
Throughout the world the holy Church acclaims you:

**Father, of majesty unbounded;  
your true and only Son, worthy of all praise:  
and the Holy Spirit, advocate and guide.**

- a You, Christ, are the king of glory,  
the eternal Son of the Father.
- b When you took our flesh to set us free  
you humbly chose the Virgin's womb.
- a You overcame the sting of death  
and opened the kingdom of heaven to all believers.
- b You are seated at God's right hand in glory.  
We believe that you will come to be our judge.

**Come then Lord and help your people,  
bought with the price of your own blood,  
and bring us with your saints to glory everlasting.**

**Antiphon:**       The Lord is King, let the earth rejoice,  
                      let the multitude of the isles be glad.

## **READING(S)**

**Silence**

**Response** (Ps. 89.1)

Lord I will sing of your loving kindnesses throughout all generations.  
Lord I will sing of your loving kindnesses throughout all generations.  
My mouth shall proclaim your faithfulness.  
Throughout all generations.  
Glory to the Father and to the Son and to the Holy Spirit.  
Lord I will sing of your loving kindnesses throughout all generations.

## **BENEDICTUS**

### **Benedictus Antiphons**

Feasts of the Lord:	Righteousness and justice* are the foundation of your throne.
of Mary:	Blessed is she* who believed that the Lord's promise would be fulfilled. (Luke 1.45)
of Saints:	Their sound* has gone out through all the world
of Dedication:	Today salvation* has come to this house from the Lord

## **PRAYERS**

## COMMENDATION

O Lord, open our lips:

**and our mouth shall proclaim your praise.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## PSALMODY

**Antiphon:**        Rest eternal grant them, Lord:\*

                      and let light perpetual shine upon them.

## Opening

### The Easter Anthems

or (Psalm 130)

- 1        Out of the depths have I called to you, O Lord;\*
- Lord, hear my voice;
- 2        O let your ears consider well\*
- the voice of my supplication.
- 3        If you, Lord, should note what we do wrong,\*
- who then, O Lord, could stand?
- 4        But there is forgiveness with you;\*
- so that you shall be feared.
- 5        I wait for the Lord, my soul waits for him;\*
- and in his word is my hope.
- 6        My soul looks for the Lord.\*
- more than watchmen for the morning,
- more, I say, than watchmen for the morning.
- 7        O Israel, trust in the Lord, for with the Lord there is mercy;\*

and with him is ample redemption.  
8 He will redeem Israel\*  
from the multitude of his sins.

Glory to the Father...

or a suitable hymn

## **Psalm 90**

### **Conclusion** (from Job 19)

1 Have pity on me, have pity on me, O you my friends,\*  
for the hand of God has touched me.  
2 Oh that my words were written;\*  
Oh that they were inscribed in a book!  
3 Oh that with an iron pen and lead\*  
they were graven in the rock for ever.  
4 For I know that my Redeemer lives,\*  
who at last will stand upon the earth.  
5 And after my skin has been thus destroyed,\*  
then without my flesh I shall see God,  
6 whom I shall see on my side;\*  
and my eyes shall behold, and not another.

Glory to the Father...

**Antiphon:** Rest eternal grant them, Lord;  
and let light perpetual shine upon them.

## READING(S)

Silence

**Response (Ps. 130.1)**

Out of the depths have I called to you, O Lord.

**Out of the depths have I called to you, O Lord.**

Lord, hear my voice.

**I called to you, O Lord.**

Glory to the Father and to the Son and to the Holy Spirit.

**Out of the depths have I called to you, O Lord.**

## BENEDICTUS

**Benedictus Antiphon:** The dawn has broken\* on those who dwell in  
darkness and the shadow of death.

## PRAYERS

**EVENING PRAYER**  
**ANTICIPATION**

O God, make speed to save us;  
**O Lord, make haste to help us.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.  
**Amen.**

**PSALMODY**

**Antiphon:**        My eyes are turned to you, Lord God;\*  
                      in you I take refuge; do not strip me of my life. (Ps. 141.8)

**Opening** (from Psalms 140 and 141)

- 1        I have said to the Lord, ‘You are my God;\*  
          listen, O Lord, to my supplication.’
- 2        O Lord, I call to you; come to me quickly;\*  
          hear my voice when I cry to you.
- 3        I know that the Lord will maintain the cause of the poor\*  
          and render justice to the needy.
- 4        Surely, the righteous will give thanks to your name,\*  
          and the upright shall continue in your sight.

Glory to the Father...

or a suitable hymn

**Variable Psalms**

Sundays	96
Mondays	71
Tuesdays	75 (76)
Wednesdays	80 (82)
Thursdays	85
Fridays	102
Saturdays	98

## Conclusion (from Revelation 22)

- 1 'Behold, I am coming soon\*  
to repay everyone for what he has done.
- 2 'I am the Alpha and the Omega, the first and the last,\*  
the beginning and the end.
- 3 'I am the root and offspring of David,\*  
the bright morning star.'
- 4 The Spirit and the Bride say, 'Come';\*  
let anyone who hears, say, 'Come',
- 5 Let anyone who is thirsty come;\*  
let anyone who desires take the water of life without price.
- 6 The Lord says, 'Surely I am coming soon'.\*  
Amen; come, Lord Jesus!

Glory to the Father...

**Antiphon:** My eyes are turned to you, Lord God;  
in you I take refuge; do not strip me of my life.

## READING(S)

**Silence**

**Response** (Ps. 28.11)

Save your people and bless your inheritance.

**Save your people and bless your inheritance.**

Shepherd them and carry them for ever.

**Bless your inheritance.**

Glory to the Father and to the Son and to the Holy Spirit.

**Save your people and bless your inheritance.**

## MAGNIFICAT

### Magnificat Antiphons

- Week 1 Look up and raise your heads,\* because your redemption is drawing near. (Luke 21, 28)
- Week 2 Prepare the way of the Lord,\* make his paths straight. All flesh shall see the salvation of God. (Luke 3 4, 6)
- Week 3 The Spirit of the Lord is upon me,\* because the Lord has anointed me to bring good tidings to the afflicted. (Isaiah 61.1)
- 17th Dec** (O Sapientia) O Wisdom\* coming forth from the mouth of the Most High, and stretching from end to end of creation, setting all things in order with strong and gentle hand: Come and teach us the path of true judgement.
- 18th Dec** (O Adonai) O Adonai\* O Prince of the House of Israel, who appeared to Moses in the burning bush, and delivered to him the law on Sinai: Come, deliver us with outstretched arm.
- 19th Dec** (O Radix Jesse) O Root of Jesse\* standing like a banner before the nations, in whose presence kings fall silent, whose praise all peoples shall sing: Come, set us free, do not delay.
- 20th Dec** (O Clavis David) O Key of David,\* Sceptre of the House of Israel, what you close none shall open, what you open none shall close: Come, lead forth from prison those who lie in chains, who dwell in darkness and the shadow of death.
- 21st Dec** (O Oriens) O Morning Star\* O radiance of the everlasting Light, O sun of righteousness: Come, shed your light on those who dwell in darkness and the shadow of death.
- 22nd Dec** (O Rex gentium) O King of all nations,\* Lord for whom they long, O Cornerstone that binds in one Jew and Gentile: Come and save mankind, save the men and women you have moulded from the earth.
- 23rd Dec** (O Emmanuel) O Emmanuel\* our King and law-giver, for whom the nations wait, O Saviour of all people: Come, Lord our God, and save us.

## PRAYERS

## INCARNATION

O God, make speed to save us;

**O Lord, make haste to help us.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## PSALMODY

**Antiphon:** Let your loving-kindness, O Lord, be upon us,\*  
as we have put our trust in you. (Ps. 33.22)

### Opening (from Psalm 33)

- 1 The eye of the Lord is upon those who fear him\*  
on those who wait upon his love.
- 2 To pluck their lives from death,\*  
and to feed them in time of famine.
- 3 Our soul waits for the Lord;\*  
he is our help and our shield.
- 4 Indeed, our heart rejoices in him,\*  
for in his holy name we put our trust.

Glory to the Father...

or a suitable hymn

### **Variable Psalms (for alternative psalms)**

Christmas Day	89.19-37
Sundays	145
Mondays	110 (113)
Tuesdays	145
Wednesdays	110 (113)
Thursdays	145
Fridays	110 (113)
Saturdays	138
Epiphany	19 (96)

### **Conclusion** (from Philippians 2)

- 1 Let this mind be in you which was in Christ Jesus:\*
- the divine nature was his from the first:
- 2 Yet he did not grasp at equality with God;\*
- he emptied himself and became like a slave.
- 3 Taking the nature of man he was revealed in human form;\*
- he humbled himself and became obedient even to death,
- death on a cross.
- 4 Therefore God has raised him on high, \*
- and has given him a name above every other name;
- 5 So that in the name of Jesus every knee shall bow, \*
- in heaven, on earth, and in the depths;
- 6 And every tongue confess that Jesus Christ is Lord;\*
- to the glory of God the Father.

Glory to the Father...

Antiphon: Let your loving-kindness, O Lord, be upon us,  
as we have put our trust in you.

### **READING(S)**

## Silence

### Response (Ps.89.27)

I will make him my first-born.

**I will make him my first-born.**

Higher than the kings of the earth.

**My first-born.**

Glory to the Father and to the Son and to the Holy Spirit.

**I will make him my first-born.**

## MAGNIFICAT

### Magnificat Antiphons

Christmas      To us is born this day a Saviour,\* Christ the Lord. (Luke 2.11)

Epiphany      Glory to Christ\* who is preached among the nations and  
believed on in the world. (from 1 Tim. 3.16)

## PRAYERS

## RETURNING TO GOD

O God, make speed to save us;

**O Lord, make haste to help us.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## PSALMODY

**Antiphon:** Show me your ways, O Lord,\*  
and teach me your paths. (Ps. 25.3)

### Opening (from Psalm 25)

- 1 You are the God of my salvation,\*  
in you have I trusted all the day long.
- 2 Remember, O Lord, your compassion and love,\*  
for they are from everlasting.
- 3 Remember not the sins of my youth and my transgressions;\*  
remember me according to your love.
- 4 Let integrity and uprightness preserve me,\*  
for my hope has been in you.

Glory to the Father...  
or a suitable hymn

## Variable Psalms

Ash Wednesday	38	
Sundays	31	
Mondays	27	or 39
Tuesdays	127; 128 (129)	or 102
Wednesdays	78.1-39	or 78.17-39
Thursdays	78.40-72	or 78.54-72
Fridays	130;131	or 38
Saturdays	42; 43	or 143

## Conclusion (from Matthew 5)

- 1 Blessed are the poor in spirit,\*  
for theirs is the kingdom of heaven.
- 2 Blessed are those who mourn,\*  
for they shall be comforted.
- 3 Blessed are the meek,\*  
for they shall inherit the earth.
- 4 Blessed are those who hunger and thirst for righteousness,\*  
for they shall be satisfied.
- 5 Blessed are the merciful,\*  
for they shall obtain mercy.
- 6 Blessed are the pure in heart,\*  
for they shall see God.
- 7 Blessed are the peacemakers,\*  
for they shall be called the children of God.
- 8 Blessed are those who are persecuted for righteousness' sake,\*  
for theirs is the kingdom of heaven.

Glory to the Father...

**Antiphon:** Show me your ways, O Lord,  
and teach me your paths.

## READING(S)

## Silence

Response (Ps. 86.15)

You, Lord, are gracious and full of compassion.

**You, Lord, are gracious and full of compassion.**

Slow to anger, full of kindness and truth.

**Full of compassion.**

Glory to the Father and to the Son and to the Holy Spirit.

**You, Lord, are gracious and full of compassion.**

## MAGNIFICAT

### Magnificat Antiphons

Ash Wednesday	Create in me* a clean heart, O God. (Ps.51.11)
1st week	We shall not live by bread alone,* but by every word that proceeds from the mouth of God. (Matt. 4.4)
2nd week	If you hear his voice,* harden not your hearts (Ps. 95.7)
3rd week	Lord, you are indeed the Saviour of the world.* Give us living water, that we may not thirst.
4th week	I will arise and go to my father* and I will say to him, Father I have sinned against heaven and before you. (Luke 15.18)
5th week	Anyone who serves me must follow me, says the Lord;* where I am, there shall my servant be also. (John 12.26)

## PRAYERS

## THE SUFFERING CHRIST

O God, make speed to save us;

**O Lord, make haste to help us.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## PSALMODY

**Antiphon:** Lord, hear my prayer;\*  
answer me in your righteousness. (Ps. 143.1)

### Opening (from Psalm 143)

- 1 I spread out my hands to you;\*  
my soul gasps to you like a thirsty land.
- 2 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.
- 3 Deliver me from my enemies, O Lord,\*  
for I flee to you for refuge.
- 4 Teach me to do what pleases you, for you are my God;\*  
let your good Spirit lead me on level ground.

Glory to the Father...  
or a suitable hymn

### **Variable Psalms (for psalms proper to Holy Week)**

Sundays	84 (86)	
Mondays	140 (141)	
Tuesdays	64	or 62;64
Wednesdays	55	
Thursdays	41 (88)	
Fridays	1;4	or 23
Saturdays	142	

### **Conclusion (from 1 Peter 2)**

- 1 Christ our Lord suffered for us, leaving us an example,\*  
that we should follow in his steps.
- 2 He committed no sin, no guile was found on his lips;\*  
when he was reviled he did not revile in return.
- 3 When he suffered he did not threaten,\*  
but trusted in God who judges justly.
- 4 He himself bore our sins in his body on the tree,\*  
that we might die to sin and live to righteousness.
- 5 By his wounds we have been healed;\*  
for we were straying like sheep,
- 6 But now we have returned\*  
to the shepherd and guardian of our souls.

Glory to the Father...

Antiphon: Lord, hear my prayer;  
answer me in your righteousness.

## READING(S)

### Silence

### Response (Ps. 140.6)

I have said to the Lord, You are my God.

**I have said to the Lord, You are my God.**

Listen, O Lord, to my supplication.

**You are my God.**

Glory to the Father and to the Son and to the Holy Spirit.

**I have said to the Lord, You are my God.**

## MAGNIFICAT

### Magnificat Antiphons

#### Sunday

5th week Jesus died\* so that we might live for God.

6th week Hosanna\* to the Son of David!

Monday Deliver me O Lord from evil,\* preserve me from the wicked.

Tuesday False witnesses have risen against me,\* and they breathe out violence.

Wednesday Christ Jesus\* humbled himself even to death.

Thursday A new commandment I give to you,\* that you love one another, says the Lord.

Friday We proclaim Christ,\* nailed to the cross.

Saturday Destroy this temple\* and in three days I will raise it up, says the Lord.

## PRAYERS

## NEW LIFE - THE LORD

O God, make speed to save us;

O Lord, make haste to help us.

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## PSALMODY

**Antiphon:**       With you is the well of life,\*  
                      and in your light we see light. (Ps. 36.9)

### Opening (from Psalm 36)

- 1       Your love, O Lord, reaches to the heavens,\*  
          and your faithfulness to the clouds.
- 2       Your righteousness is like the strong mountains,  
          your justice like the great deep;\*  
          you save both man and beast, O Lord.
- 3       How priceless is your love, O God!\*
- your people take refuge under the shadow of your wings.
- 4       They feast upon the abundance of your house;\*
- you give them drink from the river of your delights.

Glory to the Father...

or a suitable hymn

## Variable Psalms

Sundays	150
Mondays	30
Tuesdays	18.21-50
Wednesdays	114 (115)
Thursdays	133;134
Fridays	98 (99)
Saturdays	145
Ascension Day	97;110

## Conclusion (from Colossians 1)

- 1 Give thanks to God, the Father of our Lord Jesus Christ;\*  
he has delivered us from the dominion of darkness.
- 2 He has transferred us to the kingdom of his beloved Son,\*  
in whom we have redemption, the forgiveness of our sins.
- 3 He is the image of the invisible God,\*  
the first-born of all creation.
- 4 For in him all things were created,\*  
in heaven and on earth, visible and invisible.
- 5 He is the head of the body, the church;\*  
he is the beginning, the first-born from the dead.
- 6 In him all the fulness of God was pleased to dwell,\*  
to reconcile all things to himself,  
making peace by the blood of his cross.

Glory to the Father...

Antiphon: With you is the well of life,  
and in your light we see light.

## READING(S)

## Silence

### Response (Ps. 30.1)

I will exalt you, O Lord, for you have lifted me up;  
alleluia, alleluia.

**I will exalt you, O Lord, for you have lifted me up;  
alleluia, alleluia.**

You have not let my enemies triumph over me.

**Alleluia, alleluia.**

Glory to the Father and to the Son and to the Holy Spirit.

**I will exalt you, O Lord, for you have lifted me up;  
alleluia, alleluia.**

## MAGNIFICAT

### Magnificat Antiphons

1st week	The Lord is risen indeed;* alleluia!
2nd week	Peace be with you,* says the Lord; alleluia!
3rd week	I am the good shepherd,* says the Lord; alleluia!
4th week	I am the resurrection* and the life, says the Lord; alleluia!
5th week	I am the way,* the truth and the life, says the Lord; alleluia!
6th week	I am the vine* and you are the branches, says the Lord, alleluia!
Ascension Day	Father, I have manifested your name;* and now to Saturday I come to you; alleluia!

## PRAYERS

## NEW LIFE - THE SPIRIT

O God, make speed to save us;

**O Lord, make haste to help us.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## **PSALMODY**

**Antiphon:** Give me the joy of your saving help again\*  
and sustain me with your bountiful Spirit.  
(Ps. 51.13)

### **Opening** (from Psalm 51)

- 1 You look for truth deep within me,\*  
and will make me understand wisdom secretly.
- 2 Purge me from my sin, and I shall be pure;\*  
wash me, and I shall be clean indeed.
- 3 Create in me a clean heart, O God,\*  
and renew a right spirit within me.
- 4 Cast me not away from your presence\*  
and take not your holy Spirit from me.

Glory to the Father...

or a suitable hymn

## Variable Psalms

Sundays	68.1-20	
Mondays	139	
Tuesdays	113;117	or 116;117
Wednesdays	66	
Thursdays	104.25-37	
Fridays	131;133;134	
Saturdays	136	

## Conclusion (from Romans 8)

- 1 If God is for us, who is against us?\*
- The God who did not spare his own Son,  
will he not give us all things with him?
- 2 It is God who justifies; who is to condemn?\*
- Who shall separate us from the love of Christ?
- 3 Neither death nor life,\*
- nor angels nor principalities;
- 4 Nor things present, nor things to come,\*
- nor depth, nor height;
- 5 Nor powers, nor anything in all creation\*
- shall separate us from the love of God in Christ Jesus our Lord.

Glory to the Father...

**Antiphon:** Give me the joy of your saving help again  
and sustain me with your bountiful Spirit.

## READING(S)

### Silence

### Response (Ps. 147.5)

Great is our Lord, and mighty in power; alleluia, alleluia.

**Great is our Lord, and mighty in power; alleluia, alleluia.**

There is no limit to his wisdom.

**Alleluia, alleluia.**

Glory to the Father and to the Son and to the Holy Spirit.

**Great is our Lord, and mighty in power; alleluia, alleluia.**

## MAGNIFICAT

### Magnificat Antiphons

7th week	I will not leave you desolate, says the Lord;* I will come to you. (John 14.18)
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Pentecost	In the Spirit,* we have access to the Father; alleluia! (Eph 2.18)
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## PRAYERS

## OTHER TIMES - WEEK A

O God, make speed to save us;

**O Lord, make haste to help us.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

### PSALMODY

**Antiphon:** O Lord my God, how excellent is your greatness!\*  
you are clothed with majesty and splendour. (Ps. 104.1)

#### **Opening** (from Psalm 104)

- 1 You appointed the moon to mark the seasons,\*  
and the sun knows the time of its setting.
- 2 You make darkness that it may be night,\*  
in which all the beasts of the forest prowl.
- 3 May the glory of the Lord endure for ever;\*  
may the Lord rejoice in all his works.
- 4 May these words of mine please him;\*  
I will rejoice in the Lord.

Glory to the Father...

or a suitable hymn

## Variable Psalms

	Set 1	Set 2
Sundays	8	121;122
Mondays	36	26
Tuesdays	121 (122)	89.19-36
Wednesdays	80	55
Thursdays	105.23-45	18.21-50
Fridays	1;4	3;4
Saturdays	33	67

## Conclusion (from 1 John 4)

- 1 Beloved let us love one another,\*  
for love is of God;
- 2 And those who love are born of God\*  
and know God.
- 3 Those who do not love do not know God,\*  
for God is love.
- 4 In this the love of God was made manifest among us,\*  
that God sent his only Son into the world  
so that we might live through him.
- 5 In this is love: not that we loved God,\*  
but that God loved us and sent his Son  
to be the expiation for our sins.
- 6 Beloved, if God so loved us,\*  
we also ought to love one another.

Glory to the Father...

**Antiphon:** O Lord my God, how excellent is your greatness!  
you are clothed with majesty and splendour.

## READING(S)

## Silence

### Response (Ps. 119.105)

Your word is a lantern to my feet.

**Your word is a lantern to my feet.**

A light upon my path.

**A lantern to my feet.**

Glory to the Father and to the Son and to the Holy Spirit.

**Your word is a lantern to my feet.**

## MAGNIFICAT

### Magnificat Antiphons

Sundays	Abide with us, Lord,* for it is towards evening, and the day is far spent.
Mondays	My soul proclaims* the greatness of the Lord (not repeated in canticle).
Tuesdays	Our spirits rejoice* in God our Saviour.
Wednesdays	God looks with favour* on his lowly servant.
Thursdays	Show, O Lord, the strength of your arm;* scatter the proud and exalt the lowly.
Fridays	God has cast down the mighty* and lifted up the lowly.
Saturdays	God has come to the aid of his servant Israel,* as he promised to Abraham and his children.

## PRAYERS

### OTHER TIMES - WEEK B

O God, make speed to save us;

**O Lord, make haste to help us.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## **PSALMODY**

**Antiphon:**       Where can I go from your Spirit?\*  
                      where can I flee from your presence?  
                      (Psalm 139.6)

### **Opening** (from Psalm 139)

- 1       I will thank you because I am marvellously made;\*
- your works are wonderful, and I know it well.
- 2       My body was not hidden from you, \*
- while I was being made in secret
- and woven in the depths of the earth.
- 3       How deep I find your thoughts, O God!\*
- how great is the sum of them!
- 4       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.

Glory to the Father...

or a suitable hymn

## Variable Psalms

	Set 1	Set 2
Sundays	34	127;128
Mondays	32	52;54
Tuesdays	48	68.19-36
Wednesdays	25	56
Thursdays	106.19-48	78.18-39
Fridays	13 (14)	38
Saturdays	24 (29)	93

## Conclusion (from 1 Timothy 3)

- 1 Great indeed, we confess,\*  
is the mystery of our religion.
- 2 He was manifested in the flesh,\*  
vindicated in the Spirit,
- 3 Seen by angels,\*  
preached among the nations,
- 4 Believed on in the world;\*  
taken up in glory.

Glory to the Father...

**Antiphon:** Where can I go from your Spirit?  
where can I flee from your presence?

## READING(S)

### Silence

### Response (Ps. 105.5)

Call to mind what wonders he has done!

**Call to mind what wonders he has done!**

His marvellous acts and the judgements of his mouth.

**What wonders he has done!**

Glory to the Father and to the Son and to the Holy Spirit.

**Call to mind what wonders he has done!**

## MAGNIFICAT

### Magnificat Antiphons

Sundays	Abide with us, Lord,* for it is towards evening, and the day is far spent.
Mondays	My soul proclaims* the greatness of the Lord (not repeated in canticle).
Tuesdays	Our spirits rejoice* in God our Saviour.
Wednesdays	God looks with favour* on his lowly servant.
Thursdays	Show, O Lord, the strength of your arm;* scatter the proud and exalt the lowly.
Fridays	God has cast down the mighty* and lifted up the lowly.
Saturdays	God has come to the aid of his servant Israel,* as he promised to Abraham and his children.

## PRAYERS

## OTHER TIMES - WEEK C

O God, make speed to save us;

**O Lord, make haste to help us.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever. Amen.

### PSALMODY

**Antiphon:** Search me out, O God, and know my heart;\*  
try me and know my restless thoughts. (Ps. 139.22)

#### Opening (from Psalm 139)

- 1 You trace my journeys and my resting-places\*  
and are acquainted with all my ways.
- 2 Indeed there is not a word on my lips,\*  
but you, O Lord, know it altogether.
- 3 If I say, 'Surely the darkness will cover me,\*  
and the light around me turn to night',
- 4 Darkness is not dark to you; the night is as bright as the day;\*  
darkness and light to you are both alike.

Glory to the Father...

or a suitable hymn

## Variable Psalms

	Set 1	Set 2
Sundays	104	133;134
Mondays	49	37.19-42
Tuesdays	84	144
Wednesdays	73	142;143
Thursdays	107.33-43	77
Fridays	15 (16)	31.14-24
Saturdays	19 (23)	91

## Conclusion A song of Pilgrimage (from Sirach 51)

- 1 While I was still young, before I began my travels,\*  
I sought for wisdom openly in my prayers.
- 2 I asked for her outside the temple sanctuary,\*  
and I will seek her to the end.
- 3 She has been the delight of my heart.\*  
from first blossom to early fruit.
- 4 I have kept firmly to the true path;\*  
I have followed her steps since my youth.
- 5 I bowed my ear a little and received her;\*  
I found wisdom and was well instructed.
- 6 Glory to the One who gives me wisdom!\*  
I will live according to her way.
- 7 From the beginning I gained understanding from her;\*  
therefore I will never be deserted.
- 8 Because I longed to find her with all my heart,\*  
I have gained a good possession.
- 9 As my reward the Lord has given me a tongue\*  
with which I shall sing his praises.

Glory to the Father...

Antiphon: Search me out, O God, and know my heart;  
try me and know my restless thoughts.

## READING(S)

## Silence

### Response (Sirach 51.26)

Buy wisdom without money, take her yoke upon you.

**Buy wisdom without money, take her yoke upon you.**

Let your souls receive instruction.

**Take her yoke upon you.**

Glory to the Father and to the Son and to the Holy Spirit.

**Buy wisdom without money, take her yoke upon you.**

## MAGNIFICAT

### Magnificat Antiphons

Sundays	Abide with us, Lord,* for it is towards evening, and the day is far spent.
Mondays	My soul proclaims* the greatness of the Lord (not repeated in canticle).
Tuesdays	Our spirits rejoice* in God our Saviour.
Wednesdays	God looks with favour* on his lowly servant.
Thursdays	Show, O Lord, the strength of your arm;* scatter the proud and exalt the lowly.
Fridays	God has cast down the mighty* and lifted up the lowly.
Saturdays	God has come to the aid of his servant Israel,* as he promised to Abraham and his children.

## PRAYERS

### OTHER TIMES - WEEK D

O God, make speed to save us;

**O Lord, make haste to help us.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## **PSALMODY**

**Antiphon:** As the eyes of a maid to the hand of her mistress,\*  
so our eyes look to the Lord our God. (Ps. 123.2f)

### **Opening** (from Psalm 119)

- 1 Your faithfulness remains from one generation to another;\*  
you established the earth, and it abides.
- 2 By your decree these continue to this day,\*  
for all things are your servants.
- 3 I will never forget your commandments,\*  
because by them you give me life.
- 4 I see that all things come to an end,\*  
but your commandment has no bounds.

Glory to the Father...

or a suitable hymn

## Variable Psalms

	Set 1	Set 2
Sundays	62	139
Mondays	39	71
Tuesdays	82	79
Wednesdays	28	69.21-38
Thursdays	81	78.55-72
Fridays	116 (117)	88
Saturdays	42;43	85 or 136

## Conclusion (from Revelation 5 and 15)

- 1 Great and wonderful are your deeds, Lord God the Almighty;\*  
just and true are your ways, O King of the ages!
- 2 Who shall not revere and praise your name, O Lord?\*
- 3 All nations shall come and worship in your presence,\*  
for you alone are holy.
- 4 To God who sits on the throne and to the Lamb\*  
be praise and honour, glory and might, for ever and ever.

**Amen.**

**Antiphon:** As the eyes of a maid to the hand of her mistress,  
so our eyes look to the Lord our God.

## READING(S)

### Silence

### Response (Ps. 119.89)

Lord, your word is everlasting.

**Lord, your word is everlasting.**

It stands firm in the heavens.

**Your word is everlasting.**

Glory to the Father and to the Son and to the Holy Spirit.

**Lord, your word is everlasting.**

## MAGNIFICAT

### Magnificat Antiphons

Sundays	Abide with us, Lord,* for it is towards evening, and the day is far spent.
Mondays	My soul proclaims* the greatness of the Lord (not repeated in canticle).
Tuesdays	Our spirits rejoice* in God our Saviour.
Wednesdays	God looks with favour* on his lowly servant.
Thursdays	Show, O Lord, the strength of your arm;* scatter the proud and exalt the lowly.
Fridays	God has cast down the mighty* and lifted up the lowly.
Saturdays	God has come to the aid of his servant Israel,* as he promised to Abraham and his children.

## PRAYERS

## FESTIVALS

O God, make speed to save us;

**O Lord, make haste to help us.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## PSALMODY

**Antiphon:** Sing to the Lord a new song;\*  
sing his praise in the congregation of the faithful.  
(Ps. 149.1)

### Opening (from Psalm 149)

- 1 Let Israel rejoice in his maker;\*  
let the children of Zion be joyful in their king.
- 2 For the Lord takes pleasure in his people\*  
and adorns the poor with victory.
- 3 Let the faithful rejoice in triumph;\*  
let them be joyful on their beds.
- 4 Let the praises of God be in their throat\*  
and a two-edged sword in their hand.

Glory to the Father...

or a suitable hymn

## Variable Psalms

Feasts of the Lord	89.19-37	or 132
of Mary	113 (122)	
of Apostles and Evangelists	34	
of Saints	116;117 (126)	
of Dedication	84 (122)	

## Conclusion (from Revelation 4 and 5)

- 1      Glory and honour and power\*  
are yours by right, O Lord our God;
  - 2      For you created all things\*  
and by your will they have their being.
  - 3      Glory and honour and power\*  
are yours by right, O Lamb who was slain;
  - 4      For by your blood you ransomed us for God,\*  
from every race and language,  
from every people and nation.
  - 5      To make us a kingdom of priests\*  
to stand and serve before our God.
  - 6      To God who sits on the throne and to the Lamb\*  
be praise and honour, glory and might,  
for ever and ever.
- Amen.**

**Antiphon:**      Sing to the Lord a new song; sing his praise in the  
congregation of the faithful.

## READING(S)

### Silence

**Response** (from Ps. 132.15 or 147.12)

Zion shall be your resting place for ever.

**Zion shall be your resting place for ever.**

Here will you dwell for you delight in her.

**Your resting place for ever.**

Glory to the Father and to the Son and to the Holy Spirit.

**Zion shall be your resting place for ever.**

or

You delight, Lord, in those who fear you.

**You delight, Lord, in those who fear you.**

Who wait in hope for your mercy.

**Those who fear you.**

Glory to the Father and to the Son and to the Holy Spirit.

**You delight, Lord, in those who fear you.**

## MAGNIFICAT

### Magnificat Antiphons

Feasts of the Lord:	The Lord swore to David,* the fruit of your body I will set upon your throne.
of Mary:	Blessed is she* who believed that the Lord's promise would be fulfilled. (Luke 1.45)
of Saints:	Those that sow in tears* shall reap with songs of joy.
of Dedication	Our feet are standing* within your gates, O Jerusalem.

## PRAYERS

## COMMENDATION

O God, make speed to save us;

**O Lord, make haste to help us.**

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

## PSALMODY

**Antiphon:** Rest eternal grant them, Lord,\*  
and let light perpetual shine upon them.

### Opening (Psalm 23)

- 1 The Lord is my shepherd;\*  
I shall not be in want.
- 2 He makes me lie down in green pastures\*  
and leads me beside still waters.
- 3 He revives my soul\*  
and guides me along right pathways for his name's sake.
- 4 Though I walk through the valley of the shadow of death,  
I shall fear no evil;\* for you are with me;  
your rod and your staff, they comfort me.
- 5 You spread a table before me in the presence of those who trouble  
me;\* you have anointed my head with oil, and my cup is running  
over.
- 6 Surely your goodness and mercy shall follow me all the days  
of my life,\* and I will dwell in the house of the Lord for ever.

Glory to the Father...  
or a suitable hymn

**Psalms 42;43**

### **Conclusion** (Easter Anthems)

- 1 Christ our passover has been sacrificed for us,\*  
so let us celebrate the feast.
- 2 Not with the old leaven of corruption and wickedness,\*  
but with the unleavened bread of sincerity and truth.
- 3 Christ once raised from the dead dies no more;\*  
death has no more dominion over him.
- 4 In dying, he died to sin once for all;\*  
in living, he lives to God.
- 5 See yourselves, therefore, as dead to sin\*  
and alive to God in Jesus Christ our Lord.
- 6 Christ has been raised from the dead,\*  
the first fruits of those who sleep.
- 7 For as by man came death,\*  
by man has come also the resurrection of the dead.
- 8 For as in Adam all die,\*  
even so in Christ shall all be made alive.

Glory to the Father...

**Antiphon:** Rest eternal grant them, Lord,  
and let light perpetual shine upon them.

## READING(S)

### Silence

### Response (Ps. 140.13)

Surely the righteous will give thanks to your name.

**Surely the righteous will give thanks to your name.**

The upright shall continue in your sight.

**And praise your name.**

Glory to the Father and to the Son and to the Holy Spirit.

**Surely the righteous will give thanks to your name.**

## MAGNIFICAT

Magnificat Antiphon     He has filled the hungry\* with good things.

## PRAYERS

## PRAYERS

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon us.

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Do not bring us to the time of trial,  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever.  
Amen.**

Collect of the Day (may be omitted when the Eucharist follows)  
(A suitable hymn)

### **Mornings:**

God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord.

**Amen.**

Let us bless the Lord:  
Thanks be to God!

The Lord bless us and preserve us from all evil;  
and bring us to life eternal.  
**Amen.**

**Evenings:**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity.

**Amen.**

Let us bless the Lord:

**Thanks be to God!**

The God of hope fill us with all joy and peace in believing:  
through the power of the Holy Spirit.

**Amen.**

## PENITENTIAL INTRODUCTION TO EVENING PRAYER

O Lord, all we long for is before you;  
**and our deep sighing is not hidden from you.**

But we acknowledge our wickedness;  
**we are filled with sorrow at our sin.**

Be pleased O Lord, to deliver us;  
**O Lord, make haste to help us.**

May the Lord forgive what we have been,  
help us to amend what we are  
and direct what we shall be,  
through Jesus Christ our Lord.  
**Amen.**

O give thanks to the Lord for he is gracious;  
**and his mercy endures for ever.**

O Lord our God we cried to you;  
**and you have made us whole.**

**Glory to the Father and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now,  
and shall be for ever.**  
**Amen.**

The **Psalmody** *follows*.

## A BLESSING OF THE LIGHT

### to precede Evening Prayer

As the altar candles (paschal candle, etc) are lit

1. Rise up O Fa - ther, by your power flow - ing:  
 2. Rise up O Son, by your cross bear - ing:  
 3. Rise up O Spi - rit, by your light glow - ing:

show to us vi - sion, beau - ty and joy.  
 show to us vi - sion, beau - ty and joy.  
 show to us vi - sion, beau - ty and joy.

*(From the Hindi, Church of North India)*

*(If incense is used, it is blessed.)*

Let my prayer be as incense before you,\*  
**the lifting up of my hands as the evening sacrifice.**

Blessed are you, O Lord our God, ruler of the universe! Your word brings on the dusk of evening, your wisdom creates both night and day. You determine the cycles of time, arrange the succession of seasons, and establish the stars in their heavenly courses. Lord of the starry hosts is your name. Living and eternal God, rule over us always. Blessed be the Lord, whose word makes evening fall.

**Amen.**

*(As the altar is censed:)*

Hail, gladdening Light, of his pure glory poured  
 Who is the immortal Father, heavenly, blest,  
 Holiest of Holies, Jesus Christ our Lord!

Now we are come to the sun's hour of rest  
The lights of evening round us shine,  
We hymn the Father, Son and Holy Spirit divine.

Worthy are you at all times to be sung  
With undefiled tongue,  
Son of our God, giver of life, alone;  
Therefore in all the world your glories, Lord, we own.

*or* (sung to Tallis's Canon *New English Hymnal* 244)

O gracious Light, Lord Jesus Christ,  
in you the Father's glory shone.  
Immortal, holy, blest is he,  
and blest are you, his holy Son.

Now sunset comes, but light shines forth,  
the lamps are lit to pierce the night.  
Praise Father, Son, and Spirit: God  
who dwells in the eternal light.

Worthy are you of endless praise,  
O Son of God, Life-giving Lord;  
wherefore you are through all the earth  
and in the highest heaven adored.

Lighten our darkness, Lord, we pray; and in your mercy  
defend us from all perils and dangers of this night; for the  
love of your only Son, our Saviour Jesus Christ.

**Amen.**

*or*

To us who flee the darkness of death, and who march  
towards your light, grant that we may arrive one day at the  
brightness of your kingdom.

**Amen.**

*The **Variable Psalms** follow.*

## RULES TO ORDER THE USE OF DAILY PRAYER

(if required)

### *Season*

Advent

Christmas to the Sunday after Epiphany

Ash Wednesday to Saturday after 4 Lent

5 Lent to Easter Eve

Easter Day to Ascension Day

Friday after Ascension Day to the

evening of the Day of Pentecost

All Souls'

### *Form*

Anticipation

Incarnation

Returning to God

The Suffering Christ

New Life: The Lord

New Life: The Spirit

Commendation

### **Alternative Psalms for Christmas Season:**

	<i>Morning Prayer</i>	<i>Evening Prayer</i>
Dec 24	126;127;128	85;87
Christmas Day	89.1-18	89.19-37
Christmas 1	99;100	145
Dec 26-31*	131;132	86
Jan 1	144;146	122;123;124;125
Christmas 2	147;149	145
Jan 2-5	19;26	81;84
Epiphany	63;72	96;99
Jan 7-Sat	97;98	110;115
Epiphany 1	29;30	98;99

*\*see also Festivals*

### **Alternative Psalms for Holy Week:**

Palm Sunday	34	103
Monday	13;26	11;12
Tuesday	69.1-18	69.19-38
Wednesday	40	10
Maundy Thursday	113;115	116;117
Good Friday	22	129;130
Holy Saturday	88 or 119.25-48	139

## MUSIC FOR SINGING PSALMS AND CANTICLES

Psalms are meant to be sung; the word means 'song'. Most of the usual ways of singing them, however, require training or some expertise, which can put singing out of reach of many.

Here is a simple way of singing psalms and other non-metrical passages. It does not require any pointing. Just follow your instincts and move on to the second note on what feels like the last stressed syllable, staying on it then for the rest of the half verse. (If you already have pointed books, change note on the last bar line.)

The method does not require accompaniment, though if you have a sympathetic organist, let him or her provide quiet modal backing (see example 1 below).

The chants are designed to be sung in unison. But simple harmonies can easily be added if desired (see examples below). In this case they are perhaps better unaccompanied.

Some illustrations:

1

Illustration 1 shows a musical staff with a treble clef and a bass clef. The treble staff contains a series of chords and notes, including a whole note chord, a half note chord, and a quarter note chord. The bass staff contains a whole note chord, a half note chord, and a quarter note chord. The key signature is one flat (Bb).

2

Illustration 2 shows a musical staff with a treble clef. It contains a whole note chord and a half note chord. The key signature is one flat (Bb).

7

Illustration 7 shows a musical staff with a treble clef. It contains a whole note chord and a half note chord. The key signature is one flat (Bb).

3

Illustration 3 shows a musical staff with a treble clef. It contains a whole note chord and a half note chord. The key signature is two sharps (F# and C#).

8

Illustration 8 shows a musical staff with a treble clef. It contains a whole note chord and a half note chord. The key signature is one flat (Bb).

4

Illustration 4 shows a musical staff with a treble clef. It contains a whole note chord and a half note chord. The key signature is one flat (Bb).

9

Illustration 9 shows a musical staff with a treble clef. It contains a whole note chord and a half note chord. The key signature is one flat (Bb).

5

Illustration 5 shows a musical staff with a treble clef. It contains a whole note chord and a half note chord. The key signature is one flat (Bb).

10

Illustration 10 shows a musical staff with a treble clef. It contains a whole note chord and a half note chord. The key signature is one flat (Bb).

6

Illustration 6 shows a musical staff with a treble clef. It contains a whole note chord and a half note chord. The key signature is one flat (Bb).

11

Illustration 11 shows a musical staff with a treble clef. It contains a whole note chord and a half note chord. The key signature is one flat (Bb).

## AN ORDER OF NIGHT PRAYER (COMPLINE)

The Lord almighty grant us a quiet night and a perfect end.

**Amen.**

O God, make speed to save us;

O Lord, make haste to help us.

Glory to the Father and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and shall be for ever.

**Amen.**

**Alleluia!** (*omitted in Lent*)

### PSALMODY

#### Opening

*A suitable opening hymn may be sung.*

#### Variable Psalms and Readings

*Sundays*

91

**Antiphon:**      He shall cover you with his pinions,\*  
                         you shall not be afraid of any terror by night.

- 1      He who dwells in the shelter of the Most High,\*  
         abides under the shadow of the Almighty.
- 2      He shall say to the Lord,  
         ‘You are my refuge and my stronghold,\*  
         my God in whom I put my trust.’
- 3      He shall deliver you from the snare of the hunter\*  
         and from the deadly pestilence.
- 4      He shall cover you with his pinions,  
         and you shall find refuge under his wings;\*  
         his faithfulness shall be a shield and buckler.
- 5      You shall not be afraid of any terror by night,\*  
         nor of the arrow that flies by day:

6 Of the plague that stalks in the darkness,\*  
nor of the sickness that lays waste at mid-day.  
7 A thousand shall fall at your side  
and ten thousand at your right hand.\*  
but it shall not come near you.  
8 Your eyes have only to behold\*  
to see the reward of the wicked.  
9 Because you have made the Lord your refuge,\*  
and the Most High your habitation,  
10 There shall no evil happen to you,\*  
neither shall any plague come near your dwelling.  
11 For he shall give his angels charge over you,\*  
to keep you in all your ways.  
12 They shall bear you in their hands,\*  
lest you dash your foot against a stone.  
13 You shall tread upon the lion and adder;\*  
you shall trample the young lion and the serpent under your feet.  
14 Because he is bound to me in love,  
therefore will I deliver him;\*  
I will protect him, because he knows my name.  
15 He shall call upon me, and I will answer him;\*  
I am with him in trouble;  
I will rescue him and bring him to honour.  
16 With long life will I satisfy him,\*  
and show him my salvation.

Glory to the Father...

**Antiphon:** He shall cover you with his pinions,  
you shall not be afraid of any terror by night.

## READING

They shall see the Lord face to face and his name shall be on their foreheads.  
And night shall be no more. They need no light of lamp or sun, for the Lord  
will be their light, and they shall reign for ever and ever. (Revelation 22.4,5)

**Thanks be to God.**

**Silence (Response)**

*Mondays*

86

**Antiphon:** You, O Lord, are good and forgiving;\*  
full of kindness and truth.

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

Glory to the Father...

**Antiphon:** You, O Lord, are good and forgiving,  
full of kindness and truth.

## READING

God destined us to obtain salvation through our Lord Jesus Christ, so that whether we wake or sleep we might live with him. (1 Thess. 5.9, 10)

**Thanks be to God.**

**Silence** (*Response*)

*Tuesdays* 143

**Antiphon:** Do not hide your face from me,\*  
for I put my trust in you.

- 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 enemy has sought my life; he has crushed me to the ground;\*  
he has made me live in dark places like those who are long dead.
- 4 My spirit faints within me;\* my heart within me is desolate.
- 5 I remember the time past; I muse upon all your deeds;\*  
I consider the works of your hands.
- 6 I spread out my hands to you;\*  
my soul gasps to you like a thirsty land.

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

Glory to the Father...

**Antiphon:** Do not hide your face from me,  
for I put my trust in you.

## READING

Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith. (1 Peter 5.8,9)

**Thanks be to God.**

**Silence** (*Response*)

*Wednesdays* 31.1-5;130

**Antiphon:** Make haste, O Lord, to deliver me,\*  
for you are my tower of strength.

- 1 In you, O Lord, have I taken refuge;  
let me never be put to shame;\*  
deliver me in your righteousness.

- 2 Incline your ear to me;\*  
make haste to deliver me.
- 3 Be my strong rock, a castle to keep me safe,  
for you are my crag and my stronghold;\*  
for the sake of your name, lead me and guide me.
- 4 Take me out of the net that they have secretly set for me,\*  
for you are my tower of strength.
- 5 Into your hands I commend my spirit,\*  
for you have redeemed me,  
O Lord, O God of truth.

Glory to the Father...

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

Glory to the Father...

Antiphon:        Make haste, O Lord, to deliver me,  
                      for you are my tower of strength.

## READING

Do not let anger lead you into sin; do not let the sun go down on your anger, and give no opportunity to the devil. (Ephesians 4.26)

**Thanks be to God.**

**Silence** (*Response*)

*Thursdays*

16

**Antiphon:** My body\* shall rest in hope.

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

Glory to the Father...

**Antiphon:** My body shall rest in hope.

## READING

Humble yourselves under the mighty hand of God, that in due time he may exalt you. Cast all your anxieties on him, for he cares about you.

(1 Peter 5.6,7)

**Thanks be to God.**

**Silence** (*Response*)

*Fridays*

88

**Antiphon:** O Lord, my God, my Saviour,\*  
by day and night I cry to you.  
(not repeated in the psalm)

- 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,
- 6 Whom you remember no more,\*  
for they are cut off from your hand.
- 7 You have laid me in the depths of the Pit,\*  
in dark places, and in the abyss.
- 8 Your anger weighs upon me heavily,\*  
and all your great waves overwhelm me.
- 9 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.
- 10 My sight has failed me because of trouble;\*  
Lord, I have called upon you daily;  
I have stretched out my hands to you.

- 11 Do you work wonders for the dead?\*
- will those who have died stand up and give you thanks?
- 12 Will your loving-kindness be declared in the grave?\*
- your faithfulness in the land of destruction?
- 13 Will your wonders be known in the dark?\*
- or your righteousness in the country where all is forgotten?
- 14 But as for me, O Lord, I cry to you for help;\*
- in the morning my prayer comes before you.
- 15 Lord, why have you rejected me?\*
- why have you hidden your face from me?
- 16 Ever since my youth, I have been wretched and at the
- point of death;\*
- I have borne your terrors with a troubled mind.
- 17 Your blazing anger has swept over me;\*
- your terrors have destroyed me;
- 18 They surround me all day long like a flood;\*
- they encompass me on every side.
- 19 My friend and neighbour you have put away from me,\*
- and darkness is my only companion.

Glory to the Father...

**Antiphon:** O Lord, my God, my Saviour,  
by day and night I cry to you.

## READING

You are in our midst, Lord, and we bear your name. Do not forsake us.  
(Jeremiah 14.9)

**Thanks be to God.**

**Silence** (*Response*)

*Saturdays*

4;134

**Antiphon:** Have mercy on me, O God,\* and hear my prayer.

- 1 Answer me when I call, O God, defender of my cause;\*  
you set me free when I am hard-pressed;  
have mercy on me and hear my prayer.
- 2 'You mortals, how long will you dishonour my glory;\*  
how long will you worship dumb idols  
and run after false gods?'
- 3 Know that the Lord does wonders for the faithful;\*  
when I call upon the Lord, he will hear me.
- 4 Tremble, then, and do not sin;\*  
speak to your heart in silence upon your bed.
- 5 Offer the appointed sacrifices\*  
and put your trust in the Lord.
- 6 Many are saying,  
'Oh, that we might see better times!'\*  
Lift up the light of your countenance upon us, O Lord.
- 7 You have put gladness in my heart,\*  
more than when grain and wine and oil increase.
- 8 I lie down in peace; at once I fall asleep;\*  
for only you, Lord, make me dwell in safety.

Glory to the Father...

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

Glory to the Father...

**Antiphon:** Have mercy on me, O God, and hear my prayer.

## READING

Thus says the Lord God: In returning and rest you shall be saved; in quietness and trust shall be your strength. The Lord waits to be gracious to you; blessed are all those who wait for him. (Isaiah 30.15)

**Thanks be to God.**

**Silence**

**Response** (Ps. 31.5)

Into your hands, O Lord, I commend my spirit.

**Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.

**I commend my spirit.**

Glory to the Father and to the Son and to the Holy Spirit.

**Into your hands, O Lord, I commend my spirit.**

*In Eastertide:*

Into your hands, O Lord, I commend my spirit;

alleluia, alleluia.

**Into your hands, O Lord, I commend my spirit;**

**alleluia, alleluia.**

For you have redeemed me, Lord God of truth.

**Alleluia, alleluia.**

Glory to the Father and to the Son and to the Holy Spirit.

**Into your hands, O Lord, I commend my spirit;**

**alleluia, alleluia.**

## NUNC DIMITTIS

**Antiphon:** Preserve us, O Lord,\* while waking, and guard us while sleeping, that awake we may watch with Christ, and asleep we may rest in peace.

- 1 Now, Lord, you let your servant go in peace;\*  
your word has been fulfilled.
- 2 My own eyes have seen the salvation\*  
which you have prepared in the sight of every people;
- 3 A light to reveal you to the nations,\*  
and the glory of your people Israel.

Glory to the Father...

**Antiphon:** Preserve us, O Lord, while waking, and guard us while sleeping, that awake we may watch with Christ, and asleep we may rest in peace.

## PRAYERS

### Collect

Lighten our darkness, Lord, we pray; and in your mercy defend us from all perils and dangers of this night; for the love of your only Son, our Saviour, Jesus Christ.

**Amen.**

*or*

Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world may rest in your eternal changelessness; through Jesus Christ our Lord.

**Amen.**

*or*

Look down, O Lord, from your heavenly throne, illuminate the darkness of this night with your celestial brightness; and from the children of light banish the deeds of darkness; through Jesus Christ our Lord.

**Amen.**

*or (suitable on a Friday)*

Almighty God, whose most dear Son lay at this hour in the sepulchre in obedience to your will; may we by your grace be so buried with him that with him we may rise to life everlasting; through the same Jesus Christ, our Lord.

**Amen.**

*or (suitable on a Saturday)*

Come to visit us, Lord, this night, so that by your strength we may rise at daybreak to rejoice in the resurrection of Christ your Son; who lives and reigns with you and the Holy Spirit, one God, now and for ever.

**Amen.**

*or (suitable on a Sunday)*

Lord, by triumphing over the power of darkness you have prepared for us a place in the new Jerusalem. May we who have this day given thanks for our resurrection praise you in the eternal city of which you are the light; where you live and reign with the Father and the Holy Spirit, one God, now and forever.

**Amen.**

## **Conclusion**

The Lord be with you;

**and also with you.**

Let us bless the Lord;

**Thanks be to God.**

May the almighty and merciful Lord, the Father, the Son and the Holy Spirit, bless and keep us.

**Amen.**

*or*

Bless the Lord, the God of our fathers;  
Sing his praise and exalt him for ever.

Bless the Father, the Son, and the Holy Spirit;  
Sing his praise and exalt him for ever.

The almighty and most merciful Lord  
guard us and give us his blessing.

**Amen.**

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## Book One

### Psalm 1

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

*Giver of life, save us from the desert of faithlessness and nourish us with the living water of your word, that we may bring forth fruit that will last, in the name of Jesus Christ our Saviour.*

## Psalm 2

- 1      Why are the nations in an uproar?\*  
        Why do the peoples mutter empty threats?
- 2      Why do the kings of the earth rise up in revolt,  
        and the princes plot together,\*  
        against the Lord and against his anointed?
- 3      'Let us break their yoke,' they say;\*  
        'let us cast off their bonds from us.'
- 4      He whose throne is in heaven is laughing;\*  
        the Lord has them in derision.
- 5      Then he speaks to them in his wrath,\*  
        and his rage fills them with terror.
- 6      'I myself have set my king\*upon my holy hill of Zion.'
- 7      Let me announce the decree of the Lord;\*  
        he said to me, 'You are my Son;  
        this day have I begotten you.
- 8      Ask of me, and I will give you the nations for  
        your inheritance\*  
        and the ends of the earth for your possession.
- 9      You shall crush them with an iron rod\*  
        and shatter them like a piece of pottery.'
- 10     And now, you kings, be wise;\*  
        be warned, you rulers of the earth.

- 11      Submit to the Lord with fear,\*  
          and with trembling bow before him;
- 12      Lest he be angry and you perish;\*,  
          for his wrath is quickly kindled.
- 13      Happy are they all\*  
          who take refuge in him!

*Ruler of heaven and earth, you sent your only Son into the world to be our Redeemer, and by raising him from the dead you gave him victory over all his enemies. Show us the power of your saving love and bring us to share in your eternal kingdom; through Jesus Christ our Saviour.*

### **Psalm 3**

- 1      Lord, how many adversaries I have!\*,  
          how many there are who rise up against me!
- 2      How many there are who say of me,\*  
          ‘There is no help for him in his God.’
- 3      But you, O Lord, are a shield about me;\*,  
          you are my glory, the one who lifts up my head.
- 4      I call aloud upon the Lord,\*  
          and he answers me from his holy hill;
- 5      I lie down and go to sleep;\*,  
          I wake again, because the Lord sustains me.
- 6      I do not fear the multitudes of people\*,  
          who set themselves against me all around.

7 Rise up, O Lord; set me free, O my God;\*  
surely, you will strike all my enemies across the face,  
you will break the teeth of the wicked.

8 Deliverance belongs to the Lord.\*  
Your blessing be upon your people!

*Shield and protector of all, hear the prayers of those who call upon you, and set them free from violence, persecution, and fear, that all may know that deliverance belongs to you. We ask this in the name of Jesus Christ, our Saviour and Redeemer.*

## **Psalm 4**

1 Answer me when I call, O God, defender of my cause;\*  
you set me free when I am hard-pressed;  
have mercy on me and hear my prayer.

2 'You mortals, how long will you dishonour my glory;\*  
how long will you worship dumb idols and run after false gods?'

3 Know that the Lord does wonders for the faithful;\*  
when I call upon the Lord, he will hear me.

4 Tremble, then, and do not sin;\*  
speak to your heart in silence upon your bed.

5 Offer the appointed sacrifices\*  
and put your trust in the Lord.

6 Many are saying  
'Oh, that we might see better times!'  
Lift up the light of your countenance upon us, O Lord.

7        You have put gladness in my heart,\*  
          more than when grain and wine and oil increase.

8        I lie down in peace; at once I fall asleep;\*  
          for only you, Lord, make me dwell in safety.

*Faithful defender, do not let our hearts be troubled, but fill us with such confidence and joy that we may sleep in peace and rise in your light; through Jesus Christ our Saviour.*

## **Psalm 5**

1        Give ear to my words, O Lord;\*  
          consider my meditation.

2        Hearken to my cry for help, my King and my God,\*  
          for I make my prayer to you.

3        In the morning, Lord, you hear my voice;\*  
          early in the morning I make my appeal and watch for you.

4        For you are not a God who takes pleasure in wickedness,\*  
          and evil cannot dwell with you.

5        Braggarts cannot stand in your sight;\*  
          you hate all those who work wickedness.

6        You destroy those who speak lies;\*  
          the bloodthirsty and deceitful, O Lord, you abhor.

7        But as for me, through the greatness of your mercy I will  
          go into your house;\*  
          I will bow down toward your holy temple in awe of you.

- 8       Lead me, O Lord, in your righteousness,  
because of those who lie in wait for me;\*  
make your way straight before me.
- 9       For there is no truth in their mouth;\*  
there is destruction in their heart;
- 10      Their throat is an open grave;\*  
they flatter with their tongue.
- 11      Declare them guilty, O God;\*  
let them fall, because of their schemes.
- 12      Because of their many transgressions cast them out,\*  
for they have rebelled against you.
- 13      But all who take refuge in you will be glad;\*  
they will sing out their joy for ever.
- 14      You will shelter them,\*  
so that those who love your name may exult in you.
- 15      For you, O Lord, will bless the righteous;\*  
you will defend them with your favour as with a shield.

*Source of all justice and goodness, you hate deception and evil. Lead us in the paths of righteousness and keep us from falling into sin, that we may sing out our joy in Jesus Christ our Redeemer.*

## Psalm 6

- 1 Lord, do not rebuke me in your anger;\*  
do not punish me in your wrath.
- 2 Have pity on me, Lord, for I am weak;\*  
heal me, Lord, for my bones are racked.
- 3 My spirit shakes with terror;\*  
how long, O Lord, how long?
- 4 Turn, O Lord, and deliver me;\*  
save me for your mercy's sake.
- 5 For in death no one remembers you;\*  
and who will give you thanks in the grave?
- 6 I grow weary because of my groaning;\*  
every night I drench my bed and flood my couch with tears.
- 7 My eyes are wasted with grief\*  
and worn away because of all my enemies.
- 8 Depart from me, all evildoers,\*  
for the Lord has heard the sound of my weeping.
- 9 The Lord has heard my supplication;\*  
the Lord accepts my prayer.
- 10 All my enemies shall be confounded and quake with fear;\*  
they shall turn back and suddenly be put to shame.

*God of mercy and tenderness, giver of life and conqueror of death, look upon our weakness and grief, and restore us to health, that we may sing a new song to your praise; through Jesus Christ our risen Lord.*

## Psalm 7

- 1 O Lord my God, I take refuge in you;\*  
save and deliver me from all who pursue me;
- 2 Lest like a lion they tear me in pieces\*  
and snatch me away with none to deliver me.
- 3 O Lord my God, if I have done these things;\*  
if there is any wickedness in my hands,
- 4 If I have repaid my friend with evil,\*  
or plundered him who without cause is my enemy;
- 5 Then let my enemy pursue and overtake me,\*  
trample my life into the ground, and lay my honour in the dust.
- 6 Stand up, O Lord, in your wrath;\*  
rise up against the fury of my enemies.
- 7 Awake, O my God, decree justice;\*  
let the assembly of the peoples gather round you.
- 8 Be seated on your lofty throne, O Most High;\*  
O Lord, judge the nations.
- 9 Give judgement for me according to my righteousness, O Lord,\*  
and according to my innocence, O Most High.
- 10 Let the malice of the wicked come to an end,  
but establish the righteous;\*  
for you test the mind and heart, O righteous God.

- 11 God is my shield and defence;\*  
he is the saviour of the true in heart.
- 12 God is a righteous judge;\*  
God sits in judgement every day.
- 13 If they will not repent, God will whet his sword;\*  
he will bend his bow and make it ready.
- 14 He has prepared his weapons of death;\*  
he makes his arrows shafts of fire.
- 15 Look at those who are in labour with wickedness,\*  
who conceive evil, and give birth to a lie.
- 16 They dig a pit and make it deep\*  
and fall into the hole that they have made.
- 17 Their malice turns back upon their own head;\*  
their violence falls on their own scalp.
- 18 I will bear witness that the Lord is righteous;\*  
I will praise the name of the Lord Most High.

*Righteous judge of the nations, you know the secrets of our hearts; our sins are not hidden from you. Rise to our defence and strengthen us in the faith, that we may struggle against evil and bear witness to your justice, in the name of Jesus Christ our Redeemer.*

## Psalm 8

- 1 O Lord our governor,\*  
how exalted is your name in all the world!
- 2 Out of the mouths of infants and children\*  
your majesty is praised above the heavens.
- 3 You have set up a stronghold against your adversaries,\*  
to quell the enemy and the avenger.
- 4 When I consider your heavens, the work of your fingers,\*  
the moon and the stars you have set in their courses,
- 5 What is man that you should be mindful of him?\*  
the son of man that you should seek him out?
- 6 You have made him but little lower than the angels;\*  
you adorn him with glory and honour;
- 7 You give him mastery over the works of your hands;\*  
you put all things under his feet;
- 8 All sheep and oxen,\*  
even the wild beasts of the field,
- 9 The birds of the air, the fish of the sea,\*  
and whatsoever walks in the paths of the sea.
- 10 O Lord our governor,\*  
how exalted is your name in all the world!

*Blessed are you, creator of heaven and earth; amid the immensity of the universe, you are mindful of us and seek us out. Blessed are you for the gift of your Son, who humbled himself to share our life that we might be raised with*

*him to glory and splendour. Blessed be your holy name, Father, Son, and Holy Spirit, now and for ever.*

## **Psalm 9**

- 1 I will give thanks to you, O Lord, with my whole heart;\*  
I will tell of all your marvellous works.
- 2 I will be glad and rejoice in you;\*  
I will sing to your name, O Most High.
- 3 When my enemies are driven back,\*  
they will stumble and perish at your presence.
- 4 For you have maintained my right and my cause;\*  
you sit upon your throne judging right.
- 5 You have rebuked the ungodly and destroyed the wicked;\*  
you have blotted out their name for ever and ever.
- 6 As for the enemy, they are finished, in perpetual ruin,\*  
their cities ploughed under, the memory of them perished;
- 7 But the Lord is enthroned for ever;\*  
he has set up his throne for judgement.
- 8 It is he who rules the world with righteousness;\*  
he judges the peoples with equity.
- 9 The Lord will be a refuge for the oppressed,\*  
a refuge in time of trouble.
- 10 Those who know your name will put their trust in you,\*  
for you never forsake those who seek you, O Lord.

- 11 Sing praise to the Lord who dwells in Zion;\*  
proclaim to the peoples the things he has done.
- 12 The avenger of blood will remember them;\*  
he will not forget the cry of the afflicted.
- 13 Have pity on me, O Lord;\*  
see the misery I suffer from those who hate me,  
O you who lift me up from the gate of death;
- 14 So that I may tell of all your praises  
and rejoice in your salvation\*  
in the gates of the city of Zion.
- 15 The ungodly have fallen into the pit they dug,\*  
and in the snare they set is their own foot caught.
- 16 The Lord is known by his acts of justice;\*  
the wicked are trapped in the works of their own hands.
- 17 The wicked shall be given over to the grave,\*  
and also all the peoples that forget God.
- 18 For the needy shall not always be forgotten,\*  
and the hope of the poor shall not perish for ever.
- 19 Rise up, O Lord, let not the ungodly have the upper hand;\*  
let them be judged before you.
- 20 Put fear upon them, O Lord;\*  
let the ungodly know they are but mortal.

Righteous Judge, hear the cries of your people. Rescue them from the hands of their oppressors, and save them from the gates of death, that we may always rejoice in your help; through Jesus Christ our Saviour and Defender.

## **Psalm 10**

- 1      Why do you stand so far off, O Lord,\*  
and hide yourself in time of trouble?
- 2      The wicked arrogantly persecute the poor,\*  
but they are trapped in the schemes they have devised.
- 3      The wicked boast of their heart's desire;\*  
the covetous curse and revile the Lord.
- 4      The wicked are so proud that they care not for God;\*  
their only thought is, 'God does not matter.'
- 5      Their ways are devious at all times;  
your judgements are far above out of their sight;\*  
they defy all their enemies.
- 6      They say in their heart, 'I shall not be shaken;\*'  
no harm shall happen to me ever.'
- 7      Their mouth is full of cursing, deceit, and oppression;\*  
under their tongue are mischief and wrong.
- 8      They lurk in ambush in public squares  
and in secret places they murder the innocent;\*  
they spy out the helpless.

- 9        They lie in wait, like a lion in a covert;  
          they lie in wait to seize upon the lowly;\*  
          they seize the lowly and drag them away in their net.
- 10       The innocent are broken and humbled before them;\*  
          the helpless fall before their power.
- 11       They say in their heart, 'God has forgotten;\*  
          he hides his face; he will never notice.'
- 12       Rise up, O Lord;  
          lift up your hand, O God;\*  
          do not forget the afflicted.
- 13       Why should the wicked revile God?;\*  
          why should they say in their heart, 'You do not care'?
- 14       Surely, you behold trouble and misery;\*  
          you see it and take it into your own hand.
- 15       The helpless commit themselves to you,\*  
          for you are the helper of orphans.
- 16       Break the power of the wicked and evil;\*  
          search out their wickedness until you find none.
- 17       The Lord is king for ever and ever;\*  
          the ungodly shall perish from his land.
- 18       The Lord will hear the desire of the humble;\*  
          you will strengthen their heart and your ears shall hear;
- 19       To give justice to the orphan and oppressed,\*  
          so that mere mortals may strike terror no more.

*Helper of the helpless, do not hide your face from the troubles of your people.  
Give them strength and comfort in times of affliction, that we may proclaim  
the joyous news of freedom in Jesus Christ our Saviour.*

## **Psalm 11**

- 1        In the Lord have I taken refuge;\*  
          how then can you say to me,  
          ‘Fly like a bird to the hilltop;
- 2        For see how the wicked bend the bow  
          and fit their arrows to the string,\*  
          to shoot from ambush at the true of heart.
- 3        When the foundations are being destroyed,\*  
          what can the righteous do?’
- 4        The Lord is in his holy temple;\*  
          the Lord’s throne is in heaven.
- 5        His eyes behold the inhabited world;\*  
          his piercing eye weighs our worth.
- 6        The Lord weighs the righteous as well as the wicked,\*  
          but those who delight in violence he abhors.
- 7        Upon the wicked he shall rain coals of fire and  
          burning sulphur;\*  
          a scorching wind shall be their lot.
- 8        For the Lord is righteous;  
          he delights in righteous deeds;\*  
          and the just shall see his face.

God our refuge, deliver us from violence and evil, and guide us in the paths of righteousness, that on the day of judgement we may rejoice to see you face to face; through Jesus Christ our Redeemer.

## Psalm 12

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

*God of truth, protector of your people, come to the aid of all who are poor and oppressed. By the power of your life-giving word lead us in the ways of peace and integrity, and give us the help we long for in Jesus Christ our Saviour.*

## **Psalm 13**

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

*Loving and merciful God, hear the prayers of those who cry to you, and shine with the light of your presence on those who live in the shadow of death. May we rejoice in your saving help and sing you songs of praise in the name of our risen Saviour, Jesus Christ.*

## Psalm 14

- 1      The fool has said in his heart, 'There is no God.' \*  
All are corrupt and commit abominable acts;  
there is none who does any good.
- 2      The Lord looks down from heaven upon us all,\*  
to see if there is any who is wise,  
if there is one who seeks after God.
- 3      Every one has proved faithless;  
all alike have turned bad; \*  
there is none who does good; no, not one.
- 4      Have they no knowledge, all those evildoers\*  
who eat up my people like bread  
and do not call upon the Lord?
- 5      See how they tremble with fear,\*  
because God is in the company of the righteous.
- 6      Their aim is to confound the plans of the afflicted,\*  
but the Lord is their refuge.
- 7      Oh, that Israel's deliverance would come out of Zion! \*  
when the Lord restores the fortunes of his people,  
Jacob will rejoice and Israel be glad.

*God of wisdom and love, without you neither truth nor holiness can survive.  
Show your mighty presence among us, and make us glad in proclaiming your  
deliverance in Jesus Christ our Lord.*

## Psalm 15

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

*God of love, teach us to walk blamelessly in your ways, that our whole life may be established in you, and that we may come to the place prepared for us by your Son, Jesus Christ our Redeemer.*

## Psalm 16

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

- 11      You will show me the path of life;\*  
          in your presence there is fullness of joy,  
          and in your right hand are pleasures for evermore.

*Gracious God, we bless your holy name for the heritage you have given us.  
Show us the path of life, that we may follow it in hope, and come to know the  
joy of the resurrection of your Son, Jesus Christ.*

## **Psalm 17**

- 1      Hear my plea of innocence, O Lord;  
          give heed to my cry;\*  
          listen to my prayer, which does not come from lying lips.
- 2      Let my vindication come forth from your presence;\*  
          let your eyes be fixed on justice.
- 3      Weigh my heart, summon me by night,\*  
          melt me down; you will find no impurity in me.
- 4      I give no offence with my mouth as others do;\*  
          I have heeded the words of your lips.
- 5      My footsteps hold fast to the ways of your law;\*  
          in your paths my feet shall not stumble.
- 6      I call upon you, O God, for you will answer me;\*  
          incline your ear to me and hear my words.
- 7      Show me your marvellous loving-kindness,\*  
          O Saviour of those who take refuge at your right hand  
          from those who rise up against them.

- 8        Keep me as the apple of your eye;\*,  
          hide me under the shadow of your wings,
- 9        From the wicked who assault me,\*,  
          from my deadly enemies who surround me.
- 10       They have closed their heart to pity,\*,  
          and their mouth speaks proud things.
- 11       They press me hard,  
          now they surround me,\*,  
          watching how they may cast me to the ground,
- 12       Like a lion, greedy for its prey,\*,  
          and like a young lion lurking in secret places.
- 13       Arise, O Lord; confront them and bring them down;\*,  
          deliver me from the wicked by your sword.
- 14       Deliver me, O Lord, by your hand\*,  
          from those whose portion in life is this world;
- 15       Whose bellies you fill with your treasure,\*,  
          who are well supplied with children  
          and leave their wealth to their little ones.
- 16       But at my vindication I shall see your face;\*,  
          when I awake, I shall be satisfied, beholding  
          your likeness.

*God of truth and justice, watch over your people in adversity, that we may know the wonders of your love and see the glory of your presence; through Jesus Christ our Saviour.*

## Psalm 18 Part I

- 1 I love you, O Lord my strength,\*  
O Lord my stronghold, my crag, and my haven.
- 2 My God, my rock in whom I put my trust,\*  
my shield, the horn of my salvation, and my refuge;  
you are worthy of praise.
- 3 I will call upon the Lord,\*  
and so shall I be saved from my enemies.
- 4 The breakers of death rolled over me,\*  
and the torrents of oblivion made me afraid.
- 5 The cords of hell entangled me,\*  
and the snares of death were set for me.
- 6 I called upon the Lord in my distress\*  
and cried out to my God for help .
- 7 He heard my voice from his heavenly dwelling;\*  
my cry of anguish came to his ears.
- 8 The earth reeled and rocked;\*  
the roots of the mountains shook;  
they reeled because of his anger.
- 9 Smoke rose from his nostrils  
and a consuming fire out of his mouth;\*  
hot burning coals blazed forth from him.
- 10 He parted the heavens and came down\*  
with a storm cloud under his feet.

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

## Psalm 18 Part II

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

- 31 As for God, his ways are perfect;  
the words of the Lord are tried in the fire;\*  
he is a shield to all who trust in him.
- 32 For who is God, but the Lord?\*
- who is the rock, except our God?
- 33 It is God who girds me about with strength\*  
and makes my way secure.
- 34 He makes me sure-footed like a deer\*  
and lets me stand firm on the heights.
- 35 He trains my hands for battle\*  
and my arms for bending even a bow of bronze.
- 36 You have given me your shield of victory;\*  
your right hand also sustains me;  
your loving care makes me great.
- 37 You lengthen my stride beneath me,\*  
and my ankles do not give way.
- 38 I pursue my enemies and overtake them;\*  
I will not turn back till I have destroyed them.
- 39 I strike them down, and they cannot rise;\*  
they fall defeated at my feet.
- 40 You have girded me with strength for the battle;\*  
you have cast down my adversaries beneath me;  
you have put my enemies to flight.

- 41 I destroy those who hate me;  
they cry out, but there is none to help them;\*  
they cry to the Lord, but he does not answer.
- 42 I beat them small like dust before the wind;\*  
I trample them like mud in the streets.
- 43 You deliver me from the strife of the peoples;\*  
you put me at the head of the nations.
- 44 A people I have not known shall serve me;  
no sooner shall they hear than they shall obey me;\*  
strangers will cringe before me.
- 45 The foreign peoples will lose heart;\*  
they shall come trembling out of their strongholds.
- 46 The Lord lives! Blessed is my rock!\*
- Exalted is the God of my salvation!
- 47 He is the God who gave me victory\*  
and cast down the peoples beneath me.
- 48 You rescued me from the fury of my enemies;  
you exalted me above those who rose against me;\*  
you saved me from my deadly foe.
- 49 Therefore will I extol you among the nations, O Lord,\*  
and sing praises to your name.
- 50 He multiplies the victories of his king;\*  
he shows loving-kindness to his anointed,  
to David and his descendants for ever.

*Praise to you, God of our salvation; you come to our help and set us free. May your strength be our shield and your word be our lamp, that we may serve you with pure hearts and find victory through our Saviour Jesus Christ.*

## **Psalm 19**

- 1      The heavens declare the glory of God,\*  
        and the firmament shows his handiwork.
- 2      One day tells its tale to another,\*  
        and one night imparts knowledge to another.
- 3      Although they have no words or language,\*  
        and their voices are not heard,
- 4      Their sound has gone out into all lands,\*  
        and their message to the ends of the world.
- 5      In the deep has he set a pavilion for the sun;\*  
        it comes forth like a bridegroom out of his chamber;  
        it rejoices like a champion to run its course.
- 6      It goes forth from the uttermost edge of the heavens  
        and runs about to the end of it again;\*  
        nothing is hidden from its burning heat.
- 7      The law of the Lord is perfect  
        and revives the soul;\*  
        the testimony of the Lord is sure  
        and gives wisdom to the innocent.
- 8      The statutes of the Lord are just  
        and rejoice the heart;\*  
        the commandment of the Lord is clear  
        and gives light to the eyes.

- 9        The fear of the Lord is clean  
          and endures for ever;\*  
          the judgements of the Lord are true  
          and righteous altogether.
- 10       More to be desired are they than gold,  
          more than much fine gold,\*  
          sweeter far than honey,  
          than honey in the comb.
- 11       By them also is your servant enlightened,\*  
          and in keeping them there is great reward.
- 12       Who can tell how often he offends?\*
- cleanse me from my secret faults.
- 13       Above all, keep your servant from presumptuous sins;  
          let them not get dominion over me;\*
- then shall I be whole and sound,  
          and innocent of a great offence.
- 14       Let the words of my mouth and the meditation of my  
          heart be acceptable in your sight,\*  
          O Lord, my strength and my redeemer.

*Gracious creator of heaven and earth, your Word has come among us as the true Sun of righteousness, and the good news of his birth has gone out to the ends of the world. Open our eyes to the light of your law, that we may be purified from sin and serve you without reproach for the sake of Jesus Christ, our Light and our Life.*

## Psalm 20

- 1      May the Lord answer you in the day of trouble,\*  
the name of the God of Jacob defend you;
- 2      Send you help from his holy place\*  
and strengthen you out of Zion;
- 3      Remember all your offerings\*  
and accept your burnt sacrifice;
- 4      Grant you your heart's desire\*  
and prosper all your plans.
- 5      We will shout for joy at your victory  
and triumph in the name of our God;\*  
may the Lord grant all your requests.
- 6      Now I know that the Lord gives victory to his anointed;\*  
he will answer him out of his holy heaven,  
with the victorious strength of his right hand.
- 7      Some put their trust in chariots and some in horses,\*  
but we will call upon the name of the Lord our God.
- 8      They collapse and fall down,\*  
but we will arise and stand upright.
- 9      O Lord, give victory to the king\*  
and answer us when we call.

*God, our hope and our defence, protect all those who call upon your name,  
that they may stand upright in the day of trouble, and share in the victory of  
your Son our Saviour Jesus Christ.*

## Psalm 21

- 1      The king rejoices in your strength, O Lord;\*  
        how greatly he exults in your victory!
- 2      You have given him his heart's desire;\*  
        you have not denied him the request of his lips.
- 3      For you meet him with blessings of prosperity,\*  
        and set a crown of fine gold upon his head.
- 4      He asked you for life, and you gave it to him;\*  
        length of days, for ever and ever.
- 5      His honour is great, because of your victory;\*  
        splendour and majesty have you bestowed upon him.
- 6      For you will give him everlasting felicity\*  
        and will make him glad with the joy of your presence.
- 7      For the king puts his trust in the Lord;\*  
        because of the loving-kindness of the Most High, he  
        will not fall.
- 8      Your hand will lay hold upon all your enemies;\*  
        your right hand will seize all those who hate you.
- 9      You will make them like a fiery furnace\*  
        at the time of your appearing, O Lord;
- 10     You will swallow them up in your wrath,\*  
        and fire shall consume them.

- 11 You will destroy their offspring from the land\*  
and their descendants from among the  
peoples of the earth.
- 12 Though they intend evil against you  
and devise wicked schemes,\*  
yet they shall not prevail.
- 13 For you will put them to flight\*  
and aim your arrows at them.
- 14 Be exalted, O Lord, in your might;\*  
we will sing and praise your power.

*Giver of life and source of all blessings, may the leaders of the nations serve your people with justice and protect them from violence, hardship, and exploitation. We ask this in the name of Jesus Christ, our Lord and our King.*

## **Psalm 22**

- 1 My God, my God, why have you forsaken me?\*  
and are so far from my cry  
and from the words of my distress?
- 2 O my God, I cry in the daytime, but you do not answer;\*  
by night as well, but I find no rest.
- 3 Yet you are the Holy One,\*  
enthroned upon the praises of Israel.
- 4 Our forefathers put their trust in you;\*  
they trusted, and you delivered them.

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

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

- 25      The poor shall eat and be satisfied,  
and those who seek the Lord shall praise him: \*  
‘May your heart live for ever!’
- 26      All the ends of the earth shall remember and turn to the Lord, \*  
and all the families of the nations shall bow before him .
- 27      For kingship belongs to the Lord; \*  
he rules over the nations.
- 28      To him alone all who sleep in the earth bow down in worship; \*  
all who go down to the dust fall before him.
- 29      My soul shall live for him;  
my descendants shall serve him; \*  
they shall be known as the Lord's for ever.
- 30      They shall come and make known to a people yet unborn \*  
the saving deeds that he has done.

*Father, your tortured Son felt abandoned, and cried out in anguish from the cross, yet you delivered him. He overcame the bonds of death and rose in triumph from the grave. Do not hide your face from those who cry out to you: feed the hungry, strengthen the weak, and break the chains of the oppressed, that your people may rejoice in your saving deeds. This we ask in the name of Jesus Christ our Saviour.*

## Psalm 23

- 1      The Lord is my shepherd;\*  
I shall not be in want.
- 2      He makes me lie down in green pastures\*  
and leads me beside still waters.
- 3      He revives my soul\*  
and guides me along right pathways for his name's sake.
- 4      Though I walk through the valley of the shadow of death,  
I shall fear no evil,\*  
for you are with me;  
your rod and your staff, they comfort me.
- 5      You spread a table before me in the presence of those  
who trouble me;\*  
you have anointed my head with oil,  
and my cup is running over .
- 6      Surely your goodness and mercy shall follow me all the days of my  
life,\*and I will dwell in the house of the Lord for ever.

*Glory to you, Jesus Christ, our good shepherd. In the waters of baptism you give us new birth, at your table you nourish us with heavenly food, and in your goodness and mercy, you guide us beyond the terrors of evil and death to your Father's home to dwell in eternal light. Glory to you for ever.*

## Psalm 24

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

- 10      'Who is he, this King of glory?''\*  
          'The Lord of hosts,  
          he is the King of glory.'

*Creator and ruler of all, open our hearts that the King of glory may enter, and bring us rejoicing to your holy mountain, where you live and reign, now and for ever.*

## **Psalm 25**

- 1      To you, O Lord, I lift up my soul;  
          my God, I put my trust in you;\*  
          let me not be humiliated,  
          nor let my enemies triumph over me.
- 2      Let none who look to you be put to shame;\*  
          let the treacherous be disappointed in their schemes.
- 3      Show me your ways, O Lord,\*  
          and teach me your paths.
- 4      Lead me in your truth and teach me,\*  
          for you are the God of my salvation;  
          in you have I trusted all the day long.
- 5      Remember, O Lord, your compassion and love,\*  
          for they are from everlasting.
- 6      Remember not the sins of my youth and my transgressions;\*  
          remember me according to your love  
          and for the sake of your goodness, O Lord.

- 7        Gracious and upright is the Lord;\*  
          therefore he teaches sinners in his way.
- 8        He guides the humble in doing right\*  
          and teaches his way to the lowly.
- 9        All the paths of the Lord are love and faithfulness\*  
          to those who keep his covenant and his testimonies.
- 10       For your name's sake, O Lord,\*  
          forgive my sin, for it is great.
- 11       Who are they who fear the Lord?\*  
          he will teach them the way that they should choose.
- 12       They shall dwell in prosperity,\*  
          and their offspring shall inherit the land.
- 13       The Lord is a friend to those who fear him\*  
          and will show them his covenant.
- 14       My eyes are ever looking to the Lord,\*  
          for he shall pluck my feet out of the net.
- 15       Turn to me and have pity on me,\*  
          for I am left alone and in misery.
- 16       The sorrows of my heart have increased;\*  
          bring me out of my troubles.
- 17       Look upon my adversity and misery\*  
          and forgive me all my sin.

- 18 Look upon my enemies, for they are many,\*  
and they bear a violent hatred against me.
- 19 Protect my life and deliver me;\*  
let me not be put to shame, for I have trusted in you.
- 20 Let integrity and uprightness preserve me,\*  
for my hope has been in you.
- 21 Deliver Israel, O God,\*  
out of all his troubles.

*God of compassion and love, forgive our sins, relieve our misery, satisfy our longing, and fulfil all our hopes for peace; through your Son Jesus Christ our Redeemer.*

## **Psalm 26**

- 1 Give judgement for me, O Lord,  
for I have lived with integrity;\*  
I have trusted in the Lord and have not faltered.
- 2 Test me, O Lord, and try me;\*  
examine my heart and my mind.
- 3 For your love is before my eyes;\*  
I have walked faithfully with you.
- 4 I have not sat with the worthless,\*  
nor do I consort with the deceitful.
- 5 I have hated the company of evildoers;\*  
I will not sit down with the wicked.

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

*God of love and mercy, give us clean hands and pure hearts, that we may walk in innocence and come to your eternal dwelling, to praise you in the company of your saints for ever.*

## Psalm 27

- 1      The Lord is my light and my salvation; whom then shall I fear? \*  
the Lord is the strength of my life; of whom then shall I be afraid?
- 2      When evildoers came upon me to eat up my flesh, \*  
it was they, my foes and my adversaries, who  
stumbled and fell.
- 3      Though an army should encamp against me, \*  
yet my heart shall not be afraid;
- 4      And though war should rise up against me, \*  
yet will I put my trust in him.
- 5      One thing have I asked of the Lord; one thing I seek; \*  
that I may dwell in the house of the Lord all the days of my life;
- 6      To behold the fair beauty of the Lord \*  
and to seek him in his temple.
- 7      For in the day of trouble he shall keep me safe in his shelter; \*  
he shall hide me in the secrecy of his dwelling  
and set me high upon a rock.
- 8      Even now he lifts up my head \*  
above my enemies round about me.
- 9      Therefore I will offer in his dwelling an oblation  
with sounds of great gladness; \*  
I will sing and make music to the Lord.
- 10     Hearken to my voice, O Lord, when I call; \*  
have mercy on me and answer me.

- 11      You speak in my heart and say, 'Seek my face.'\*  
Your face, Lord, will I seek.
- 12      Hide not your face from me,\*  
nor turn away your servant in displeasure.
- 13      You have been my helper;  
cast me not away,\*  
do not forsake me, O God of my salvation.
- 14      Though my father and my mother forsake me,\*  
the Lord will sustain me.
- 15      Show me your way, O Lord;\*  
lead me on a level path, because of my enemies.
- 16      Deliver me not into the hand of my adversaries,\*  
for false witnesses have risen up against me,  
and also those who speak malice.
- 17      What if I had not believed  
that I should see the goodness of the Lord\*  
in the land of the living!
- 18      O tarry and await the Lord's pleasure;\*  
be strong, and he shall comfort your heart;  
wait patiently for the Lord.

*Faithful God, the shelter of all who hope in you, may those who seek your face  
be set free from fear and distress, and come to see your goodness in the land  
of the living; through Jesus Christ, our Light and our Salvation .*

## Psalm 28

- 1 O Lord, I call to you;  
my rock, do not be deaf to my cry;\*  
lest, if you do not hear me,  
I become like those who go down to the Pit.
- 2 Hear the voice of my prayer when I cry out to you,\*  
when I lift up my hands to your holy of holies.
- 3 Do not snatch me away with the wicked or with the evildoers,\*  
who speak peaceably with their neighbours,  
while strife is in their hearts.
- 4 Repay them according to their deeds,\*  
and according to the wickedness of their actions.
- 5 According to the work of their hands repay them,\*  
and give them their just deserts.
- 6 They have no understanding of the Lord's doings,  
nor of the works of his hands;\*  
therefore he will break them down and not build them up.
- 7 Blessed is the Lord!\*  
for he has heard the voice of my prayer.
- 8 The Lord is my strength and my shield;\*  
my heart trusts in him, and I have been helped;
- 9 Therefore my heart dances for joy,\*  
and in my song will I praise him.

- 10 The Lord is the strength of his people,\*  
a safe refuge for his anointed.
- 11 Save your people and bless your inheritance;\*  
shepherd them and carry them for ever.

*Blessed are you, strong Shepherd of your people. You hear us when we lift up our hands in prayer, and through your Son Jesus Christ you give us the promise of an eternal inheritance. Blessed are you for ever.*

## **Psalm 29**

- 1 Ascribe to the Lord, you gods,\*  
ascribe to the Lord glory and strength.
- 2 Ascribe to the Lord the glory due his name;\*  
worship the Lord in the beauty of holiness.
- 3 The voice of the Lord is upon the waters;  
the God of glory thunders;\*  
the Lord is upon the mighty waters.
- 4 The voice of the Lord is a powerful voice;\*  
the voice of the Lord is a voice of splendour.
- 5 The voice of the Lord breaks the cedar trees;\*  
the Lord breaks the cedars of Lebanon;
- 6 He makes Lebanon skip like a calf,\*  
and Mount Hermon like a young wild ox.
- 7 The voice of the Lord splits the flames of fire;  
the voice of the Lord shakes the wilderness;\*  
the Lord shakes the wilderness of Kadesh.

- 8        The voice of the Lord makes the oak trees writhe\*  
          and strips the forests bare.
- 9        And in the temple of the Lord\*  
          all are crying, 'Glory!'
- 10       The Lord sits enthroned above the flood;\*  
          the Lord sits enthroned as king for evermore.
- 11       The Lord shall give strength to his people;\*  
          the Lord shall give his people the blessing of peace.

*God of mystery and power, open our eyes to the flame of your love, and open our ears to the thunder of your justice, that we may receive your gifts of blessing and peace, to the glory of your name; through Jesus Christ our Lord.*

## **Psalm 30**

- 1        I will exalt you, O Lord, because you have lifted me up\*  
          and have not let my enemies triumph over me.
- 2        O Lord my God, I cried out to you,\*  
          and you restored me to health.
- 3        You brought me up, O Lord, from the dead;\*  
          you restored my life as I was going down to the grave.
- 4        Sing to the Lord, you servants of his;\*  
          give thanks for the remembrance of his holiness.
- 5        For his wrath endures but the twinkling of an eye,\*  
          his favour for a lifetime.

- 6 Weeping may spend the night,\*  
but joy comes in the morning.
- 7 While I felt secure, I said, 'I shall never be disturbed.\*  
You, Lord, with your favour, made me as strong as the mountains'
- 8 Then you hid your face,\*  
and I was filled with fear.
- 9 I cried to you, O Lord;\*  
I pleaded with the Lord, saying,
- 10 'What profit is there in my blood, if I go to the Pit?\*'   
will the dust praise you or declare your faithfulness?
- 11 Hear, O Lord, and have mercy upon me;\*  
O Lord, be my helper.'
- 12 You have turned my wailing into dancing;\*  
you have put off my sack-cloth and clothed me with joy.
- 13 Therefore my heart sings to you without ceasing;\*  
O Lord my God, I will give you thanks for ever.

*God our Father, glorious in giving and restoring life, do not hide your face from your people overcome with loneliness and fear; turn our mourning into dancing and raise us up with your Son, that we may rejoice in your presence for ever.*

## Psalm 31

- 1 In you, O Lord, have I taken refuge;  
let me never be put to shame;\*  
deliver me in your righteousness.
- 2 Incline your ear to me;\*  
make haste to deliver me.
- 3 Be my strong rock, a castle to keep me safe,  
for you are my crag and my stronghold;\*  
for the sake of your name, lead me and guide me.
- 4 Take me out of the net that they have secretly set for me,\*  
for you are my tower of strength.
- 5 Into your hands I commend my spirit,\*  
for you have redeemed me, O Lord, O God of truth.
- 6 I hate those who cling to worthless idols,\*  
and I put my trust in the Lord.
- 7 I will rejoice and be glad because of your mercy;\*  
for you have seen my affliction;  
you know my distress.
- 8 You have not shut me up in the power of the enemy;\*  
you have set my feet in an open place.
- 9 Have mercy on me, O Lord, for I am in trouble;\*  
my eye is consumed with sorrow, and also my throat and my belly.

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

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

*Helper of the helpless, comfort of the afflicted, may your servants who stand  
in the midst of evil find strength in the knowledge of your presence, and  
praise you for the wonders of your love; through Jesus Christ our Redeemer.*

## Psalm 32

- 1 Happy are they whose transgressions are forgiven,\*  
and whose sin is put away!
- 2 Happy are they to whom the Lord imputes no guilt,\*  
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away,\*  
because of my groaning all day long.
- 4 For your hand was heavy upon me day and night;\*  
my moisture was dried up as in the heat of summer.
- 5 Then I acknowledged my sin to you,\*  
and did not conceal my guilt.
- 6 I said, 'I will confess my transgressions to the Lord.'\*  
Then you forgave me the guilt of my sin.
- 7 Therefore all the faithful will make their prayers to you in time of  
trouble;\* when the great waters overflow, they shall not reach them.
- 8 You are my hiding-place;  
you preserve me from trouble;\*  
you surround me with shouts of deliverance.
- 9 'I will instruct you and teach you in the way that you should go;\*'  
I will guide you with my eye.
- 10 Do not be like horse or mule, which have no understanding;\*  
who must be fitted with bit and bridle,  
or else they will not stay near you.'

- 11 Great are the tribulations of the wicked;\*  
but mercy embraces those who trust in the Lord.
- 12 Be glad, you righteous, and rejoice in the Lord;\*  
shout for joy, all who are true of heart.

*Watch over us, loving God, and when we fall into sin teach us to acknowledge our guilt. May we forgive and be forgiven, for the sake of the one who was wounded for our transgressions, Jesus Christ your Son our Saviour.*

## **Psalm 33**

- 1 Rejoice in the Lord, you righteous;\*  
it is good for the just to sing praises.
- 2 Praise the Lord with the harp;\*  
play to him upon the psaltery and lyre.
- 3 Sing for him a new song;\*  
sound a fanfare with all your skill upon the trumpet.
- 4 For the word of the Lord is right,\*  
and all his works are sure.
- 5 He loves righteousness and justice;\*  
the loving-kindness of the Lord fills the whole earth.
- 6 By the word of the Lord were the heavens made,\*  
by the breath of his mouth all the heavenly hosts.
- 7 He gathers up the waters of the ocean as in a water-skin\*  
and stores up the depths of the sea.

- 8      Let all the earth fear the Lord; \*  
let all who dwell in the world stand in awe of him.
- 9      For he spoke, and it came to pass; \*  
he commanded, and it stood fast.
- 10     The Lord brings the will of the nations to naught; \*  
he thwarts the designs of the peoples.
- 11     But the Lord's will stands fast for ever, \*  
and the designs of his heart from age to age.
- 12     Happy is the nation whose God is the Lord! \*  
happy the people he has chosen to be his own!
- 13     The Lord looks down from heaven, \*  
and beholds all the people in the world.
- 14     From where he sits enthroned he turns his gaze \*  
on all who dwell on the earth.
- 15     He fashions all the hearts of them \*  
and understands all their works.
- 16     There is no king that can be saved by a mighty army; \*  
a strong man is not delivered by his great strength.
- 17     The horse is a vain hope for deliverance; \*  
for all its strength it cannot save.
- 18     Behold, the eye of the Lord is upon those who fear him, \*  
on those who wait upon his love,

- 19 To pluck their lives from death,\*  
and to feed them in time of famine.
- 20 Our soul waits for the Lord;\*  
he is our help and our shield.
- 21 Indeed, our heart rejoices in him,\*  
for in his holy name we put our trust.
- 22 Let your loving-kindness, O Lord, be upon us,\*  
as we have put our trust in you.

*Blessed are you, Creator of the universe. In your loving kindness you watch over your chosen people. Make us witnesses to your truth and instruments of your peace, that all may know you as the God of justice, and praise your holy name; through Jesus Christ our Saviour.*

## Psalm 34

- 1 I will bless the Lord at all times;\*  
his praise shall ever be in my mouth.
- 2 I will glory in the Lord;\*  
let the humble hear and rejoice.
- 3 Proclaim with me the greatness of the Lord;\*  
let us exalt his name together.
- 4 I sought the Lord, and he answered me\*  
and delivered me out of all my terror.
- 5 Look upon him and be radiant,\*  
and let not your faces be ashamed.
- 6 I called in my affliction and the Lord heard me\*  
and saved me from all my troubles.
- 7 The angel of the Lord encompasses those who fear him,\*  
and he will deliver them.
- 8 Taste and see that the Lord is good;\*  
happy are they who trust in him!
- 9 Fear the Lord, you that are his saints,\*  
for those who fear him lack nothing.
- 10 The young lions lack and suffer hunger,\*  
but those who seek the Lord lack nothing that is good.
- 11 Come, children, and listen to me;\*  
I will teach you the fear of the Lord.

- 12 Who among you loves life\*  
and desires long life to enjoy prosperity?
- 13 Keep your tongue from evil-speaking\*  
and your lips from lying words.
- 14 Turn from evil and do good;\*  
seek peace and pursue it.
- 15 The eyes of the Lord are upon the righteous,\*  
and his ears are open to their cry.
- 16 The face of the Lord is against those who do evil,\*  
to root out the remembrance of them from the earth.
- 17 The righteous cry, and the Lord hears them\*  
and delivers them from all their troubles.
- 18 The Lord is near to the brokenhearted\*  
and will save those whose spirits are crushed.
- 19 Many are the troubles of the righteous,\*  
but the Lord will deliver him out of them all.
- 20 He will keep safe all his bones;\*  
not one of them shall be broken.
- 21 Evil shall slay the wicked,\*  
and those who hate the righteous will be punished.
- 22 The Lord ransoms the life of his servants,\*  
and none will be punished who trust in him.

*Hear us, Lord, when we cry to you. Calm our bodies and minds with the peace which passes understanding, and make us radiant with the knowledge of your goodness; through Jesus Christ our Saviour.*

## **Psalm 35**

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

- 10 My very bones will say, 'Lord, who is like you?\*'   
 You deliver the poor from those who are too strong for them,   
 the poor and needy from those who rob them.'
- 11 Malicious witnesses rise up against me;\*   
 they charge me with matters I know nothing about.
- 12 They pay me evil in exchange for good;\*   
 my soul is full of despair.
- 13 But when they were sick I dressed in sack-cloth\*   
 and humbled myself by fasting;
- 14 I prayed with my whole heart,   
 as one would for a friend or a brother;\*   
 I behaved like one who mourns for his mother,   
 bowed down and grieving.
- 15 But when I stumbled, they were glad and gathered together;   
 they gathered against me;\* strangers whom I did not know   
 tore me to pieces and would not stop.
- 16 They put me to the test and mocked me;\*   
 they gnashed at me with their teeth.
- 17 O Lord, how long will you look on?\*"   
 rescue me from the roaring beasts,   
 and my life from the young lions.
- 18 I will give you thanks in the great congregation;\*   
 I will praise you in the mighty throng.
- 19 Do not let my treacherous foes rejoice over me,\*

nor let those who hate me without a cause wink at each other.

- 20 For they do not plan for peace,\*  
but invent deceitful schemes against the quiet in the land.
- 21 They opened their mouths at me and said,\*  
'Aha! we saw it with our own eyes.'
- 22 You saw it, O Lord; do not be silent;\*  
O Lord, be not far from me.
- 23 Awake, arise, to my cause!\*  
to my defence, my God and my Lord!
- 24 Give me justice, O Lord my God,  
according to your righteousness;\*  
do not let them triumph over me.
- 25 Do not let them say in their hearts, 'Aha! just what we want!'\*  
Do not let them say, 'We have swallowed him up.'
- 26 Let all who rejoice at my ruin be ashamed and disgraced;\*  
let those who boast against me be clothed with dismay and shame.
- 27 Let those who favour my cause sing out with joy and be glad;\*  
let them say always, 'Great is the Lord,  
who desires the prosperity of his servant.'
- 28 And my tongue shall be talking of your righteousness\*  
and of your praise all the day long.

*God of our salvation, come quickly to free the poor from their oppressors, and establish your reign of justice on earth, that your people may sing out with joy; through Jesus Christ our Lord.*

## Psalm 36

- 1      There is a voice of rebellion deep in the heart of the wicked;\*  
there is no fear of God before his eyes.
- 2      He flatters himself in his own eyes\*  
that his hateful sin will not be found out.
- 3      The words of his mouth are wicked and deceitful;\*  
he has left off acting wisely and doing good.
- 4      He thinks up wickedness upon his bed  
and has set himself in no good way;\*  
he does not abhor that which is evil.
- 5      Your love, O Lord, reaches to the heavens,\*  
and your faithfulness to the clouds.
- 6      Your righteousness is like the strong mountains,  
your justice like the great deep;\*  
you save both man and beast, O Lord.
- 7      How priceless is your love, O God!\*  
your people take refuge under the shadow of your wings.
- 8      They feast upon the abundance of your house;\*  
you give them drink from the river of your delights.
- 9      For with you is the well of life,\*  
and in your light we see light.
- 10     Continue your loving-kindness to those who know you,\*  
and your favour to those who are true of heart.

- 11      Let not the foot of the proud come near me.\*  
         nor the hand of the wicked push me aside.
- 12      See how they are fallen, those who work wickedness!\*
- they are cast down and shall not be able to rise.

*God of justice and of mercy, open the eyes of sinners that they may see the light of your truth, know the power of your love, and share in the bounty of your heavenly table; through Jesus Christ our Saviour.*

## **Psalm 37 Part I**

- 1      Do not fret yourself because of evildoers;\*  
         do not be jealous of those who do wrong.
- 2      For they shall soon wither like the grass,\*  
         and like the green grass fade away.
- 3      Put your trust in the Lord and do good;\*  
         dwell in the land and feed on its riches.
- 4      Take delight in the Lord,\*  
         and he shall give you your heart's desire.
- 5      Commit your way to the Lord and put your trust in him,\*  
         and he will bring it to pass.
- 6      He will make your righteousness as clear as the light\*  
         and your just dealing as the noonday.
- 7      Be still before the Lord\*  
         and wait patiently for him.

- 8 Do not fret yourself over the one who prospers,\*  
the one who succeeds in evil schemes.
- 9 Refrain from anger, leave rage alone;\*  
do not fret yourself; it leads only to evil.
- 10 For evildoers shall be cut off,\*  
but those who wait upon the Lord shall possess the land.
- 11 In a little while the wicked shall be no more;\*  
you shall search out their place, but they will not be there.
- 12 But the lowly shall possess the land;\*  
they will delight in abundance of peace.
- 13 The wicked plot against the righteous\*  
and gnash at them with their teeth.
- 14 The Lord laughs at the wicked,\*  
because he sees that their day will come.
- 15 The wicked draw their sword and bend their bow  
to strike down the poor and needy,\*  
to slaughter those who are upright in their ways.
- 16 Their sword shall go through their own heart,\*  
and their bow shall be broken.
- 17 The little that the righteous has\*  
is better than great riches of the wicked.
- 18 For the power of the wicked shall be broken,\*  
but the Lord upholds the righteous.

## Psalm 37 Part II

- 19      The Lord cares for the lives of the godly,\*  
and their inheritance shall last for ever.
- 20      They shall not be ashamed in bad times,\*  
and in days of famine they shall have enough.
- 21      As for the wicked, they shall perish,\*  
and the enemies of the Lord, like the glory of  
the meadows, shall vanish; they shall vanish like smoke.
- 22      The wicked borrow and do not repay,\*  
but the righteous are generous in giving.
- 23      Those who are blessed by God shall possess the land,\*  
but those who are cursed by him shall be destroyed.
- 24      Our steps are directed by the Lord;\*  
he strengthens those in whose way he delights.
- 25      If they stumble, they shall not fall headlong,\*  
for the Lord holds them by the hand.
- 26      I have been young and now I am old,\*  
but never have I seen the righteous forsaken,  
or their children begging bread.
- 27      The righteous are always generous in their lending,\*  
and their children shall be a blessing.
- 28      Turn from evil, and do good,\*  
and dwell in the land for ever.

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

- 40 Transgressors shall be destroyed, one and all;\*  
the future of the wicked is cut off.
- 41 But the deliverance of the righteous comes from the Lord;\*  
he is their stronghold in time of trouble.
- 42 The Lord will help them and rescue them;\*  
he will rescue them from the wicked and deliver them,  
because they seek refuge in him.

*God our strength, give us the humility to trust in your loving care, and the patience to be faithful in seeking your kingdom, that we may come to share in the inheritance of your saints; through Jesus Christ our Saviour.*

## **Psalm 38**

- 1 O Lord, do not rebuke me in your anger;\*  
do not punish me in your wrath.
- 2 For your arrows have already pierced me,\*  
and your hand presses hard upon me.
- 3 There is no health in my flesh, because of your indignation;\*  
there is no soundness in my body, because of my sin.
- 4 For my iniquities overwhelm me;\*  
like a heavy burden they are too much for me to bear.
- 5 My wounds stink and fester\*  
by reason of my foolishness.
- 6 I am utterly bowed down and prostrate;\*  
I go about in mourning all the day long.

- 7 My loins are filled with searing pain;\*  
there is no health in my body.
- 8 I am utterly numb and crushed;\*  
I wail, because of the groaning of my heart.
- 9 O Lord, you know all my desires,\*  
and my sighing is not hidden from you.
- 10 My heart is pounding, my strength has failed me,\*  
and the brightness of my eyes is gone from me.
- 11 My friends and companions draw back from my affliction;\*  
my neighbours stand afar off.
- 12 Those who seek after my life lay snares for me;\*  
those who strive to hurt me speak of my ruin  
and plot treachery all the day long.
- 13 But I am like the deaf who do not hear,\*  
like those who are mute and do not open their mouth.
- 14 I have become like one who does not hear\*  
and from whose mouth comes no defence.
- 15 For in you, O Lord, have I fixed my hope;\*  
you will answer me, O Lord my God.
- 16 For I said, 'Do not let them rejoice at my expense,\*  
those who gloat over me when my foot slips.'
- 17 Truly, I am on the verge of falling,\*  
and my pain is always with me.

- 18 I will confess my iniquity\*  
and be sorry for my sin.
- 19 Those who are my enemies without cause are mighty,\*  
and many in number are those who wrongfully hate me.
- 20 Those who repay evil for good slander me,\*  
because I follow the course that is right.
- 21 O Lord, do not forsake me;\*  
be not far from me, O my God.
- 22 Make haste to help me,\*  
O Lord of my salvation.

*God of compassion, when we are weighed down by the burden of our sins,  
help us to remember that you do not forsake us, but show mercy through  
Jesus Christ our Saviour.*

## **Psalm 39**

- 1 I said, 'I will keep watch upon my ways,\*  
so that I do not offend with my tongue.
- 2 I will put a muzzle on my mouth\*  
while the wicked are in my presence.'
- 3 So I held my tongue and said nothing;\*  
I refrained from rash words;  
but my pain became unbearable.

- 4      My heart was hot within me;  
while I pondered, the fire burst into flame;\*  
I spoke out with my tongue:
- 5      Lord, let me know my end and the number of my days,\*  
so that I may know how short my life is.
- 6      You have given me a mere handful of days,  
and my lifetime is as nothing in your sight;\*  
truly, even those who stand erect are but a puff of wind.
- 7      We walk about like a shadow,  
and in vain we are in turmoil;\*  
we heap up riches and cannot tell who will gather them.
- 8      And now, what is my hope?\*
- O Lord, my hope is in you.
- 9      Deliver me from all my transgressions\*  
and do not make me the taunt of the fool.
- 10     I fell silent and did not open my mouth,\*  
for surely it was you that did it.
- 11     Take your affliction from me;\*
- I am worn down by the blows of your hand.
- 12     With rebukes for sin you punish us;  
like a moth you eat away all that is dear to us;\*  
truly, everyone is but a puff of wind.
- 13     Hear my prayer, O Lord,  
and give ear to my cry;\*  
hold not your peace at my tears.

- 14 For I am but a sojourner with you,\*  
a wayfarer, as all my forbears were.
- 15 Turn your gaze from me, that I may be glad again,\*  
before I go my way and am no more.

*God our hope, when we are troubled by fear and uncertainty, teach us to commit our lives to your care and to go forward on our pilgrimage, trusting in the knowledge of your love and forgiveness; through Jesus Christ our Redeemer.*

## **Psalm 40**

- 1 I waited patiently upon the Lord;\*  
he stooped to me and heard my cry.
- 2 He lifted me out of the desolate pit, out of the mire and clay;\*  
he set my feet upon a high cliff and made my footing sure.
- 3 He put a new song in my mouth, a song of praise to our God;\*  
many shall see, and stand in awe, and put their trust in the Lord.
- 4 Happy are they who trust in the Lord!\*  
they do not resort to evil spirits or turn to false gods.
- 5 Great things are they that you have done, O Lord my God!  
how great your wonders and your plans for us!\*  
there is none who can be compared with you.
- 6 Oh, that I could make them known and tell them!\*  
but they are more than I can count.

- 7 In sacrifice and offering you take no pleasure\*  
(you have given me ears to hear you);
- 8 Burnt-offering and sin-offering you have not required,\*  
and so I said, 'Behold, I come.
- 9 In the roll of the book it is written concerning me:\*  
"I love to do your will, O my God;  
your law is deep in my heart."
- 10 I proclaimed righteousness in the great congregation;\*  
behold, I did not restrain my lips; and that, O Lord, you know.
- 11 Your righteousness have I not hidden in my heart;  
I have spoken of your faithfulness and your deliverance;\*  
I have not concealed your love and faithfulness from the  
great congregation.
- 12 You are the Lord;  
do not withhold your compassion from me;\*  
let your love and your faithfulness keep me safe for ever,
- 13 For innumerable troubles have crowded upon me;  
my sins have overtaken me, and I cannot see;\*  
they are more in number than the hairs of my head,  
and my heart fails me.
- 14 Be pleased, O Lord, to deliver me;\*  
O Lord, make haste to help me.
- 15 Let them be ashamed and altogether dismayed  
who seek after my life to destroy it;\*  
let them draw back and be disgraced  
who take pleasure in my misfortune.

- 16 Let those who say 'Aha!' and gloat over me be confounded,\*  
because they are ashamed.
- 17 Let all who seek you rejoice in you and be glad;\*  
let those who love your salvation continually say,  
'Great is the Lord!'
- 18 Though I am poor and afflicted,\*  
the Lord will have regard for me.
- 19 You are my helper and my deliverer;\*  
do not tarry, O my God.

*God our saviour, hear our prayer for all who suffer at the hands of others, and especially for those who suffer for the sake of justice. Raise and comfort them, and lead us all in the paths of loving service. We ask this in the name of Jesus Christ the Lord.*

## **Psalm 41**

- 1 Happy are they who consider the poor and needy!\*  
the Lord will deliver them in the time of trouble.
- 2 The Lord preserves them and keeps them alive,  
so that they may be happy in the land;\*  
he does not hand them over to the will of their enemies.
- 3 The Lord sustains them on their sickbed\*  
and ministers to them in their illness.
- 4 I said, 'Lord, be merciful to me;\*  
heal me, for I have sinned against you.'

- 5 My enemies are saying wicked things about me: \*  
'When will he die, and his name perish?'
- 6 Even if they come to see me, they speak empty words; \*  
their heart collects false rumours;  
they go outside and spread them.
- 7 All my enemies whisper together about me \*  
and devise evil against me.
- 8 'A deadly thing,' they say, 'has fastened on him; \*  
he has taken to his bed and will never get up again.'
- 9 Even my best friend, whom I trusted,  
who broke bread with me, \*  
has lifted up his heel and turned against me.
- 10 But you, O Lord, be merciful to me and raise me up, \*  
and I shall repay them.
- 11 By this I know you are pleased with me, \*  
that my enemy does not triumph over me.
- 12 In my integrity you hold me fast, \*  
and shall set me before your face for ever.
- 13 Blessed be the Lord God of Israel, \*  
from age to age. Amen. Amen.

*Remember us, gracious God, when we are lonely and depressed, and support us in the dark night of grief and despair, for your love is faithful and you do not forget your broken ones. We ask this in the name of Jesus Christ the Lord.*

## Book Two

### Psalm 42

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

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

*Gracious God, in the night of distress we forget the days of sun and joy. Even when we do not know your presence, preserve us from the dark torrent of despair. We ask this in the name of Jesus Christ our Lord.*

## **Psalm 43**

- 1      Give judgement for me, O God,  
          and defend my cause against an ungodly people;\*
- deliver me from the deceitful and the wicked.

- 2      For you are the God of my strength;  
         why have you put me from you? \*  
         and why do I go so heavily while the enemy  
         oppresses me?
- 3      Send out your light and your truth, that they may lead me, \*  
         and bring me to your holy hill  
         and to your dwelling;
- 4      That I may go to the altar of God,  
         to the God of my joy and gladness; \*  
         and on the harp I will give thanks to you, O God my God.
- 5      Why are you so full of heaviness, O my soul? \*  
         and why are you so disquieted within me?
- 6      Put your trust in God; \*  
         for I will yet give thanks to him,  
         who is the help of my countenance, and my God.

*God of mercy, deliver those who are weighed down by fear and depression,  
and give them joy and gladness in your presence. We ask this in the name of  
Jesus Christ the Lord.*

## **Psalm 44**

- 1      We have heard with our ears, O God,  
         our forefathers have told us, \*  
         the deeds you did in their days, in the days of old.
- 2      How with your hand you drove the peoples out  
         and planted our forefathers in the land; \*  
         how you destroyed nations and made your people flourish.

- 3 For they did not take the land by their sword,  
nor did their arm win the victory for them;\*  
but your right hand, your arm, and the light of your countenance,  
because you favoured them.
- 4 You are my King and my God;\*  
you command victories for Jacob.
- 5 Through you we pushed back our adversaries;\*  
through your name we trampled on those who  
rose up against us.
- 6 For I do not rely on my bow,\*  
and my sword does not give me the victory.
- 7 Surely, you gave us victory over our adversaries\*  
and put those who hate us to shame.
- 8 Every day we gloried in God,\*  
and we will praise your name for ever.
- 9 Nevertheless, you have rejected and humbled us\*  
and do not go forth with our armies.
- 10 You have made us fall back before our adversary,\*  
and our enemies have plundered us.
- 11 You have made us like sheep to be eaten\*  
and have scattered us among the nations.
- 12 You are selling your people for a trifle\*  
and are making no profit on the sale of them.

- 13      You have made us the scorn of our neighbours,\*  
a mockery and derision to those around us.
- 14      You have made us a byword among the nations,\*  
a laughing-stock among the peoples.
- 15      My humiliation is daily before me,\*  
and shame has covered my face ;
- 16      Because of the taunts of the mockers and blasphemers,\*  
because of the enemy and avenger.
- 17      All this has come upon us;  
yet we have not forgotten you,\*  
nor have we betrayed your covenant.
- 18      Our heart never turned back,\*  
nor did our footsteps stray from your path;
- 19      Though you thrust us down into a place of misery,\*  
and covered us over with deep darkness.
- 20      If we have forgotten the name of our God,\*  
or stretched out our hands to some strange god,
- 21      Will not God find it out?\*
- for he knows the secrets of the heart.
- 22      Indeed, for your sake we are killed all the day long;\*  
we are accounted as sheep for the slaughter.
- 23      Awake, O Lord! why are you sleeping?\*
- Arise! do not reject us for ever.

- 24      Why have you hidden your face\*  
          and forgotten our affliction and oppression?
- 25      We sink down into the dust;\*  
          our body cleaves to the ground.
- 26      Rise up, and help us,\*  
          and save us, for the sake of your steadfast love.

*God of hosts, be present with those who suffer for no fault of their own: the broken victims of war, oppression, indifference, and neglect. May we see in their sufferings the wounds of Christ, and share with them in his gift of new life. We ask this in his name.*

## **Psalm 45**

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

- 6        The peoples are falling at your feet,\*  
and the king's enemies are losing heart.
- 7        Your throne, O God, endures for ever and ever,\*  
a sceptre of righteousness is the sceptre of your kingdom;  
you love righteousness and hate iniquity.
- 8        Therefore God, your God, has anointed you\*  
with the oil of gladness above your fellows.
- 9        All your garments are fragrant with myrrh, aloes, and cassia,\*  
and the music of strings from ivory palaces makes you glad.
- 10       Kings' daughters stand among the ladies of the court;\*  
on your right hand is the queen, adorned with the gold of Ophir.
- 11       'Hear, O daughter; consider and listen closely;\*  
forget your people and your father's house.
- 12       The king will have pleasure in your beauty;\*  
he is your master; therefore do him honour.
- 13       The people of Tyre are here with a gift;\*  
the rich among the people seek your favour.'
- 14       All glorious is the princess as she enters;\*  
her gown is cloth-of-gold.
- 15       In embroidered apparel she is brought to the king;\*  
after her the bridesmaids follow in procession.
- 16       With joy and gladness they are brought,\*  
and enter into the palace of the king.

- 17 'In place of fathers, O king, you shall have sons;\*  
you shall make them princes over all the earth.
- 18 I will make your name to be remembered  
from one generation to another;\*  
therefore nations will praise you for ever and ever.'

*Gracious God, your love unites heaven and earth in a new festival of gladness.  
Lift our spirits to learn the way of joy that leads us to your banquet hall,  
where all is golden with praise. We ask this through Jesus Christ the Lord.*

## **Psalm 46**

- 1 God is our refuge and strength,\*  
a very present help in trouble.
- 2 Therefore we will not fear, though the earth be moved,\*  
and though the mountains be toppled into the depths of the sea;
- 3 Though its waters rage and foam,\*  
and though the mountains tremble at its tumult.
- 4 The Lord of hosts is with us;\*  
the God of Jacob is our stronghold.
- 5 There is a river whose streams make glad the city of God,\*  
the holy habitation of the Most High.
- 6 God is in the midst of her; she shall not be overthrown;\*  
God shall help her at the break of day.
- 7 The nations make much ado, and the kingdoms are shaken;\*  
God has spoken, and the earth shall melt away.

- 8        The Lord of hosts is with us;\*  
          the God of Jacob is our stronghold.
- 9        Come now and look upon the works of the Lord,\*  
          what awesome things he has done on earth.
- 10       It is he who makes war to cease in all the world;\*  
          he breaks the bow, and shatters the spear,  
          and burns the shields with fire.
- 11       ‘Be still, then, and know that I am God;\*  
          I will be exalted among the nations;  
          I will be exalted in the earth.’
- 12       The Lord of hosts is with us;\*  
          the God of Jacob is our stronghold.

*God our strength, your power is for peace, and the pride of your mighty acts  
secures the city of the humble. Teach us to put our trust in your salvation,  
through Jesus Christ our Lord.*

## **Psalm 47**

- 1        Clap your hands, all you peoples;\*  
          shout to God with a cry of joy.
- 2        For the Lord Most High is to be feared;\*  
          he is the great king over all the earth.
- 3        He subdues the peoples under us,\*  
          and the nations under our feet.

- 4        He chooses our inheritance for us,\*  
          the pride of Jacob whom he loves.
- 5        God has gone up with a shout,\*  
          the Lord with the sound of the ram's-horn.
- 6        Sing praises to God, sing praises;\*  
          sing praises to our king, sing praises.
- 7        For God is king of all the earth;\*  
          sing praises with all your skill.
- 8        God reigns over the nations;\*  
          God sits upon his holy throne.
- 9        The nobles of the peoples have gathered together\*  
          with the people of the God of Abraham.
- 10       The rulers of the earth belong to God,\*  
          and he is highly exalted.

*Blessed are you, God of all the earth; you have called us out of every people and nation to be a royal priesthood and citizens of your holy city. May our words of praise call the world to turn to the joy of fellowship with you, through Jesus Christ our Lord.*

## **Psalm 48**

- 1        Great is the Lord, and highly to be praised;\*  
          in the city of our God is his holy hill.
- 2        Beautiful and lofty, the joy of all the earth, is the hill of Zion,\*  
          the very centre of the world and the city of the great king.

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

- 13      This God is our God for ever and ever;\*  
          he shall be our guide for evermore.

*Gracious God, you have made us fellow-citizens with the saints in the city of your eternal light. In the time of storm, when the foundations shake, teach us to wait in silence on your steadfast and transforming love, made known to us in Jesus Christ our Lord.*

## **Psalm 49**

- 1      Hear this, all you peoples;  
          hearken, all you who dwell in the world,\*  
          you of high degree and low, rich and poor together.
- 2      My mouth shall speak of wisdom,\*  
          and my heart shall meditate on understanding.
- 3      I will incline my ear to a proverb\*  
          and set forth my riddle upon the harp.
- 4      Why should I be afraid in evil days,\*  
          when the wickedness of those at my heels surrounds me,
- 5      The wickedness of those who put their trust in their goods,\*  
          and boast of their great riches?
- 6      We can never ransom ourselves,\*  
          or deliver to God the price of our life;
- 7      For the ransom of our life is so great,\*  
          that we should never have enough to pay it,

- 8        In order to live for ever and ever,\*  
          and never see the grave.
- 9        For we see that the wise die also;  
          like the dull and stupid they perish\*  
          and leave their wealth to those who come after them.
- 10       Their graves shall be their homes for ever,  
          their dwelling places from generation to generation,\*  
          though they call the lands after their own names.
- 11       Even though honoured, they cannot live for ever;\*  
          they are like the beasts that perish.
- 12       Such is the way of those who foolishly trust in themselves,\*  
          and the end of those who delight in their own words.
- 13       Like a flock of sheep they are destined to die;  
          Death is their shepherd;\*  
          they go down straightway to the grave.
- 14       Their form shall waste away,\*  
          and the land of the dead shall be their home.
- 15       But God will ransom my life;\*  
          he will snatch me from the grasp of death.
- 16       Do not be envious when some become rich,\*  
          or when the grandeur of their house increases;
- 17       For they will carry nothing away at their death,\*  
          nor will their grandeur follow them.

- 18      Though they thought highly of themselves while they lived,\*  
and were praised for their success,
- 19      They shall join the company of their forebears,\*  
who will never see the light again.
- 20      Those who are honoured, but have no understanding,\*  
are like the beasts that perish.

*God of our salvation, save us from envy, and teach us to be content with what is enough. We ask this in the name of Jesus Christ the Lord.*

## **Psalm 50**

- 1      The Lord, the God of gods, has spoken;\*  
he has called the earth from the rising of the sun to its setting.
- 2      Out of Zion, perfect in its beauty,\*  
God reveals himself in glory.
- 3      Our God will come and will not keep silence;\*  
before him there is a consuming flame,  
and round about him a raging storm.
- 4      He calls the heavens and the earth from above\*  
to witness the judgement of his people.
- 5      ‘Gather before me my loyal followers,\*  
those who have made a covenant with me  
and sealed it with sacrifice.’
- 6      Let the heavens declare the rightness of his cause;\*  
for God himself is judge.

- 7 Hear, O my people, and I will speak:  
'O Israel, I will bear witness against you;\*'   
for I am God, your God.
- 8 I do not accuse you because of your sacrifices;\*   
your offerings are always before me.
- 9 I will take no bull-calf from your stalls,\*   
nor he-goats out of your pens;
- 10 For the beasts of the forest are mine,\*   
the herds in their thousands upon the hills.
- 11 I know every bird in the sky,\*   
and the creatures of the fields are in my sight.
- 12 If I were hungry, I would not tell you,\*   
for the whole world is mine and all that is in it.
- 13 Do you think I eat the flesh of bulls,\*   
or drink the blood of goats?
- 14 Offer to God a sacrifice of thanksgiving\*   
and make good your vows to the Most High.
- 15 Call upon me in the day of trouble;\*   
I will deliver you, and you shall honour me.'
- 16 But to the wicked God says:\*   
'Why do you recite my statutes,   
and take my covenant upon your lips;

- 17 Since you refuse discipline,\*  
and toss my words behind your back?
- 18 When you see a thief, you make him your friend,\*  
and you cast in your lot with adulterers.
- 19 You have loosed your lips for evil,\*  
and harnessed your tongue to a lie.
- 20 You are always speaking evil of your brother\*  
and slandering your own mother's son.
- 21 These things you have done, and I kept still,\*  
and you thought that I am like you.'
- 22 'I have made my accusation;\*,  
I have put my case in order before your eyes.
- 23 Consider this well, you who forget God,\*  
lest I rend you and there be none to deliver you.
- 24 Whoever offers me the sacrifice of thanksgiving honours me;\*,  
but to those who keep in my way will I show  
the salvation of God.'

*Blessed are you, God of glory; you call us to give up all our vain attempts to reach you, and to come before you in thanksgiving for your great salvation, shown to us in Jesus Christ our Lord.*

## Psalm 51

- 1 Have mercy on me, O God, according to your loving-kindness;\*  
in your great compassion blot out my offences.
- 2 Wash me through and through from my wickedness\*  
and cleanse me from my sin.
- 3 For I know my transgressions,\*  
and my sin is ever before me.
- 4 Against you only have I sinned\*  
and done what is evil in your sight.
- 5 And so you are justified when you speak\*  
and upright in your judgement.
- 6 Indeed, I have been wicked from my birth,\*  
a sinner from my mother's womb.
- 7 For behold, you look for truth deep within me,\*  
and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure;\*  
wash me, and I shall be clean indeed.
- 9 Make me hear of joy and gladness,\*  
that the body you have broken may rejoice.
- 10 Hide your face from my sins\*  
and blot out all my iniquities.
- 11 Create in me a clean heart, O God,\*  
and renew a right spirit within me.

- 12      Cast me not away from your presence\*  
and take not your holy Spirit from me.
- 13      Give me the joy of your saving help again\*  
and sustain me with your bountiful Spirit.
- 14      I shall teach your ways to the wicked,\*  
and sinners shall return to you.
- 15      Deliver me from death, O God,\*  
and my tongue shall sing of your righteousness,  
O God of my salvation.
- 16      Open my lips, O Lord,\*  
and my mouth shall proclaim your praise.
- 17      Had you desired it, I would have offered sacrifice,\*  
but you take no delight in burnt-offerings.
- 18      The sacrifice of God is a troubled spirit;\*  
a broken and contrite heart, O God, you will not despise.
- 19      Be favourable and gracious to Zion,\*  
and rebuild the walls of Jerusalem.
- 20      Then you will be pleased with the appointed sacrifices,  
with burnt-offerings and oblations;\*  
then shall they offer young bullocks upon your altar.

*Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord.*

## Psalm 52

- 1      You tyrant, why do you boast of wickedness\*  
        against the godly all day long?
- 2      You plot ruin; your tongue is like a sharpened razor,\*  
        O worker of deception.
- 3      You love evil more than good\*  
        and lying more than speaking the truth.
- 4      You love all words that hurt,\*O you deceitful tongue.
- 5      Oh, that God would demolish you utterly,\*  
        topple you, and snatch you from your dwelling,  
        and root you out of the land of the living!
- 6      The righteous shall see and tremble,\*  
        and they shall laugh at him, saying,
- 7      ‘This is the one who did not take God for a refuge,\*  
        but trusted in great wealth and relied upon wickedness.’
- 8      But I am like a green olive tree in the house of God;\*  
        I trust in the mercy of God for ever and ever.
- 9      I will give you thanks for what you have done\*  
        and declare the goodness of your name in the presence of the godly.

*God of the oppressed, we pray for all those who suffer injustice at the hands of cruel and indifferent rulers, especially for the innocent victims of war. Give them strength and patience, and hasten the day when the kingdoms of this world will own the perfect law of love, made known to us in Jesus Christ our Lord.*

## Psalm 53

- 1      The fool has said in his heart, 'There is no God.'\*  
All are corrupt and commit abominable acts;  
there is none who does any good.
- 2      God looks down from heaven upon us all,\*  
to see if there is any who is wise,  
if there is one who seeks after God.
- 3      Every one has proved faithless;  
all alike have turned bad;\*  
there is none who does good; no, not one.
- 4      Have they no knowledge, those evildoers\*  
who eat up my people like bread  
and do not call upon God?
- 5      See how greatly they tremble,  
such trembling as never was;\*  
for God has scattered the bones of the enemy;  
they are put to shame, because God has rejected them.
- 6      Oh, that Israel's deliverance would come out of Zion!\*  
when God restores the fortunes of his people  
Jacob will rejoice and Israel be glad.

*God of hope, in times of trouble save us from blind despair and help us to wait in confidence for the bloom of new life which, in the darkness, we cannot imagine. We ask this in the name of Jesus Christ the Lord.*

## Psalm 54

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

*God of mercy, hear our prayer and come to our aid, that from the rising of the sun to its setting we may offer you a pure sacrifice of praise, through Jesus Christ our Lord.*

## Psalm 55

- 1      Hear my prayer, O God;\*  
do not hide yourself from my petition.
- 2      Listen to me and answer me;\*  
I have no peace, because of my cares.
- 3      I am shaken by the noise of the enemy\*  
and by the pressure of the wicked;
- 4      For they have cast an evil spell upon me\*  
and are set against me in fury.
- 5      My heart quakes within me,\*  
and the terrors of death have fallen upon me.
- 6      Fear and trembling have come over me,\*  
and horror overwhelms me.
- 7      And I said, 'Oh, that I had wings like a dove!\*'  
I would fly away and be at rest.
- 8      I would flee to a far-off place\*  
and make my lodging in the wilderness.
- 9      I would hasten to escape\*  
from the stormy wind and tempest.'
- 10     Swallow them up, O Lord; confound their speech;\*  
for I have seen violence and strife in the city.
- 11     Day and night the watchmen make their rounds upon her walls,\*  
but trouble and misery are in the midst of her.

- 12      There is corruption at her heart;\*  
her streets are never free of oppression and deceit.
- 13      For had it been an adversary who taunted me,  
then I could have borne it;\*  
or had it been an enemy who vaunted himself against me,  
then I could have hidden from him.
- 14      But it was you, a man after my own heart,\*  
my companion, my own familiar friend.
- 15      We took sweet counsel together,\*  
and walked with the throng in the house of God.
- 16      Let death come upon them suddenly;  
let them go down alive into the grave;\*  
for wickedness is in their dwellings, in their very midst.
- 17      But I will call upon God,\*  
and the Lord will deliver me.
- 18      In the evening, in the morning, and at noonday,  
I will complain and lament,\*  
and he will hear my voice.
- 19      He will bring me safely back from the battle  
waged against me;\*  
for there are many who fight me.
- 20      God, who is enthroned of old, will hear me and  
bring them down;\*  
they never change; they do not fear God.

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

*God of grace, when we are frightened and alone, help us to trust you and cast our burdens upon you, that we may be upheld by your saving strength. We ask this in the name of Jesus Christ.*

## **Psalm 56**

- 1 Have mercy on me, O God,  
for my enemies are hounding me;\*  
all day long they assault and oppress me.
- 2 They hound me all the day long;\*  
truly there are many who fight against me, O Most High.

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

- 12 For you have rescued my soul from death and my feet  
from stumbling,\*  
that I may walk before God in the light of the living.

*Giver of courage, when our path is hard and dangerous, give us the grace of quiet confidence. We ask this in the name of Jesus Christ, the way, the truth, and the life.*

## **Psalm 57**

- 1 Be merciful to me, O God, be merciful,  
for I have taken refuge in you;\*  
in the shadow of your wings will I take refuge  
until this time of trouble has gone by.
- 2 I will call upon the Most High God,\*  
the God who maintains my cause.
- 3 He will send from heaven and save me;  
he will confound those who trample upon me;\*  
God will send forth his love and his faithfulness.
- 4 I lie in the midst of lions that devour the people;\*  
their teeth are spears and arrows,  
their tongue a sharp sword.
- 5 They have laid a net for my feet,  
and I am bowed low;\*  
they have dug a pit before me,  
but have fallen into it themselves.
- 6 Exalt yourself above the heavens, O God,\*  
and your glory over all the earth.

- 7 My heart is firmly fixed, O God, my heart is fixed;\*  
I will sing and make melody.
- 8 Wake up, my spirit; awake, lute and harp;\*  
I myself will waken the dawn.
- 9 I will confess you among the peoples, O Lord;\*  
I will sing praise to you among the nations.
- 10 For your loving-kindness is greater than the heavens,\*  
and your faithfulness reaches to the clouds.
- 11 Exalt yourself above the heavens, O God,\*  
and your glory over all the earth.

*God our help and strength, look with mercy on all who are oppressed in mind, body, or human dignity. Shield and protect them, and give them that wholeness which is your will for all your children. We ask this in the name of Jesus Christ the Lord.*

## **Psalm 58**

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

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

*God of justice, sweep away all tyranny and violence that righteousness and equity may prevail among your people. We ask in the name of Jesus Christ.*

## Psalm 59

- 1      Rescue me from my enemies, O God;\*  
protect me from those who rise up against me.
- 2      Rescue me from evildoers\*  
and save me from those who thirst for my blood.
- 3      See how they lie in wait for my life,  
how the mighty gather together against me;\*  
not for any offence or fault of mine, O Lord.
- 4      Not because of any guilt of mine\*  
they run and prepare themselves for battle.
- 5      Rouse yourself, come to my side, and see;\*  
for you, Lord God of hosts, are Israel's God.
- 6      Awake, and punish all the ungodly;\*  
show no mercy to those who are faithless and evil.
- 7      They go to and fro in the evening;\*  
they snarl like dogs and run about the city.
- 8      Behold, they boast with their mouths,  
and taunts are on their lips;\*  
'For who,' they say, 'will hear us?'
- 9      But you, O Lord, you laugh at them;\*  
you laugh all the ungodly to scorn.
- 10     My eyes are fixed on you, O my Strength;\*  
for you, O God, are my stronghold.

- 11 My merciful God comes to meet me;\*  
God will let me look in triumph on my enemies.
- 12 Slay them, O God, lest my people forget;\*  
send them reeling by your might  
and put them down, O Lord our shield.
- 13 For the sins of their mouths, for the words of their lips,  
for the cursing and lies that they utter,\*  
let them be caught in their pride.
- 14 Make an end of them in your wrath;\*  
make an end of them, and they shall be no more.
- 15 Let everyone know that God rules in Jacob,\*  
and to the ends of the earth.
- 16 They go to and fro in the evening;\*  
they snarl like dogs and run about the city.
- 17 They forage for food,\*  
and if they are not filled, they howl.
- 18 For my part, I will sing of your strength;\*  
I will celebrate your love in the morning;
- 19 For you have become my stronghold,\*  
a refuge in the day of my trouble.
- 20 To you, O my Strength, will I sing;\*  
for you, O God, are my stronghold and my merciful God.

*God of power, deliver us from evil and confirm our trust in you, that with our rising we may sing of your justice and exult in your mercy. We ask this in the name of Jesus Christ the Lord.*

## **Psalm 60**

- 1 O God, you have cast us off and broken us;\*  
you have been angry;  
oh, take us back to you again.
- 2 You have shaken the earth and split it open;\*  
repair the cracks in it, for it totters.
- 3 You have made your people know hardship;\*  
you have given us wine that makes us stagger.
- 4 You have set up a banner for those who fear you,\*  
to be a refuge from the power of the bow.
- 5 Save us by your right hand and answer us,\*  
that those who are dear to you may be delivered.
- 6 God spoke from his holy place and said: \*  
'I will exult and parcel out Shechem;  
I will divide the valley of Succoth.
- 7 Gilead is mine and Manasseh is mine;\*  
Ephraim is my helmet and Judah my sceptre.
- 8 Moab is my wash-basin,  
on Edom I throw down my sandal to claim it,\*  
and over Philistia will I shout in triumph.'

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

*God of mercy, you have called us out of exile and darkness to be citizens and priests in your kingdom of light. Make us strong in your cause of steadfast love and justice. We ask this in the name of our Lord Jesus Christ.*

## **Psalm 61**

- 1       Hear my cry, O God, \*
- and listen to my prayer.
- 2       I call upon you from the ends of the earth
- with heaviness in my heart; \*
- set me upon the rock that is higher than I.
- 3       For you have been my refuge, \*
- a strong tower against the enemy.
- 4       I will dwell in your house for ever; \*
- I will take refuge under the cover of your wings.
- 5       For you, O God, have heard my vows; \*
- you have granted me the heritage of those
- who fear your name.

- 6      Add length of days to the king's life;\*  
let his years extend over many generations.
- 7      Let him sit enthroned before God for ever;\*  
bid love and faithfulness watch over him.
- 8      So will I always sing the praise of your name,\*  
and day by day I will fulfil my vows.

God of our salvation, when we are depressed and fearful, teach us the way of quiet confidence and hope. We ask this in the name of Jesus Christ the Lord.

## **Psalm 62**

- 1      For God alone my soul in silence waits;\*  
from him comes my salvation.
- 2      He alone is my rock and my salvation,\*  
my stronghold, so that I shall not be greatly shaken.
- 3      How long will you assail me to crush me, all of you together,\*  
as if you were a leaning fence, a toppling wall?
- 4      They seek only to bring me down from my place of honour;\*  
lies are their chief delight.
- 5      They bless with their lips,\*  
but in their hearts they curse.
- 6      For God alone my soul in silence waits;\*  
truly, my hope is in him.

- 7        He alone is my rock and my salvation,\*  
          my stronghold, so that I shall not be shaken.
- 8        In God is my safety and my honour;\*  
          God is my strong rock and my refuge.
- 9        Put your trust in him always, O people,\*  
          pour out your hearts before him, for God is our refuge.
- 10       Those of high degree are but a fleeting breath,\*  
          even those of low estate cannot be trusted.
- 11       On the scales they are lighter than a breath,\*  
          all of them together.
- 12       Put no trust in extortion;  
          in robbery take no empty pride;\*  
          though wealth increase, set not your heart upon it.
- 13       God has spoken once, twice have I heard it,\*  
          that power belongs to God.
- 14       Steadfast love is yours, O Lord,\*  
          for you repay everyone according to his deeds.

*Lord God, in a threatening world we look to you as our rock of hope. Hear us as we pour out our hearts to you, and give us your grace and protection, through your Son Jesus Christ our Lord.*

## Psalm 63

- 1 O God, you are my God; eagerly I seek you;\*  
my soul thirsts for you, my flesh faints for you,  
as in a barren and dry land where there is no water.
- 2 Therefore I have gazed upon you in your holy place,\*  
that I might behold your power and your glory.
- 3 For your loving-kindness is better than life itself;\*  
my lips shall give you praise.
- 4 So will I bless you as long as I live\*  
and lift up my hands in your name.
- 5 My soul is content, as with marrow and fatness,\*  
and my mouth praises you with joyful lips,
- 6 When I remember you upon my bed,\*  
and meditate on you in the night watches.
- 7 For you have been my helper,\*  
and under the shadow of your wings I will rejoice.
- 8 My soul clings to you;\*  
your right hand holds me fast.
- 9 May those who seek my life to destroy it\*  
go down into the depths of the earth;
- 10 Let them fall upon the edge of the sword,\*  
and let them be food for jackals.
- 11 But the king will rejoice in God;

all those who swear by him will be glad,\*  
for the mouth of those who speak lies shall be stopped.

*Eternal Love, our hearts are restless until they rest in you. Let your glory shine on us, that our lives may proclaim your goodness, our work give you honour, and our voices praise you forever; for the sake of Jesus Christ our Lord.*

## **Psalm 64**

- 1      Hear my voice, O God, when I complain;\*  
        protect my life from fear of the enemy.
- 2      Hide me from the conspiracy of the wicked,\*  
        from the mob of evildoers.
- 3      They sharpen their tongue like a sword,\*  
        and aim their bitter words like arrows,
- 4      That they may shoot down the blameless from ambush;\*  
        they shoot without warning and are not afraid.
- 5      They hold fast to their evil course;\*  
        they plan how they may hide their snares.
- 6      They say, 'Who will see us?  
        who will find out our crimes?\*'   
        we have thought out a perfect plot.'
- 7      The human mind and heart are a mystery;\*  
        but God will loose an arrow at them,  
        and suddenly they will be wounded.

- 8        He will make them trip over their tongues,\*  
and all who see them will shake their heads.
- 9        Everyone will stand in awe and declare God's deeds;\*  
they will recognize his works.
- 10      The righteous will rejoice in the Lord and put their  
trust in him,\*  
and all who are true of heart will glory.

*Heavenly Father, you gave your Son victory over those who plotted evil against him and when he cried to you in his agony, you delivered him from the fear of his enemies. May those who suffer with him find refuge in you, for the sake of Jesus Christ our Lord.*

## **Psalm 65**

- 1        You are to be praised, O God, in Zion;\*  
to you shall vows be performed in Jerusalem.
- 2        To you that hear prayer shall all flesh come,\*  
because of their transgressions.
- 3        Our sins are stronger than we are,\*  
but you will blot them out.
- 4        Happy are they whom you choose  
and draw to your courts to dwell there!\*  
they will be satisfied by the beauty of your house,  
by the holiness of your temple.

- 5      Awesome things will you show us in your righteousness,  
O God of our salvation,\*  
O Hope of all the ends of the earth  
and of the seas that are far away.
- 6      You make fast the mountains by your power;\*  
they are girded about with might.
- 7      You still the roaring of the seas,\*  
the roaring of their waves,  
and the clamour of the peoples.
- 8      Those who dwell at the ends of the earth will tremble at  
your marvellous signs;\*  
you make the dawn and the dusk to sing for joy.
- 9      You visit the earth and water it abundantly;  
you make it very plenteous;\*  
the river of God is full of water.
- 10     You prepare the grain,\*  
for so you provide for the earth.
- 11     You drench the furrows and smooth out the ridges;\*  
with heavy rain you soften the ground and bless its increase.
- 12     You crown the year with your goodness,\*  
and your paths overflow with plenty.
- 13     May the fields of the wilderness be rich for grazing,\*  
and the hills be clothed with joy.

- 14      May the meadows cover themselves with flocks,  
and the valleys cloak themselves with grain;\*  
let them shout for joy and sing.

*Lord God, joy marks your presence; beauty, abundance, and peace are the tokens of your work in all creation. Work also in our lives, that by these signs we may see the splendour of your love and praise you through Jesus Christ our Lord.*

## **Psalm 66**

- 1      Be joyful in God, all you lands;\*  
sing the glory of his name; sing the glory of his praise.
- 2      Say to God, 'How awesome are your deeds!\*'   
because of your great strength your enemies  
cringe before you.
- 3      All the earth bows down before you,\*  
sings to you, sings out your name.'
- 4      Come now and see the works of God,\*  
how wonderful he is in his doing toward all people.
- 5      He turned the sea into dry land,  
so that they went through the water on foot,\*  
and there we rejoiced in him.
- 6      In his might he rules for ever;  
his eyes keep watch over the nations;\*  
let no rebel rise up against him.

- 7 Bless our God, you peoples;\*  
make the voice of his praise to be heard;
- 8 Who holds our souls in life,\*  
and will not allow our feet to slip.
- 9 For you, O God, have proved us;\*  
you have tried us just as silver is tried.
- 10 You brought us into the snare;\*  
you laid heavy burdens upon our backs.
- 11 You let enemies ride over our heads;  
we went through fire and water;\*  
but you brought us out into a place of refreshment.
- 12 I will enter your house with burnt-offerings  
and will pay you my vows,\*  
which I promised with my lips  
and spoke with my mouth when I was in trouble.
- 13 I will offer you sacrifices of fat beasts  
with the smoke of rams;\*  
I will give you oxen and goats.
- 14 Come and listen, all you who fear God,\*  
and I will tell you what he has done for me.
- 15 I called out to him with my mouth,\*  
and his praise was on my tongue.
- 16 If I had found evil in my heart,\*  
the Lord would not have heard me;

- 17 But in truth God has heard me;\*  
he has attended to the voice of my prayer.
- 18 Blessed be God, who has not rejected my prayer,\*  
nor withheld his love from me.

*God of power and might, you bring your people out of darkness and slavery into light and freedom through the waters of salvation. Receive our sacrifice of praise and thanksgiving, and keep us always in your steadfast love, through Jesus Christ our Lord.*

## **Psalm 67**

- 1 May God be merciful to us and bless us,\*  
show us the light of his countenance and come to us.
- 2 Let your ways be known upon earth,\*  
your saving health among all nations.
- 3 Let the peoples praise you, O God;\*  
let all the peoples praise you.
- 4 Let the nations be glad and sing for joy,\*  
for you judge the peoples with equity  
and guide all the nations upon earth.
- 5 Let the peoples praise you, O God;\*  
let all the peoples praise you.
- 6 The earth has brought forth her increase;\*  
may God, our own God, give us his blessing.

- 7        May God give us his blessing,\*  
          and may all the ends of the earth stand in awe of him.

*Blessed are you, Lord our God, light of the earth and health of the nations;  
you lead us in the way of justice and mercy, through Jesus Christ our Lord.*

## **Psalm 68**

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

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

- 18 You have gone up on high and led captivity captive;  
you have received gifts even from your enemies,\*  
that the Lord God might dwell among them.
- 19 Blessed be the Lord day by day,\*  
the God of our salvation, who bears our burdens.
- 20 He is our God, the God of our salvation;\*  
God is the Lord, by whom we escape death.
- 21 God shall crush the heads of his enemies,\*  
and the hairy scalp of those who go on still in their wickedness.
- 22 The Lord has said, 'I will bring them back from Bashan;\*  
I will bring them back from the depths of the sea;
- 23 That your foot may be dipped in blood,\*  
the tongues of your dogs in the blood of your enemies.'
- 24 They see your procession, O God,\*  
your procession into the sanctuary, my God and my King.
- 25 The singers go before, musicians follow after,\*  
in the midst of maidens playing upon the hand-drums.
- 26 Bless God in the congregation;\*  
bless the Lord, you that are of the fountain of Israel.
- 27 There is Benjamin, least of the tribes, at the head;  
the princes of Judah in a company;\*  
and the princes of Zebulon and Naphtali.

- 28      Send forth your strength, O God;\*  
          establish, O God, what you have wrought for us.
- 29      Kings shall bring gifts to you,\*  
          for your temple's sake at Jerusalem.
- 30      Rebuke the wild beast of the reeds,\*  
          and the peoples, a herd of wild bulls with its calves.
- 31      Trample down those who lust after silver;\*  
          scatter the peoples that delight in war.
- 32      Let tribute be brought out of Egypt;\*  
          let Ethiopia stretch out her hands to God.
- 33      Sing to God, O kingdoms of the earth;\*  
          sing praises to the Lord.
- 34      He rides in the heavens, the ancient heavens;\*  
          he sends forth his voice, his mighty voice.
- 35      Ascribe power to God;\*  
          his majesty is over Israel;  
          his strength is in the skies.
- 36      How wonderful is God in his holy places!\*  
          the God of Israel giving strength and power to his people!  
          Blessed be God!

*Blessed are you, Lord God of truth and justice; you open our hearts and our mouths to pray and to praise. Guide now our feet in your holy way, through Jesus Christ our Lord.*

## Psalm 69

- 1      Save me, O God,\*  
for the waters have risen up to my neck.
- 2      I am sinking in deep mire,\*  
and there is no firm ground for my feet.
- 3      I have come into deep waters,\*  
and the torrent washes over me.
- 4      I have grown weary with my crying;  
my throat is inflamed;\*  
my eyes have failed from looking for my God.
- 5      Those who hate me without a cause are more than the hairs  
of my head;  
my lying foes who would destroy me are mighty.\*  
Must I then give back what I never stole?
- 6      O God, you know my foolishness,\*  
and my faults are not hidden from you.
- 7      Let not those who hope in you be put to shame through me,  
Lord God of hosts;\* let not those who seek you  
be disgraced because of me,O God of Israel.
- 8      Surely, for your sake have I suffered reproach,\*  
and shame has covered my face.
- 9      I have become a stranger to my own kindred,\*  
an alien to my mother's children.

- 10 Zeal for your house has eaten me up;\*  
the scorn of those who scorn you has fallen upon me.
- 11 I humbled myself with fasting,\*  
but that was turned to my reproach.
- 12 I put on sack-cloth also,\*  
and became a byword among them.
- 13 Those who sit at the gate murmur against me,\*  
and the drunkards make songs about me.
- 14 But as for me, this is my prayer to you,\*  
at the time you have set, O Lord:
- 15 'In your great mercy, O God,\*  
answer me with your unfailing help.
- 16 Save me from the mire; do not let me sink;\*  
let me be rescued from those who hate me  
and out of the deep waters.
- 17 Let not the torrent of waters wash over me,  
neither let the deep swallow me up;\*  
do not let the Pit shut its mouth upon me.
- 18 Answer me, O Lord, for your love is kind,\*  
in your great compassion, turn to me.'
- 19 'Hide not your face from your servant;\*  
be swift and answer me, for I am in distress.
- 20 Draw near to me and redeem me;\*  
because of my enemies deliver me.

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

- 32 I will praise the name of God in song;\*  
I will proclaim his greatness with thanksgiving.
- 33 This will please the Lord more than an offering of oxen,\*  
more than bullocks with horns and hoofs.
- 34 The afflicted shall see and be glad;\*  
you who seek God, your heart shall live.
- 35 For the Lord listens to the needy,\*  
and his prisoners he does not despise.
- 36 Let the heavens and the earth praise him,\*  
the seas and all that moves in them;
- 37 For God will save Zion and rebuild the cities of Judah;\*  
they shall live there and have it in possession.
- 38 The children of his servants will inherit it,\*  
and those who love his name will dwell therein.

Blessed are you, God of our hope; you restore the fallen and rebuild the broken walls. Teach us the song of thanksgiving, for you are the strength of your people; through Jesus Christ our Lord.

## Psalm 70

- 1      Be pleased, O God, to deliver me;\*  
        O Lord, make haste to help me.
- 2      Let those who seek my life be ashamed  
        and altogether dismayed;\*  
        let those who take pleasure in my misfortune  
        draw back and be disgraced.
- 3      Let those who say to me 'Aha!' and gloat over me turn back,\*  
        because they are ashamed.
- 4      Let all who seek you rejoice and be glad in you;\*  
        let those who love your salvation say for ever,  
        'Great is the Lord!'
- 5      But as for me, I am poor and needy;\*  
        come to me speedily, O God.
- 6      You are my helper and my deliverer;\*  
        O Lord, do not tarry.

*Deliver us, Lord, from every evil, and grant us peace in our day. In your mercy keep us free from sin and protect us from all anxiety, as we wait in joyful hope for the coming of your Son, Jesus Christ our Lord.*

## Psalm 71

- 1 In you, O Lord, have I taken refuge;\*  
let me never be ashamed.
- 2 In your righteousness, deliver me and set me free;\*  
incline your ear to me and save me.
- 3 Be my strong rock, a castle to keep me safe;\*  
you are my crag and my stronghold.
- 4 Deliver me, my God, from the hand of the wicked,\*  
from the clutches of the evildoer and the oppressor.
- 5 For you are my hope, O Lord God,\*  
my confidence since I was young.
- 6 I have been sustained by you ever since I was born;  
from my mother's womb you have been my strength;\*  
my praise shall be always of you.
- 7 I have become a portent to many;\*  
but you are my refuge and my strength.
- 8 Let my mouth be full of your praise\*  
and your glory all the day long.
- 9 Do not cast me off in my old age;\*  
forsake me not when my strength fails.
- 10 For my enemies are talking against me,\*  
and those who lie in wait for my life take counsel together.

- 11      They say, 'God has forsaken him;  
go after him and seize him;\*'   
because there is none who will save.'
- 12      O God, be not far from me;\*   
come quickly to help me, O my God.
- 13      Let those who set themselves against me be put to shame   
and be disgraced;\*   
let those who seek to do me evil be covered with scorn and reproach.
- 14      But I shall always wait in patience,\*   
and shall praise you more and more.
- 15      My mouth shall recount your mighty acts   
and saving deeds all day long;\*   
though I cannot know the number of them.
- 16      I will begin with the mighty works of the Lord God;\*   
I will recall your righteousness, yours alone.
- 17      O God, you have taught me since I was young,\*   
and to this day I tell of your wonderful works.
- 18      And now that I am old and gray-headed, O God, do not   
forsake me,\*   
till I make known your strength to this generation   
and your power to all who are to come.
- 19      Your righteousness, O God, reaches to the heavens;\*   
you have done great things;   
who is like you, O God?

- 20 You have showed me great troubles and adversities,\*  
but you will restore my life  
and bring me up again from the deep places of the earth.
- 21 You strengthen me more and more;\*  
you enfold and comfort me.
- 22 Therefore I will praise you upon the lyre for your  
faithfulness, O my God;\*  
I will sing to you with the harp, O Holy One of Israel.
- 23 My lips will sing with joy when I play to you,\*  
and so will my soul, which you have redeemed.
- 24 My tongue will proclaim your righteousness all day long,\*  
for they are ashamed and disgraced who sought to do me harm.

*Holy God, be our strength and our salvation, that we may never be ashamed  
to praise you for your mighty acts. We ask this through Jesus Christ.*

## **Psalm 72**

- 1 Give the king your justice, O God,\*  
and your righteousness to the king's son;
- 2 That he may rule your people righteously\*  
and the poor with justice;
- 3 That the mountains may bring prosperity to the people,\*  
and the little hills bring righteousness.
- 4 He shall defend the needy among the people;\*  
he shall rescue the poor and crush the oppressor.

- 5        He shall live as long as the sun and moon endure,\*  
from one generation to another.
- 6        He shall come down like rain upon the mown field,\*  
like showers that water the earth.
- 7        In his time shall the righteous flourish;\*,  
there shall be abundance of peace till the moon shall be no more.
- 8        He shall rule from sea to sea,\*  
and from the River to the ends of the earth.
- 9        His foes shall bow down before him,\*  
and his enemies lick the dust.
- 10       The kings of Tarshish and of the isles shall pay tribute,\*  
and the kings of Arabia and Saba offer gifts.
- 11       All kings shall bow down before him,\*  
and all the nations do him service.
- 12       For he shall deliver the poor who cries out in distress,\*  
and the oppressed who has no helper.
- 13       He shall have pity on the lowly and poor;\*,  
he shall preserve the lives of the needy.
- 14       He shall redeem their lives from oppression and violence,\*  
and dear shall their blood be in his sight.
- 15       Long may he live!  
and may there be given to him gold from Arabia;\*,  
may prayer be made for him always,  
and may they bless him all the day long.

- 16      May there be abundance of grain on the earth,  
growing thick even on the hilltops;\*  
may its fruit flourish like Lebanon,  
and its grain like grass upon the earth.
- 17      May his name remain for ever  
and be established as long as the sun endures;\*  
may all the nations bless themselves in him and  
call him blessed.
- 18      Blessed be the Lord God, the God of Israel,\*  
who alone does wondrous deeds!
- 19      And blessed be his glorious name for ever!\*  
and may all the earth be filled with his glory.  
Amen. Amen.

*O God, bring our nation and all nations to a sense of justice and equity, that poverty, oppression, and violence may vanish and all may know peace and plenty. We ask this in the name of Jesus Christ.*

## Book Three

### Psalm 73

- 1 Truly, God is good to Israel,\*  
to those who are pure in heart.
- 2 But as for me, my feet had nearly slipped;\*  
I had almost tripped and fallen;
- 3 Because I envied the proud\*  
and saw the prosperity of the wicked:
- 4 For they suffer no pain,\*  
and their bodies are sleek and sound;
- 5 In the misfortunes of others they have no share;\*  
they are not afflicted as others are;
- 6 Therefore they wear their pride like a necklace\*  
and wrap their violence about them like a cloak.
- 7 Their iniquity comes from gross minds,\*  
and their hearts overflow with wicked thoughts.
- 8 They scoff and speak maliciously;\*  
out of their haughtiness they plan oppression.
- 9 They set their mouths against the heavens,\*  
and their evil speech runs through the world.
- 10 And so the people turn to them\*  
and find in them no fault.

- 11      They say, 'How should God know?\*'   
is there knowledge in the Most High?'
- 12      So then, these are the wicked;\*,   
always at ease, they increase their wealth.
- 13      In vain have I kept my heart clean,\*,   
and washed my hands in innocence.
- 14      I have been afflicted all day long,\*,   
and punished every morning.
- 15      Had I gone on speaking this way,\*,   
I should have betrayed the generation of your children.
- 16      When I tried to understand these things,\*,   
it was too hard for me;
- 17      Until I entered the sanctuary of God\*,   
and discerned the end of the wicked.
- 18      Surely, you set them in slippery places;\*,   
you cast them down in ruin.
- 19      Oh, how suddenly do they come to destruction,\*,   
come to an end, and perish from terror!
- 20      Like a dream when one awakens, O Lord,\*,   
when you arise you will make their image vanish.
- 21      When my mind became embittered,\*,   
I was sorely wounded in my heart.

- 22 I was stupid and had no understanding;\*  
I was like a brute beast in your presence.
- 23 Yet I am always with you;\*  
you hold me by my right hand.
- 24 You will guide me by your counsel,\*  
and afterwards receive me with glory.
- 25 Whom have I in heaven but you?\*
- and having you I desire nothing upon earth.
- 26 Though my flesh and my heart should waste away,\*  
God is the strength of my heart and my portion for ever.
- 27 Truly, those who forsake you will perish;\*  
you destroy all who are unfaithful.
- 28 But it is good for me to be near God;\*  
I have made the Lord God my refuge.
- 29 I will speak of all your works\*  
in the gates of the city of Zion.

*Most High, you know our faithlessness, and our blindness to the rewards of goodness. Guide us with your counsel and be the strength of our hearts, that we may not fall but rejoice in the life of your eternal city; through Jesus Christ our Mediator.*

## Psalm 74

- 1 O God, why have you utterly cast us off?\*  
why is your wrath so hot against the sheep of your pasture?
- 2 Remember your congregation that you purchased long ago,\*  
the tribe you redeemed to be your inheritance,  
and Mount Zion where you dwell.
- 3 Turn your steps toward the endless ruins;\*  
the enemy has laid waste everything in your sanctuary.
- 4 Your adversaries roared in your holy place;\*  
they set up their banners as tokens of victory.
- 5 They were like men coming up with axes to a grove of trees;\*  
they broke down all your carved work with hatchets  
and hammers.
- 6 They set fire to your holy place;\*  
they defiled the dwelling-place of your name  
and razed it to the ground.
- 7 They said to themselves, 'Let us destroy them altogether.'\*  
They burned down all the meeting-places of God in the land.
- 8 There are no signs for us to see; there is no prophet left;\*  
there is not one among us who knows how long.
- 9 How long, O God, will the adversary scoff?\*  
will the enemy blaspheme your name for ever?
- 10 Why do you draw back your hand?\*  
why is your right hand hidden in your bosom?

- 11 Yet God is my king from ancient times,\*  
victorious in the midst of the earth.
- 12 You divided the sea by your might\*  
and shattered the heads of the dragons upon the waters;
- 13 You crushed the heads of Leviathan\*  
and gave him to the people of the desert for food.
- 14 You split open spring and torrent;\*  
you dried up ever-flowing rivers.
- 15 Yours is the day, yours also the night;\*  
you established the moon and the sun.
- 16 You fixed all the boundaries of the earth;\*  
you made both summer and winter.
- 17 Remember, O Lord, how the enemy scoffed,\*  
how a foolish people despised your name.
- 18 Do not hand over the life of your dove to wild beasts;\*  
never forget the lives of your poor.
- 19 Look upon your covenant;\*  
the dark places of the earth are haunts of violence.
- 20 Let not the oppressed turn away ashamed;\*  
let the poor and needy praise your name.
- 21 Arise, O God, maintain your cause;\*  
remember how fools revile you all day long.

- 22 Forget not the clamour of your adversaries,\*  
the unending tumult of those who rise up against you.

*O God, when violence threatens and destruction seems at hand, help us to remember that you maintain your cause and still rule your universe through Jesus Christ our Saviour.*

## **Psalm 75**

- 1 We give you thanks, O God, we give you thanks,\*  
calling upon your name and declaring all your wonderful deeds.
- 2 'I will appoint a time,' says God;\*  
'I will judge with equity.
- 3 Though the earth and all its inhabitants are quaking,\*  
I will make its pillars fast.
- 4 I will say to the boasters, "Boast no more,"\*  
and to the wicked, "Do not toss your horns;
- 5 Do not toss your horns so high,\*  
nor speak with a proud neck.""
- 6 For judgement is neither from the east nor from the west,\*  
nor yet from the wilderness or the mountains.
- 7 It is God who judges;\*  
he puts down one and lifts up another.
- 8 For in the Lord's hand there is a cup,  
full of spiced and foaming wine, which he pours out,\*  
and all the wicked of the earth shall drink and drain the dregs.

- 9 But I will rejoice for ever;\*  
I will sing praises to the God of Jacob.
- 10 He shall break off all the horns of the wicked;\*  
but the horns of the righteous shall be exalted.

*O God, let not pride stiffen our necks, but help us to give you thanks and praise your name for ever, through Jesus Christ our Saviour.*

## **Psalm 76**

- 1 In Judah is God known;\*  
his name is great in Israel.
- 2 At Salem is his tabernacle,\*  
and his dwelling is in Zion.
- 3 There he broke the flashing arrows,\*  
the shield, the sword, and the weapons of battle.
- 4 How glorious you are!\*  
more splendid than the everlasting mountains!
- 5 The strong of heart have been despoiled;  
they sink into sleep;\*  
none of the warriors can lift a hand.
- 6 At your rebuke, O God of Jacob,\*  
both horse and rider lie stunned.
- 7 What terror you inspire!\*  
who can stand before you when you are angry?

- 8 From heaven you pronounced judgement;\*  
the earth was afraid and was still;
- 9 When God rose up to judgement\*  
and to save all the oppressed of the earth.
- 10 Truly, wrathful Edom will give you thanks,\*  
and the remnant of Hamath will keep your feasts.
- 11 Make a vow to the Lord your God and keep it;\*  
let all around him bring gifts to him who is worthy to be feared.
- 12 He breaks the spirit of princes,\*  
and strikes terror in the kings of the earth.

*Judge eternal, love is the government of your holy city and the indictment of the proud. We give thanks for the great salvation you have revealed in Jesus Christ our Lord.*

## **Psalm 77**

- 1 I will cry aloud to God;\*  
I will cry aloud, and he will hear me.
- 2 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.
- 3 I think of God, I am restless,\*  
I ponder, and my spirit faints.
- 4 You will not let my eyelids close;\*  
I am troubled and I cannot speak.

- 5 I consider the days of old;\*  
I remember the years long past;
- 6 I commune with my heart in the night;\*  
I ponder and search my mind.
- 7 Will the Lord cast me off for ever?\*
- will he no more show his favour?
- 8 Has his loving-kindness come to an end for ever?\*
- has his promise failed for evermore?
- 9 Has God forgotten to be gracious?\*
- has he, in his anger, withheld his compassion?
- 10 And I said, 'My grief is this:\*
- the right hand of the Most High has lost its power.'
- 11 I will remember the works of the Lord,\*
- and call to mind your wonders of old time.
- 12 I will meditate on all your acts\*
- and ponder your mighty deeds.
- 13 Your way, O God, is holy;\*
- who is so great a god as our God?
- 14 You are the God who works wonders\*
- and have declared your power among the peoples.
- 15 By your strength you have redeemed your people,\*
- the children of Jacob and Joseph.

- 16      The waters saw you, O God;  
the waters saw you and trembled;\*  
the very depths were shaken.
- 17      The clouds poured out water;  
the skies thundered;\*  
your arrows flashed to and fro;
- 18      The sound of your thunder was in the whirlwind;  
your lightnings lit up the world;\*  
the earth trembled and shook.
- 19      Your way was in the sea,  
and your paths in the great waters,\*  
yet your footsteps were not seen.
- 20      You led your people like a flock\*  
by the hand of Moses and Aaron.

*God of saving power, remember us in times of sorrow and despair. Redeem us with your strength and guide us through the wilderness. We ask this in the name of Jesus Christ.*

## Psalm 78 Part I

- 1      Hear my teaching, O my people;\*  
        incline your ears to the words of my mouth.
- 2      I will open my mouth in a parable;\*  
        I will declare the mysteries of ancient times.
- 3      That which we have heard and known,  
        and what our forefathers have told us,\*  
        we will not hide from their children.
- 4      We will recount to generations to come  
        the praiseworthy deeds and the power of the Lord,\*  
        and the wonderful works he has done.
- 5      He gave his decrees to Jacob and established a law for Israel,\*  
        which he commanded them to teach their children;
- 6      That the generations to come might know,  
        and the children yet unborn,\*  
        that they in their turn might tell it to their children;
- 7      So that they might put their trust in God,\*  
        and not forget the deeds of God,  
        but keep his commandments;
- 8      And not be like their forefathers,  
        a stubborn and rebellious generation,\*  
        a generation whose heart was not steadfast,  
        and whose spirit was not faithful to God.
- 9      he people of Ephraim, armed with the bow,\*  
        turned back in the day of battle;

- 10 They did not keep the covenant of God,\*  
and refused to walk in his law;
- 11 They forgot what he had done,\*  
and the wonders he had shown them.
- 12 He worked marvels in the sight of their forefathers,\*  
in the land of Egypt, in the field of Zoan.
- 13 He split open the sea and let them pass through,\*  
he made the waters stand up like walls.
- 14 He led them with a cloud by day,\*  
and all the night through with a glow of fire.
- 15 He split the hard rocks in the wilderness\*  
and gave them drink as from the great deep.
- 16 He brought streams out of the cliff,\*  
and the waters gushed out like rivers.
- 17 But they went on sinning against him,\*  
rebellling 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, he struck the rock, the waters gushed out, and the  
gullies overflowed;\*  
but is he able to give bread  
or to provide meat for his people?’
- 21 When the Lord heard this, he was full of wrath;\*  
a fire was kindled against Jacob,  
and his anger mounted against Israel;
- 22 For they had no faith in God,\*  
nor did they put their trust in his saving power.
- 23 So he commanded the clouds above\*  
and opened the doors of heaven.
- 24 He rained down manna upon them to eat\*  
and gave them grain from heaven.
- 25 So mortals ate the bread of angels;\*  
he provided for them food enough.
- 26 He caused the east wind to blow in the heavens\*  
and led out the south wind by his might.
- 27 He rained down flesh upon them like dust\*  
and wingèd birds like the sand of the sea.
- 28 He let it fall in the midst of their camp\*  
and round about their dwellings.
- 29 So they ate and were well filled,\*  
for he gave them what they craved.

- 30 But they did not stop their craving,\*  
though the food was still in their mouths.
- 31 So God's anger mounted against them;\*  
he 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 his wonderful works.
- 33 So he brought their days to an end like a breath\*  
and their years in sudden terror.
- 34 Whenever he slew them, they would seek him,\*  
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 him with their mouths\*  
and lied to him with their tongues.
- 37 Their heart was not steadfast toward him,\*  
and they were not faithful to his covenant.
- 38 But he was so merciful that he forgave their sins  
and did not destroy them;\*  
many times he held back his anger  
and did not permit his wrath to be roused.
- 39 For he remembered that they were but flesh,\*  
a breath that goes forth and does not return.

## Psalm 78 Part II

- 40      How often the people disobeyed him in the wilderness\*  
and offended him in the desert!
- 41      Again and again they tempted God\*  
and provoked the Holy One of Israel.
- 42      They did not remember his power\*  
in the day when he ransomed them from the enemy;
- 43      How he wrought his signs in Egypt\*  
and his omens in the field of Zoan.
- 44      He turned their rivers into blood,\*  
so that they could not drink of their streams.
- 45      He sent swarms of flies among them, which ate them up,\*  
and frogs, which destroyed them.
- 46      He gave their crops to the caterpillar,\*  
the fruit of their toil to the locust.
- 47      He killed their vines with hail\*  
and their sycamores with frost.
- 48      He delivered their cattle to hailstones\*  
and their livestock to hot thunderbolts.
- 49      He poured out upon them his blazing anger:\*  
fury, indignation, and distress,  
a troop of destroying angels.

- 50      He gave full rein to his anger;  
he did not spare their souls from death;\*  
but delivered their lives to the plague.
- 51      He struck down all the firstborn of Egypt,\*  
the flower of manhood in the dwellings of Ham.
- 52      He led out his people like sheep\*  
and guided them in the wilderness like a flock.
- 53      He led them to safety, and they were not afraid;\*  
but the sea overwhelmed their enemies.
- 54      He brought them to his holy land,\*  
the mountain his right hand had won.
- 55      He drove out the Canaanites before them  
and apportioned an inheritance to them by lot;\*  
he made the tribes of Israel to dwell in their tents.
- 56      But they tested the Most High God, and defied him,\*  
and did not keep his commandments.
- 57      They turned away and were disloyal like their fathers;\*  
they were undependable like a warped bow.
- 58      They grieved him with their hill-altars\*  
and provoked his displeasure with their idols.
- 59      When God heard this, he was angry\*  
and utterly rejected Israel.
- 60      He forsook the shrine at Shiloh,\*  
the tabernacle where he had lived among his people.

- 61 He delivered the ark into captivity,\*  
his glory into the adversary's hand.
- 62 He gave his people to the sword\*  
and was angered against his inheritance.
- 63 The fire consumed their young men;\*  
there were no wedding songs for their maidens.
- 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 He struck his enemies on the backside\*  
and put them to perpetual shame.
- 67 He rejected the tent of Joseph\*  
and did not choose the tribe of Ephraim;
- 68 He chose instead the tribe of Judah\*  
and Mount Zion, which he loved.
- 69 He built his sanctuary like the heights of heaven,\*  
like the earth which he founded for ever.
- 70 He chose David his servant,\*  
and took him away from the sheepfolds.
- 71 He brought him from following the ewes,\*  
to be a shepherd over Jacob his people  
and over Israel his inheritance.

72      So he shepherded them with a faithful and true heart\*  
and guided them with the skilfulness of his hands.

*God of pilgrims, strengthen our faith, we pray. Guide us through the  
uncertainties of our journey, and hold before us the vision of your eternal  
kingdom, made known to us in Jesus Christ our Lord.*

## **Psalm 79**

- 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.
- 5      How long will you be angry, O Lord?\*  
will your fury blaze like fire for ever?
- 6      Pour out your wrath upon the heathen who have not known you\*  
and upon the kingdoms that have not called upon your name.
- 7      For they have devoured Jacob\*  
and made his dwelling a ruin.

- 8 Remember not our past sins;  
let your compassion be swift to meet us;\*  
for we have been brought very low.
- 9 Help us, O God our Saviour, for the glory of your name;\*  
deliver us and forgive us our sins, for your name's sake.
- 10 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.
- 11 Let the sorrowful sighing of the prisoners come before you,\*  
and by your great might spare those who are condemned to die.
- 12 May the revilings with which they reviled you, O Lord,\*  
return seven-fold into their bosoms.
- 13 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.

*Gracious God, in times of sorrow and depression, when hope itself seems lost, help us to remember the transforming power of your steadfast love and to give thanks for that new life we cannot now imagine. We ask this in the name of Jesus Christ our Saviour.*

## Psalm 80

- 1 Hear, O Shepherd of Israel, leading Joseph like a flock;\*  
shine forth, you that are enthroned upon the cherubim.
- 2 In the presence of Ephraim, Benjamin, and Manasseh,\*  
stir up your strength and come to help us.
- 3 Restore us, O God of hosts;\*  
show the light of your countenance, and we shall be saved.
- 4 O Lord God of hosts,\*  
how long will you be angered  
despite the prayers of your people?
- 5 You have fed them with the bread of tears;\*  
you have given them bowls of tears to drink.
- 6 You have made us the derision of our neighbours,\*  
and our enemies laugh us to scorn.
- 7 Restore us, O God of hosts;\*  
show the light of your countenance, and we shall be saved.
- 8 You have brought a vine out of Egypt;\*  
you cast out the nations and planted it.
- 9 You prepared the ground for it;\*  
it took root and filled the land.
- 10 The mountains were covered by its shadow\*  
and the towering cedar trees by its boughs.

- 11      You stretched out its tendrils to the Sea\*  
and its branches to the River.
- 12      Why have you broken down its wall,\*  
so that all who pass by pluck off its grapes?
- 13      The wild boar of the forest has ravaged it,\*  
and the beasts of the field have grazed upon it.
- 14      Turn now, O God of hosts, look down from heaven;  
behold and tend this vine;\*  
preserve what your right hand has planted.
- 15      They burn it with fire like rubbish,\*  
at the rebuke of your countenance let them perish.
- 16      Let your hand be upon the man of your right hand,\*  
the son of man you have made so strong for yourself.
- 17      And so will we never turn away from you;\*  
give us life, that we may call upon your name.
- 18      Restore us, O Lord God of hosts;\*  
show the light of your countenance, and we shall be saved.

*Glory to you, Lord Jesus Christ, our good shepherd; you have led us to the kingdom of your Father's love. Forgive our careless indifference to your loving care for all your creatures, and remake us in the likeness of your new and risen life. We ask this in your name.*

## Psalm 81

- 1 Sing with joy to God our strength\*  
and raise a loud shout to the God of Jacob.
- 2 Raise a song and sound the timbrel,\*  
the merry harp, and the lyre.
- 3 Blow the ram's-horn at the new moon,\*  
and at the full moon, the day of our feast.
- 4 For this is a statute for Israel,\*  
a law of the God of Jacob.
- 5 He laid it as a solemn charge upon Joseph,\*  
when he came out of the land of Egypt.
- 6 I heard an unfamiliar voice saying,\*  
'I eased his shoulder from the burden;  
his hands were set free from bearing the load.'
- 7 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.
- 8 Hear, O my people, and I will admonish you:\*  
O Israel, if you would but listen to me!
- 9 There shall be no strange god among you;\*  
you shall not worship a foreign god.
- 10 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.'

- 11 And yet my people did not hear my voice,\*  
and Israel would not obey me.
- 12 So I gave them over to the stubbornness of their hearts,\*  
to follow their own devices.
- 13 Oh, that my people would listen to me!\*  
that Israel would walk in my ways!
- 14 I should soon subdue their enemies\*  
and turn my hand against their foes.
- 15 Those who hate the Lord would cringe before him,\*  
and their punishment would last for ever.
- 16 But Israel would I feed with the finest wheat\*  
and satisfy him with honey from the rock.

*Father, forgive our foolish ways, and feed us always with that living bread  
which is given for the life of the world, your Son Jesus Christ our Lord.*

## **Psalm 82**

- 1 God takes his stand in the council of heaven;\*  
he gives judgement in the midst of the gods:
- 2 'How long will you judge unjustly,\*  
and show favour to the wicked?
- 3 Save the weak and the orphan;\*  
defend the humble and needy;

- 4        Rescue the weak and the poor;\*  
          deliver them from the power of the wicked.
- 5        They do not know, neither do they understand;  
          they go about in darkness;\*  
          all the foundations of the earth are shaken.
- 6        Now I say to you, 'You are gods,\*  
          and all of you children of the Most High;
- 7        Nevertheless, you shall die like mortals,\*  
          and fall like any prince.'
- 8        Arise, O God, and rule the earth,\*  
          for you shall take all nations for your own.

*Strength of the weak, Defender of the needy, Rescuer of the poor, deliver us from the power of wickedness, that we may rejoice in your justice now and forever, through Jesus Christ our Lord .*

## **Psalm 83**

- 1        O God, do not be silent;\*  
          do not keep still nor hold your peace, O God;
- 2        For your enemies are in tumult,\*  
          and those who hate you have lifted up their heads.
- 3        They take secret counsel against your people\*  
          and plot against those whom you protect.
- 4        They have said, 'Come, let us wipe them out from among  
          the nations;\*  
          let the name of Israel be remembered no more.'

- 5        They have conspired together;\*  
          they have made an alliance against you:
- 6        The tents of Edom and the Ishmaelites;\*  
          the Moabites and the Hagarenes;
- 7        Gebal, and Ammon, and Amalek;\*  
          the Philistines and those who dwell in Tyre.
- 8        The Assyrians also have joined them,\*  
          and have come to help the people of Lot.
- 9        Do to them as you did to Midian,\*  
          to Sisera, and to Jabin at the river of Kishon:
- 10       They were destroyed at Endor;\*  
          they became like dung upon the ground.
- 11       Make their leaders like Oreb and Zeëb,\*  
          and all their commanders like Zebah and Zalmunna,
- 12       Who said, 'Let us take for ourselves\*  
          the fields of God as our possession.'
- 13       O my God, make them like whirling dust\*  
          and like chaff before the wind;
- 14       Like fire that burns down a forest,\*  
          like the flame that sets mountains ablaze.
- 15       Drive them with your tempest\*  
          and terrify them with your storm;

- 16 Cover their faces with shame, O Lord,\*  
that they may seek your name.
- 17 Let them be disgraced and terrified for ever;\*  
let them be put to confusion and perish.
- 18 Let them know that you, whose name is Yahweh,\*  
you alone are the Most High over all the earth.

*Lord, dispel from us the error of pride and the illusions of greatness, and help us to abandon every vice and stand in awe of you, for you alone are the Most High over all the world now and for ever.*

## **Psalm 84**

- 1 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.
- 2 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 King and my God.
- 3 Happy are they who dwell in your house!\*  
they will always be praising you.
- 4 Happy are the people whose strength is in you!\*  
whose hearts are set on the pilgrims' way.
- 5 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.

- 6        They will climb from height to height,\*  
          and the God of gods will reveal himself in Zion.
- 7        Lord God of hosts, hear my prayer;\*  
          hearken, O God of Jacob.
- 8        Behold our defender, O God;\*  
          and look upon the face of your anointed.
- 9        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.
- 10       For the Lord God is both sun and shield;\*  
          he will give grace and glory;
- 11       No good thing will the Lord withhold\*  
          from those who walk with integrity.
- 12       O Lord of hosts,\*  
          happy are they who put their trust in you!

*God of pilgrims, teach us to recognize your dwelling-place in the love, generosity, and support of those with whom we share our journey, and help us to worship you in our response to those who need our care; for all the world is your temple and every human heart is a sign of your presence, made known to us in Jesus Christ our Lord.*

## **Psalm 85**

- 1        You have been gracious to your land, O Lord,\*  
          you have restored the good fortune of Jacob.

- 2      You have forgiven the iniquity of your people\*  
and blotted out all their sins.
- 3      You have withdrawn all your fury\*  
and turned yourself from your wrathful indignation.
- 4      Restore us then, O God our Saviour;\*  
let your anger depart from us.
- 5      Will you be displeased with us for ever?\*
- will you prolong your anger from age to age?
- 6      Will you not give us life again,\*  
that your people may rejoice in you?
- 7      Show us your mercy, O Lord,\*  
and grant us your salvation.
- 8      I will listen to what the Lord God is saying,\*  
for he is speaking peace to his faithful people  
and to those who turn their hearts to him.
- 9      Truly, his salvation is very near to those who fear him,\*  
that his glory may dwell in our land.
- 10     Mercy and truth have met together;\*  
righteousness and peace have kissed each other.
- 11     Truth shall spring up from the earth,\*  
and righteousness shall look down from heaven.
- 12     The Lord will indeed grant prosperity,\*  
and our land will yield its increase.

- 13      Righteousness shall go before him,\*  
          and peace shall be a pathway for his feet.

*God of grace, you loved the world so much that you gave your only Son to be our Saviour. Help us to rejoice in our salvation by showing mercy and truth, and by walking in the way of righteousness and peace. We ask this in his name and for his sake.*

## **Psalm 86**

- 1      Bow down your ear, O Lord, and answer me,\*  
          for I am poor and in misery.
- 2      Keep watch over my life, for I am faithful;\*  
          save your servant who puts his trust in you.
- 3      Be merciful to me, O Lord, for you are my God;\*  
          I call upon you all the day long.
- 4      Gladden the soul of your servant,\*  
          for to you, O Lord, I lift up my soul.
- 5      For you, O Lord, are good and forgiving,\*  
          and great is your love toward all who call upon you.
- 6      Give ear, O Lord, to my prayer,\*  
          and attend to the voice of my supplications.
- 7      In the time of my trouble I will call upon you,\*  
          for you will answer me.
- 8      Among the gods there is none like you, O Lord,\*  
          nor anything like your works.

- 9 All nations you have made will come and  
worship you, O Lord,\*  
and glorify your name.
- 10 For you are great;  
you do wondrous things;\*  
and you alone are God.
- 11 Teach me your way, O Lord,  
and I will walk in your truth;\*  
knit my heart to you that I may fear your name.
- 12 I will thank you, O Lord my God, with all my heart,\*  
and glorify your name for evermore.
- 13 For great is your love toward me;\*  
you have delivered me from the nethermost Pit.
- 14 The arrogant rise up against me, O God,  
and a band of violent men seeks my life;\*  
they have not set you before their eyes.
- 15 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.

*God of mercy, fill us with the love of your name, and help us to proclaim you before the world, that all peoples may celebrate your glory in Jesus Christ our Lord.*

## **Psalm 87**

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

*God of eternal light, open our eyes to the vision of your holy city coming down from heaven; make our hearts sensitive to your presence, and our wills eager to join in the comfort and healing you bring to all the world. We ask this in the name of Jesus Christ the Lord.*

## **Psalm 88**

- 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,
- 6      Whom you remember no more,\*  
for they are cut off from your hand.
- 7      You have laid me in the depths of the Pit,\*  
in dark places, and in the abyss.
- 8      Your anger weighs upon me heavily,\*  
and all your great waves overwhelm me.
- 9      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.
- 10     My sight has failed me because of trouble;\*  
Lord, I have called upon you daily;  
I have stretched out my hands to you.
- 11     Do you work wonders for the dead?\*
- will those who have died stand up and give you thanks?

- 12 Will your loving-kindness be declared in the grave?\*
- your faithfulness in the land of destruction?
- 13 Will your wonders be known in the dark?\*
- or your righteousness in the country where all  
is forgotten?
- 14 But as for me, O Lord, I cry to you for help;\*
- in the morning my prayer comes before you.
- 15 Lord, why have you rejected me?\*
- why have you hidden your face from me?
- 16 Ever since my youth, I have been wretched and at the  
point of death;\*
- I have borne your terrors with a troubled mind.
- 17 Your blazing anger has swept over me;\*
- your terrors have destroyed me;
- 18 They surround me all day long like a flood;\*
- they encompass me on every side.
- 19 My friend and my neighbour you have put away from me,\*
- and darkness is my only companion.

*O Lord, when we are plunged into the darkness of despair, make known to us  
the wonders of your grace, for you alone are God and from you comes all our  
help and strength. We ask this in the name of Jesus Christ.*

## Psalm 89 Part I

- 1 Your love, O Lord, for ever will I sing;\*  
from age to age my mouth will proclaim your faithfulness.
- 2 For I am persuaded that your love is established for ever;\*  
you have set your faithfulness firmly in the heavens.
- 3 'I have made a covenant with my chosen one;\*  
I have sworn an oath to David my servant:
- 4 "I will establish your line for ever,\*  
and preserve your throne for all generations.""
- 5 The heavens bear witness to your wonders, O Lord,\*  
and to your faithfulness in the assembly of the holy ones;
- 6 For who in the skies can be compared to the Lord?\*  
who is like the Lord among the gods?
- 7 God is much to be feared in the council of the holy ones,\*  
great and terrible to all those round about him.
- 8 Who is like you, Lord God of hosts?\*  
O mighty Lord, your faithfulness is all around you.
- 9 You rule the raging of the sea\*  
and still the surging of its waves.
- 10 You have crushed Rahab of the deep with a deadly wound;\*  
you have scattered your enemies with your mighty arm.
- 11 Yours are the heavens; the earth also is yours;\*  
you laid the foundations of the world and all that is in it.

- 12 You have made the north and the south;\*  
Tabor and Hermon rejoice in your name.
- 13 You have a mighty arm;\*  
strong is your hand and high is your right hand.
- 14 Righteousness and justice are the foundations of your throne;\*  
love and truth go before your face.
- 15 Happy are the people who know the festal shout!\*  
they walk, O Lord, in the light of your presence.
- 16 They rejoice daily in your name;\*  
they are jubilant in your righteousness.
- 17 For you are the glory of their strength,\*  
and by your favour our might is exalted.
- 18 Truly, the Lord is our ruler;\*  
the Holy One of Israel is our king.

## **Psalm 89 Part II**

- 19 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.
- 20 I have found David my servant;\*  
with my holy oil have I anointed him.
- 21 My hand will hold him fast\*  
and my arm will make him strong.

- 22 No enemy shall deceive him,\*  
nor any wicked man bring him down.
- 23 I will crush his foes before him\*  
and strike down those who hate him.
- 24 My faithfulness and love shall be with him,\*  
and he shall be victorious through my name.
- 25 I shall make his dominion extend\*  
from the Great Sea to the River.
- 26 He will say to me, "You are my Father,\*  
my God, and the rock of my salvation."
- 27 I will make him my firstborn\*  
and higher than the kings of the earth.
- 28 I will keep my love for him for ever,\*  
and my covenant will stand firm for him.
- 29 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 right 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 himself 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.

*Remember us, gracious God, when we cannot see your way and purpose, and renew in us the joy of your kingdom of light and life. We ask this in the name of Jesus Christ the Lord.*

## Book Four

### Psalm 90

- 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.
- 17      May the graciousness of the Lord our God be upon us;\*
- prosper the work of our hands;  
          prosper our handiwork.

*Eternal Father of our mortal race, in Jesus Christ your grace has come upon us. For his sake, prosper the work of our hands until he returns to gladden our hearts forever.*

## Psalm 91

- 1      He who dwells in the shelter of the Most High,\*  
abides under the shadow of the Almighty.
- 2      He shall say to the Lord,  
"You are my refuge and my stronghold,\*  
my God in whom I put my trust."
- 3      He shall deliver you from the snare of the hunter\*  
and from the deadly pestilence.
- 4      He shall cover you with his pinions,  
and you shall find refuge under his wings;\*  
his faithfulness shall be a shield and buckler.
- 5      You shall not be afraid of any terror by night,\*  
nor of the arrow that flies by day;
- 6      Of the plague that stalks in the darkness,\*  
nor of the sickness that lays waste at mid-day.
- 7      A thousand shall fall at your side  
and ten thousand at your right hand,\*  
but it shall not come near you.
- 8      Your eyes have only to behold\*  
to see the reward of the wicked.
- 9      Because you have made the Lord your refuge,\*  
and the Most High your habitation,
- 10     There shall no evil happen to you,\*  
neither shall any plague come near your dwelling.

- 11 For he shall give his angels charge over you,\*  
to keep you in all your ways.
- 12 They shall bear you in their hands,\*  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder;\*  
you shall trample the young lion and the serpent  
under your feet.
- 14 Because he is bound to me in love,  
therefore will I deliver him;\*  
I will protect him, because he knows my name.
- 15 He shall call upon me, and I will answer him;\*  
I am with him in trouble;  
I will rescue him and bring him to honour.
- 16 With long life will I satisfy him,\*  
and show him my salvation.

*Gracious God, in times of anxiety and stress, teach us to wait in quietness for  
your protection and defence, made known to us in Jesus Christ our Lord.*

## **Psalm 92**

- 1 It is a good thing to give thanks to the Lord,\*  
and to sing praises to your name, O Most High;
- 2 To tell of your loving-kindness early in the morning\*  
and of your faithfulness in the night season;

- 3        On the psaltery, and on the lyre,\*  
          and to the melody of the harp.
- 4        For you have made me glad by your acts, O Lord;\*  
          and I shout for joy because of the works of your hands.
- 5        Lord, how great are your works!\*  
          your thoughts are very deep.
- 6        The dullard does not know, nor does the fool understand,\*  
          that though the wicked grow like weeds,  
          and all the workers of iniquity flourish,
- 7        They flourish only to be destroyed for ever;\*  
          but you, O Lord, are exalted for evermore.
- 8        For lo, your enemies, O Lord,  
          lo, your enemies shall perish,\*  
          and all the workers of iniquity shall be scattered.
- 9        But my horn you have exalted like the horns of wild bulls;\*  
          I am anointed with fresh oil.
- 10       My eyes also gloat over my enemies,\*  
          and my ears rejoice to hear the doom of the wicked who  
          rise up against me.
- 11       The righteous shall flourish like a palm tree,\*  
          and shall spread abroad like a cedar of Lebanon.
- 12       Those who are planted in the house of the Lord\*  
          shall flourish in the courts of our God;

- 13      They shall still bear fruit in old age;\*  
          they shall be green and succulent;
- 14      That they may show how upright the Lord is,\*  
          my rock, in whom there is no fault.

*O Most High, at all times and in all seasons you are worthy of our grateful praise; grant us the insight to perceive the greatness of your works, the certainty of being founded on you our eternal rock, and the wisdom to sing the praises of your name, in and through Jesus Christ our Lord.*

## **Psalm 93**

- 1      The Lord is king;  
          he has put on splendid apparel;\*  
          the Lord has put on his apparel  
          and girded himself with strength.
- 2      He has made the whole world so sure\*  
          that it cannot be moved;
- 3      Ever since the world began, your throne has  
          been established;\*  
          you are from everlasting.
- 4      The waters have lifted up, O Lord,  
          the waters have lifted up their voice;\*  
          the waters have lifted up their pounding waves.
- 5      Mightier than the sound of many waters,  
          mightier than the breakers of the sea,\*  
          mightier is the Lord who dwells on high.

- 6 Your testimonies are very sure,\*  
and holiness adorns your house, O Lord,  
for ever and for evermore.

*Blessed are you, Lord God, king of the universe; in awe and wonder we bow before the mystery of your power and might, for you are Lord for ever and ever.*

## **Psalm 94**

- 1 O Lord God of vengeance,\*  
O God of vengeance, show yourself.
- 2 Rise up, O Judge of the world;\*  
give the arrogant their just deserts.
- 3 How long shall the wicked, O Lord,\*  
how long shall the wicked triumph?
- 4 They bluster in their insolence;\*  
all evildoers are full of boasting.
- 5 They crush your people, O Lord,\*  
and afflict your chosen nation.
- 6 They murder the widow and the stranger\*  
and put the orphans to death.
- 7 Yet they say, 'The Lord does not see,\*  
the God of Jacob takes no notice.'
- 8 Consider well, you dullards among the people;\*  
when will you fools understand?

- 9        He that planted the ear, does he not hear?\*
- he that formed the eye, does he not see?
- 10       He who admonishes the nations, will he not punish?\*
- he who teaches all the world, has he no knowledge?
- 11       The Lord knows our human thoughts;\*
- how like a puff of wind they are.
- 12       Happy are they whom you instruct, O Lord!\*
- whom you teach out of your law;
- 13       To give them rest in evil days,\*
- until a pit is dug for the wicked.
- 14       For the Lord will not abandon his people,\*
- nor will he forsake his own.
- 15       For judgement will again be just,\*
- and all the true of heart will follow it.
- 16       Who rose up for me against the wicked?\*
- who took my part against the evildoers?
- 17       If the Lord had not come to my help,\*
- I should soon have dwelt in the land of silence.
- 18       As often as I said, 'My foot has slipped,'\*
- your love, O Lord, upheld me.
- 19       When many cares fill my mind,\*
- your consolations cheer my soul.

- 20 Can a corrupt tribunal have any part with you,\*  
one which frames evil into law?
- 21 They conspire against the life of the just\*  
and condemn the innocent to death.
- 22 But the Lord has become my stronghold,\*  
and my God the rock of my trust.
- 23 He will turn their wickedness back upon them  
and destroy them in their own malice;\*  
the Lord our God will destroy them.

*O just Judge of all the world, when the dark power of evil threatens your creation, may we, through your strength within us, maintain the sure knowledge of your love and mercy, which we see in your Son Jesus Christ our Lord.*

## **Psalm 95**

- 1 Come, let us sing to the Lord;\*  
let us shout for joy to the rock of our salvation.
- 2 Let us come before his presence with thanksgiving\*  
and raise a loud shout to him with psalms.
- 3 For the Lord is a great God,\*  
and a great king above all gods.
- 4 In his hand are the caverns of the earth,\*  
and the heights of the hills are his also.
- 5 The sea is his, for he made it,\*  
and his hands have moulded the dry land.

- 6 Come, let us bow down, and bend the knee,\*  
and kneel before the Lord our Maker.
- 7 For he is our God,  
and we are the people of his pasture and the sheep of his hand.\*  
Oh, that today you would hearken to his voice!
- 8 Harden not your hearts,  
as your forebears did in the wilderness,\*  
at Meribah, and on that day at Massah,  
when they tempted me.
- 9 They put me to the test,\*  
though they had seen my works.
- 10 Forty years long I detested that generation and said,\*  
'This people are wayward in their hearts;  
they do not know my ways.'
- 11 So I swore in my wrath,\*  
'They shall not enter into my rest.'

*Creator of all, we give you thanks for a world full of wonder, but above all because you have called us into a holy fellowship with you and with each other. Guide us in the ways of this your new creation, rooted and grounded in Jesus Christ our Lord.*

## **Psalm 96**

- 1 Sing to the Lord a new song;\*  
sing to the Lord, all the whole earth.

- 2 Sing to the Lord and bless his name;\*  
proclaim the good news of his salvation from day to day.
- 3 Declare his glory among the nations\*  
and his wonders among all peoples.
- 4 For great is the Lord and greatly to be praised;\*  
he is more to be feared than all gods.
- 5 As for all the gods of the nations, they are but idols;\*  
but it is the Lord who made the heavens.
- 6 Oh, the majesty and magnificence of his presence!\*  
Oh, the power and the splendour of his sanctuary!
- 7 Ascribe to the Lord, you families of the peoples;\*  
ascribe to the Lord honour and power.
- 8 Ascribe to the Lord the honour due his name;\*  
bring offerings and come into his courts.
- 9 Worship the Lord in the beauty of holiness;\*  
let the whole earth tremble before him.
- 10 Tell it out among the nations: 'The Lord is king!'  
he has made the world so firm that it cannot be moved;  
he will judge the peoples with equity.'
- 11 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.

12      Then shall all the trees of the wood shout for joy  
before the Lord when he comes,\*  
when he comes to judge the earth.

13      He will judge the world with righteousness\*  
and the peoples with his truth.

*We worship you, God of glory, in the beauty of holiness, and we joyfully  
proclaim your just and righteous rule, established for all, through your Son  
Jesus Christ the Lord.*

## **Psalm 97**

1      The Lord is king;  
let the earth rejoice,\*  
let the multitude of the isles be glad.

2      Clouds and darkness are round about him,\*  
righteousness and justice are the foundations of his throne.

3      A fire goes before him\*  
and burns up his enemies on every side.

4      His lightnings light up the world;\*  
the earth sees it and is afraid.

5      The mountains melt like wax at the presence of the Lord,\*  
at the presence of the Lord of the whole earth.

6      The heavens declare his righteousness,\*  
and all the peoples see his glory.

- 7      Confounded be all who worship carved images  
and delight in false gods!\*
- Bow down before him, all you gods.
- 8      Zion hears and is glad, and the cities of Judah rejoice,\*  
because of your judgements, O Lord.
- 9      For you are the Lord, most high over all the earth;\*  
you are exalted far above all gods.
- 10     The Lord loves those who hate evil;\*  
he preserves the lives of his saints  
and delivers them from the hand of the wicked.
- 11     Light has sprung up for the righteous,\*  
and joyful gladness for those who are truehearted.
- 12     Rejoice in the Lord, you righteous,\*  
and give thanks to his holy name.

*Almighty God, your whole creation declares your glory. May we perceive you in all your works and live in the light of your righteousness, through him who is the light of the world, Jesus Christ our Lord.*

## **Psalm 98**

- 1      Sing to the Lord a new song,\*  
for he has done marvellous things.
- 2      With his right hand and his holy arm\*  
has he won for himself the victory.

- 3      The Lord has made known his victory;\*  
his righteousness has he openly shown in  
the sight of the nations.
- 4      He remembers his mercy and faithfulness to the house of Israel,\*  
and all the ends of the earth have seen the victory of our God.
- 5      Shout with joy to the Lord, all you lands;\*  
lift up your voice, rejoice, and sing.
- 6      Sing to the Lord with the harp,\*  
with the harp and the voice of song.
- 7      With trumpets and the sound of the horn\*  
shout with joy before the King, the Lord.
- 8      Let the sea make a noise and all that is in it,\*  
the lands and those who dwell therein.
- 9      Let the rivers clap their hands,\*  
and let the hills ring out with joy before the Lord,  
when he comes to judge the earth.
- 10     In righteousness shall he judge the world\*  
and the peoples with equity.

*Lord God, we see your righteous rule in all your works, and we join our voices  
with the song of your whole creation in praising you, in and through Jesus  
Christ our Saviour.*

## Psalm 99

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

*Lord our God, ruler of the universe, you love what is right. Lead us in your righteousness, that we may live to praise you, through your Son Jesus Christ our Lord.*

## **Psalm 100**

- 1 Be joyful in the Lord, all you lands;\*  
serve the Lord with gladness  
and come before his presence with a song.
- 2 Know this: The Lord himself is God;\*  
he himself has made us, and we are his;  
we are his people and the sheep of his pasture.
- 3 Enter his gates with thanksgiving;  
go into his courts with praise;\*  
give thanks to him and call upon his name.
- 4 For the Lord is good;  
his mercy is everlasting;\*  
and his faithfulness endures from age to age.

*God our Father, you have created us as your people, and you sustain us with your hand. Help us always to give you thanks, for you alone are worthy of thanksgiving and praise and honour, now and for ever.*

## **Psalm 101**

- 1 I will sing of mercy and justice;\*  
to you, O Lord, will I sing praises.
- 2 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.

- 3 I will set no worthless thing before my eyes;\*  
I hate the doers of evil deeds;  
they shall not remain with me.
- 4 A crooked heart shall be far from me;\*  
I will not know evil.
- 5 Those who in secret slander their neighbours I will destroy;\*  
those who have a haughty look and a proud heart I cannot abide.
- 6 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.
- 7 Those who act deceitfully shall not dwell in my house,\*  
and those who tell lies shall not continue in my sight.
- 8 I will soon destroy all the wicked in the land,\*  
that I may root out all evildoers from the city of the Lord.

*Loving God, help us to love what is truly perfect, so that we may neither speak what is evil nor do what is wrong. Then bring us to stand in your presence, to sing of your mercy and justice in the company of all your saints, through Jesus Christ our Saviour.*

## **Psalm 102**

- 1 Lord, hear my prayer, and let my cry come before you;\*  
hide not your face from me in the day of my trouble.
- 2 Incline your ear to me;\*  
when I call, make haste to answer me,

- 3 For my days drift away like smoke,\*  
and my bones are hot as burning coals.
- 4 My heart is smitten like grass and withered,\*  
so that I forget to eat my bread.
- 5 Because of the voice of my groaning\*  
I am but skin and bones.
- 6 I have become like a vulture in the wilderness,\*  
like an owl among the ruins.
- 7 I lie awake and groan;\*  
I am like a sparrow, lonely on a house-top.
- 8 My enemies revile me all day long,\*  
and those who scoff at me have taken an oath against me.
- 9 for I have eaten ashes for bread\*  
and mingled my drink with weeping.
- 10 Because of your indignation and wrath\*  
you have lifted me up and thrown me away.
- 11 My days pass away like a shadow,\*  
and I wither like the grass.
- 12 But you, O Lord, endure for ever,\*  
and your name from age to age.
- 13 You will arise and have compassion on Zion,  
for it is time to have mercy upon her;\*  
indeed, the appointed time has come.

- 14 For your servants love her very rubble,\*  
and are moved to pity even for her dust.
- 15 The nations shall fear your name, O Lord,\*  
and all the kings of the earth your glory.
- 16 For the Lord will build up Zion,\*  
and his glory will appear.
- 17 He will look with favour on the prayer of the homeless;\*  
he will not despise their plea.
- 18 Let this be written for a future generation,\*  
so that a people yet unborn may praise the Lord.
- 19 For the Lord looked down from his holy place on high;\*  
from the heavens he beheld the earth;
- 20 That he might hear the groan of the captive\*  
and set free those condemned to die;
- 21 That they may declare in Zion the name of the Lord,\*  
and his praise in Jerusalem;
- 22 When the peoples are gathered together,\*  
and the kingdoms also, to serve the Lord.
- 23 He has brought down my strength before my time;\*  
he has shortened the number of my days;
- 24 And I said, 'O my God,  
do not take me away in the midst of my days;\*  
your years endure throughout all generations.

- 25 In the beginning, O Lord, you laid the foundations of the earth,\*  
and the heavens are the work of your hands;
- 26 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;
- 27 But you are always the same,\*  
and your years will never end.
- 28 The children of your servants shall continue,\*  
and their offspring shall stand fast in your sight.'

*God of unchanging mercy, look with compassion upon all who suffer: the sick and the friendless, the homeless and the captive, the weary and the depressed. Be present to them in the power of your healing love; give them health, comfort, and hope; and bring them to share in the life of your risen Son, our Saviour Jesus Christ.*

## **Psalm 103**

- 1 Bless the Lord, O my soul,\*  
and all that is within me, bless his holy name.
- 2 Bless the Lord, O my soul,\*  
and forget not all his benefits.
- 3 He forgives all your sins\*  
and heals all your infirmities;
- 4 He redeems your life from the grave\*  
and crowns you with mercy and loving-kindness;

- 5        He satisfies you with good things,\*  
          and your youth is renewed like an eagle's .
- 6        The Lord executes righteousness\*  
          and judgement for all who are oppressed.
- 7        He made his ways known to Moses\*  
          and his works to the children of Israel.
- 8        The Lord is full of compassion and mercy,\*  
          slow to anger and of great kindness.
- 9        He will not always accuse us,\*  
          nor will he keep his anger for ever.
- 10       He has not dealt with us according to our sins,\*  
          nor rewarded us according to our wickedness.
- 11       For as the heavens are high above the earth,\*  
          so is his mercy great upon those who fear him.
- 12       As far as the east is from the west,\*  
          so far has he removed our sins from us.
- 13       As a father cares for his children,\*  
          so does the Lord care for those who fear him.
- 14       For he himself knows whereof we are made;\*  
          he remembers that we are but dust.
- 15       Our days are like the grass;\*  
          we flourish like a flower of the field;

- 16      When the wind goes over it, it is gone,\*  
and its place shall know it no more.
- 17      But the merciful goodness of the Lord endures for ever  
on those who fear him,\*  
and his righteousness on children's children;
- 18      On those who keep his covenant\*  
and remember his commandments and do them.
- 19      The Lord has set his throne in heaven,\*  
and his kingship has dominion over all.
- 20      Bless the Lord, you angels of his,  
you mighty ones who do his bidding,\*  
and hearken to the voice of his word.
- 21      Bless the Lord, all you his hosts,\*  
you ministers of his who do his will.
- 22      Bless the Lord, all you works of his,  
in all places of his dominion;\*  
bless the Lord, O my soul.

*God of infinite mercy and forgiveness, by the cross and resurrection of Jesus your Son, wash away our sins and deliver us from our infirmities of body and spirit, that we may live with him his risen life, to the praise and glory of your holy name.*

## Psalm 104

- 1 Bless the Lord, O my soul;\*  
O Lord my God, how excellent is your greatness!  
you are clothed with majesty and splendour.
- 2 You wrap yourself with light as with a cloak\*  
and spread out the heavens like a curtain.
- 3 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.
- 4 You make the winds your messengers\*  
and flames of fire your servants.
- 5 You have set the earth upon its foundations,\*  
so that it never shall move at any time.
- 6 You covered it with the deep as with a mantle;\*  
the waters stood higher than the mountains.
- 7 At your rebuke they fled;\*  
at the voice of your thunder they hastened away.
- 8 They went up into the hills and down to the valleys beneath,\*  
to the places you had appointed for them.
- 9 You set the limits that they should not pass;\*  
they shall not again cover the earth.
- 10 You send the springs into the valleys;\*  
they flow between the mountains.

- 11 All the beasts of the field drink their fill from them,\*  
and the wild asses quench their thirst.
- 12 Beside them the birds of the air make their nests\*  
and sing among the branches.
- 13 You water the mountains from your dwelling on high;\*  
the earth is fully satisfied by the fruit of your works.
- 14 You make grass grow for flocks and herds\*  
and plants to serve mankind;
- 15 That they may bring forth food from the earth,\*  
and wine to gladden our hearts,
- 16 Oil to make a cheerful countenance,\*  
and bread to strengthen the heart.
- 17 The trees of the Lord are full of sap,\*  
the cedars of Lebanon which he planted,
- 18 In which the birds build their nests,\*  
and in whose tops the stork makes his dwelling.
- 19 The high hills are a refuge for the mountain goats,\*  
and the stony cliffs for the rock badgers.
- 20 You appointed the moon to mark the seasons,\*  
and the sun knows the time of its setting.
- 21 You make darkness that it may be night,\*  
in which all the beasts of the forest prowl.

- 22      The lions roar after their prey\*  
and seek their food from God.
- 23      The sun rises, and they slip away\*  
and lay themselves down in their dens .
- 24      Man goes forth to his work\*  
and to his labour until the evening.
- 25      O Lord, how manifold are your works!\*  
in wisdom you have made them all;  
the earth is full of your creatures.
- 26      Yonder is the great and wide sea  
with its living things too many to number,\*  
creatures both small and great.
- 27      There move the ships, and there is that Leviathan,\*  
which you have made for the sport of it.
- 28      All of them look to you\*  
to give them their food in due season.
- 29      You give it to them; they gather it;\*  
you open your hand, and they are filled with good things.
- 30      You hide your face, and they are terrified;\*  
you take away their breath,  
and they die and return to their dust.
- 31      You send forth your Spirit, and they are created;\*  
and so you renew the face of the earth.

- 32 May the glory of the Lord endure for ever;\*  
may the Lord rejoice in all his works.
- 33 He looks at the earth and it trembles;\*  
he touches the mountains and they smoke.
- 34 I will sing to the Lord as long as I live;\*  
I will praise my God while I have my being.
- 35 May these words of mine please him;\*  
I will rejoice in the Lord.
- 36 Let sinners be consumed out of the earth,\*  
and the wicked be no more.
- 37 Bless the Lord, O my soul.\*  
Hallelujah!

*O God of eternal light, heaven and earth are the work of your hands, and all creation sings your praise and beauty. As in the beginning, by your Spirit, you gave life and order to all that is, so by the same Spirit redeem us and all things, through Christ our Lord.*

## **Psalm 105 Part I**

- 1 Give thanks to the Lord and call upon his name;\*  
make known his deeds among the peoples.
- 2 Sing to him, sing praises to him,\*  
and speak of all his marvellous works.
- 3 Glory in his holy name;\*  
let the hearts of those who seek the Lord rejoice.

- 4 Search for the Lord and his strength;\*  
continually seek his face.
- 5 Remember the marvels he has done,\*  
his wonders and the judgements of his mouth,
- 6 O offspring of Abraham his servant,\*  
O children of Jacob his chosen.
- 7 He is the Lord our God;\*  
his judgements prevail in all the world.
- 8 He has always been mindful of his covenant,\*  
the promise he made for a thousand generations:
- 9 The covenant he made with Abraham,\*  
the oath that he swore to Isaac,
- 10 Which he established as a statute for Jacob,\*  
an everlasting covenant for Israel,
- 11 Saying, 'To you will I give the land of Canaan\*  
to be your allotted inheritance.'
- 12 When they were few in number,\*  
of little account, and sojourners in the land,
- 13 Wandering from nation to nation\*  
and from one kingdom to another,
- 14 He let no one oppress them\*  
and rebuked kings for their sake,

- 15      Saying, 'Do not touch my anointed\*  
and do my prophets no harm.'
- 16      Then he called for a famine in the land\*  
and destroyed the supply of bread.
- 17      He sent a man before them,\*  
Joseph, who was sold as a slave.
- 18      They bruised his feet in fetters,\*  
his neck they put in an iron collar.
- 19      Until his prediction came to pass,\*  
the word of the Lord tested him.
- 20      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.

## **Psalm 105 Part II**

- 23      Israel came into Egypt,\*  
and Jacob became a sojourner in the land of Ham.
- 24      The Lord made his people exceedingly fruitful;\*  
he made them stronger than their enemies;
- 25      Whose heart he turned, so that they hated his people,\*

and dealt unjustly with his servants.

- 26 He sent Moses his servant,\*  
and Aaron whom he had chosen.
- 27 They worked his signs among them,\*  
and portents in the land of Ham.
- 28 He sent darkness, and it grew dark;\*  
but the Egyptians rebelled against his words.
- 29 He 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 He spoke, and there came swarms of insects\*  
and gnats within all their borders.
- 32 He gave them hailstones instead of rain,\*  
and flames of fire throughout their land.
- 33 He blasted their vines and their fig trees\*  
and shattered every tree in their country.
- 34 He spoke, and the locusts 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 He struck down the firstborn of their land,\*  
the firstfruits of all their strength.

- 37 He led out his 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 He spread out a cloud for a covering\*  
and a fire to give light in the night season.
- 40 They asked, and quails appeared,\*  
and he satisfied them with bread from heaven.
- 41 He opened the rock, and water flowed,\*  
so the river ran in the dry places.
- 42 For God remembered his holy word\*  
and Abraham his servant.
- 43 So he led forth his people with gladness,\*  
his chosen with shouts of joy.
- 44 He gave his people the lands of the nations,\*  
and they took the fruit of others' toil,
- 45 That they might keep his statutes\*  
and observe his laws.  
Hallelujah!

*God of our salvation, through the death and resurrection of Jesus Christ, you have fulfilled your promise to our ancestors in the faith to redeem the world from slavery and to lead us into the promised land. Grant us living water from the rock and bread from heaven, that we may survive our desert pilgrimage and praise you for ever, through Jesus Christ our Redeemer.*

## Psalm 106 Part I

- 1      Hallelujah!  
Give thanks to the Lord, for he is good,\*  
for his mercy endures for ever.
- 2      Who can declare the mighty acts of the Lord\*  
or show forth all his 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 forebears 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 he saved them for his name's sake,\*  
to make his power known.
- 9      He rebuked the Red Sea, and it dried up,\*  
and he led them through the deep as through a desert.

- 10 He 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 his words\*  
and sang him songs of praise .
- 13 But they soon forgot his deeds\*  
and did not wait for his counsel.
- 14 A craving seized them in the wilderness,\*  
and they put God to the test in the desert.
- 15 He gave them what they asked,\*  
but sent leanness into their soul.
- 16 They envied Moses in the camp,\*  
and Aaron, the holy one of the Lord.
- 17 The earth opened and swallowed Dathan\*  
and covered the company of Abiram .
- 18 Fire blazed up against their company,\*  
and flames devoured the wicked.

## **Psalm 106 Part II**

- 19 Israel made a bull-calf at Horeb\*  
and worshipped a molten image;
- 20 And so they exchanged their Glory\*  
for the image of an ox that feeds on grass.

- 21 They forgot God their saviour,\*  
who had done great things in Egypt,
- 22 Wonderful deeds in the land of Ham,\*  
and fearful things at the Red Sea.
- 23 So he would have destroyed them,  
had not Moses his chosen stood before him in the breach,\*  
to turn away his wrath from consuming them.
- 24 They refused the pleasant land\*  
and would not believe his promise.
- 25 They grumbled in their tents\*  
and would not listen to the voice of the Lord.
- 26 So he lifted his hand against them,\*  
to overthrow them in the wilderness,
- 27 To cast out their seed among the nations,\*  
and to scatter them throughout the lands.
- 28 They joined themselves to Baal-Peor\*  
and ate sacrifices offered to the dead.
- 29 They provoked him to anger with their actions,\*  
and a plague broke out among them.
- 30 Then Phinehas stood up and interceded,\*  
and the plague came to an end.
- 30 This was reckoned to him as righteousness\*  
throughout all generations for ever.

- 32 Again they provoked his anger at the waters of Meribah,\*  
so that he punished Moses because of them;
- 33 For they so embittered his spirit\*  
that he spoke rash words with his lips.
- 34 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 the wrath of the Lord was kindled against his people\*  
and he abhorred his inheritance.
- 41 He 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 he deliver them,  
but they rebelled through their own devices,\*  
and were brought down in their iniquity.
- 44 Nevertheless, he saw their distress,\*  
when he heard their lamentation.
- 45 He remembered his covenant with them\*  
and relented in accordance with his great mercy.
- 46 He 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!

*God our Father, remembering your covenant you graciously pardoned those who rebelled against you. Grant that where sin abounds, grace may abound more, through Jesus Christ our Lord.*

## Book Five

### Psalm 107 Part I

- 1 Give thanks to the Lord, for he is good,\*  
and his mercy endures for ever.
- 2 Let all those whom the Lord has redeemed proclaim\*  
that he redeemed them from the hand of the foe.
- 3 He gathered them out of the lands;\*  
from the east and from the west,  
from the north and from the south.
- 4 Some wandered in desert wastes;\*  
they found no way to a city where they might dwell.
- 5 They were hungry and thirsty;\*  
their spirits languished within them.
- 6 Then they cried to the Lord in their trouble,\*  
and he delivered them from their distress.
- 7 He put their feet on a straight path\*  
to go to a city where they might dwell.
- 8 Let them give thanks to the Lord for his mercy\*  
and the wonders he does for his children.
- 9 For he satisfies the thirsty\*  
and fills the hungry with good things.
- 10 Some sat in darkness and deep gloom,\*  
bound fast in misery and iron;
- 11 Because they rebelled against the words of God\*  
and despised the counsel of the Most High.

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

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

## **Psalm 107 Part II**

- 33 The Lord changed rivers into deserts,\*  
and water-springs into thirsty ground,
- 34 A fruitful land into salt flats,\*  
because of the wickedness of those who dwell there.
- 35 He changed deserts into pools of water\*  
and dry land into water-springs.

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

*O God, the divine seeker, you are light to the lost, bread to the hungry, deliverance to the captive, healing to the sick, eternal vision to the dying, and harbour to every soul in peril. Gather the wanderers from every corner of the world into the community of your mercy and grace, that we may eternally praise you for our salvation in Jesus Christ our Lord.*

## Psalm 108

- 1      My heart is firmly fixed, O God, my heart is fixed;\*  
I will sing and make melody.
- 2      Wake up, my spirit; awake, lute and harp;\*  
I myself will waken the dawn.
- 3      I will confess you among the peoples, O Lord;\*  
I will sing praises to you among the nations.
- 4      For your loving-kindness is greater than the heavens,\*  
and your faithfulness reaches to the clouds.
- 5      Exalt yourself above the heavens, O God,\*  
and your glory over all the earth.
- 6      So that those who are dear to you may be delivered,\*  
save with your right hand and answer me.
- 7      God spoke from his holy place and said,\*  
'I will exult and parcel out Shechem;  
I will divide the valley of Succoth.
- 8      Gilead is mine and Manasseh is mine;\*  
Ephraim is my helmet and Judah my sceptre.
- 9      Moab is my washbasin,  
on Edom I throw down my sandal to claim it,\*  
and over Philistia will I shout in triumph.'
- 10     Who will lead me into the strong city?\*  
who will bring me into Edom?

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

*O God, your love is wider than all the universe and your mercy greater than the heights of heaven. When we are tempted to break faith with you, put a new song of love on our lips, that we may sing your praises to all nations on earth, through your Son, our only hope and defence.*

## **Psalm 109**

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

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

- 17      He put on cursing like a garment,\*  
let it soak into his body like water  
and into his bones like oil;
- 18      Let it be to him like the cloak which he wraps around himself,\*  
and like the belt that he wears continually.
- 19      Let this be the recompense from the Lord to my accusers,\*  
and to those who speak evil against me.
- 20      But you, O Lord my God,  
oh, deal with me according to your name;\*  
for your tender mercy's sake, deliver me.
- 21      For I am poor and needy,\*  
and my heart is wounded within me.
- 22      I have faded away like a shadow when it lengthens;\*  
I am shaken off like a locust.
- 23      My knees are weak through fasting,\*  
and my flesh is wasted and gaunt.
- 24      I have become a reproach to them;\*  
they see and shake their heads.
- 25      Help me, O Lord my God;\*  
save me for your mercy's sake.
- 26      Let them know that this is your hand,\*  
that you, O Lord, have done it.

- 27      They may curse, but you will bless;\*  
let those who rise up against me be put to shame,  
and your servant will rejoice.
- 28      Let my accusers be clothed with disgrace\*  
and wrap themselves in their shame as in a cloak.
- 29      I will give great thanks to the Lord with my mouth;\*  
in the midst of the multitude will I praise him;
- 30      Because he stands at the right hand of the needy,\*  
to save his life from those who would condemn him.

*God, source of all truth and love, the comfort and consolation of the reproached and friendless, in your great mercy draw near to deliver the poor, the needy, and the wounded of heart; through the one who suffered rejection and rebuke for us all, Jesus Christ our Lord.*

## **Psalm 110**

- 1      The Lord said to my lord, 'Sit at my right hand,\*  
until I make your enemies your footstool.'
- 2      The Lord will send the sceptre of your power out of Zion,\*  
saying, 'Rule over your enemies round about you.
- 3      Princely state has been yours from the day of your birth,\*  
in the beauty of holiness have I begotten you,  
like dew from the womb of the morning.'
- 4      The Lord has sworn and he will not recant:\*  
'You are a priest for ever after the order of Melchizedek.'

- 5        The Lord who is at your right hand  
          will smite kings in the day of his wrath;\*  
          he will rule over the nations.
- 6        He will heap high the corpses;\*  
          he will smash heads over the wide earth.
- 7        He will drink from the brook beside the road;\*  
          therefore he will lift high his head.

*Jesus Christ, King of kings and Lord of lords, born as a man, exalted now on high, priest of the new covenant, judge who will come at the end of time, glory to you for ever and ever.*

## **Psalm 111**

- 1        Hallelujah!  
          I will give thanks to the Lord with my whole heart,\*  
          in the assembly of the upright, in the congregation.
- 2        Great are the deeds of the Lord!\*  
          they are studied by all who delight in them.
- 3        His work is full of majesty and splendour,\*  
          and his righteousness endures for ever.
- 4        He makes his marvellous works to be remembered;\*  
          the Lord is gracious and full of compassion.
- 5        He gives food to those who fear him;\*  
          he is ever mindful of his covenant.

- 6        He has shown his people the power of his works\*  
in giving them the lands of the nations.
- 7        The works of his hands are faithfulness and justice;\*  
all his commandments are sure.
- 8        They stand fast for ever and ever,\*  
because they are done in truth and equity.
- 9        He sent redemption to his people;  
he commanded his covenant for ever;\*  
holy and awesome is his name.
- 10       The fear of the Lord is the beginning of wisdom;\*  
those who act accordingly have a good understanding;  
his praise endures for ever.

*Generous and bountiful God, give us grace always to thank you and share your gifts with others, that the world may be filled with the joy of our Saviour Jesus Christ.*

## **Psalm 112**

- 1        Hallelujah!  
Happy are they who fear the Lord\*  
and have great delight in his commandments!
- 2        Their descendants will be mighty in the land;\*  
the generation of the upright will be blessed.
- 3        Wealth and riches will be in their house,\*  
and their righteousness will last for ever.

- 4      Light shines in the darkness for the upright;\*  
the righteous are merciful and full of compassion.
- 5      It is good for them to be generous in lending\*  
and to manage their affairs with justice.
- 6      For they will never be shaken;\*  
the righteous will be kept in everlasting remembrance.
- 7      They will not be afraid of any evil rumours;\*  
their heart is right;  
they put their trust in the Lord.
- 8      Their heart is established and will not shrink,\*  
until they see their desire upon their enemies.
- 9      They have given freely to the poor,\*  
and their righteousness stands fast for ever;  
they will hold up their head with honour.
- 10     The wicked will see it and be angry;  
they will gnash their teeth and pine away;\*  
the desires of the wicked will perish.

*God of light, teach us to love each other as you love us, that we may bring peace and joy to the world, and rejoice in the kingdom of your Son, Jesus Christ our Lord.*

## **Psalm 113**

- 1      Hallelujah!  
Give praise, you servants of the Lord;\*  
praise the name of the Lord.

- 2      Let the name of the Lord be blessed,\*  
from this time forth for evermore.
- 3      From the rising of the sun to its going down\*  
let the name of the Lord be praised.
- 4      The Lord is high above all nations,\*  
and his glory above the heavens.
- 5      Who is like the Lord our God, who sits enthroned on high,\*  
but stoops to behold the heavens and the earth?
- 6      He takes up the weak out of the dust\*  
and lifts up the poor from the ashes.
- 7      He sets them with the princes,\*  
with the princes of his people.
- 8      He makes the woman of a childless house\*  
to be a joyful mother of children.

*We magnify your name, O Lord, in all times and places. You subdue the arrogant and raise the humble; you feed the hungry and reveal the poverty of wealth. We give thanks for your salvation, made known in Jesus Christ our Lord.*

## **Psalm 114**

- 1      Hallelujah!  
When Israel came out of Egypt,\*  
the house of Jacob from a people of strange speech,
- 2      Judah became God's sanctuary\*  
and Israel his dominion.

- 3        The sea beheld it and fled;\*  
          Jordan turned and went back.
- 4        The mountains skipped like rams,\*  
          and the little hills like young sheep.
- 5        What ailed you, O sea, that you fled?\*
- O Jordan, that you turned back?
- 6        You mountains, that you skipped like rams?\*
- you little hills like young sheep?
- 7        Tremble, O earth, at the presence of the Lord,\*  
          at the presence of the God of Jacob.
- 8        Who turned the hard rock into a pool of water\*  
          and flint-stone into a flowing spring.

*Source of all life, you have brought us to new being through the waters of baptism. May your love shown in our lives become a wonder and a beacon of hope to the whole human family. We ask this in the name of Jesus Christ the Lord.*

## **Psalm 115**

- 1        Not to us, O Lord, not to us,  
          but to your name give glory;\*  
          because of your love and because of your faithfulness.
- 2        Why should the heathen say,\*  
          ‘Where then is their God?’

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

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

*God, you delivered Israel from the worship of false gods. Redeem, we pray, your people in every age from the pursuit of all that is worthless and untrue in human life; through Jesus our Saviour, who came to bring us life in all its fullness.*

## **Psalm 116**

- 1      I love the Lord, because he has heard the voice of my  
supplication,\*  
because he has inclined his ear to me  
whenever I called upon him.
- 2      The cords of death entangled me;  
the grip of the grave took hold of me;\*  
I came to grief and sorrow.

- 3        Then I called upon the name of the Lord:\*
- ‘O Lord, I pray you, save my life.’
- 4        Gracious is the Lord and righteous;\*
- our God is full of compassion.
- 5        The Lord watches over the innocent;\*
- I was brought very low, and he helped me.
- 6        Turn again to your rest, O my soul,\*
- for the Lord has treated you well.
- 7        For you have rescued my life from death,\*
- my eyes from tears, and my feet from stumbling.
- 8        I will walk in the presence of the Lord\*
- in the land of the living.
- 9        I believed, even when I said,
- ‘I have been brought very low.’\*
- In my distress I said, ‘No one can be trusted.’
- 10       How shall I repay the Lord\*
- for all the good things he has done for me?
- 11       I will lift up the cup of salvation\*
- and call upon the name of the Lord.
- 12       I will fulfil my vows to the Lord\*
- in the presence of all his people.
- 13       Precious in the sight of the Lord\*
- is the death of his servants.

- 14 O Lord, I am your servant;\*  
I am your servant and the child of your handmaid;  
you have freed me from my bonds.
- 15 I will offer you the sacrifice of thanksgiving\*  
and call upon the name of the Lord.
- 16 I will fulfil my vows to the Lord\*  
in the presence of all his people.
- 17 In the courts of the Lord's house,\*  
in the midst of you, O Jerusalem.  
Hallelujah!

*Eternal God, faithful in your tender compassion, you give us hope for our life here and hereafter through the victory of your only Son. When we share his cup of salvation, revive in us the joy of this everlasting gift. We ask this in his name.*

## **Psalm 117**

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

*Faithful God, your loving kindness for all people is revealed in Jesus Christ. Let your kingdom come now in peace and justice in all the world. We ask this in his name.*

## Psalm 118

- 1 Give thanks to the Lord, for he is good;\*  
his mercy endures for ever.
- 2 Let Israel now proclaim,\*  
'His mercy endures for ever.'
- 3 Let the house of Aaron now proclaim,\*  
'His mercy endures for ever.'
- 4 Let those who fear the Lord now proclaim,\*  
'His mercy endures for ever.'
- 5 I called to the Lord in my distress;\*  
the Lord answered by setting me free.
- 6 The Lord is at my side, therefore I will not fear;\*  
what can anyone do to me?
- 7 The Lord is at my side to help me;\*  
I will triumph over those who hate me.
- 8 It is better to rely on the Lord\*  
than to put any trust in flesh.
- 9 It is better to rely on the Lord\*  
than to put any trust in rulers.
- 10 All the ungodly encompass me;\*  
in the name of the Lord I will repel them.
- 11 They hem me in, they hem me in on every side;\*  
in the name of the Lord I will repel them.

- 12      They swarm about me like bees;  
         they blaze like a fire of thorns;\*  
         in the name of the Lord I will repel them.
- 13      I was pressed so hard that I almost fell,\*  
         but the Lord came to my help.
- 14      The Lord is my strength and my song,\*  
         and he has become my salvation.
- 15      There is a sound of exultation and victory\*  
         in the tents of the righteous:
- 16      ‘The right hand of the Lord has triumphed!\*  
         the right hand of the Lord is exalted!  
         the right hand of the Lord has triumphed!’
- 17      I shall not die, but live,\*  
         and declare the works of the Lord.
- 18      The Lord has punished me sorely,\*  
         but he did not hand me over to death.
- 19      Open for me the gates of righteousness;\*  
         I will enter them;  
         I will offer thanks to the Lord.
- 20      ‘This is the gate of the Lord;\*  
         he who is righteous may enter.’
- 21      I will give thanks to you, for you answered me\*  
         and have become my salvation.

- 22      The same stone which the builders rejected\*  
has become the chief cornerstone.
- 23      This is the Lord's doing,\*  
and it is 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 he who comes in the name of the Lord;\*  
we bless you from the house of the Lord.
- 27      God is the Lord; he has shined upon us;\*  
form a procession with branches up to the horns of the altar.
- 28      'You are my God, and I will thank you;\*  
you are my God, and I will exalt you.'
- 29      Give thanks to the Lord, for he is good;\*  
his mercy endures for ever.

*Holy and mighty God, your Son's triumph over sin and death has opened to us the gate of eternal life. Purify our hearts that we may follow where he has gone and share in the radiance of his glory. We ask this for the sake of our risen Lord.*

## Psalm 119

Aleph

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

Beth

- 9 How shall a young man cleanse his way?\*  
By keeping to your words.
- 10 With my whole heart I seek you;\*  
let me not stray from your commandments.

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

## Gimel

- 17 Deal bountifully with your servant,\*  
that I may live and keep your word.
- 18 Open my eyes, that I may see\*  
the wonders of your law.
- 19 I am a stranger here on earth;\*  
do not hide your commandments from me.
- 20 My soul is consumed at all times\*  
with longing for your judgements.

- 21 You have rebuked the insolent;\*  
cursed are they who stray from your commandments!
- 22 Turn from me shame and rebuke,\*  
for I have kept your decrees.
- 23 Even though rulers sit and plot against me,\*  
I will meditate on your statutes.
- 24 For your decrees are my delight,\*  
and they are my counsellors.

#### Daleth

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

32 I will run the way of your commandments,\*  
for you have set my heart at liberty.

He

33 Teach me, O Lord, the way of your statutes,\*  
and I shall keep it to the end.

34 Give me understanding, and I shall keep your law;\*  
I shall keep it with all my heart.

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

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

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

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

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

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

Waw

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

- 42 Then shall I have a word for those who taunt me,\*  
because I trust in your words.
- 43 Do not take the word of truth out of my mouth,\*  
for my hope is in your 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

- 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

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.

64 The earth, O Lord, is full of your love;\*  
instruct me in your statutes.

Teth

65 O Lord, you have dealt graciously with your servant,\*  
according to your word.

66 Teach me discernment and knowledge,\*  
for I have believed in your commandments.

67 Before I was afflicted I went astray,\*  
but now I keep your word.

68 You are good and you bring forth good;\*  
instruct me in your statutes.

69 The proud have smeared me with lies,\*  
but I will keep your commandments with my whole heart.

70 Their heart is gross and fat,\*  
but my delight is in your law.

71 It is good for me that I have been afflicted,\*  
that I might learn your statutes.

72 The law of your mouth is dearer to me\*  
than thousands in gold and silver.

Yodh

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

Kaph

- 81 My soul has longed for your salvation;\*  
I have put my hope in your word.
- 82 My eyes have failed from watching for your promise,\*  
and I say, 'When will you comfort me?'

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

#### Lamedh

- 89 O Lord, your word is everlasting;\*
- it stands firm in the heavens.
- 90 Your faithfulness remains from one generation to another;\*
- you established the earth, and it abides.
- 91 By your decree these continue to this day,\*
- for all things are your servants.
- 92 If my delight had not been in your law,\*
- I should have perished in my affliction.
- 93 I will never forget your commandments,\*
- because by them you give me life.

- 94 I am yours; oh, that you would save me!\*  
for I study your commandments.
- 95 Though the wicked lie in wait for me to destroy me,\*  
I will apply my mind to your decrees.
- 96 I see that all things come to an end,\*  
but your commandment has no bounds.
- Mem
- 97 Oh, how I love your law!\*  
all the day long it is in my mind.
- 98 Your commandment has made me wiser than my enemies,\*  
and it is always with me.
- 99 I have more understanding than all my teachers,\*  
for your decrees are my study.
- 100 I am wiser than the elders,\*  
because I observe your commandments.
- 101 I restrain my feet from every evil way,\*  
that I may keep your word.
- 102 I do not shrink from your 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

- 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

- 113 I hate those who have a divided heart,\*  
but your law do I love.
- 114 You are my refuge and shield;\*  
my hope is in your word.

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

Ayin

- 121      I have done what is just and right;\*
- do not deliver me to my oppressors.
- 122      Be surety for your servant's good;\*
- let not the proud oppress me.
- 123      My eyes have failed from watching for your salvation\*
- and for your righteous promise.
- 124      Deal with your servant according to your loving-kindness\*
- and teach me your statutes.
- 125      I am your servant; grant me understanding,\*
- that I may know your decrees.

- 126 It is time for you to act, O Lord,\*  
for they have broken your law.
- 127 Truly, I love your commandments\*  
more than gold and precious stones.
- 128 I hold all your commandments to be right for me;\*  
all paths of falsehood I abhor.

Pe

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

## Sadhe

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

## Qoph

- 145 I call with my whole heart;\*  
answer me, O Lord, that I may keep your statutes.
- 146 I call to you;  
oh, that you would save me!\*  
I will keep your decrees.

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

Resh

- 153 Behold my affliction and deliver me,\*  
for I do not forget your law.
- 154 Plead my cause and redeem me;\*  
according to your promise, give me life.
- 155 Deliverance is far from the wicked,\*  
for they do not study your statutes.
- 156 Great is your compassion, O Lord;\*  
preserve my life, according to your judgements.
- 157 There are many who persecute and oppress me,\*  
yet I have not swerved from your decrees.

- 158 I look with loathing at the faithless,\*  
for they have not kept your word.
- 159 See how I love your commandments!\*
- O Lord, in your mercy, preserve me.
- 160 The heart of your word is truth;\*
- all your righteous judgements endure for evermore.

Shin

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

Taw

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

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

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

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

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

174 I long for your salvation, O Lord,\*  
and your law is my delight.

175 Let me live, and I will praise you,\*  
and let your judgements help me.

176 I have gone astray like a sheep that is lost;\*  
search for your servant,  
for I do not forget your commandments.

*Lord, you are just and your commandments are eternal. Teach us to love you  
with all our heart and to love our neighbour as ourselves, for the sake of Jesus  
our Lord.*

*Or*

*God, as your only Son revealed you still at work in your creation, so through Christ your living Word enable us to know your love and to share it with others. We ask this in his name.*

*Or*

*As of old, O Lord our God, you gave commandments to make one nation just and true, so by your incarnate Word you make all peoples one in grace and in the perfect freedom of your service. We give thanks to you through Jesus Christ our Lord.*

## **Psalm 120**

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

*Eternal Source of truth and peace, guard your people from the folly of rash and slanderous speech, that the words of our mouth may not cause hurt and rejection, but rather healing and unity; through Christ our Lord.*

## **Psalm 121**

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

*Be present, merciful God, and protect us in times of danger, so that we who are wearied by the changes and chances of this life may rest in your eternal changelessness; through Jesus Christ our Lord.*

## Psalm 122

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

*Lord Jesus, give us the peace of the new Jerusalem. Bring all nations into your kingdom to share your gifts, that they may render thanks to you without end and may come to your eternal city, where you live and reign with the Father and the Holy Spirit, now and for ever.*

## **Psalm 123**

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

*King of love, rule in the hearts of all people on earth through your Son Jesus Christ, that we may become one family and one kingdom serving you by serving each other. We ask this in his name.*

## Psalm 124

- 1 If the Lord had not been on our side,\*  
let Israel now say;
- 2 If the Lord had not been on our side,\*  
when enemies rose up against us;
- 3 Then would they have swallowed us up alive\*  
in their fierce anger toward us;
- 4 Then would the waters have overwhelmed us\*  
and the torrent gone over us;
- 5 Then would the raging waters\*  
have gone right over us.
- 6 Blessed be the Lord!\*  
he has not given us over to be a prey for their teeth.
- 7 We have escaped like a bird from the snare of the fowler;\*  
the snare is broken, and we have escaped.
- 8 Our help is in the name of the Lord,\*  
the maker of heaven and earth.

*Helper and Defender of Israel, rescue the peoples of the world from destructive anger, and set us free to love and serve each other in the peace of Christ our Lord.*

## Psalm 125

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

*Lord, surround your people with your presence. Do not let us stretch out our hands to evil deeds, or be destroyed by the snares of the enemy, but bring us to share the land prepared for the saints in light, where you live and reign, God, now and forever.*

## Psalm 126

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

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

*Praise to you, God of our salvation. Your generous gifts surpass all that we can ask or imagine. You have delivered us from the exile of sin and restored us to new life in Jesus Christ our Saviour. Glory and honour and praise to you for ever and ever.*

## **Psalm 127**

- 1        Unless the Lord builds the house,\*  
          their labour is in vain who build it.
- 2        Unless the Lord watches over the city,\*  
          in vain the watchman keeps his vigil.
- 3        It is in vain that you rise so early and go to bed so late,\*  
          vain, too, to eat the bread of toil,  
          for he gives to his beloved sleep.
- 4        Children are a heritage from the Lord,\*  
          and the fruit of the womb is a gift.

- 5        Like arrows in the hand of a warrior\*  
          are the children of one's youth.
- 6        Happy is the man who has his quiver full of them!\*  
          he shall not be put to shame  
          when he contends with his enemies in the gate.

*Gracious Father, watch over the Church, built on the foundation of your love.  
Help us so to live and proclaim the gospel that many may find life in your Son  
Jesus Christ our Lord.*

## **Psalm 128**

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

*Gracious God, giver of life in its fullness, you take no pleasure in human want but intend your bounty to be shared among your children. Lead us in the ways of justice and peace, for Jesus Christ's sake.*

## **Psalm 129**

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

*Save us, gracious God, from the dark forces that threaten the lives of your people, in nations and societies and in the human spirit. Deliver us from cynicism and violence, from jealousy and indifference, from fear and despair. We ask this in the name of Jesus Christ the Lord.*

## **Psalm 130**

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

*Rescue us, O God for whom we wait, from the depths of depression and despair. May we trust in your mercy, know the fullness of your redemption, and share in the glory of your kingdom; through our Saviour Jesus Christ.*

## Psalm 131

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

*God of earthquake, wind, and fire, may we know you also in the voice of silence. Teach us the way of quiet, that we may find our peace in your presence, in the pattern of our Saviour Jesus Christ.*

## Psalm 132

- 1 Lord, remember David,\*  
and all the hardships he endured;
- 2 How he swore an oath to the Lord\*  
and vowed a vow to the Mighty One of Jacob:
- 3 'I will not come under the roof of my house,\*  
nor climb up into my bed;
- 4 I will not allow my eyes to sleep,\*  
nor let my eyelids slumber;

- 5        Until I find a place for the Lord,\*  
          a dwelling for the Mighty One of Jacob.'
- 6        'The Ark! We heard it was in Ephratah;\*  
          we found it in the fields of Jearim.
- 7        Let us go to God's dwelling place;\*  
          let us fall upon our knees before his footstool.'
- 8        Arise, O Lord, into your resting-place,\*  
          you and the ark of your strength.
- 9        Let your priests be clothed with righteousness;\*  
          let your faithful people sing with joy.
- 10       For your servant David's sake,\*  
          do not turn away the face of your anointed.
- 11       The Lord has sworn an oath to David;\*  
          in truth, he will not break it:
- 12       'A son, the fruit of your body\*  
          will I set upon your throne.
- 13       If your children keep my covenant  
          and my testimonies that I shall teach them,\*  
          their children will sit upon your throne for evermore.'
- 14       For the Lord has chosen Zion,\*  
          he has desired her for his habitation:
- 15       'This shall be my resting-place for ever;\*  
          here will I dwell, for I delight in her.

- 16 I will surely bless her provisions,\*  
and satisfy her poor with bread.
- 17 I will clothe her priests with salvation,\*  
and her faithful people will rejoice and sing.
- 18 There will I make the horn of David flourish;\*  
I have prepared a lamp for my anointed.
- 19 As for his enemies, I will clothe them with shame;\*  
but as for him, his crown will shine.'

*Gracious God, you have taught us in our Saviour Jesus Christ that you are present wherever there is love, and that two or three who gather in his name are citizens of your eternal city. Feed us with the bread of life, that we may grow to recognize in every human heart a sign of your presence and an opportunity to serve you. We ask this in the name of Jesus Christ our Lord.*

## **Psalm 133**

- 1 Oh, how good and pleasant it is,\*  
when brethren live together in unity!
- 2 It is like fine oil upon the head\*  
that runs down upon the beard,
- 3 Upon the beard of Aaron,\*  
and runs down upon the collar of his robe.
- 4 It is like the dew of Hermon\*  
that falls upon the hills of Zion.

- 5 For there the Lord has ordained the blessing;\*  
life for evermore.

*Creator of the universe, from whom all things come, to whom all things return, give your people such unity of heart and mind, that all the world may grow in the life of your eternal kingdom, through Jesus Christ our Lord.*

## **Psalm 134**

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

*God our creator and redeemer, give us grateful hearts and willing hands, that we may worthily praise your name and build your kingdom among all people, to the glory of your Son our Saviour Jesus Christ.*

## **Psalm 135**

- 1 Hallelujah!  
Praise the name of the Lord;\*  
give praise, you servants of the Lord,
- 2 You who stand in the house of the Lord,\*  
in the courts of the house of our God.
- 3 Praise the Lord, for the Lord is good;\*  
sing praises to his name, for it is lovely.
- 4 For the Lord has chosen Jacob for himself\*  
and Israel for his own possession.

- 5 For I know that the Lord is great,\*  
and that our Lord is above all gods.
- 6 The Lord does whatever pleases him, in heaven and on earth,\*  
in the seas and all the deeps.
- 7 He brings up rain clouds from the ends of the earth;\*  
he sends out lightning with the rain,  
and brings the winds out of his storehouse.
- 8 It was he who struck down the firstborn of Egypt,\*  
the firstborn both of man and beast.
- 9 He sent signs and wonders into the midst of you, O Egypt,\*  
against Pharaoh and all his servants.
- 10 He overthrew many nations\*  
and put mighty kings to death:
- 11 Sihon, king of the Amorites,  
and Og, the king of Bashan,\*  
and all the kingdoms of Canaan.
- 12 He gave their land to be an inheritance,\*  
an inheritance for Israel his people.
- 13 O Lord, your name is everlasting;\*  
your renown, O Lord, endures from age to age.
- 14 For the Lord gives his people justice\*  
and shows compassion to his servants.
- 15 The idols of the heathen are silver and gold,\*  
the work of human hands.

- 16      They have mouths, but they cannot speak;\*  
          eyes have they, but they cannot see.
- 17      They have ears, but they cannot hear;\*  
          neither is there any breath in their mouth.
- 18      Those who make them are like them,\*  
          and so are all who put their trust in them.
- 19      Bless the Lord, O house of Israel;\*  
          O house of Aaron, bless the Lord.
- 20      Bless the Lord, O house of Levi;\*  
          you who fear the Lord, bless the Lord.
- 21      Blessed be the Lord out of Zion,\*  
          who dwells in Jerusalem.  
          Hallelujah!

*God of freedom, you brought your people out of slavery with a mighty hand and gave them a law of love and justice. Deliver us from every temptation to be satisfied with false imitations of your will: with talk of peace that masks the face of war, and thanks for plenty that leaves the poor unfed. We pray for the coming of your kingdom, founded in Jesus Christ our Lord.*

## Psalm 136

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

- 12 With a mighty hand and a stretched-out arm,\*  
for his mercy endures for ever;
- 13 Who divided the Red Sea in two,\*  
for his mercy endures for ever;
- 14 And made Israel to pass through the midst of it,\*  
for his mercy endures for ever;
- 15 But swept Pharaoh and his army into the Red Sea,\*  
for his mercy endures for ever;
- 16 Who led his people through the wilderness,\*  
for his mercy endures for ever.
- 17 Who struck down great kings,\*  
for his mercy endures for ever;
- 18 And slew mighty kings,\*  
for his mercy endures for ever;
- 19 Sihon, king of the Amorites,\*  
for his mercy endures for ever;
- 20 And Og, the king of Bashan,\*  
for his mercy endures for ever;
- 21 And gave away their lands for an inheritance,\*  
for his mercy endures for ever;
- 22 An inheritance for Israel his servant,\*  
for his mercy endures for ever.

- 23 Who remembered us in our low estate,\*  
for his mercy endures for ever;
- 24 And delivered us from our enemies,\*  
for his mercy endures for ever;
- 25 Who gives food to all creatures,\*  
for his mercy endures for ever;
- 26 Give thanks to the God of heaven,\*  
for his mercy endures for ever.

*Maker and Sustainer of all things, Source of all life and goodness, help us always to love and serve one another, and to worship you with joy and gladness, through Jesus Christ our Lord.*

## **Psalm 137**

- 1 By the waters of Babylon we sat down and wept,\*  
when we remembered you, O Zion.
- 2 As for our harps, we hung them up\*  
on the trees in the midst of that land.
- 3 For those who led us away captive asked us for a song,  
and our oppressors called for mirth:\*  
'Sing us one of the songs of Zion.'
- 4 How shall we sing the Lord's song\*  
upon an alien soil?
- 5 If I forget you, O Jerusalem,\*  
let my right hand forget its skill.

- 6      Let my tongue cleave to the roof of my mouth  
if I do not remember you,\*  
if I do not set Jerusalem above my highest joy.
- 7      Remember the day of Jerusalem, O Lord,  
against the people of Edom,\*  
who said, 'Down with it! down with it!  
even to the ground!'
- 8      O Daughter of Babylon, doomed to destruction,\*  
happy the one who pays you back  
for what you have done to us!
- 9      Happy shall he be who takes your little ones,\*  
and dashes them against the rock!

God of courage and compassion, comfort the exiled and oppressed,  
strengthen the faith of your people, and bring us all to our true home, the  
kingdom of our Lord and Saviour Jesus Christ.

## **Psalm 138**

- 1      I will give thanks to you, O Lord, with my whole heart;\*  
before the gods I will sing your praise.
- 2      I will bow down toward your holy temple  
and praise your name,\*  
because of your love and faithfulness;
- 3      For you have glorified your name\*  
and your word above all things.
- 4      When I called, you answered me;\*  
you increased my strength within me.

- 5 All the kings of the earth will praise you, O Lord,\*  
when they have heard the words of your mouth.
- 6 They will sing of the ways of the Lord,\*  
that great is the glory of the Lord.
- 7 Though the Lord be high, he cares for the lowly;\*  
he perceives the haughty from afar.
- 8 Though I walk in the midst of trouble, you keep me safe;\*  
you stretch forth your hand against the fury of my enemies;  
your right hand shall save me.
- 9 The Lord will make good his purpose for me;\*  
O Lord, your love endures for ever;  
do not abandon the works of your hands.

*God of creation and fulfilment, help us to seek and discover your purposes,  
that we may become willing instruments of your grace, and that all the world  
may come to love and praise your name, in the kingdom of your Son Jesus  
Christ our Lord.*

## Psalm 139

- 1 Lord, you have searched me out and known me;\*  
you know my sitting down and my rising up;  
you discern my thoughts from afar.
- 2 You trace my journeys and my resting-places\*  
and are acquainted with all my ways.
- 3 Indeed, there is not a word on my lips,\*  
but you, O Lord, know it altogether.
- 4 You press upon me behind and before\*  
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me;\*  
it is so high that I cannot attain to it.
- 6 Where can I go then from your Spirit?\*
- where can I flee from your presence?
- 7 If I climb up to heaven, you are there;\*
- if I make the grave my bed, you are there also.
- 8 If I take the wings of the morning\*  
and dwell in the uttermost parts of the sea,
- 9 Even there your hand will lead me\*  
and your right hand hold me fast.
- 10 If I say, 'Surely the darkness will cover me,\*  
and the light around me turn to night,'
- 11 Darkness is not dark to you;  
the night is as bright as the day;\*

darkness and light to you are both alike.

- 12 For you yourself created my inmost parts;\*  
you knit me together in my mother's womb.
- 13 I will thank you because I am marvellously made;\*  
your works are wonderful, and I know it well.
- 14 My body was not hidden from you,\*  
while I was being made in secret  
and woven in the depths of the earth.
- 15 Your eyes beheld my limbs, yet unfinished in the womb;  
all of them were written in your book;\*  
they were fashioned day by day,  
when as yet there was none of them.
- 16 How deep I find your thoughts, O God!\*  
how great is the sum of them!
- 17 If I were to count them, they would be more in number  
than the sand;\*  
to count them all, my life span would need to be like yours.
- 18 Oh, that you would slay the wicked, O God!\*  
You that thirst for blood, depart from me.
- 19 They speak spitefully against you;\*  
your enemies take your name in vain.
- 20 Do I not hate those, O Lord, who hate you?\*
- and do I not loathe those who rise up against you?
- 21 I hate them with a perfect hatred;\*

they have become my own enemies.

22 Search me out, O God, and know my heart;\*  
try me and know my restless thoughts.

23 Look well whether there be any wickedness in me\*  
and lead me in the way that is everlasting.

*God of mystery and power, even our minds and hearts are the veils and signs of your presence. We come in silent wonder to learn the way of simplicity, the eternal road that leads to love for you and for your whole creation. We come as your Son Jesus Christ taught us, and in his name.*

## **Psalm 140**

1 Deliver me, O Lord, from evildoers;\*  
protect me from the violent,

2 Who devise evil in their hearts\*  
and stir up strife all day long.

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

4 Keep me, O Lord, from the hands of the wicked;\*  
protect me from the violent,  
who are determined to trip me up.

5 The proud have hidden a snare for me  
and stretched out a net of cords;\*  
they have set traps for me along the path.

6 I have said to the Lord, 'You are my God;'  
listen, O Lord, to my supplication.

- 7 O Lord God, the strength of my salvation,\*  
you have covered my head in the day of battle.
- 8 Do not grant the desires of the wicked, O Lord,\*  
nor let their evil plans prosper.
- 9 Let not those who surround me lift up their heads;\*  
let the evil of their lips overwhelm them.
- 10 Let hot burning coals fall upon them;\*  
let them be cast into the mire, never to rise up again.'
- 11 A slanderer shall not be established on the earth,\*  
and evil shall hunt down the lawless.
- 12 I know that the Lord will maintain the cause of the poor\*  
and render justice to the needy.
- 13 Surely, the righteous will give thanks to your name,\*  
and the upright shall continue in your sight.

*Save us, Lord, from all terror and oppression; strengthen us to maintain the cause of the poor, that justice may roll down like waters and righteousness like an ever-flowing stream. We ask this in the name of Jesus Christ the Lord.*

## Psalm 141

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

*God our protector and guide, incline our hearts to turn from evil and do good, that our lives may be a prayer for the coming of your kingdom, through Jesus Christ our Lord.*

## **Psalm 142**

- 1 I cry to the Lord with my voice;\*  
to the Lord I make loud supplication.
- 2 I pour out my complaint before him\*  
and tell him all my trouble.
- 3 When my spirit languishes within me, you know my path;\*  
in the way wherein I walk they have hidden a trap for me.
- 4 I look to my right hand and find no one who knows me;\*  
I have no place to flee to, and no one cares for me.
- 5 I cry out to you, O Lord;\*  
I say, 'You are my refuge,  
my portion in the land of the living.'
- 6 Listen to my cry for help, for I have been brought very low;\*  
save me from those who pursue me,  
for they are too strong for me.
- 7 Bring me out of prison, that I may give thanks to your name;\*  
when you have dealt bountifully with me,  
the righteous will gather around me.

*God our consoler and redeemer, save your people coerced and made captive by the powers of evil, and bring us into the way of freedom and liberty prepared by the sacrifice of your Son our Saviour Jesus Christ.*

## Psalm 143

- 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 enemy has sought my life;  
he has crushed me to the ground;\*  
he has made me live in dark places like those who are long  
dead.
- 4 My spirit faints within me;\*,  
my heart within me is desolate.
- 5 I remember the time past;  
I muse upon all your deeds;\*,  
I consider the works of your hands.
- 6 I spread out my hands to you;\*,  
my soul gasps to you like a thirsty land.
- 7 O Lord, make haste to answer me; my spirit fails me;\*,  
do not hide your face from me  
or I shall be like those who go down to the Pit.
- 8 Let me hear of your loving-kindness in the morning,  
for I put my trust in you;\*,  
show me the road that I must walk,  
for I lift up my soul to you.

- 9 Deliver me from my enemies, O Lord,\*  
for I flee to you for refuge.
- 10 Teach me to do what pleases you, for you are my God;\*  
let your good Spirit lead me on level ground.
- 11 Revive me, O Lord, for your name's sake;\*  
for your righteousness' sake, bring me out of trouble.
- 12 Of your goodness, destroy my enemies  
and bring all my foes to naught,\*  
for truly I am your servant.

*God of our hope, when we are distracted by care and sickness, help us to recognize your image in ourselves and others, that we may be made whole and the world become the kingdom of our Lord and Saviour Jesus Christ.*

## **Psalm 144**

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

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

- 16      Happy are the people of whom this is so!\*
- happy are the people whose God is the Lord!

*Generous and bountiful God, give compassion to the prosperous and comfort to the needy, that all people may come to love and praise you, through Jesus Christ our Lord.*

## **Psalm 145**

- 1      I will exalt you, O God my King,\*  
          and bless your name for ever and ever.
- 2      Every day will I bless you\*  
          and praise your name for ever and ever.
- 3      Great is the Lord and greatly to be praised;\*  
          there is no end to his greatness.
- 4      One generation shall praise your works to another\*  
          and shall declare your power.
- 5      I will ponder the glorious splendour of your majesty\*  
          and all your marvellous works.
- 6      They shall speak of the might of your wondrous acts,\*  
          and I will tell of your greatness.
- 7      They shall publish the remembrance of your great goodness;\*  
          they shall sing of your righteous deeds.
- 8      The Lord is gracious and full of compassion,\*  
          slow to anger and of great kindness.

- 9        The Lord is loving to everyone\*  
          and his compassion is over all his works.
- 10       All your works praise you, O Lord,\*  
          and your faithful servants bless you.
- 11       They make known the glory of your kingdom\*  
          and speak of your power;
- 12       That the peoples may know of your power\*  
          and the glorious splendour of your kingdom.
- 13       Your kingdom is an everlasting kingdom;\*  
          your dominion endures throughout all ages.
- 14       The Lord is faithful in all his words\*  
          and merciful in all his deeds.
- 15       The Lord upholds all those who fall;\*  
          he lifts up those who are bowed down.
- 16       The eyes of all wait upon you, O Lord,\*  
          and you give them their food in due season.
- 17       You open wide your hand\*  
          and satisfy the needs of every living creature.
- 18       The Lord is righteous in all his ways\*  
          and loving in all his works.
- 19       The Lord is near to those who call upon him,\*  
          to all who call upon him faithfully.

- 20 He fulfils the desire of those who fear him,\*  
he hears their cry and helps them.
- 21 The Lord preserves all those who love him,\*  
but he destroys all the wicked.
- 22 My mouth shall speak the praise of the Lord,\*  
let all flesh bless his holy name for ever and ever.

*Almighty God, give us grace to know you more and more, that knowing we may love and loving we may praise, that the whole world may hear your name and worship you, through Jesus Christ our Lord.*

## **Psalm 146**

- 1 Hallelujah!  
Praise the Lord, O my soul!\*  
I will praise the Lord as long as I live;  
I will sing praises to my God while I have my being.
- 2 Put not your trust in rulers, nor in any child of earth,\*  
for there is no help in them.
- 3 When they breathe their last, they return to earth,\*  
and in that day their thoughts perish.
- 4 Happy are they who have the God of Jacob for their help!\*  
whose hope is in the Lord their God;
- 5 Who made heaven and earth, the seas, and all that is in them;\* who keeps his promise for ever;
- 6 Who gives justice to those who are oppressed,\*  
and food to those who hunger.

- 7        The Lord sets the prisoners free;  
          the Lord opens the eyes of the blind;\*  
          the Lord lifts up those who are bowed down;
- 8        The Lord loves the righteous;  
          the Lord cares for the stranger;\*  
          he sustains the orphan and widow,  
          but frustrates the way of the wicked.
- 9        The Lord shall reign for ever,\*  
          your God, O Zion, throughout all generations.  
          Hallelujah!

*God our creator and redeemer, inspire your people, in prosperity or adversity,  
to turn always to you, eternal source of life, health, and goodness; through  
Jesus Christ our Lord.*

## **Psalm 147**

- 1        Hallelujah!  
          How good it is to sing praises to our God!\*  
          how pleasant it is to honour him with praise!
- 2        The Lord rebuilds Jerusalem;\*  
          he gathers the exiles of Israel.
- 3        He heals the brokenhearted\*  
          and binds up their wounds.
- 4        He counts the number of the stars\*  
          and calls them all by their names.

- 5 Great is our Lord and mighty in power;\*  
there is no limit to his wisdom.
- 6 The Lord lifts up the lowly,\*  
but casts the wicked to the ground.
- 7 Sing to the Lord with thanksgiving;\*  
make music to our God upon the harp.
- 8 He covers the heavens with clouds\*  
and prepares rain for the earth;
- 9 He makes grass to grow upon the mountains\*  
and green plants to serve mankind.
- 10 He provides food for flocks and herds\*  
and for the young ravens when they cry.
- 11 He is not impressed by the might of a horse,\*  
he has no pleasure in the strength of a man;
- 12 But the Lord has pleasure in those who fear him,\*  
in those who await his gracious favour.
- 13 Worship the Lord, O Jerusalem;\*  
praise your God, O Zion;
- 14 For he has strengthened the bars of your gates;\*  
he has blessed your children within you.
- 15 He has established peace on your borders;\*  
he satisfies you with the finest wheat.

- 16 He sends out his command to the earth,\*  
and his word runs very swiftly.
- 17 He gives snow like wool;\*  
he scatters hoarfrost like ashes.
- 18 He scatters his hail like bread crumbs;\*  
who can stand against his cold?
- 19 He sends forth his word and melts them;\*  
he blows with his wind, and the waters flow.
- 20 He declares his word to Jacob,\*  
his statutes and his judgements to Israel.
- 21 He has not done so to any other nation;\*  
to them he has not revealed his judgements.  
Hallelujah!

*God of the universe, Lord of life, give us grace to see you in all your works, in all creatures, all people, and in our hearts, that we may faithfully serve you and worthily praise your holy name, through Jesus Christ our Lord.*

## Psalm 148

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

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

*Blessed are you, Lord our God, creator of heaven and earth; you open our eyes to see the wonders around us, and our hearts and mouths to praise you. Now give us strength for loving service, through Jesus Christ our Lord.*

## **Psalm 149**

- 1 Hallelujah!  
Sing to the Lord a new song;\*  
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in his maker;\*  
let the children of Zion be joyful in their king.
- 3 Let them praise his name in the dance;\*  
let them sing praise to him with timbrel and harp.
- 4 For the Lord takes pleasure in his people\*  
and adorns the poor with victory.

- 5        Let the faithful rejoice in triumph;\*  
          let them be joyful on their beds.
- 6        Let the praises of God be in their throat\*  
          and a two-edged sword in their hand;
- 7        To wreak vengeance on the nations\*  
          and punishment on the peoples;
- 8        To bind their kings in chains\*  
          and their nobles with links of iron;
- 9        To inflict on them the judgement decreed;\*  
          this is glory for all his faithful people.  
          Hallelujah!

*Accept our praise, God of justice, defender of the oppressed. Give us grace to join in this your holy work, that all the world may see your glory, through Jesus Christ our Lord.*

## **Psalm 150**

- 1        Hallelujah!  
          Praise God in his holy temple;\*  
          praise him in the firmament of his power.
- 2        Praise him for his mighty acts;\*  
          praise him for his excellent greatness.
- 3        Praise him with the blast of the ram's-horn;\*  
          praise him with lyre and harp.

- 4 Praise him with timbrel and dance;\*  
praise him with strings and pipe.
- 5 Praise him with resounding cymbals;\*  
praise him with loud-clanging cymbals.
- 6 Let everything that has breath\*  
praise the Lord.  
Hallelujah!

*Maker of the universe, Source of all life, give us grace to serve you with our whole heart, that we may faithfully perform your will and joyfully participate in your creation, to the praise and glory of your name, through Jesus Christ our Lord.*

