101

*Misericordiam et judicium*

1 My song shall be of mercy and judgment; \*

unto you, O Lord, will I sing.

2 O let me have understanding \*

in the way of godliness.

3 When will you come to me? \*

I will walk in my house with integrity of heart.

4 I will set no wicked thing before my eyes; \*

I hate the sins of unfaithfulness; no such thing shall cleave to me.

5 A crooked heart shall depart from me; \*

I will not know a wicked person.

6 Whoever secretly slanders his neighbor, \*

him will I destroy.

7 Whoever has a proud look and an arrogant heart, \*

I will not suffer him.

8 My eyes shall look with favor upon the faithful in the land, \*

that they may dwell with me.

9 Whoever leads a godly life, \*

he shall be my servant.

10 No deceitful person shall dwell in my house; \*

the one who tells lies shall not tarry in my sight.

11 I shall soon destroy all the ungodly who are in the land, \*

that I may root out all evildoers from the city of the Lord.

DAY 20 : MORNING PRAYER

102

*Domine, exaudi*

1 Hear my prayer, O Lord, \*

and let my cry come unto you.

2 Hide not your face from me in the time of my trouble; \*

incline your ear to me when I call; O hear me, and very soon.

3 For my days are consumed like smoke, \*

and my bones are burnt up as in a furnace.

4 My heart is smitten and withered like grass, \*

so that I forget to eat my bread.

5 Because of the voice of my groaning, \*

my bones will scarcely cleave to my flesh.

6 I have become like an owl in the wilderness \*

and like a screech-owl among the ruins.

7 I am solitary, and lie sleepless because of my groaning; \*

I am like a sparrow that sits alone upon the housetop.

8 My enemies revile me all day long, \*

and those who are enraged against me conspire to do me hurt.

9 For I have eaten ashes as if they were bread \*

and mingled my drink with weeping,

10 Because of your indignation and wrath, \*

for you have taken me up and cast me down.

11 My days are gone like a shadow, \*

and I am withered like grass.

12 But you, O Lord, shall endure for ever, \*

and your remembrance throughout all generations.

13 You shall arise and have mercy upon Zion, \*

for it is time for you to have mercy upon her; indeed, the time has come.

14 For your servants love her very stones, \*

and are moved to pity to see her in the dust.

15 The nations shall fear your Name, O Lord, \*

and all the kings of the earth your majesty,

16 When the Lord shall build up Zion, \*

and when his glory shall appear,

17 When he turns to the prayer of the destitute \*

and despises not their plea.

18 This shall be written for those that come after, \*

and a people that shall yet be born shall praise the Lord.

19 For he has looked down from his sanctuary; \*

from the heavens the Lord has beheld the earth,

20 That he might hear the groanings of those who are in captivity,\*

and deliver those who are condemned to die,

21 That they may declare the Name of the Lord in Zion, \*

and his praises in Jerusalem;

22 When the peoples are gathered together, \*

and the kingdoms also, to serve the Lord.

23 He brought down my strength before my time, \*

and shortened my days.

24 But I said, “O my God, take me not away in the midst of my days; \*

for your years endure throughout all generations.”

25 You, Lord, in the beginning laid the foundation of the earth, \*

and the heavens are the work of your hands.

26 They shall perish, but you shall endure; \*

they all shall wear out, as does a garment;

27 And as a garment you shall change them, and they shall be changed; \*

but you are the same, and your years shall not fail.

28 The children of your servants shall continue, \*

and their seed shall stand fast in your sight.

103

*Benedic, anima mea*

1 Praise the Lord, O my soul, \*

and all that is within me, praise his holy Name.

2 Praise the Lord, O my soul, \*

and forget not all his benefits:

3 Who forgives all your sin \*

and heals all your infirmities,

4 Who saves your life from the pit \*

and crowns you with mercy and loving-kindness,

5 Who satisfies you with good things, \*

renewing your youth like an eagle’s.

6 The Lord executes righteousness and judgment \*

for all those who are oppressed with wrong.

7 He showed his ways to Moses, \*

his works to the children of Israel.

8 The Lord is full of compassion and mercy, \*

long-suffering and of great goodness.

9 He will not always chide us, \*

neither 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 great is his mercy also toward those who fear him.

12 As far as the east is from the west, \*

so far has he set our sins from us.

13 As a father pities his own children, \*

so is the Lord merciful to those who fear him.

14 For he knows whereof we are made; \*

he remembers that we are but dust.

15 The days of man are as grass; \*

he flourishes as a flower of the field.

16 For as soon as 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 and ever upon those who fear him, \*

and his righteousness upon children’s children,

18 Even upon those who keep his covenant \*

and think upon his commandments to do them.

19 The Lord has prepared his throne in heaven, \*

and his kingdom rules over all.

20 O praise the Lord, you angels of his, you that excel in strength, \*

you that fulfill his commandment, and hearken unto the voice of his words.

21 O praise the Lord, all you his hosts, \*

you servants of his that do his pleasure.

22 O speak good of the Lord, all you works of his, in all places of his dominion; \*

praise the Lord, O my soul.

DAY 20 : EVENING PRAYER

104

*Benedic, anima mea*

1 Praise the Lord, O my soul. \*

O Lord my God, you have become exceedingly glorious; you are clothed with majesty and honor.

2 You clothe yourself with light as with a garment, \*

and spread out the heavens like a curtain.

3 You lay the beams of your chambers in the waters, \*

and make the clouds your chariot, and walk upon the wings of the wind.

4 You make winds your messengers, \*

and flames of fire your ministers.

5 You laid the foundations of the earth, \*

that it never should move at any time.

6 You cover it with the deep as with a garment; \*

the waters stand above the hills.

7 At your rebuke they fled; \*

at the voice of your thunder they hastened away.

8 They went up as high as the hills, and down to the valleys beneath, \*

even to the place you had appointed for them.

9 You have set bounds for them which they shall not pass; \*

neither shall they again cover the earth.

10 You send the springs into the rivers, \*

which run among the hills.

11 All beasts of the field drink thereof, \*

and the wild donkeys quench their thirst.

12 Beside them shall the birds of the air have their habitation \*

and sing among the branches.

13 You water the hills from above; \*

the earth is filled with the fruit of your works.

14 You bring forth grass for the cattle, \*

and plants for the service of mankind,

15 That they may bring food out of the earth, and wine that makes glad the heart, \*

and oil to make a cheerful countenance, and bread to strengthen the heart.

16 The trees of the Lord also are full of sap, \*

even the cedars of Lebanon which he planted,

17 Wherein the birds make their nests, \*

and the fir trees are a dwelling for the stork.

18 The high hills are a refuge for the wild goats, \*

and so are the stony cliffs for the rock badgers.

19 You appointed the moon to mark the seasons, \*

and the sun knows its going down.

20 You make darkness that it may be night, \*

in which all the beasts of the forest move.

21 The lions, roaring after their prey, \*

seek their meat from God.

22 The sun arises, and they go away together, \*

and lay themselves down in their dens.

23 Man goes forth to his work, \*

and to his labor until the evening.

24 O Lord, how manifold are your works; \*

in wisdom you made them all; the earth is full of your creatures.

25 So is the great and wide sea also, \*

in which are things creeping innumerable, creatures both small and great.

26 There go the ships, and there is that Leviathan, \*

whom you made to take its pleasure therein.

27 These all wait upon you, \*

that you may give them food in due season.

28 When you give it to them, they gather it, \*

and when you open your hand, they are filled with good things.

29 When you hide your face, they are troubled; \*

when you take away their breath, they die, and are turned again to their dust.

30 When you let your breath go forth, they shall be made, \*

and you shall renew the face of the earth.

31 The glorious majesty of the Lord shall endure for ever; \*

the Lord shall rejoice in his works.

32 He looks at the earth and it trembles; \*

if he even touches the hills, they shall smoke.

33 I will sing unto the Lord as long as I live; \*

I will praise my God while I have my being,

34 And so shall my words please him; \*

my joy shall be in the Lord.

35 As for sinners, they shall perish from the earth, and the ungodly shall come to an end. \*

Praise the Lord, O my soul. Praise the Lord.

DAY 21 : MORNING PRAYER

105

*Confitemini Domino*

1 Give thanks unto the Lord and call upon his Name; \*

tell the peoples what things he has done.

2 O let your songs be of him, and praise him, \*

and let your speech be of all his wondrous works.

3 Rejoice in his holy Name; \*

let the hearts of those who seek the Lord rejoice.

4 Seek the Lord and his strength; \*

seek his face evermore.

5 Remember the marvelous works that he has done, \*

his wonders, and the judgments of his mouth,

6 O seed of Abraham his servant, \*

O children of Jacob his chosen.

7 He is the Lord our God; \*

his judgments are in all the world.

8 He has always been mindful of his covenant, \*

and the promise that he made to a thousand generations,

9 Even the covenant that he made with Abraham, \*

and the oath that he swore to Isaac,

10 Which he appointed to Jacob for a law, \*

and to Israel for an everlasting testament,

11 Saying, “To you will I give the land of Canaan \*

to be the portion of your inheritance.”

12 When there were yet but a few of them, \*

and they were strangers in the land,

13 And they wandered from nation to nation, \*

and from one kingdom to another,

14 He allowed no one to do them wrong, \*

but reproved even kings for their sakes:

15 “Do not touch my Anointed, \*

and do my prophets no harm.”

16 Moreover, he called for a famine in the land \*

and destroyed all the provision of bread.

17 But he had sent a man before them: \*

Joseph, who was sold to be a bondservant,

18 Whose feet they hurt in the stocks; \*

they put an iron collar around his neck.

19 Until the time came that his sayings were fulfilled, \*

the word of the Lord tried him.

20 The king sent and delivered him; \*

the ruler of the people let him go free.

21 He made him lord over his house, \*

and ruler of all his possessions,

22 That he might instruct his princes according to his will \*

and teach his elders wisdom.

23 Israel also came into Egypt, \*

and Jacob was a stranger in the land of Ham.

24 And he increased his people exceedingly, \*

and made them stronger than their enemies,

25 Whose heart he turned, so that they hated his people, \*

and dealt deceitfully with his servants.

26 Then he sent Moses his servant, \*

and Aaron whom he had chosen,

27 And they worked his signs among them, \*

and wonders in the land of Ham.

28 He sent darkness, and it was dark; \*

but they were not obedient to his word.

29 He turned their waters into blood \*

and caused their fish to die.

30 Their land brought forth frogs, \*

even in their kings’ chambers.

31 He spoke the word, and there came all manner of flies, \*

and gnats in all their borders.

32 He gave them hailstones for rain, \*

and flames of fire in their land.

33 He smote their vines also, and their fig trees, \*

and destroyed the trees that were in their borders.

34 He spoke the word, and the grasshoppers came, and locusts innumerable, \*

which ate up all the grass in their land and devoured the fruit of their ground.

35 He smote all the firstborn in their land, \*

even the firstfruits of all their strength.

36 He brought forth Israel with silver and gold; \*

in all their tribes there was not one who stumbled.

37 Egypt was glad at their departing, \*

for they were afraid of them.

38 He spread out a cloud to be a covering, \*

and fire to give light in the night season.

39 At their desire he brought quail, \*

and he filled them with the bread of heaven.

40 He opened the rock, and the waters flowed out, \*

so that rivers ran in the dry places.

41 For he remembered his holy promise \*

and Abraham his servant.

42 And he brought forth his people with joy, \*

and his chosen ones with gladness,

43 And gave them the lands of the nations, \*

and they took the labors of the peoples in possession,

44 That they might keep his statutes \*

and observe his laws. Praise the Lord.

DAY 21 : EVENING PRAYER

106

*Confitemini Domino*

1 O give thanks unto the Lord, for he is gracious, \*

and his mercy endures for ever.

2 Who can express the mighty acts of the Lord, \*

or show forth all his praise?

3 Blessed are those who act with justice, \*

and who always do righteousness.

4 Remember me, O Lord, according to the favor that you show to your people; \*

O visit me with your salvation,

5 That I may see the felicity of your chosen, \*

and rejoice in the gladness of your people, and give thanks with your inheritance.

6 We have sinned like our fathers; \*

we have done wrong and dealt wickedly.

7 Our fathers regarded not your wonders in Egypt, neither did they keep your great goodness in remembrance, \*

but were disobedient at the sea, even at the Red Sea.

8 Nevertheless, he saved them for his Name’s sake, \*

that he might make his power known.

9 He rebuked the Red Sea, and it was dried up; \*

so he led them through the deep as through a wilderness.

10 And he saved them from the adversary’s hand, \*

and delivered them from the hand of the enemy.

11 As for those who troubled them, the waters overwhelmed them;\*

there was not one of them left.

12 Then they believed his words \*

and sang praises unto him.

13 But soon they forgot his works \*

and would not wait for his counsel.

14 A craving came upon them in the wilderness, \*

and they tempted God in the desert.

15 So he gave them their desire, \*

and sent leanness into their soul.

16 They were envious of Moses also in the camp, \*

and of Aaron the holy one of the Lord.

17 So the earth opened and swallowed up Dathan \*

and covered the company of Abiram,

18 And fire was kindled in their company; \*

the flame burnt up the ungodly.

19 They made a calf in Horeb \*

and worshiped a molten image.

20 Thus they exchanged their glory \*

for the image of a calf that feeds on hay.

21 And they forgot God their Savior, \*

who had done great things in Egypt,

22 Wondrous works in the land of Ham, \*

and fearful things by the Red Sea.

23 So he said he would have destroyed them, had not Moses his chosen stood before him in the gap \*

to turn away his wrathful indignation, lest he should destroy them.

24 Then they scorned that pleasant land \*

and gave no credence to his word,

25 But murmured in their tents \*

and did not hearken to the voice of the Lord.

26 Then he lifted up his hand against them \*

to overthrow them in the wilderness,

27 To cast out their seed among the nations, \*

and to scatter them in all the lands.

28 They joined themselves to Baal-Peor \*

and ate the offerings to the dead.

29 Thus they provoked him to anger with their wanton deeds, \*

and the plague broke out among them.

30 Then Phineas stood up and interceded, \*

and so the plague was ended;

31 And that was counted to him as righteousness \*

among all generations for evermore.

32 They angered him also at the waters of strife, \*

so that he punished Moses for their misdeeds;

33 For they provoked him to anger, \*

so that he spoke rashly with his lips.

34 Neither did they destroy the peoples \*

as the Lord commanded them,

35 But intermingled among the nations \*

and learned their heathen ways,

36 So that they worshiped their idols, which became a snare to them; \*

they offered their sons and their daughters to demons,

37 And shed innocent blood, even the blood of their sons and of their daughters, \*

whom they offered to the idols of Canaan; and the land was defiled with blood.

38 Thus were they defiled by their own works \*

and went whoring with their own deeds.

39 Therefore was the wrath of the Lord kindled against his people, \*

and he abhorred his own inheritance,

40 And he gave them over into the hands of the nations, \*

and those who hated them were lords over them.

41 Their enemies oppressed them \*

and held them in subjection.

42 Many a time did he deliver them, \*

but they rebelled against him through their own devices, and were brought down in their wickedness.

43 Nevertheless, when he saw their adversity, \*

when he heard their lamentation,

44 He remembered his covenant and pitied them, according to the multitude of his mercies; \*

he made all those who led them away captive to pity them.

45 Deliver us, O Lord our God, and gather us from among the nations, \*

that we may give thanks to your holy Name and make our boast of your praise.

46 Blessed be the Lord God of Israel from everlasting and world without end, \*

and let all the people say, “Amen.” Praise the Lord.

DAY 22 : MORNING PRAYER

107

*Confitemini Domino*

1 O give thanks unto the Lord, for he is gracious, \*

and his mercy endures for ever.

2 Let those whom the Lord has redeemed give thanks, \*

whom he has delivered from the hand of the enemy,

3 And gathered them out of the lands, from the east and from the west, \*

from the north and from the south.

4 They went astray in the wilderness, even in the desert, \*

and found no city to dwell in;

5 They were hungry and thirsty, \*

and their soul fainted within them.

6 Then they cried unto the Lord in their trouble, \*

and he delivered them from their distress.

7 He led them forth by a straight path \*

until they came to a city where they might dwell.

8 Oh, that they would therefore praise the Lord for his goodness \*

and declare the wonders that he does for the children of men!

9 For he satisfies the empty soul \*

and fills the hungry soul with goodness.

10 Some sat in darkness, and in the shadow of death, \*

being bound fast in misery and iron,

11 Because they rebelled against the words of God \*

and lightly regarded the counsel of the Most High.

12 He also brought down their heart with heaviness; \*

they fell down, and there was none to help them.

13 Then they cried unto the Lord in their trouble, \*

and he delivered them out of their distress.

14 For he brought them out of darkness, and out of the shadow of death, \*

and broke their bonds asunder.

15 Oh, that they would therefore praise the Lord for his goodness \*

and declare the wonders that he does for the children of men!

16 For he has broken the gates of brass \*

and shattered the bars of iron asunder.

17 The foolish were plagued for their offense \*

and because of their wickedness.

18 Their soul abhorred all manner of food, \*

and they were even close to death’s door.

19 So when they cried unto the Lord in their trouble, \*

he delivered them out of their distress.

20 He sent his word and healed them, \*

and they were saved from destruction.

21 Oh, that they would therefore praise the Lord for his goodness \*

and declare the wonders that he does for the children of men!

22 That they would offer unto him the sacrifice of thanksgiving \*

and tell of his works with gladness!

23 Those who go down to the sea in ships, \*

who carry out their business in great waters,

24 They behold the works of the Lord \*

and his wonders in the deep.

25 For at his word the stormy wind arises, \*

which lifts up the waves.

26 They are carried up to heaven and down again to the deep; \*

their soul melts away because of the trouble.

27 They reel to and fro, and stagger like a drunken man, \*

and are at their wits’ end.

28 So when they cry unto the Lord in their trouble, \*

he delivers them out of their distress.

29 For he makes the storm to cease, \*

so that the waves are still.

30 Then they are glad, because they are at rest, \*

and so he brings them into the haven where they desire to be.

31 Oh, that they would therefore praise the Lord for his goodness \*

and declare the wonders that he does for the children of men!

32 That they would exalt him also in the congregation of the people \*

and praise him in the seat of the elders!

33 He turns rivers into a wilderness \*

and water-springs into thirsty ground,

34 A fruitful land he makes barren, \*

because of the wickedness of those who dwell there.

35 Again, he makes the wilderness into pools of water \*

and dry ground into water-springs;

36 And there he sets the hungry \*

that they may build a city to dwell in,

37 That they may sow their land and plant vineyards \*

to yield the fruits of increase.

38 He blesses them, so that they multiply exceedingly, \*

and does not allow their cattle to decrease.

39 And again, when they are diminished and brought low, \*

through oppression, through any plague or trouble,

40 Though he pours contempt on princes \*

and lets them wander in the pathless wilderness,

41 Yet he helps the poor out of misery \*

and increases their households like a flock of sheep.

42 The righteous will consider this and rejoice, \*

and the mouth of all wickedness shall be stopped.

43 Whoever is wise will ponder these things, \*

and shall understand the loving-kindness of the Lord.

DAY 22 : EVENING PRAYER

108

*Paratum cor meum*

1 O God, my heart is fixed, my heart is firmly fixed; \*

I will sing and give praise with the best that I have.

2 Awake, my soul; awake, lute and harp; \*

I myself will awaken the dawn.

3 I will give thanks unto you, O Lord, among the peoples, \*

and I will sing praises unto you among the nations,

4 For the greatness of your mercy reaches to the heavens, \*

and your faithfulness to the clouds.

5 Exalt yourself, O God, above the heavens; \*

let your glory be over all the earth.

6 That your beloved may be delivered, \*

save me by your right hand, and answer me.

7 God has spoken in his holiness: \*

“I will rejoice and divide Shechem, and parcel out the valley of Succoth.

8 Gilead is mine, and Manasseh is mine; \*

Ephraim also is the helmet for my head; Judah is my scepter.

9 Moab is my wash-pot; over Edom will I cast my shoe; \*

over Philistia will I triumph.”

10 Who will lead me into the strong city, \*

and who will bring me into Edom?

11 Have you not forsaken us, O God? \*

And will you not, O God, go forth with our hosts?

12 O help us against the enemy, \*

for vain is the help of man.

13 Through God we shall do great acts, \*

for it is he who shall tread down our enemies.

109

*Deus, laudem*

1 Hold not your tongue, O God of my praise, \*

for the mouth of the ungodly, the mouth of the deceitful is opened upon me.

2 They have spoken against me with false tongues; \*

they encompassed me with words of hatred, and fought against me without a cause.

3 In return for the love that I had for them, they have become my adversaries; \*

but I give myself to prayer.

4 Thus have they rewarded me evil for good, \*

and hatred for my love.

5 Set an ungodly man to be ruler over him, \*

and let an accuser stand at his right hand.

6 When judgment is given, let him be condemned, \*

and let sentence be passed on him for guilt.

7 Let his days be few, \*

and let another take his office.

8 Let his children be fatherless \*

and his wife a widow.

9 Let his children be vagabonds and beg their bread; \*

let them be driven out, even from desolate places.

10 Let the creditor consume all that he has, \*

and let strangers take his labor for spoil.

11 Let there be no one to pity him, \*

nor to have compassion upon his fatherless children.

12 Let his posterity be destroyed, \*

and in the next generation let his name be blotted out.

13 Let the wickedness of his fathers be held in remembrance in the sight of the Lord, \*

and let not the sin of his mother be blotted out.

14 Let them be always before the Lord, \*

that he may root out the memorial of them from the earth,

15 Because he was not minded to do good, \*

but persecuted to death the poor and needy, and those who were brokenhearted.

16 His delight was in cursing; let curses come upon him; \*

he loved not blessing; therefore let it be far from him.

17 He clothed himself with cursing as with a garment, \*

so let it soak into his body like water, and like oil into his bones.

18 Let it be to him as the cloak that he has on \*

and as the belt that he always wears.

19 Let this be the recompense from the Lord to my enemies, \*

and to those who speak evil against my soul.

20 But deal with me, O Lord God, according to your Name; \*

for sweet is your mercy.

21 O deliver me, for I am helpless and poor, \*

and my heart is wounded within me.

22 I disappear like the shadow that lengthens, \*

and am shaken off like a grasshopper.

23 My knees are weak through fasting; \*

my flesh is grown lean for want of nourishment.

24 I have become a reproach to them; \*

when they look on me, they shake their heads.

25 Help me, O Lord my God; \*

save me according to your mercy;

26 And they shall know that this is your hand, \*

and that you, O Lord, have done it.

27 Though they curse, yet you bless; \*

let them be confounded who rise up against me, but let your servant rejoice.

28 Let my adversaries be clothed with shame, \*

and let them cover themselves with their own disgrace as with a cloak.

29 As for me, I will give great thanks unto the Lord with my mouth, \*

and praise him among the multitude,

30 For he shall stand at the right hand of the poor, \*

to save their souls from the unrighteous judges.

DAY 23 : MORNING PRAYER

110

*Dixit Dominus*

1 The Lord said unto my Lord, “Sit at my right hand, \*

until I make your enemies your footstool.”

2 The Lord shall send the scepter of your power out of Zion: \*

“Rule in the midst of your enemies.”

3 In the day of your power the people, in holy raiment, shall offer you freewill offerings; \*

from the womb of the morning, the dew of your youth belongs to you.

4 The Lord has sworn and will not recant: \*

“You are a priest for ever after the order of Melchizedek.”

5 The Lord at your right hand \*

shall smite kings in the day of his wrath.

6 He shall judge the nations; \*

he shall fill the lands with dead bodies, and strike down heads over many countries.

7 He shall drink from the brook by the way; \*

therefore shall he lift up his head.

111

*Confitebor tibi*

1 Praise the Lord. I will give thanks unto the Lord with my whole heart, \*

in the company of the upright, and among the congregation.

2 The works of the Lord are great, \*

sought out by all who have pleasure in them.

3 His work is worthy to be praised and held in honor, \*

and his righteousness endures for ever.

4 He has made his marvelous works to be had in remembrance; \*

The Lord is gracious and merciful.

5 He has given food to those who fear him; \*

he shall ever be mindful of his covenant.

6 He has shown his people the power of his works, \*

that he may give them the heritage of the nations.

7 The works of his hands are faithfulness and justice; \*

all his commandments are true.

8 They stand fast for ever and ever, \*

and are done in truth and equity.

9 He sent redemption to his people; he has commanded his covenant for ever; \*

holy and awesome is his Name.

10 The fear of the Lord is the beginning of wisdom; \*

a good understanding have all those who live accordingly; his praise endures for ever.

112

*Beatus vir*

1 Praise the Lord! Blessed is the one who fears the Lord, \*

who has great delight in his commandments.

2 His seed shall be mighty in the land; \*

the generation of the faithful shall be blessed.

3 Riches and plenteousness shall be in his house, \*

and his righteousness shall endure for ever.

4 For the upright, there rises light in the darkness; \*

he is merciful, loving, and righteous.

5 It is good for him to be generous in lending \*

and to guide his words with discretion.

6 For he shall never be moved, \*

and the righteous shall be kept in everlasting remembrance.

7 He will not be afraid of any evil tidings, \*

for his heart is steadfast and trusts in the Lord.

8 His heart is established, and will not fear; \*

at the last he shall see his desire upon his enemies.

9 He has given freely to the poor, \*

and his righteousness endures for ever; his horn shall be exalted with honor.

10 The ungodly shall see it, and shall be angry; \*

he shall gnash his teeth, and waste away; the desire of the ungodly shall perish.

113

*Laudate, pueri*

1 Praise the Lord. Sing praises, you servants of the Lord; \*

O praise the Name of the Lord.

2 Blessed be the Name of the Lord, \*

from this time forth for evermore.

3 The Lord’s Name be praised \*

from the rising up of the sun to the going down of the same.

4 The Lord is high above all nations, \*

and his glory above the heavens.

5 Who is like the Lord our God, who has his dwelling so high, \*

and yet humbles himself to behold the things that are in heaven and earth?

6 He takes up the lowly out of the dust, \*

and lifts the poor out of the ashes,

7 That he may set them with the princes, \*

even with the princes of his people.

8 He gives the barren woman a home to dwell in, \*

and makes her to be a joyful mother of children. Praise the Lord.

DAY 23 : EVENING PRAYER

114

*In exitu Israel*

1 When Israel came out of Egypt, \*

and the house of Jacob from among a people of a foreign tongue,

2 Judah was God’s sanctuary, \*

and Israel his dominion.

3 The sea beheld it and fled; \*

Jordan was driven 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 were driven back?

6 You mountains, that you skipped like rams, \*

and 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 the flint stone into a springing well.

115

*Non nobis, Domine*

1 Not unto us, O Lord, not unto us, but unto your Name give the praise, \*

for your loving mercy and for your truth’s sake.

2 Why shall the nations say, \*

“Where now is their God?”

3 As for our God, he is in heaven; \*

he has done whatsoever pleased him.

4 Their idols are silver and gold, \*

even the work of human hands.

5 They have mouths, but they speak not; \*

eyes have they, but they see not.

6 They have ears, but they hear not; \*

noses have they, but they smell not.

7 They have hands, but they feel not; feet have they, but they walk not; \*

neither is there any sound in their throat.

8 Those who make them are like them, \*

and so are all who put their trust in them.

9 But you, O house of Israel, trust in the Lord; \*

he is their helper and defender.

10 You house of Aaron, put your trust in the Lord; \*

he is their helper and defender.

11 You who fear the Lord, put your trust in the Lord; \*

he is their helper and defender.

12 The Lord has been mindful of us, and he shall bless us; \*

he shall bless the house of Israel; he shall bless the house of Aaron;

13 He shall bless those who fear the Lord, \*

both small and great together.

14 The Lord shall increase you more and more, \*

you and your children after you.

15 You are the blessed of the Lord, \*

who has made heaven and earth.

16 The heavens are the Lord’s; \*

the earth has he given to the children of men.

17 The dead praise you not, O Lord, \*

neither all those who go down into silence.

18 But we will praise the Lord, \*

from this time forth for evermore. Praise the Lord.

DAY 24 : MORNING PRAYER

116

*Dilexi, quoniam*

1 I love the Lord, \*

because he heard the voice of my prayer,

2 Because he inclined his ear to me; \*

therefore will I call upon him as long as I live.

3 The snares of death encompassed me, and the pains of the Grave laid hold of me; \*

I suffered trouble and sorrow.

4 Then I called upon the Name of the Lord: \*

“O Lord, I beseech you, deliver my soul.”

5 Gracious is the Lord and righteous; \*

indeed, our God is full of compassion.

6 The Lord preserves the simple; \*

I was in misery, and he helped me.

7 Turn again to your rest, O my soul, \*

for the Lord has rewarded you.

8 You have delivered my soul from death, \*

my eyes from tears, and my feet from stumbling.

9 I will walk before the Lord \*

in the land of the living.

10 I believed, and therefore will I speak: “I am greatly troubled.” \*

I said in my haste, “All men are liars.”

11 What shall I give unto the Lord \*

for all the benefits that he has done unto me?

12 I will lift up the cup of salvation \*

and call upon the Name of the Lord.

13 I will pay my vows unto the Lord in the presence of all his people; \*

dear in the sight of the Lord is the death of his saints.

14 O Lord, I am your servant; \*

I am your servant, and the child of your handmaid; you have broken my bonds asunder.

15 I will offer you the sacrifice of thanksgiving \*

and will call upon the Name of the Lord.

16 I will pay my vows unto the Lord in the sight of all his people, \*

in the courts of the Lord’s house, even in the midst of you, O Jerusalem. Praise the Lord.

117

*Laudate Dominum*

1 O praise the Lord, all you nations; \*

praise him, all you peoples.

2 For great is his loving-kindness towards us, \*

and the faithfulness of the Lord endures for ever.

Praise the Lord.

118

*Confitemini Domino*

1 Give thanks unto the Lord, for he is gracious; \*

his mercy endures for ever.

2 Let Israel now confess that he is gracious, \*

that his mercy endures for ever.

3 Let the house of Aaron now confess \*

that his mercy endures for ever.

4 Indeed, let those who fear the Lord confess \*

that his mercy endures for ever.

5 I called upon the Lord in trouble, \*

and the Lord heard me and set me free.

6 The Lord is on my side; \*

I will not fear what man can do to me.

7 The Lord takes my side with those who help me; \*

therefore shall I look in triumph on my enemies.

8 It is better to trust in the Lord \*

than to put any confidence in man.

9 It is better to trust in the Lord \*

than to put any confidence in princes.

10 All the nations encompass me, \*

but in the Name of the Lord will I cut them off.

11 They hem me in on every side; indeed, they hem me in on every side, \*

but in the Name of the Lord will I cut them off.

12 They come about me like bees, and blaze like fire among the thorns, \*

but in the Name of the Lord will I cut them off.

13 I was thrust aside so that I almost fell, \*

but the Lord was my help.

14 The Lord is my strength and my song, \*

and has become my salvation.

15 The voice of joy and deliverance is in the dwellings of the righteous; \*

the right hand of the Lord brings mighty things to pass.

16 The right hand of the Lord is exalted; \*

the right hand of the Lord brings mighty things to pass.

17 I shall not die, but live, \*

and declare the works of the Lord.

18 The Lord has chastened and corrected me, \*

but he has not given me over to death.

19 Open unto me the gates of righteousness, \*

that I may go into them, and give thanks unto the Lord.

20 This is the gate of the Lord; \*

the righteous shall enter into it.

21 I will thank you, for you have heard me, \*

and have become my salvation.

22 The same stone which the builders refused \*

has become the chief cornerstone.

23 This is the Lord’s doing, \*

and it is marvelous in our eyes.

24 This is the day that the Lord has made; \*

we will rejoice and be glad in it.

25 Help me now, O Lord; \*

O Lord, send us now prosperity.

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, who has shown us light; \*

bind the sacrifice with cords, even 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 O give thanks unto the Lord, for he is gracious; \*

his mercy endures for ever.

DAY 24 : EVENING PRAYER

119

*Beati immaculati*

ALEPH

1 Blessed are those who are undefiled in their ways, \*

and walk in the law of the Lord.

2 Blessed are those who keep his testimonies \*

and seek him with their whole heart,

3 Even those who do no wickedness \*

and perfectly walk in his ways.

4 You have ordered your precepts \*

that we should diligently keep them.

5 O that my ways were made so direct \*

that I might keep your statutes!

6 Then would I not be put to shame \*

while I give heed unto all your commandments.

7 I will thank you with an upright heart, \*

when I have learned your righteous judgments.

8 I will keep your statutes; \*

O do not forsake me utterly.

*In quo corrigit?*

BETH

9 How shall a young man cleanse his way? \*

By ruling himself according to your word.

10 With my whole heart I have sought you; \*

O let me not go astray from your commandments.

11 Your words have I hidden within my heart, \*

that I may not sin against you.

12 Blessed are you, O Lord; \*

teach me your statutes.

13 With my lips have I been telling \*

of all the judgments of your mouth.

14 I have had greater delight in the way of your testimonies \*

than in all manner of riches.

15 I will meditate on your commandments \*

and have respect for all your ways.

16 My delight will be in your statutes, \*

and I will not forget your word.

*Retribue servo tuo*

GIMEL

17 O do well unto your servant, \*

that I may live, and keep your word.

18 Open my eyes that I may see \*

the wondrous things of your law.

19 I am a sojourner on earth; \*

O hide not your commandments from me.

20 My soul is consumed with the fervent desire \*

that it always has for your judgments.

21 You have rebuked the proud, \*

and cursed are those who stray from your commandments.

22 O turn from me shame and contempt, \*

for I have kept your testimonies.

23 Though princes sit and speak against me, \*

yet will your servant meditate on your statutes;

24 For your testimonies are my delight, \*

and they are my counselors.

*Adhæsit pavimento*

DALETH

25 My soul cleaves to the dust; \*

O revive me, according to your word

26 I have acknowledged my ways, and you heard me; \*

O teach me your statutes.

27 Make me to understand the way of your commandments, \*

and so shall I meditate on your wondrous works.

28 My soul melts away for heaviness; \*

comfort me according to your word.

29 Take from me the way of lying, \*

and graciously teach me your law.

30 I have chosen the way of truth, \*

and your judgments have I set before me.

31 I hold fast to your testimonies; \*

O Lord, let me not be put to shame.

32 I will run the way of your commandments \*

when you enlarge my heart with understanding.

DAY 25 : MORNING PRAYER

*Legem pone*

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; \*

indeed, I shall keep it with my whole heart.

35 Make me go in the path of your commandments, \*

for therein is my desire.

36 Incline my heart to your testimonies, \*

and not to covetous desires.

37 O turn away my eyes, lest they behold vanity, \*

and revive me in your ways.

38 Confirm your word to your servant, \*

and to all those who fear you.

39 Take away the reproach that I am afraid of, \*

for your judgments are good.

40 Behold, my delight is in your precepts; \*

O revive me in your righteousness.

*Et veniat super me*

WAW

41 Let your loving mercy come to me, O Lord, \*

even your salvation, according to your word.

42 So shall I answer those who taunt me, \*

for my trust is in your word.

43 O do not take the word of your truth utterly out of my mouth,\*

for my hope is in your judgments.

44 So shall I always keep your law, \*

even for ever and ever;

45 And I will walk at liberty, \*

for I seek your commandments.

46 I will speak of your testimonies also, even before kings, \*

and will not be ashamed;

47 And my delight shall be in your commandments, \*

which I have loved exceedingly.

48 My hands also will I lift up to your commandments, \*

and I will meditate on your statutes.

*Memor esto verbi tui*

ZAYIN

49 O remember your word to your servant, \*

in which you have caused me to put my trust.

50 This is my comfort in my trouble, \*

for your word has given me life.

51 The proud have held me exceedingly in derision, \*

yet I have not turned aside from your law.

52 For I have remembered, O Lord, your judgments from of old, \*

and by them I have received comfort.

53 I am filled with indignation, \*

because of the ungodly who forsake your law.

54 Your statutes have been my songs \*

in the house of my pilgrimage.

55 I have thought upon your Name, O Lord, in the night season,\*

and I have kept your law.

56 This has been my reward, \*

because I have kept your commandments.

*Portio mea, Domine*

HETH

57 You are my portion, O Lord; \*

I have promised to keep your law.

58 I made my humble petition in your presence with my whole heart; \*

O be merciful to me, according to your word.

59 I have called my ways to remembrance \*

and turned my feet to your testimonies.

60 I made haste and did not delay \*

to keep your commandments.

61 The cords of the ungodly have encircled me, \*

but I have not forgotten your law.

62 At midnight I will rise to give thanks to you, \*

because of your righteous judgments.

63 I am a companion of all those who fear you \*

and keep your commandments.

64 The earth, O Lord, is full of your mercy; \*

O teach me your statutes.

*Bonitatem fecisti*

TETH

65 O Lord, you have dealt graciously with your servant, \*

according to your word.

66 O teach me true understanding and knowledge, \*

for I have believed your commandments.

67 Before I was afflicted I went astray, \*

but now I keep your word.

68 You are good and gracious; \*

O teach me your statutes.

69 The proud have slandered me with lies, \*

but I will keep your commandments with my whole heart.

70 Their heart has become gross with fatness, \*

but my delight is in your law.

71 It is good for me that I have been afflicted, \*

that I may learn your statutes.

72 The law of your mouth is dearer to me \*

than thousands in gold and silver.

DAY 25 : EVENING PRAYER

*Manus tuæ fecerunt me*

YODH

73 Your hands have made me and fashioned me; \*

O give me understanding, that I may learn your commandments.

74 Those who fear you will be glad when they see me, \*

because I have put my trust in your word.

75 I know, O Lord, that your judgments are right, \*

and that in your faithfulness you have caused me to be afflicted.

76 O let your merciful kindness be my comfort, \*

according to your word to your servant.

77 O let your loving mercies come to me, that I may live, \*

for your law is my delight.

78 Let the proud be put to shame, for they go about wickedly to destroy me; \*

but I will meditate on your commandments.

79 Let those who fear you turn to me, \*

even those who know your testimonies.

80 O let my heart be sound in your statutes, \*

that I may never be put to shame.

*Defecit anima mea*

KAPH

81 My soul has longed for your salvation, \*

and I have a good hope because of your word.

82 My eyes long sorely for your word, \*

saying, “O when will you comfort me?”

83 For I have become like a wineskin in the smoke, \*

yet I do not forget your statutes.

84 How many are the days of your servant? \*

When will you execute judgment on those who persecute me?

85 The proud have dug pits for me; \*

they do not walk after your law.

86 All your commandments are true. \*

They persecute me falsely; O Lord, be my help.

87 They had almost made an end of me on earth, \*

but I have not forsaken your commandments.

88 O revive me with your loving-kindness, \*

and so shall I keep the testimonies of your mouth.

*In æternum, Domine*

LAMEDH

89 O Lord, your word endures for ever; \*

it stands fast in heaven.

90 Your faithfulness remains from one generation to another; \*

you have laid the foundation of the earth, and it abides.

91 Surely your ordinances stand firm 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, \*

for with them you have enlivened me.

94 I am yours; O save me! \*

For I have sought your commandments.

95 The ungodly lie in wait for me to destroy me, \*

but I will consider your testimonies.

96 I see that all things come to an end, \*

but your commandment has no bounds.

*Quomodo dilexi!*

MEM

97 Lord, what love I have for your law; \*

all the day long I meditate on it.

98 You, through your commandment, have made me wiser than my enemies, \*

for it is always with me.

99 I have more understanding than my teachers, \*

for your testimonies are my study.

100 I am wiser than the agéd, \*

because I keep your commandments.

101 I have restrained my feet from every evil way, \*

that I may keep your word.

102 I have not turned aside from your judgments, \*

for you yourself have taught me.

103 Oh, how sweet are your words to my taste; \*

indeed, sweeter than honey to my mouth.

104 Through your commandments I get understanding; \*

therefore I hate all evil ways.

D A Y 2 6 : M O R N I N G P R A Y E R

*Lucerna pedibus meis*

NUN

105 Your word is a lantern to my feet \*

and a light upon my path.

106 I have sworn and am steadfastly purposed \*

to keep your righteous judgments.

107 I am troubled above measure; \*

revive me, O Lord, according to your word.

108 Let the freewill offerings of my mouth please you, O Lord; \*

and teach me your judgments.

109 My life is always in my hand, \*

yet I do not forget your law.

110 The ungodly have laid a snare for me, \*

yet I have not strayed from your commandments.

111 Your testimonies have I claimed as my heritage for ever, \*

and why? They are the very joy of my heart.

112 I have applied my heart to fulfill your statutes always, \*

even unto the end.

*Iniquos odio habui*

SAMEKH

113 I hate those who are double-minded, \*

but your law do I love.

114 You are my defense and shield, \*

and my trust is in your word.

115 Away from me, you wicked. \*

I will keep the commandments of my God.

116 Establish me according to your word, that I may live, \*

and let me not be disappointed in my hope.

117 Hold me up, and I shall be safe; \*

indeed, my delight shall be ever in your statutes.

118 You have trodden down all those who depart from your statutes, \*

for they only imagine deceit.

119 You put away all the ungodly of the earth like dross; \*

therefore I love your testimonies.

120 My flesh trembles for fear of you, \*

and I am afraid of your judgments.

*Feci judicium*

AYIN

121 I have done that which is lawful and right; \*

O give me not over to my oppressors.

122 Be surety for your servant’s good; \*

O let not the arrogant oppress me.

123 My eyes have wasted away with looking for your salvation, \*

and for the word of your righteousness.

124 O deal with your servant according to your loving mercy, \*

and teach me your statutes.

125 I am your servant; O grant me understanding, \*

that I may know your testimonies.

126 It is time for you, O Lord, to act, \*

for they have broken your law.

127 For I love your commandments above all things, \*

more than gold and precious stones.

128 Therefore I hold all your commandments to be right, \*

and all false ways I utterly abhor.

*Mirabilia*

PE

129 Your testimonies are wonderful; \*

therefore does my soul keep them.

130 When your word goes forth it gives light \*

and understanding to the simple.

131 I opened my mouth, and drew in my breath, \*

for my delight was in your commandments.

132 O look upon me, and be merciful unto me, \*

as you always do for those who love your Name.

133 Order my steps according to your word, \*

and so shall no wickedness have dominion over me.

134 O deliver me from those who deal wrongfully, \*

and so shall I keep your commandments.

135 Show the light of your countenance upon your servant, \*

and teach me your statutes.

136 My eyes gush out water \*

because of those who do not keep your law.

*Justus es, Domine*

SADHE

137 Righteous are you, O Lord, \*

and true are your judgments.

138 The testimonies that you have commanded \*

are exceedingly righteous and true.

139 My zeal has even consumed me, \*

because my enemies have forgotten your words.

140 Your word is tested to the uttermost, \*

and therefore your servant loves it.

141 I am small, and of no reputation, \*

yet I do not forget your commandments.

142 Your righteousness is an everlasting righteousness, \*

and your law is the truth.

143 Trouble and heaviness have taken hold of me, \*

yet my delight is in your commandments.

144 The righteousness of your testimonies is everlasting; \*

O grant me understanding, and I shall live.

D A Y 2 6 : E V E N I N G P R A Y E R

*Clamavi in toto corde meo*

QOPH

145 I call with my whole heart. \*

Hear me, O Lord; I will keep your statutes.

146 Even unto you do I call; \*

help me, and I shall keep your testimonies.

147 Early in the morning do I cry unto you, \*

for in your word is my trust.

148 My eyes open before the night watches, \*

that I may meditate on your words.

149 Hear my voice, O Lord, according to your loving-kindness; \*

give me life according to your judgments.

150 They draw nigh who in malice persecute me, \*

and are far from your law.

151 Be near at hand, O Lord, \*

for all your commandments are true.

152 Concerning your testimonies, I have known long ago \*

that you have founded them for ever.

*Vide humilitatem*

RESH

153 O consider my adversity and deliver me, \*

for I do not forget your law.

154 Plead my cause and deliver me; \*

give me life according to your word.

155 Salvation is far from the ungodly, \*

for they do not regard your statutes.

156 Great is your mercy, O Lord; \*

give me life according to your judgments.

157 Many there are who trouble me and persecute me, \*

yet I do not swerve from your testimonies.

158 It grieves me when I see the transgressors, \*

because they do not keep your law.

159 Consider, O Lord, how I love your commandments; \*

O give me life according to your loving-kindness.

160 Your word is true from everlasting; \*

all the judgments of your righteousness endure for evermore.

*Principes persecuti sunt*

SHIN

161 Princes have persecuted me without a cause, \*

but my heart stands in awe of your word.

162 I am as glad of your word \*

as one who finds great spoils.

163 As for lies, I hate and abhor them, \*

but your law do I love.

164 Seven times a day do I praise you, \*

because of your righteous judgments.

165 Great is the peace they have who love your law \*

and find in it no stumbling block.

166 Lord, I have looked for your saving health \*

and have done your commandments.

167 My soul has kept your testimonies, \*

and I have loved them exceedingly.

168 I have kept your commandments and testimonies, \*

for all my ways are before you.

*Appropinquet deprecatio*

TAW

169 Let my complaint come before you, O Lord; \*

give me understanding, according to your word.

170 Let my supplication come before you; \*

deliver me, according to your word.

171 My lips shall pour forth your praise, \*

when you have taught me your statutes.

172 Surely my tongue shall sing of your word, \*

for all your commandments are righteous.

173 Let your hand be strong to help me, \*

for I have chosen your commandments.

174 I have longed for your saving health, O Lord, \*

and in your law is my delight.

175 O let my soul live, and it shall praise you; \*

and let your judgments help me.

176 I have gone astray like a sheep that is lost; \*

O seek your servant, for I do not forget your commandments.

DAY 27 : MORNING PRAYER

120

*Ad Dominum*

1 When I was in trouble I called upon the Lord, \*

and he hearkened to my calling.

2 Deliver my soul, O Lord, from lying lips \*

and from a deceitful tongue.

3 What reward shall be given or done unto you, O false tongue? \*

Even mighty and sharp arrows, with hot burning coals.

4 Woe is me, that I am constrained to dwell in Meshech, \*

and to have my habitation among the tents of Kedar.

5 My soul has long dwelt among those \*

who are enemies of peace.

6 I labor for peace, but when I speak to them of it, \*

they make themselves ready for battle.

121

*Levavi oculos*

1 I will lift up my eyes unto the hills; \*

from whence comes my help?

2 My help comes from the Lord, \*

who has made heaven and earth.

3 He will not let your foot be moved, \*

and he who keeps you will not sleep.

4 Behold, he who keeps Israel \*

shall neither slumber nor sleep.

5 The Lord himself is your keeper; \*

the Lord is your defense upon your right hand,

6 So that the sun shall not burn you by day, \*

neither the moon by night.

7 The Lord shall preserve you from all evil; \*

indeed, it is he who shall keep your soul.

8 The Lord shall preserve your going out and your coming in, \*

from this time forth for evermore.

122

*Lætatus sum*

1 I was glad when they said unto me, \*

“We will go into 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 in itself.

4 For there the tribes go up, even the tribes of the Lord, \*

as was decreed for Israel, to give thanks unto the Name of the Lord.

5 For there is the throne of judgment, \*

even the throne of the house of David.

6 O pray for the peace of Jerusalem; \*

they shall prosper that love you.

7 Peace be within your walls \*

and plenteousness within your palaces.

8 For my brethren and companions’ sakes, \*

I will wish you prosperity.

9 Indeed, because of the house of the Lord our God, \*

I will seek to do you good.

123

*Ad te levavi oculos meos*

1 Unto you I lift up my eyes, \*

you who are enthroned in the heavens.

2 Behold, as the eyes of servants look to the hand of their masters, \*

and as the eyes of a maiden to the hand of her mistress,

3 Even so our eyes wait upon the Lord our God, \*

until he show us his favor.

4 Have mercy upon us, O Lord, have mercy upon us, \*

for we have suffered more than enough contempt.

5 Long has our soul suffered the scorn of the wealthy \*

and the spitefulness of the proud.

124

*Nisi quia Dominus*

1 If the Lord himself had not been on our side, now may Israel say: \*

if the Lord himself had not been on our side, when men rose up against us,

2 Then would they have swallowed us up alive, \*

when they were so wrathfully displeased with us;

3 Then the waters would have drowned us, and the torrent gone over us; \*

then the raging waters would have gone clean over us.

4 But praised be the Lord, \*

who has not given us over to be prey for their teeth.

5 We escaped like a bird out of the snare of the fowler; \*

the snare is broken, and we have been delivered.

6 Our help is in the Name of the Lord, \*

the maker of heaven and earth.

125

*Qui confidunt*

1 Those who put their trust in the Lord shall be like Mount Zion, \*

which cannot be moved, but stands fast for ever.

2 The hills stand about Jerusalem \*

even as the Lord stands round about his people, from this time forth for evermore.

3 For the scepter of the ungodly shall not rest upon the land allotted to the righteous, \*

lest the righteous put forth their hand to do wickedness.

4 Do good, O Lord, unto those who are good, \*

unto those who are good and true of heart.

5 As for those who turn aside to their own wicked ways, the Lord shall lead them away with the evildoers; \*

but peace shall be upon Israel.

DAY 27 : EVENING PRAYER

126

*In convertendo*

1 When the Lord overturned the captivity 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 Indeed, the Lord has done great things for us already, \*

whereof we rejoice.

5 Overturn our captivity, O Lord, \*

as when streams refresh the deserts of the south.

6 Those who sow in tears \*

shall reap with songs of joy.

7 He who goes on his way weeping and bears good seed \*

shall doubtless come again with joy, and bring his sheaves with him.

127

*Nisi Dominus*

1 Unless the Lord builds the house, \*

their labor is in vain who build it.

2 Unless the Lord keeps the city, \*

the watchman keeps vigil in vain.

3 It is in vain that you rise up early, and take rest so late, and eat the bread of toil, \*

for he gives to his beloved sleep.

4 Behold, children are a heritage from the Lord, \*

and the fruit of the womb is a gift that comes from him.

5 Like arrows in the hand of a warrior, \*

so are the children of one’s youth.

6 Happy is the man who has his quiver full of them; \*

he shall not be ashamed when he speaks with his enemies in the gate.

128

*Beati omnes*

1 Blessed are all those who fear the Lord \*

and walk in his ways.

2 For you shall eat of the labors of your hands; \*

it shall be well with you, and happy you shall be.

3 Your wife shall be as a fruitful vine \*

upon the walls of your house,

4 Your children like the olive branches \*

round about your table.

5 Indeed, thus shall the man be blessed \*

who fears the Lord.

6 May the Lord bless you out of Zion; \*

may you see Jerusalem in prosperity all your life long.

7 May you see your children’s children, \*

and may there be peace upon Israel.

129

*Sæpe expugnaverunt*

1 “Many a time have they fought against me from my youth on,”  \*

may Israel now say;

2 “Indeed, many a time have they afflicted me from my youth on,  \*

but they have not prevailed against me.

3 The plowers plowed upon my back, \*

and made long furrows.

4 But the righteous Lord \*

has hewn the snares of the ungodly in pieces.”

5 Let them be ashamed and turned backward, \*

as many as hate Zion.

6 Let them be as the grass growing upon the housetops, \*

which withers before it grows up,

7 Which does not fill the hand of the reaper, \*

neither the bosom of him who binds up the sheaves,

8 So that those who go by say not so much as, “The Lord prosper you. \*

We bless you in the Name of the Lord.”

130

*De profundis*

1 Out of the deep have I called unto you, O Lord; \*

Lord, hear my voice.

2 O let your ears consider well \*

the voice of my supplications.

3 If you, Lord, were to mark what is done amiss, \*

O Lord, who could abide it?

4 For there is mercy with you; \*

therefore you shall be feared.

5 I wait for the Lord; my soul waits for him; \*

in his word is my trust.

6 My soul waits for the Lord, \*

more than watchmen for the morning, more than watchmen for the morning.

7 O Israel, trust in the Lord, for with the Lord there is mercy, \*

and with him is plenteous redemption;

8 And he shall redeem Israel \*

from all their sins.

131

*Domine, non est*

1 O Lord, I am not haughty; \*

I have no proud looks.

2 I do not occupy myself with great matters, \*

or with things that are too high for me.

3 But I have stilled and quieted my soul, like a weaned child upon his mother’s breast; \*

so is my soul quieted within me.

4 O Israel, trust in the Lord \*

from this time forth for evermore.

DAY 28 : MORNING PRAYER

132

*Memento, Domine*

1 Lord, remember David, \*

and all his tribulations,

2 How he swore unto the Lord, \*

and vowed a vow unto the Almighty God of Jacob:

3 “I will not come within the tabernacle of my house, \*

nor climb up into my bed,

4 I will not allow my eyes to sleep, nor my eyelids to slumber, \*

neither the temples of my head to take any rest,

5 Until I find a place for the temple of the Lord, \*

a habitation for the mighty God of Jacob.”

6 Lo, we heard of the ark at Ephrathah \*

and found it in the wood.

7 We will go into his tabernacle, \*

and fall low on our knees before his footstool.

8 Arise, O Lord, into your resting-place, \*

you and the ark of your strength.

9 Let your priests be clothed with righteousness, \*

and let your saints sing with joy.

10 For your servant David’s sake, \*

turn not away the presence of your Anointed.

11 The Lord has made a faithful oath unto David, \*

and he shall not shrink from it:

12 “Of the fruit of your body \*

shall I set upon your throne.

13 If your children will keep my covenant, and my testimonies that I shall teach them, \*

their children also shall sit upon your throne for evermore.”

14 For the Lord has chosen Zion for himself; \*

he has longed for her to be his habitation:

15 “This shall be my rest for ever; \*

here will I dwell, for I have a delight therein.

16 I will bless her provisions with increase, \*

and will satisfy her poor with bread.

17 I will clothe her priests with salvation, \*

and her saints shall rejoice and sing.

18 There shall I make the horn of David flourish; \*

I have prepared a lantern for my Anointed.

19 As for his enemies, I shall clothe them with shame; \*

but upon his head shall his crown flourish.”

133

*Ecce, quam bonum!*

1 Behold, how good and joyful a thing it is \*

when brethren dwell together in unity.

2 It is like the precious ointment upon the head, that ran down upon the beard, \*

even Aaron’s beard, and went down to the edges of his clothing,

3 Like the dew of Hermon, \*

which falls upon the hills of Zion.

4 For there the Lord promised his blessing, \*

even life for evermore.

134

*Ecce nunc*

1 Behold now, praise the Lord, \*

all you servants of the Lord,

2 You that stand by night in the house of the Lord, \*

even in the courts of the house of our God.

3 Lift up your hands in the sanctuary \*

and sing praises unto the Lord.

4 The Lord who made heaven and earth \*

give you blessing out of Zion.

135

*Laudate Nomen*

1 O praise the Lord. Praise the Name of the Lord; \*

offer 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 O praise the Lord, for the Lord is good; \*

sing praises unto 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 Whatsoever the Lord pleases he does, in heaven and on earth, \*

in the seas and in all the deep places.

7 He brings forth clouds from the ends of the earth \*

and sends forth lightning with the rain, bringing the wind out of his treasuries.

8 It was he who struck down the firstborn of Egypt, \*

both of man and beast.

9 He sent signs and wonders into the midst of you, O land of Egypt, \*

against Pharaoh and all his servants.

10 He smote many nations, \*

and slew mighty kings:

11 Sihon king of the Amorites, and Og the king of Bashan, \*

and all the kingdoms of Canaan.

12 And he gave their land to be an inheritance, \*

an inheritance for Israel his people.

13 Your Name, O Lord, endures for ever; \*

so does your renown, O Lord, from one generation to another.

14 For the Lord will avenge his people \*

and have compassion upon his servants.

15 As for the idols of the nations, they are but silver and gold, \*

the work of human hands.

16 They have mouths, but they speak not; \*

eyes have they, but they see not;

17 They have ears, and yet they hear not, \*

neither is there any breath in their mouths.

18 Those who make them are like them, \*

and so are all who put their trust in them.

19 Praise the Lord, O house of Israel; \*

praise the Lord, O house of Aaron.

20 Praise the Lord, O house of Levi; \*

you who fear the Lord, praise the Lord.

21 Praised be the Lord from Zion, \*

who dwells in Jerusalem. Praise the Lord.

DAY 28 : EVENING PRAYER

136

*Confitemini*

1 O give thanks unto the Lord, for he is gracious, \*

for his mercy endures for ever.

2 O give thanks unto the God of all gods, \*

for his mercy endures for ever.

3 O give thanks unto the Lord of all lords, \*

for his mercy endures for ever.

4 Who alone does great wonders, \*

for his mercy endures for ever.

5 Who by his excellent wisdom made the heavens, \*

for his mercy endures for ever.

6 Who laid out the earth above the waters, \*

for his mercy endures for ever.

7 Who made the 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 an outstretched arm, \*

for his mercy endures for ever.

13 Who divided the Red Sea in two parts, \*

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 as for Pharaoh and his host, he overthrew them in 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 smote 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 land for an inheritance, \*

for his mercy endures for ever;

22 Even for an inheritance for Israel his servant, \*

for his mercy endures for ever.

23 Who remembered us when we were in trouble, \*

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 flesh, \*

for his mercy endures for ever.

26 O give thanks unto the God of heaven, \*

for his mercy endures for ever.

27 O give thanks unto the Lord of lords \*

for his mercy endures for ever.

137

*Super flumina*

1 By the waters of Babylon we sat down and wept, \*

when we remembered you, O Zion.

2 As for our harps, we hung them up \*

upon the trees that are therein.

3 For those who led us away captive required of us a song and melody in our heaviness: \*

“Sing us one of the songs of Zion.”

4 How shall we sing the Lord’s song \*

in the land of our captivity?

5 If I forget you, O Jerusalem, \*

let my right hand forget its skill.

6 If I do not remember you, let my tongue cleave to the roof of my mouth, \*

if I prefer not Jerusalem above my dearest joy.

7 Remember the children of Edom, O Lord, in the day of Jerusalem, \*

how they said, “Down with it, down with it, even to the ground.”

8 O daughter of Babylon, wasted with misery, \*

happy shall be the one who rewards you as you have done to us.

9 Blessed shall he be who takes your children \*

and throws them against the stones.

138

*Confitebor tibi*

1 I will give thanks to you, O Lord, with my whole heart; \*

even before the gods will I sing praises to you.

2 I will worship toward your holy temple and praise your Name, because of your loving-kindness and   
truth, \*

for you have magnified your Name and your word above all things.

3 When I called upon you, you heard me \*

and gave me increase of strength.

4 All the kings of the earth shall praise you, O Lord, \*

for they have heard the words of your mouth.

5 They shall sing of the ways of the Lord, \*

that great is the glory of the Lord.

6 For though the Lord be high, yet he has respect for the lowly; \*

as for the proud, he beholds them from afar.

7 Though I walk in the midst of trouble, yet shall you refresh me; \*

you shall stretch forth your hand upon the furiousness of my enemies, and your right hand shall save me.

8 The Lord shall make good his loving-kindness toward me; \*

your mercy, O Lord, endures for ever; despise not the works of your own hands.

DAY 29 : MORNING PRAYER

139

*Domine, probasti*

1 O Lord, you have searched me out and known me; \*

you know my sitting down and my rising up; you understand my thoughts from afar.

2 You examine my path and my places of rest, \*

and are acquainted with all my ways.

3 Indeed, there is not a word on my tongue, \*

but you, O Lord, know it altogether.

4 You have enclosed me behind and before, \*

and have laid your hand upon me.

5 Such knowledge is too wonderful for me, \*

so excellent I cannot attain to it.

6 Where shall I go then from your Spirit, \*

or where shall I flee from your presence?

7 If I climb up to heaven, you are there; \*

if I make my bed in the Grave, 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 shall your hand lead me, \*

and your right hand shall hold me.

10 If I say, “Surely the darkness shall cover me,” \*

then shall my night be turned to day.

11 Even the darkness is not dark to you, and the night is as clear as the day; \*

the darkness and the light to you are both alike.

12 For you yourself made my inmost parts; \*

you knit me together in my mother’s womb.

13 I will give thanks to you, for I am fearfully and wonderfully made; \*

marvelous are your works, and my soul knows it very well.

14 My bones were not hidden from you \*

when I was made in secret and fashioned in the depths of the earth.

15 Your eyes beheld my substance, while I was yet unformed; \*

and in your book were all my members written,

16 Which day by day were fashioned, \*

when as yet there was none of them.

17 How dear to me are your thoughts, O God. \*

How great is the sum of them!

18 If I were to count them, they would be more in number than the sand. \*

When I wake up, I am present with you.

19 Oh, that you would slay the wicked, O God! \*

Depart from me, you bloodthirsty men.

20 For they speak unrighteously against you; \*

your enemies take your Name in vain.

21 Do I not hate those, O Lord, who hate you, \*

and do I not loathe those who rise up against you?

22 Indeed, I hate them with a perfect hatred; \*

they have become my own enemies.

23 Search me, O God, and know my heart; \*

try me and examine my thoughts.

24 Look well if there be any way of wickedness in me, \*

and lead me in the way everlasting.

140

*Eripe me, Domine*

1 Deliver me, O Lord, from evildoers, \*

and preserve me from the violent,

2 Who imagine evil in their hearts \*

and stir up strife all the day long.

3 They have sharpened their tongues like a serpent; \*

adders’ poison is under their lips.

4 Keep me, O Lord, from the hands of the ungodly; \*

preserve me from the violent, who have purposed to overthrow my steps.

5 The proud have laid a snare for me and spread out a net with cords; \*

they have set traps in my way.

6 I said unto the Lord, “You are my God; \*

hear the voice of my prayers, O Lord.”

7 O Lord God, the strength of my salvation, \*

you have covered my head in the day of battle.

8 Let not the ungodly have their desire, O Lord; \*

let not their evil imagination prosper, lest they be too proud.

9 Let not those who encompass me lift up their heads; \*

let the evil of their own lips consume them.

10 Let hot burning coals fall upon them; \*

let them be cast into the fire and into the pit, that they may never rise up again.

11 A slanderer shall not prosper upon the earth; \*

evil shall hunt the wicked person to overthrow him.

12 I am sure that the Lord will avenge the poor \*

and maintain the cause of the helpless.

13 Surely, the righteous shall give thanks unto your Name, \*

and the just shall continue in your sight.

DAY 29 : EVENING PRAYER

141

*Domine, clamavi*

1 Lord, I call upon you; hasten unto me, \*

and hear my voice when I cry unto you.

2 Let my prayer be set forth in your sight as incense, \*

and let the lifting up of my hands be an evening sacrifice.

3 Set a watch, O Lord, before my mouth, \*

and keep the door of my lips.

4 O let not my heart be inclined to any evil thing; \*

let me not be occupied in ungodly works with those who work wickedness, lest I eat of such things as please them.

5 Rather, let the righteous smite me, \*

and in their loving-kindness reprove me.

6 But let not the oil of the unrighteous anoint my head; \*

while I live, I will pray against their wickedness.

7 Let their rulers be overthrown in stony places, \*

that they may hear my words, for they are sweet.

8 Let their bones lie scattered at the mouth of the grave, \*

as when the ploughman scatters the earth in furrows.

9 But my eyes look unto you, O Lord God; \*

in you is my refuge; O do not cast out my soul.

10 Keep me from the snare which they have laid for me, \*

and from the traps of the evildoers.

11 Let the ungodly fall into their own nets together, \*

and let me ever escape them.

142

*Voce mea ad Dominum*

1 I cried unto the Lord with my voice; \*

even unto the Lord I made my supplication.

2 I poured out my complaints before him, \*

and showed him my trouble.

3 When my spirit was in heaviness, you knew my path; \*

in the way wherein I walked they had secretly laid a snare for me.

4 I looked also to my right hand \*

and saw there was no one who would know me.

5 I had no place to flee to, \*

and no one cared for my soul.

6 I cried out to you, O Lord, and said, \*

“You are my refuge, and my portion in the land of the living.”

7 Consider my complaint, \*

for I am brought very low.

8 O deliver me from my persecutors, \*

for they are too strong for me.

9 Bring me out of prison, that I may give thanks unto your Name. \*

When you show me your loving-kindness, then shall the righteous gather around me.

143

*Domine, exaudi*

1 Hear my prayer, O Lord, and consider my supplications; \*

hearken to me, for your truth and righteousness’ sake.

2 Enter not into judgment with your servant, \*

for in your sight shall no one living be justified.

3 For the enemy has persecuted my soul; he has smitten my life down to the ground; \*

he has laid me in the darkness, like those who have been long dead.

4 Therefore my spirit faints within me, \*

and my heart within me is desolate.

5 Yet I remember the time past; I muse upon all your works; \*

indeed, I meditate on the works of your hands.

6 I stretch forth my hands to you; \*

my soul gasps for you as a thirsty land.

7 Hear me, O Lord, and very soon, for my spirit grows faint; \*

hide not your face from me, lest I be like those who go down into the pit.

8 O let me hear your loving-kindness in the morning, for in you have I put my trust; \*

show me the way that I should walk in, for I lift up my soul unto you.

9 Deliver me, O Lord, from my enemies, \*

for I flee unto you to hide me.

10 Teach me to do the thing that pleases you, for you are my God; \*

let your loving Spirit lead me forth into the land of righteousness.

11 Revive me, O Lord, for your Name’s sake; \*

and for your righteousness’ sake bring my soul out of trouble.

12 Of your goodness slay my enemies, \*

and destroy all those who afflict my soul, for I am your servant.

DAY 30 : MORNING PRAYER

144

*Benedictus Dominus*

1 Blessed be the Lord my strength, \*

who teaches my hands to war and my fingers to fight,

2 My hope and my fortress, my stronghold and deliverer, my defender in whom I trust, \*

who subdues the peoples under me.

3 O Lord, what is man, that you have shown such respect to him, \*

or the son of man, that you so regard him?

4 Man is like a thing of nought; \*

his time passes away like a shadow.

5 Bow your heavens, O Lord, and come down; \*

touch the mountains, and they shall smoke.

6 Cast forth your lightning and scatter them; \*

shoot out your arrows and consume them.

7 Send down your hand from above; \*

deliver me, and take me out of the great waters, from the hand of strangers,

8 Whose mouth talks of vain things, \*

and whose right hand is a right hand of falsehood.

9 I will sing a new song unto you, O God, \*

and sing praises unto you upon a ten-stringed lute.

10 You have given victory to kings, \*

and have delivered David your servant from the peril of the sword.

11 Save me, and deliver me from the hand of strangers, \*

whose mouth talks of vain things, and whose right hand is a right hand of falsehood;

12 That our sons may grow up as young plants, \*

and that our daughters may be as the polished corners of the temple,

13 That our storehouses may be full and plenteous with all manner of grain, \*

that our sheep may bring forth thousands and ten thousands in our fields,

14 That our oxen may be strong to labor, that there be no decay, \*

no leading into captivity, and no outcry in our streets.

15 Happy are the people of whom this is so; \*

indeed, blessed are the people who have the Lord for their God.

145

*Exaltabo te, Deus*

1 I will magnify you, O God my King, \*

and I will praise your Name for ever and ever.

2 Every day will I give thanks to you, \*

and praise your Name for ever and ever.

3 Great is the Lord, and most worthy to be praised; \*

there is no end of his greatness.

4 One generation shall praise your works to another, \*

and shall declare your power.

5 As for me, I will be talking of the glorious splendor of your majesty, \*

and of all your wondrous works.

6 They shall speak of the might of your marvelous acts, \*

and I also will tell of your greatness.

7 The remembrance of your abundant goodness shall they proclaim, \*

and they shall sing of your righteousness.

8 The Lord is gracious and merciful, \*

long-suffering, and of great kindness.

9 The Lord is loving to everyone, \*

and his mercy is over all his works.

10 All your works praise you, O Lord, \*

and your faithful servants give thanks to you.

11 They speak of the glory of your kingdom \*

and talk of your power,

12 That your power may be known to the children of men, \*

even the glorious splendor of your kingdom.

13 Your kingdom is an everlasting kingdom, \*

and your dominion endures throughout all ages.

14 The Lord upholds all those who fall \*

and lifts up all those who are bowed down.

15 The eyes of all wait upon you, O Lord, \*

and you give them their food in due season.

16 You open wide your hand, \*

and fill all things living with plenteousness.

17 The Lord is righteous in all his ways \*

and merciful in all his works.

18 The Lord is near to all those who call upon him, \*

to all who call upon him faithfully.

19 He will fulfill the desire of those who fear him; \*

he also will hear their cry and will help them.

20 The Lord preserves all those who love him, \*

but he will destroy all the ungodly.

21 My mouth shall speak the praise of the Lord; \*

and let all flesh give thanks unto his holy Name for ever and ever.

146

*Lauda, anima mea*

1 Praise the Lord, O my soul; \*

while I live I will praise the Lord.

2 Indeed, as long as I have my being, \*

I will sing praises unto my God.

3 Put not your trust in princes, nor in any child of man, \*

for there is no help in them.

4 For when one breathes his last, he shall return again to the earth, \*

and in that day all his thoughts perish.

5 Blessed is the one who has the God of Jacob for his help \*

and whose hope is in the Lord his God,

6 Who made heaven and earth, the sea, and all that is therein; \*

who keeps his promise for ever;

7 Who does right to those who suffer wrong; \*

and who feeds the hungry.

8 The Lord sets prisoners free; \*

the Lord gives sight to the blind.

9 The Lord helps those who have fallen; \*

the Lord loves the righteous.

10 The Lord cares for the strangers in the land; he defends the fatherless and widow; \*

but the way of the ungodly he makes crooked.

11 The Lord shall be King for evermore, \*

even your God, O Zion, throughout all generations. Praise the Lord.

DAY 30 : EVENING PRAYER

147

*Laudate Dominum*

1 Praise the Lord, for it is a good thing to sing praises unto our God; \*

indeed, a joyful and pleasant thing it is to be thankful.

2 The Lord builds up Jerusalem, \*

and gathers together the outcasts of Israel.

3 He heals those who are broken in heart, \*

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 great is his power; \*

indeed, his wisdom is infinite.

6 The Lord lifts up the meek, \*

and brings the ungodly down to the ground.

7 O sing unto the Lord with thanksgiving; \*

sing praises with the harp unto our God,

8 Who covers the heavens with clouds, and prepares rain for the earth, \*

and makes the grass to grow upon the mountains, and plants for the use of men,

9 Who gives food to the cattle \*

and feeds the young ravens that call upon him.

10 He has no pleasure in the strength of a horse; \*

neither does he delight in any man’s strength.

11 But the Lord’s delight is in those who fear him \*

and put their trust in his mercy.

12 Praise the Lord, O Jerusalem; \*

praise your God, O Zion.

13 For he has made strong the bars of your gates \*

and has blessed your children within you.

14 He makes peace in your borders \*

and fills you with the finest of wheat.

15 He sends forth his commandment upon the earth, \*

and his word runs very swiftly.

16 He gives snow like wool \*

and scatters the white frost like ashes.

17 He casts forth his ice like crumbs; \*

who is able to abide his frost?

18 He sends out his word and melts them; \*

he blows with his wind, and the waters flow.

19 He declares his word unto Jacob, \*

his statutes and ordinances unto Israel.

20 He has not dealt so with other nations; \*

neither have they knowledge of his laws. Praise the Lord.

148

*Laudate Dominum*

1 Praise the Lord. O praise the Lord of heaven; \*

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 stars of light.

4 Praise him, all you highest heavens, \*

and you waters that are above the heavens.

5 Let them praise the Name of the Lord, \*

for he spoke the word, and they were made; he commanded, and they were created.

6 He has made them stand fast for ever and ever; \*

he has given them a law which shall not be broken.

7 Praise the Lord upon earth, \*

you sea monsters and all deeps;

8 Fire and hail, snow and fog, \*

wind and storm, fulfilling his word;

9 Mountains and all hills, \*

fruitful trees and all cedars;

10 Beasts and all cattle, \*

creeping things and birds of the air;

11 Kings of the earth and all peoples, \*

princes and all rulers of the world;

12 Young men and maidens, \*

old men and children together.

13 Let them praise the Name of the Lord, \*

for his Name only is excellent, and his praise above heaven and earth.

14 He shall exalt the horn of his people; all his faithful shall praise him, \*

the children of Israel, the people who are near him. Praise the Lord.

149

*Cantate Domino*

1 Praise the Lord. O sing unto the Lord a new song; \*

let the congregation of the faithful praise him.

2 Let Israel rejoice in the one who made him, \*

and let the children of Zion be joyful in their King.

3 Let them praise his Name in the dance; \*

let them sing praises unto him with timbrel and harp.

4 For the Lord has pleasure in his people \*

and gives victory to those who are oppressed.

5 Let the faithful be joyful with glory; \*

let them rejoice upon their beds.

6 Let the praises of God be in their mouth \*

and a two-edged sword in their hands,

7 To inflict vengeance on the nations, \*

and to rebuke the peoples,

8 To bind their kings in chains, \*

and their nobles with links of iron,

9 That they may execute judgment upon them, as it is written; \*

this is the honor of all his servants. Praise the Lord.

150

*Laudate Dominum*

1 Praise the Lord. Praise God in his holiness; \*

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 sound of the trumpet; \*

praise him upon the lute and harp.

4 Praise him with the timbrels and dances; \*

praise him upon the strings and pipe.

5 Praise him with the resounding cymbals; \*

praise him with the loud cymbals.

6 Let everything that has breath praise the Lord. \*

O praise the Lord.