

DAY 1 : MORNING PRAYER

1

Beatus vir qui non abiit

- 1 Blessed is the man who has not walked in the counsel of the ungodly, *
nor stood in the way of sinners, and has not sat in the seat of the scornful;
- 2 But his delight is in the law of the LORD, *
and on his law will he meditate day and night.
- 3 And he shall be like a tree planted by the waterside, *
that will bring forth his fruit in due season.
- 4 His leaf also shall not wither; *
and look, whatever he does, it shall prosper.
- 5 As for the ungodly, it is not so with them; *
but they are like the chaff, which the wind scatters away from the face of the earth.
- 6 Therefore the ungodly shall not be able to stand in the judgment, *
neither the sinners in the congregation of the righteous.
- 7 For the LORD knows the way of the righteous, *
but the way of the ungodly shall perish.

2

Quare fremuerunt gentes?

- 1 Why do the nations so furiously rage together? *
And why do the peoples devise a vain thing?
- 2 The kings of the earth stand up, and the rulers take counsel together, *
against the Lord and against his Anointed:
- 3 “Let us break their bonds asunder *
and cast away their cords from us.”
- 4 He who dwells in heaven shall laugh them to scorn; *
the LORD shall hold them in derision.
- 5 Then shall he speak to them in his wrath *
and terrify them in his great anger:
- 6 “I myself have set my King *
upon my holy hill of Zion.”
- 7 I will proclaim 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 shall give you the nations for your inheritance *
and the ends of the earth for your possession.
- 9 You shall bruise them with a rod of iron *
and break them in pieces like a potter’s vessel.”
- 10 Be wise now, O you kings; *
be warned, you judges of the earth.
- 11 Serve the LORD in fear, *
and rejoice with trembling.
- 12 Kiss the Son, lest he be angry, and you perish in the way; for his wrath is quickly kindled. *
Blessed are all those who put their trust in him.

3

Domine, quid multiplicati?

- 1 LORD, how they are increased who trouble me; *
many are those who rise against me.
- 2 Many there are who say of my soul, *
“There is no help for him in his God.”
- 3 But you, O LORD, are my defender; *
you are my glory, and the one who lifts up my head.
- 4 I called upon the LORD with my voice, *
and he heard me from his holy hill.
- 5 I lay down and slept, and rose up again, *
for the LORD sustained me.
- 6 I will not be afraid of ten thousands of the people *
who have set themselves against me round about.
- 7 Rise up, O LORD, and help me, O my God; *
for you smite all my enemies on the cheek-bone; you have broken the teeth of the ungodly.
- 8 Salvation belongs to the LORD; *
may your blessing be upon your people.

4

Cum invocarem

- 1 Hear me when I call, O God of my righteousness; *
you set me free when I was in trouble; have mercy upon me, and hear my prayer.
- 2 O you children of men, how long will you blaspheme my honor, *
and have such pleasure in vanity, and seek after falsehood?
- 3 Know this also, that the LORD has chosen for himself the one that is godly; *
when I call upon the LORD, he will hear me.
- 4 Stand in awe, and sin not; *
commune with your own heart upon your bed, and be still.
- 5 Offer the sacrifice of righteousness *
and put your trust in the LORD.
- 6 There are many that say, “Who will show us any good?” *
LORD, lift up the light of your countenance upon us.
- 7 You have put gladness in my heart, *
more than when others’ grain and wine and oil increased.
- 8 I will lay me down in peace, and take my rest; *
for you, LORD, only, make me dwell in safety.

5

Verba mea auribus

- 1 Give ear to my words, O LORD; *
consider my meditation.
- 2 O hearken unto the voice of my calling, my King and my God,*
for unto you will I make my prayer.
- 3 My voice shall you hear in the morning, O LORD; *
early in the morning will I direct my prayer unto you, and will look up.
- 4 For you are not a god who has pleasure in wickedness, *
neither shall any evil dwell with you.
- 5 The boastful shall not stand in your sight, *
for you hate all those who work iniquity.
- 6 You shall destroy those who speak lies; *

- the LORD will abhor the bloodthirsty and the deceitful.
- 7 But as for me, through the multitude of your mercies I will come into your house, *
and in reverence will I bow myself toward your holy temple.
- 8 Lead me, O LORD, in your righteousness, because of my enemies; *
make your way straight before my face.
- 9 For there is no faithfulness in their mouth; *
their heart is eaten up with wickedness.
- 10 Their throat is an open sepulcher; *
they flatter with their tongue.
- 11 Declare them guilty, O God; let them fall because of their own devices; *
because of the multitude of their transgressions cast them out, for they have rebelled against you.
- 12 But let all those who put their trust in you rejoice; *
let them ever give thanks because you defend them; those who love your Name shall be joyful in you.
- 13 For you, LORD, will give your blessing unto the righteous, *
and with your favorable kindness you will defend him as with a shield.

DAY 1 : EVENING PRAYER

6

Domine, ne in furore

- 1 O LORD, rebuke me not in your indignation, *
neither chasten me in your displeasure.
- 2 Have mercy upon me, O LORD, for I am weak; *
O LORD, heal me, for my bones are racked.
- 3 My soul also is greatly troubled; *
but, LORD, how long will you punish me?
- 4 Turn, O LORD, and deliver my soul; *
O 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 am weary with my groaning; *
every night I flood my bed and drench my couch with my tears.
- 7 My eyes have become dim because of trouble, *
and worn away because of all my enemies.
- 8 Away from me, all you who work wickedness, *
for the LORD has heard the voice of my weeping.
- 9 The LORD has heard my petition; *
the LORD will receive my prayer.
- 10 All my enemies shall be confounded and greatly vexed; *
they shall be turned back and put to shame suddenly.

7

Domine, Deus meus

- 1 O LORD my God, in you have I put my trust; *
save me from all those who persecute me, and deliver me,
- 2 Lest they devour me like a lion and tear me in pieces *
while there is none to help.
- 3 O LORD my God, if I have done any such thing, *
if there be any wickedness in my hands,

3 If I have repaid evil to him who has dealt with me as a friend, *
or plundered him who without any cause is my enemy,
5 Then let my enemy pursue me and overtake me, *
let him trample my life into the ground, and lay my honor in the dust.
6 Stand up, O LORD, in your wrath, and lift yourself up against the fury of my enemies; *
rise up for me in the judgment that you have commanded.
7 Then shall the assembly of the peoples be gathered about you; *
lift yourself up again, O LORD, O judge of all the nations.
8 Give sentence for me, O LORD, according to my righteousness, *
and according to the innocence that is in me.
9 O let the wickedness of the ungodly come to an end, *
but establish the just.
10 For the righteous God *
tries the very hearts and minds.
11 God is my shield and my defense; *
he preserves those who are true of heart.
12 God is a righteous judge, strong and patient; *
and God is provoked every day.
13 If a man will not repent, God will whet his sword; *
he will bend his bow, and make it ready.
14 He has prepared for him the instruments of death; *
he makes his arrows shafts of fire.
15 Behold, the ungodly is in labor with mischief; *
he has conceived wickedness and brought forth lies.
16 He has made a pit and dug it out, *
but will himself fall into the trap that he made for others.
17 For his malice shall come upon his own head, *
and his wickedness shall fall on his own scalp.
18 I will give thanks unto the LORD, according to his righteousness, *
and I will praise the Name of the LORD Most High.

8

Domine, Dominus noster

1 O LORD our Governor, how excellent is your Name in all the world; *
you have set your glory above the heavens!
2 Out of the mouth of babes and infants you have ordained strength, because of your enemies, *
that you might still the enemy and the avenger.
3 When I consider your heavens, even the works of your fingers, *
the moon and the stars, which you have ordained,
4 What is man, that you are mindful of him, *
the son of man, that you visit him?
5 You made him little lower than the angels, *
to crown him with glory and honor.
6 You made him to have dominion over the works of your hands, *
and you have put all things in subjection under his feet:
7 All sheep and oxen, *
even the beasts of the field,
8 The birds of the air, and the fish of the sea, *
and whatsoever walks through the paths of the seas.
9 O LORD our Governor, *
how excellent is your Name in all the world!

DAY 2 : MORNING PRAYER

9

Confitebor tibi

- 1 I will give thanks unto you, O LORD, with my whole heart; *
I will speak of all your marvelous works.
- 2 I will be glad and rejoice in you; *
indeed, my songs will I sing of your Name, O Most High.
- 3 When my enemies are driven back, *
they shall fall and perish at your presence;
- 4 For you have maintained my right and my cause; *
you sit on your throne judging right.
- 5 You have rebuked the nations and destroyed the ungodly; *
you have blotted out their name for ever and ever.
- 6 As for the enemy, their destruction has come; they are in perpetual ruin; *
like the cities which you have destroyed, their memory has perished with them.
- 7 But the LORD sits enthroned for ever; *
he has prepared his seat for judgment.
- 8 For he shall judge the world in righteousness, *
and minister true judgment to the peoples.
- 9 The LORD will be a defense for the oppressed, *
even a refuge in the time of trouble;
- 10 And those who know your Name will put their trust in you, *
for you, LORD, have never failed those who seek you.
- 11 O praise the LORD who dwells in Zion; *
tell the peoples what things he has done.
- 12 For when he takes vengeance for blood, he remembers them, *
and forgets not the cry of the poor.
- 13 Have mercy upon me, O LORD; consider the trouble I suffer from those who hate me, *
O you who lift me up from the gates of death,
- 14 That I may tell of all your praises within the gates of the daughter of Zion; *
I will rejoice in your salvation.
- 15 The nations have sunk down in the pit that they made; *
in the same net which they hid secretly is their foot caught.
- 16 The LORD is known to execute judgment; *
the ungodly are trapped in the works of their own hands.
- 17 The wicked shall return to the grave, *
even all the peoples that forget God.
- 18 For the poor shall not always be forgotten; *
the patient hope of the meek shall not perish for ever.
- 19 Rise up, O LORD, and let them not have the upper hand; *
let the nations be judged in your sight.
- 20 Put them in fear, O LORD, *
that the nations may know themselves to be merely human.

10

Ut quid, Domine?

- 1 Why do you stand so far off, O LORD, *

and hide your face in the time of need and trouble?
 2 The ungodly in his pride persecutes the poor; *
 let him be taken in the crafty schemes that he has imagined.
 3 For the ungodly has boasted of his own heart's desire; *
 the covetous holds the LORD in contempt and blasphemes his Name.
 4 The ungodly is so proud that he cares not for God; *
 neither is God in any of his thoughts.
 5 His ways are always grievous; *
 your judgments are far above, out of his sight, and therefore he defies all his enemies.
 6 For he has said in his heart, "I shall never be cast down; *
 no harm shall happen to me."
 7 His mouth is full of cursing, deceit, and fraud; *
 under his tongue are ungodliness and vanity.
 8 He sits lurking in the thievish corners of the streets, and in his hiding places he murders the innocent; *
 his eyes are set against the poor.
 9 For he lies waiting secretly, even as a lion lurks in his den, *
 that he may ravish the poor.
 10 He ravishes the poor *
 when he gets him into his net.
 11 The innocent is crushed and humbled before him, *
 and the weak cannot stand against his might.
 12 He has said in his heart, "God has forgotten; *
 he hides away his face, and he will never see it."
 13 Arise, O LORD God, and lift up your hand; *
 forget not the poor.
 14 Why should the wicked blaspheme God, *
 while he says in his heart, "You, O God, do not care?"
 15 Surely you have seen it, for you behold ungodliness and wrong, *
 that you may take the matter into your hand.
 16 The poor commits himself unto you, *
 for you are the helper of the fatherless.
 17 Break the power of the ungodly and malicious; *
 search out his ungodliness until you have brought it all to light.
 18 The LORD is King for ever and ever, *
 and the nations have perished out of the land.
 19 O LORD, you have heard the desire of the poor; *
 you prepare their heart, and your ear hearkens to it,
 20 To help the fatherless and poor with justice, *
 that the one who is of the earth may terrify no more.

11

In Domino confido

1 In the LORD I put my trust; *
 how then can you say to my soul, "Flee as a bird unto the hill;
 2 For behold, the ungodly bend their bow, and make ready their arrow upon the string, *
 that they may secretly shoot at those who are true of heart.
 3 For the foundations will be cast down, *
 and what can the righteous do?"
 4 The LORD is in his holy temple; *
 the LORD's throne is in heaven.
 5 His eyes consider the poor, *

- and his eyelids try the children of men.
- 6 The LORD tests the righteous, *
but the ungodly, and those who delight in wickedness, his soul abhors.
- 7 Upon the ungodly he shall rain snares, fire and brimstone, storm and tempest; *
this shall be their portion to drink.
- 8 For the righteous LORD loves righteousness; *
the upright shall behold his face.

DAY 2 : EVENING PRAYER

12

Salvum me fac

- 1 Help me, O LORD, for there is no godly one left; *
for the faithful have vanished from among the children of men.
- 2 They speak falsely, every one with his neighbor; *
they flatter with their lips and deceive with a double heart.
- 3 The Lord shall root out all deceitful lips *
and the tongues that speak proud things,
- 4 Which have said, "With our tongue will we prevail; *
our lips are our own; who is lord over us?"
- 5 "Now because of the trouble of the needy *
and because of the deep sighing of the poor,
- 6 I will rise up," says the LORD, *
"and will give help to every one who longs for it."
- 7 The words of the LORD are pure words, even as silver that is tried in the furnace, *
and as gold that is purified seven times in the fire.
- 8 Preserve us, O Lord, and save us *
from this perverse and evil generation.
- 9 The ungodly walk on every side *
when wickedness is exalted among the children of men.

13

Usquequo, Domine?

- 1 How long will you utterly forget me, O LORD? *
How long will you hide your face from me?
- 2 How long shall I seek counsel in my soul and be so vexed in my heart? *
How long shall my enemy triumph over me?
- 3 Consider and hear me, O LORD my God; *
give light to my eyes, that I sleep not in death,
- 4 Lest my enemy say, "I have prevailed against him"; *
for if I am cast down, those who trouble me will rejoice.
- 5 But my trust is in your mercy, *
and my heart is joyful in your salvation.
- 6 I will sing of the LORD, because he has dealt so lovingly with me; *
indeed, I will praise the Name of the LORD Most High.

14

Dixit insipiens

- 1 The fool has said in his heart, *
“There is no God.”
- 2 They are corrupt and have become abominable in their doings; *
there is none that does good, no, not one.
- 3 The LORD looked down from heaven upon the children of men, *
to see if there were any who would understand and seek after God.
- 4 But they have all gone astray; they have altogether become abominable; *
there is none that does good, no, not one.
- 5 Have they no knowledge, all those workers of evil, *
who eat up my people as bread, and call not upon the LORD?
- 6 There were they brought into great fear, even where no fear was; *
for God is in the generation of the righteous.
- 7 Though you have made a mockery of the counsel of the poor, *
yet they put their trust in the LORD.
- 8 Who shall give salvation unto Israel out of Zion? *
When the LORD restores his captive people, then shall Jacob rejoice, and Israel shall be glad.

DAY 3 : MORNING PRAYER

15

Domine, quis habitabit?

- 1 LORD, who shall dwell in your tabernacle? *
Or who shall rest upon your holy hill?
- 2 Whoever leads an uncorrupt life, *
and does that which is right, and speaks the truth from his heart.
- 3 He has not spoken deceitfully with his tongue, nor done evil to his neighbor, *
and has not slandered his neighbor.
- 4 In his eyes the wicked is rejected, *
and he makes much of those who fear the LORD.
- 5 He swears to his neighbor and disappoints him not, *
though it were to his own hindrance.
- 6 He has not given his money for usury, *
nor taken a bribe against the innocent.
- 7 Whoever does these things *
shall never be overthrown.

16

Conserva me, Domine

- 1 Preserve me, O God, *
for in you have I put my trust.
- 2 O my soul, you have said unto the LORD, *
“You are my Lord; I have no good apart from you.”
- 3 All my delight is upon the saints who are on the earth, *
and upon those who excel in virtue.
- 4 But those who run after another god *
shall have great trouble.
- 5 Their drink offerings of blood I will not offer, *
neither make mention of their names with my lips.
- 6 The LORD himself is the portion of my inheritance and of my cup; *

- you shall maintain my lot.
- 7 The boundaries have fallen for me in pleasant places; *
indeed, I have a goodly heritage.
- 8 I will thank the LORD for giving me counsel; *
my heart also chastens me in the night season.
- 9 I have set the LORD always before me; *
he is at my right hand; therefore I shall not fall.
- 10 Therefore my heart is glad and my soul rejoices. *
My flesh also shall rest in hope.
- 11 For you shall not leave my soul in the grave, *
neither shall you allow your Holy One to see corruption.
- 12 You shall show me the path of life; in your presence is the fullness of joy, *
and at your right hand there is pleasure for evermore.

17

Exaudi, Domine

- 1 Hear what is right, O LORD; consider my complaint; *
hearken to my prayer, which does not come from lying lips.
- 2 Let justice for me come forth from your presence, *
and let your eyes look upon that which is right.
- 3 You have tested and visited my heart in the night season. *
If you try me you shall find no wickedness in me; my mouth shall not offend.
- 4 As for the works of others, *
because of the words of your lips, I have kept myself from the ways of the violent.
- 5 Hold my steps firmly in your paths, *
that my footsteps may not slip.
- 6 I have called upon you, O God, for you will hear me; *
incline your ear to me and hearken to my words.
- 7 Show your marvelous loving-kindness, you that are the Savior of those who put their trust in you *
from the ones who resist your right hand.
- 8 Keep me as the apple of your eye; *
hide me under the shadow of your wings,
- 9 From the ungodly who assault me, *
even from my enemies who encompass me to take away my soul.
- 10 They have closed their heart to pity, *
and their mouth speaks proud things.
- 11 They lie waiting in my way on every side, *
watching how they may cast me down to the ground,
- 12 Like a lion that is greedy for its prey, *
and like a young lion lurking in secret places.
- 13 Rise up, O LORD, confront them and cast them down; *
deliver my soul from the ungodly by your sword and by your hand,
- 14 From those, O LORD, from those whose portion in life is of the world, *
whose bellies you fill with your hidden treasure.
- 15 They have children at their desire, *
and leave the rest of their abundance for their little ones.
- 16 But as for me, I will behold your presence in righteousness; *
and when I awake and see your likeness, I shall be satisfied.

- 1 I will love you, O LORD my strength; *
the LORD is my rock, my stronghold, and my deliverer,
- 2 My Savior, my God, and my might in whom I will trust, *
my buckler, the horn of my salvation, and my refuge.
- 3 I will call upon the LORD, who is worthy to be praised; *
so shall I be safe from my enemies.
- 4 The waves of death encompassed me; *
the floods that would swallow me up made me afraid.
- 5 The cords of the grave surrounded me; *
the snares of death overtook me.
- 6 In my trouble I called upon the LORD *
and cried unto my God for help.
- 7 From his holy temple he heard my voice. *
My complaint came before him; it entered into his ears.
- 8 The earth trembled and quaked; *
the very foundations of the hills shook and were removed, because he was angry.
- 9 There went out smoke from his nostrils and a consuming fire out of his mouth; *
coals of fire issued from his presence.
- 10 He parted the heavens also and came down, *
and it was dark under his feet.
- 11 He rode upon the cherubim and flew; *
he came flying upon the wings of the wind.
- 12 He made darkness his secret place; *
dark waters and thick clouds were his covering round about him.
- 13 At the brightness of his presence his clouds broke forth: *
hailstones and coals of fire.
- 14 The LORD also thundered out of heaven, and the Most High gave forth his voice: *
hailstones and coals of fire.
- 15 He sent out his arrows and scattered them; *
he cast forth lightning and destroyed them.
- 16 The springs of water were seen, and the foundations of the world were uncovered, *
at your rebuke, O LORD, at the blasting of the breath of your displeasure.
- 17 He reached down from on high to grasp me, *
and he took me out of many waters.
- 18 He delivered me from my strongest enemy, and from those who hated me, *
for they were too mighty for me.
- 19 They confronted me in the day of my trouble, *
but the LORD upheld me.
- 20 He brought me forth into a place of liberty; *
he delivered me, because I had found favor in his eyes.
- 21 The LORD rewarded me according to my righteous dealing; *
according to the cleanness of my hands he recompensed me,
- 22 Because I had kept the ways of the LORD *
and had not forsaken my God, as the wicked do.
- 23 For I had an eye unto all his laws *
and did not cast out his commandments from me.
- 24 I was also uncorrupt before him *
and kept myself from my own wickedness.

25 Therefore the LORD rewarded me according to my righteous dealing, *
and according to the cleanness of my hands in his sight.

26 With the faithful you show yourself faithful, *
and with the upright you show yourself upright.

27 With the pure you show yourself pure, *
but with the crooked you show yourself shrewd.

28 For you shall save the people who are in adversity, *
but shall bring down the high looks of the proud.

29 You also shall light my lamp; *
the LORD my God shall turn my darkness into light.

30 For with you I shall crush a host of men, *
and with the help of my God I can leap over a wall.

31 The way of God is an undefiled way; the word of the LORD also is tried in the fire; *
he is the defender of all those who put their trust in him.

32 For who is God, but the LORD, *
or who is a rock, except our God?

33 It is God who girds me with strength for war *
and makes my way perfect.

34 He makes my feet like the feet of a deer *
and sets me up on high.

35 He teaches my hands to fight, *
and my arms shall bend even a bow of bronze.

36 You have given me the shield of your salvation; *
your right hand also shall hold me up, and your loving correction shall make me great.

37 You have made a broad path for my feet, *
and my footsteps shall not slip.

38 I will follow my enemies and overtake them; *
I will not turn again until I have destroyed them.

39 I will smite them, and they shall not be able to stand. *
They shall fall under my feet.

40 You have girded me with strength for the battle; *
you shall throw down my enemies under me.

41 You have made my enemies turn their backs upon me, *
and I shall destroy those who hate me.

42 They shall cry, but there shall be none to help them; *
even unto the LORD shall they cry, but he shall not hear them.

43 I will beat them as small as dust before the wind; *
I will tread them down as mire in the streets.

44 You shall deliver me from the strivings of the peoples, *
and you shall make me the head of the nations.

45 A people whom I have not known *
shall be in subjection under me.

46 As soon as they hear of me, they shall obey me; *
and foreigners shall cringe before me.

47 Foreigners shall lose heart, *
and, being afraid, shall come out of their strongholds.

48 The LORD lives, and blessed be my rock, *
and praised be the God of my salvation,

49 Even the God who sees that I am avenged *
and subdues the peoples under me.

50 It is he who delivers me from my cruel enemies, and lifts me up above my adversaries; *
you shall rid me of the wicked.

- 51 For this cause will I give thanks unto you, O LORD, among the nations, *
and sing praises unto your Name.
52 Great prosperity he gives unto his King, *
and shows loving-kindness to David his Anointed, and unto his seed for evermore.

DAY 4 : MORNING PRAYER

19

Caeli enarrant

- 1 The heavens declare the glory of God, *
and the firmament shows his handiwork.
2 One day speaks to another, *
and one night gives knowledge to another.
3 There is neither speech nor language, *
and their voices are not heard;
5 But their sound has gone out into all lands, *
and their words to the ends of the world.
5 In them he has set a tent for the sun, *
which comes forth as a bridegroom out of his chamber, and rejoices like a strong man to run his
course.
6 It goes forth from the uttermost part of the heavens, and runs about to the end of it again, *
and there is nothing hidden from its heat.
7 The law of the LORD is perfect, reviving the soul; *
the testimony of the LORD is sure, and gives wisdom to the simple.
8 The statutes of the LORD are right, and rejoice the heart; *
the commandment of the LORD is pure, and gives light to the eyes.
9 The fear of the LORD is clean, and endures for ever; *
the judgments of the LORD are true, and righteous altogether.
10 More to be desired are they than gold, even much fine gold; *
sweeter also than honey, than the drippings from the honeycomb.
11 Moreover, by them is your servant taught, *
and in keeping them there is great reward.
12 Who can tell how often he offends? *
O cleanse me from my secret faults.
13 Keep your servant also from presumptuous sins, lest they get the dominion over me; *
so shall I be undefiled, and innocent of great offense.
14 Let the words of my mouth and the meditation of my heart be always acceptable in your sight, *
O LORD, my rock and my redeemer.

20

Exaudi te Dominus

- 1 May the LORD hear you in the day of trouble, *
the Name of the God of Jacob defend you;
2 Send you help from the sanctuary, *
and strengthen you out of Zion;
3 Remember all your offerings, *
and accept your burnt sacrifice;
4 Grant you your heart's desire, *
and accomplish all your plans.

- 5 We will rejoice in your salvation, and triumph in the Name of the LORD our God; *
may the LORD grant all your petitions.
- 6 Now I know that the LORD helps his Anointed, and will answer him from his holy heaven, *
even with the saving strength of his right hand.
- 7 Some put their trust in chariots, and some in horses, *
but we put our trust in the Name of the LORD our God.
- 8 They are brought down and fallen, *
but we will arise and stand upright.
- 9 O LORD, save the King, *
and hear us when we call upon you.

21

Domine, in virtute tua

- 1 The King shall rejoice in your strength, O LORD; *
exceedingly glad shall he be of your salvation.
- 2 You have given him his heart's desire, *
and have not denied him the request of his lips.
- 3 For you shall meet him with the blessings of goodness, *
and shall set a crown of pure 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 honor is great because of your salvation; *
glory and majesty shall you lay upon him.
- 6 For you shall give him everlasting felicity *
and make him glad with the joy of your countenance.
- 7 For the King puts his trust in the LORD, *
and because of the mercy of the Most High, he shall not be moved.
- 8 All your enemies shall feel your hand; *
your right hand shall find those who hate you.
- 9 You shall make them like a fiery oven in the time of your wrath; *
the LORD shall destroy them in his displeasure, and the fire shall consume them.
- 10 Their offspring you shall root out of the earth, *
and their seed from among the children of men.
- 11 For they intended evil against you, *
and imagined wicked schemes, which they are not able to perform.
- 12 Therefore you shall put them to flight, *
and the strings of your bow you shall aim at their faces.
- 13 Be exalted, O LORD, in your own strength; *
so we will sing and praise your power.

DAY 4 : EVENING PRAYER

22

Deus, Deus meus

- 1 My God, my God, why have you forsaken me, *
and are so far from my cry, and from the words of my complaint?
- 2 O my God, I cry in the daytime, but you do not hear; *
in the night season also, but I find no rest.
- 3 But you remain holy, *

enthroned upon the praises of Israel.
4 Our fathers hoped in you; *
they trusted in you, and you delivered them.
5 They called upon you, and were delivered; *
they put their trust in you, and were not confounded.
6 But as for me, I am a worm, and no man, *
scorned by all, and the outcast of the people.
7 All those who see me laugh me to scorn; *
they curl their lips, and shake their heads, saying,
8 "He trusted in God, that he would deliver him; *
let him deliver him, if he will have him."
9 But you are he that took me out of my mother's womb; *
you were my hope, when I was yet upon my mother's breasts.
10 I have been cast upon you ever since I was born; *
you are my God, even from my mother's womb.
11 O go not far from me, for trouble is near at hand, *
and there is none to help me.
12 Many oxen have come around me; *
fat bulls of Bashan close me in on every side.
13 They gape at me with their mouths, *
like a ravening and a roaring lion.
14 I am poured out like water, and all my bones are out of joint; *
my heart also in the midst of my body is like melting wax.
15 My strength is dried up like a potsherd, and my tongue cleaves to my gums, *
and you bring me into the dust of death.
16 For many dogs have come about me, *
and the council of the wicked lays siege against me.
17 They pierced my hands and my feet; I can count all my bones; *
they stand staring and looking upon me.
18 They part my garments among them, *
and cast lots for my clothing.
19 But be not far from me, O LORD. *
You are my succor; hasten to help me.
20 Deliver my soul from the sword, *
my life from the power of the dog.
21 Save me from the lion's mouth, *
and my soul in misery from among the horns of wild oxen.
22 I will declare your Name to my brethren; *
in the midst of the congregation I will praise you.
23 O praise the LORD, you that fear him; *
magnify him, all you seed of Jacob, and fear him, all you seed of Israel.
24 For he has not despised nor abhorred the low estate of the poor; *
he has not hidden his face from him, but when he called unto him, he heard him.
25 My praise is of you in the great congregation; *
my vows will I perform in the sight of those who fear him.
26 The poor shall eat and be satisfied; *
those who seek after the LORD shall praise him; may your hearts live for ever.
27 All the ends of the world shall remember, and be turned unto the LORD, *
and all the families of the nations shall worship before him.
28 For the kingdom is the LORD's, *
and he is the Governor among the peoples.
29 All those who sleep in the earth, how shall they worship him? *

- All those who go down into the dust, how shall they kneel before him?
 30 But my life shall be preserved in his sight, and my children shall worship him; *
 they shall tell of the Lord to the generations to come;
 31 And to a people yet unborn shall they declare his righteousness, *
 that he has brought it to pass.

23

Dominus regit me

- 1 The LORD is my shepherd; *
 therefore I can lack nothing.
 2 He shall feed me in green pastures *
 and lead me forth beside the waters of
 comfort.
 3 He shall refresh my soul *
 and bring me forth in the paths of
 righteousness for his Name's sake.
 4 Even though I walk through the valley of the
 shadow of death, I will fear no evil, *
 for you are with me; your rod and your staff
 comfort me.
 5 You shall prepare a table before me, in the
 presence of those who trouble me; *
 you have anointed my head with oil, and my
 cup shall be full.
 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.

23

King James Version

- 1 *The LORD is my shepherd; *
 I shall not want.*
 2 *He maketh me to lie down in green pastures: *
 he leadeth me beside the still waters.*
 3 *He restoreth my soul: *
 he leadeth me in the paths of righteousness for his
 Name's sake.*
 4 *Yea, though I walk through the valley of the shadow of
 death, I will fear no evil: *
 for thou art with me; thy rod and thy staff they
 comfort me.*
 5 *Thou preparest a table before me in the presence of mine
 enemies: *
 thou anointest my head with oil; my cup runneth
 over.*
 6 *Surely goodness and mercy shall follow me all the days of
 my life: *
 and I will dwell in the house of the LORD for ever.*

DAY 5 : MORNING PRAYER

24

Domini est terra

- 1 The earth is the LORD's and all that is in it, *
 the compass of the world and those who dwell therein.
 2 For he has founded it upon the seas *
 and established it upon the rivers of the deep.
 3 Who shall ascend the hill of the LORD? *
 Or who shall stand in his holy place?
 4 He who has clean hands and a pure heart, *
 and who has not set his mind upon vanity, nor sworn to deceive his neighbor.
 5 He shall receive blessing from the LORD *
 and righteousness from the God of his salvation.
 6 This is the generation of those who seek him, *
 even of those who seek your face, O God of Jacob.
 7 Lift up your heads, O you gates, and be lifted up, you everlasting doors; *
 and the King of glory shall come in.
 8 "Who is the King of glory?" *

- “It is the LORD, strong and mighty, even the LORD, mighty in battle.”
9 Lift up your heads, O you gates, and be lifted up, you everlasting doors; *
and the King of glory shall come in.
10 “Who is the King of glory?” *
“The LORD of hosts, he is the King of glory.”

25

Ad te, Domine, levavi

- 1 Unto you, O LORD, will I lift up my soul; my God, I have put my trust in you; *
O let me not be ashamed, neither let my enemies triumph over me.
2 For all those who hope in you shall not be ashamed, *
but those who deal untruly shall be put to confusion.
3 Show me your ways, O LORD, *
and teach me your paths.
4 Lead me forth in your truth and teach me, *
for you are the God of my salvation; in you has been my hope all the day long.
5 Call to remembrance, O LORD, your tender mercies, *
and your loving-kindnesses, which have been from of old.
6 O remember not the sins and offenses of my youth, *
but according to your mercy think on me, O LORD, in your goodness.
6 Gracious and righteous is the LORD; *
therefore will he teach sinners in the way.
7 Those who are meek shall he guide in judgment, *
and those who are gentle shall he teach his way.
9 All the paths of the LORD are mercy and truth *
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 is the one who fears the LORD? *
He shall teach him in the way that he shall choose.
12 He shall dwell at ease, *
and his seed shall inherit the land.
13 The LORD reveals his secret counsel to those who fear him, *
and he 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 mercy on me, *
for I am desolate and in misery.
16 The sorrows of my heart are enlarged; *
O bring me out of my troubles.
17 Look upon my adversity and misery *
and forgive me all my sin.
18 Consider my enemies, how many they are, *
and how they bear a tyrannous hate against me.
19 O keep my soul and deliver me; *
Let me not be ashamed, for I have put my trust in you.
20 Let integrity and righteous dealing preserve me, *
for my hope has been in you.
21 Deliver Israel, O God, *
out of all his troubles.

26

Judica me, Domine

- 1 Be my judge, O LORD, for I have walked innocently; *
my trust has been in the LORD; therefore I shall not fall.
- 2 Test me, O LORD, and prove me; *
examine my heart and my mind.
- 3 For your loving-kindness is ever before my eyes, *
and I will walk in your truth.
- 4 I have not dwelt with evildoers, *
neither will I have fellowship with the deceitful.
- 5 I have hated the company of the wicked, *
and will not sit among the ungodly.
- 6 I will wash my hands in innocence, O LORD, *
and so will I go to your altar,
- 7 That I may lift up the voice of thanksgiving *
and tell of all your wondrous works.
- 8 LORD, I have loved the habitation of your house *
and the place where your honor dwells.
- 9 O take not away my soul with the sinners, *
nor my life with the bloodthirsty,
- 10 Whose hands are full of wickedness, *
and their right hand full of bribes.
- 11 But as for me, I will walk innocently; *
O deliver me, and be merciful unto me.
- 12 My foot stands firm; *
I will praise the LORD in the congregations.

DAY 5 : EVENING PRAYER

27

Dominus illuminatio

- 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 the wicked, even my enemies and my foes, came upon me to eat up my flesh, *
they stumbled and fell.
- 3 Though a host were encamped against me, yet my heart would not be afraid, *
and though war rose up against me, yet would I put my trust in him.
- 4 One thing have I desired of the LORD; one thing I seek: *
that I may dwell in the house of the LORD all the days of my life,
- 5 To behold the fair beauty of the LORD, *
and to seek him in his temple.
- 6 For in the time of trouble he shall hide me in his tabernacle; *
indeed, in the secret place of his dwelling he shall hide me, and set me high upon a rock of stone.
- 7 And now he shall lift up my head *
above my enemies round about me.
- 8 Therefore I will offer in his dwelling an oblation with great gladness; *
I will sing and speak praises unto the LORD.
- 9 Hearken to my voice, O LORD, when I cry unto you; *
have mercy upon me and hear me.

- 10 You speak to my heart and say, "Seek my face." *
Your face, O LORD, will I seek.
- 11 O hide not your face from me, *
nor cast your servant away in displeasure.
- 12 You have been my helper; *
leave me not, neither forsake me, O God of my salvation.
- 13 When my father and my mother forsake me, *
the LORD takes me in.
- 14 Teach me your way, O LORD, *
and lead me in the right way, because of my enemies.
- 15 Deliver me not over to the will of my adversaries, *
for there are false witnesses who have risen up against me, and those who speak wrong.
- 16 I would utterly have fainted, *
had I not believed that I would see the goodness of the LORD in the land of the living.
- 17 O wait for the LORD; be strong, and he shall comfort your heart. *
O put your trust in the LORD.

28

Ad te, Domine

- 1 Unto you will I cry, O LORD my rock; do not be deaf to my prayer; *
lest, if you do not answer, I become like those who go down into the pit.
- 2 Hear the voice of my humble petitions when I cry unto you, *
when I hold up my hands toward the sanctuary of your holy temple.
- 3 O cast me not away, neither destroy me with the ungodly and evildoers, *
who speak as friends to their neighbors, but imagine evil in their hearts.
- 4 Reward them according to their deeds *
and according to the wickedness of their own inventions.
- 5 Recompense them according to the work of their hands; *
pay them what they have deserved.
- 6 For they regard not in their mind the works of the LORD, nor the operation of his hands; *
therefore he shall break them down and not build them up.
- 7 Praised be the LORD, *
for he has heard the voice of my humble petitions.
- 8 The LORD is my strength and my shield; my heart has trusted in him, and I am helped; *
therefore my heart dances for joy, and in my song will I praise him.
- 9 The LORD is my strength, *
and he is the sure defense of his Anointed.
- 10 O save your people, and give your blessing to your inheritance; *
feed them, and lift them up for ever.

29

Afferte Domino

- 1 Ascribe unto the LORD, O you mighty, *
ascribe unto the LORD worship and strength.
- 2 Give the LORD the honor due unto his Name; *
worship the LORD with holy worship.
- 3 It is the LORD that commands the waters; *
it is the glorious God that makes the thunder.
- 4 It is the LORD that rules the sea; the voice of the LORD is mighty in its working; *

- the voice of the LORD is a glorious voice.
- 5 The voice of the LORD breaks the cedar trees; *
indeed, the LORD breaks the cedars of Lebanon.
- 6 He makes them also to skip like a calf, *
Lebanon also, and Sirion, like a young ox.
- 7 The voice of the LORD divides the flames of fire; the voice of the LORD shakes the wilderness; *
indeed, the LORD shakes the wilderness of Kadesh.
- 8 The voice of the LORD makes the deer to bring forth young, and strips the forests bare; *
in his temple all cry, "Glory."
- 9 The LORD sits above the floodwaters, *
and the LORD remains King for ever.
- 10 The LORD shall give strength to his people; *
the LORD shall give his people the blessing of peace.

DAY 6 : MORNING PRAYER

30

Exaltabo te, Domine

- 1 I will magnify you, O LORD, for you have lifted me up, *
and have not let my foes triumph over me.
- 2 O LORD my God, I cried unto you, *
and you have made me whole.
- 3 You, LORD, have brought my soul out of the Grave; *
you have saved my life from among those who go down to the Pit.
- 4 Sing praises unto the LORD, O you saints of his, *
and give thanks unto him for the remembrance of his holiness.
- 5 For his wrath endures but the twinkling of an eye, his pleasure for a lifetime; *
heaviness may endure for a night, but joy comes in the morning.
- 6 In my prosperity I said, "I shall never be moved; *
you, LORD, of your goodness, have made my hill so strong."
- 7 You turned your face from me, *
and I was distressed.
- 8 Then I cried unto you, O LORD, *
and came to my LORD most humbly.
- 9 What profit is there in my bloodshed, *
if I go down into the Pit?
- 10 Shall the dust give thanks unto you? *
Or shall it declare your faithfulness?
- 11 Hear, O LORD, and have mercy upon me. *
O LORD, be my helper.
- 12 You have turned my lamentation into dancing; *
you have put off my sackcloth and girded me with gladness.
- 13 Therefore shall my heart sing of your praise without ceasing. *
O LORD my God, I will give thanks unto you for ever.

31

In te, Domine, speravi

- 1 In you, O LORD, have I put my trust; *
let me never be put to confusion; deliver me in your righteousness.

2 Bow down your ear to me, *
make haste to deliver me,
3 And be my strong rock and house of defense, *
that you may save me.
4 For you are my strong rock and my castle; *
be also my guide, and lead me for your Name's sake.
5 Draw me out of the net that they have laid secretly for me, *
for you are my strength.
6 Into your hands I commend my spirit, *
for you have redeemed me, O LORD, O God of truth.
7 I have hated those who hold to worthless vanities, *
and my trust has been in the LORD.
8 I will be glad and rejoice in your mercy, *
for you have considered my trouble, and have known my soul in adversities.
9 You have not shut me up in the hand of the enemy, *
but have set my feet where they may walk at liberty.
10 Have mercy upon me, O LORD, for I am in trouble; *
my eye is consumed with heaviness, and also my soul and my body.
11 For my life has grown old with heaviness, *
and my years with mourning.
12 My strength fails me because of my iniquity, *
and my bones are consumed.
13 I have become a reproof among all my enemies, but especially among my neighbors; *
my acquaintances are afraid of me, and those who see me in the street shrink from me.
14 I am utterly forgotten, as a dead man, out of mind; *
I have become like a broken vessel.
15 For I have heard the whispering of the multitude, and fear is on every side, *
while they conspire together against me and take their counsel to take away my life.
16 But my hope has been in you, O LORD; *
I have said, "You are my God."
17 My time is in your hand; *
deliver me from the hand of my enemies, and from those who persecute me.
18 Show your servant the light of your countenance, *
and save me for your mercy's sake.
19 Let me not be confounded, O LORD, for I have called upon you; *
let the ungodly be put to confusion, and be put to silence in the grave.
20 Let the lying lips be put to silence, *
which cruelly, disdainfully, and despitefully speak against the righteous.
21 Oh, how plentiful is your goodness, which you have laid up for those who fear you, *
and which you have prepared for those who put their trust in you, even before the children of men!
22 You hide them in the secret place of your presence from those who conspire against them; *
you keep them in your refuge from the strife of tongues.
23 Thanks be to the LORD, *
for he has shown me marvellously great kindness in a strong city.
24 But when I was afraid, I said in my haste, *
"I am cast out of the sight of your eyes."
25 Nevertheless, you heard the voice of my prayer *
when I cried unto you.
26 O love the LORD, all you his saints, *
for the LORD preserves those who are faithful, and plenteously repays the proud.
27 Be strong, and he shall establish your heart, *
all you that put your trust in the LORD.

DAY 6 : EVENING PRAYER

32

Beati quorum

- 1 Blessed is the one whose unrighteousness is forgiven, *
and whose sin is covered.
- 2 Blessed is the one to whom the LORD imputes no sin, *
and in whose spirit there is no guile.
- 3 For while I held my tongue, my bones wasted away; *
I ceased not from groaning all the day long.
- 4 For your hand was heavy upon me day and night, *
and I was dried up and withered, as in the drought of summer.
- 5 Then I acknowledged my sin unto you, *
and I did not hide my iniquity.
- 6 I said, "I will confess my sins unto the LORD"; *
and so you forgave the wickedness of my sin.
- 7 For this reason shall all the godly make their prayers unto you at a time when you may be found; *
when the great floodwaters rise, they shall not reach them.
- 8 You are my hiding-place; you shall preserve me from trouble; *
you shall encompass me with songs of deliverance.
- 9 "I will instruct you and teach you in the way that you should go, *
and I will guide you with my eye.
- 10 Do not be like the horse and mule, which have no understanding, *
whose mouths must be held with bit and bridle, or else they will not come near you."
- 11 Great troubles remain for the ungodly; *
but mercy embraces those who trust in the LORD.
- 12 Be glad, O you righteous, and rejoice in the LORD; *
and be joyful, all who are true of heart.

33

Exultate, justi

- 1 Rejoice in the LORD, O you righteous; *
it is fitting for the just to be thankful.
- 2 Praise the LORD with the harp; *
sing praises unto him with the ten-stringed lute.
- 3 Sing unto him a new song; *
make skillful melody and cry aloud with joy.
- 4 For the word of the LORD is true, *
and all his works are faithful.
- 5 He loves righteousness and true judgment; *
the earth is full of the goodness of the LORD.
- 6 By the word of the LORD were the heavens made, *
and all the hosts of them by the breath of his mouth.
- 7 He gathers the waters of the sea together, as in a heap, *
and lays up the deep, as in a treasure house.
- 8 Let all the earth fear the LORD; *
stand in awe of him, all you that dwell in the world.
- 9 For he spoke, and it was done; *

he commanded and it stood fast.
10 The LORD brings the counsel of the nations to naught; *
he makes the devices of the peoples to be of no effect, and casts out the counsels of princes.
11 The counsel of the LORD shall endure for ever, *
and the thoughts of his heart from generation to generation.
12 Blessed is the nation whose God is the LORD, *
and blessed are the people he has chosen for himself to be his inheritance.
13 The LORD looks down from heaven and beholds all the children of men; *
from the habitation of his dwelling he considers all those who dwell on the earth.
14 He fashions all the hearts of them *
and understands all their works.
15 There is no king who can be saved by a mighty host; *
neither is any mighty man delivered by great strength.
16 A horse is considered a vain hope to save a man; *
neither shall it deliver anyone by its great strength.
17 Behold, the eye of the LORD is upon those who fear him, *
and upon those who put their trust in his mercy,
18 To deliver their soul from death, *
and to feed them in the time of famine.
19 Our soul has patiently waited for the LORD, *
for he is our help and our shield.
20 Our heart shall rejoice in him, *
because we have hoped in his holy Name.
21 Let your merciful kindness, O LORD, be upon us, *
as we have put our trust in you.

34

Benedicam Dominum

1 I will always give thanks unto the LORD; *
his praise shall ever be in my mouth.
2 My soul shall make its boast in the LORD; *
the humble shall hear this and be glad.
3 O praise the LORD with me, *
and let us magnify his Name together.
4 I sought the LORD, and he heard me; *
he delivered me out of all my fears.
5 They looked unto him, and were made glad, *
and their faces were not ashamed.
6 Look, the poor man cries, and the LORD hears him, *
and saves him out of all his troubles.
7 The angel of the LORD camps round about those who fear him, *
and delivers them in time of need.
8 O taste and see how gracious the LORD is; *
blessed is the one who trusts in him.
9 O fear the LORD, you that are his saints; *
for those who fear him lack nothing.
10 The lions lack and suffer hunger, *
but those who seek the LORD shall 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 desires to live, *

- and longs to see good days?
 13 Keep your tongue from evil, *
 and your lips from speaking lies.
 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 prayers.
 16 The countenance 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 out of all their troubles.
 18 The LORD is near to those who are brokenhearted *
 and will save those who are crushed in spirit.
 19 Great are the troubles of the righteous, *
 but the LORD delivers him out of them all.
 20 He keeps all his bones, *
 so that not one of them is broken.
 21 But evil shall slay the ungodly, *
 and those who hate the righteous shall be desolate.
 22 The LORD delivers the souls of his servants, *
 and all those who put their trust in him shall not be destitute.

DAY 7 : MORNING PRAYER

35

Judica, Domine

- 1 Contend, O LORD, with those who contend with me, *
 and fight against those who fight against me.
 2 Take up the shield and buckler, *
 and stand up to help me.
 3 Bring forth the spear and bar the way against those who pursue me; *
 say to my soul, "I am your salvation."
 4 Let them be confounded and put to shame who seek after my life; *
 let them be turned back and brought to confusion who imagine evil against me.
 5 Let them be as the chaff before the wind, *
 and let the angel of the LORD scatter them.
 6 Let their way be dark and slippery, *
 and let the angel of the LORD pursue them.
 7 For they have secretly laid their net to destroy me without a cause; *
 indeed, without a cause have they made a pit to take away my life.
 8 Let sudden destruction come upon them unawares, and the net, which they have laid secretly, catch
 themselves, *
 that they may fall into their own trouble.
 9 Then shall my soul be joyful in the LORD; *
 I shall rejoice in his salvation.
 10 All my bones shall say, "LORD, who is like you? You deliver the poor from those who are too strong for
 them; *
 indeed, the poor and those who are in misery from those who rob them."
 11 Malicious witnesses rise up; *
 they charge me with matters I know nothing about.
 12 They repay me evil for good, *

to the great sorrow of my soul.
 13 Nevertheless, when they were sick, I put on sackcloth and humbled myself with fasting; *
 I prayed with my whole heart, as if it had been my friend or my brother.
 14 I behaved myself as one who mourns for his mother; *
 I was bowed down with heaviness of heart.
 15 But in my adversity, they rejoiced and gathered themselves together; *
 indeed, those who struck me came together against me, and I had no rest; they tore at me, and would
 not cease.
 16 When I stumbled they mocked me exceedingly, *
 and gnashed at me with their teeth.
 17 Lord, how long will you look on this? *
 O deliver me from the calamities they bring upon me, and my life from the lions.
 18 So will I give you thanks in the great congregation; *
 I will praise you among many people.
 19 O let not those who are my enemies triumph over me deceitfully; *
 neither let them wink with their eyes, those who hate me without a cause.
 20 For their talking is not for peace, *
 but they imagine deceitful words against those who are quiet in the land.
 21 They open their mouths at me, and say, *
 “Aha! Aha! We saw it with our own eyes!”
 22 This you have seen, O LORD. *
 Hold not your tongue then; be not far from me, O Lord.
 23 Awake, and stand up to judge my case; *
 avenge my cause, my God and my Lord.
 24 Judge me, O LORD my God, according to your righteousness, *
 and let them not triumph over me.
 25 Let them not say in their hearts, “Aha! We have what we want!” *
 Neither let them say, “We have devoured him.”
 26 Let them be put to confusion and shame who rejoice at my trouble; *
 let them be clothed with shame and dishonor who boast against me.
 27 Let them be glad and rejoice who favor my righteous cause; *
 indeed, let them say always, “Great is the LORD, who takes pleasure in the prosperity of his servant.”
 28 And as for my tongue, it shall be talking of your righteousness *
 and of your praise all the day long.

36

Dixit injustus

1 My heart shows me the wickedness of the ungodly; *
 there is no fear of God before his eyes.
 2 For he flatters himself in his own sight, *
 until his abominable sin is found out.
 3 The words of his mouth are unrighteous and full of deceit; *
 he has left off behaving wisely and doing good.
 4 He imagines mischief upon his bed, and has set himself in no good way; *
 neither does he abhor anything that is evil.
 5 Your mercy, O LORD, reaches to the heavens, *
 and your faithfulness to the clouds.
 6 Your righteousness stands like the strong mountains; your judgments are like the great deep; *
 you, LORD, shall save both man and beast.
 7 How excellent is your mercy, O God! *
 The children of men shall take refuge under the shadow of your wings.

- 8 They shall be satisfied with the plenteousness of your house, *
and you shall give them drink from your pleasures as out of a river.
- 9 For with you is the well of life, *
and in your light shall we see light.
- 10 O continue your loving-kindness to those who know you, *
and your righteousness to those who are true of heart.
- 11 O let not the foot of the proud come against me, *
and let not the hand of the ungodly cast me down.
- 12 There have they fallen, all those who work wickedness; *
they are cast down, and shall not be able to rise.

DAY 7 : EVENING PRAYER

37

Noli amulari

- 1 Fret not yourself because of the ungodly, *
neither be envious of those who are evildoers.
- 2 For they shall soon be dried up like the grass, *
and be withered even as the green herb.
- 3 Put your trust in the LORD, and do good; *
dwell in the land, and surely you shall be fed.
- 4 Delight yourself in the LORD, *
and he shall give you your heart's desire.
- 5 Commit your way unto the LORD and put your trust in him, *
and he shall bring it to pass.
- 6 He shall 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; *
do not grieve yourself over the one whose way prospers, over the one who carries out evil counsels.
- 8 Refrain from wrath, and let go of anger; *
fret not yourself, lest you be moved to do evil.
- 9 For evildoers shall be rooted out, *
but those who wait patiently for the LORD, they shall inherit the land.
- 10 Yet a little while, and the ungodly shall be clean gone; *
you shall look for their place, and they shall not be there.
- 11 But the meek-spirited shall possess the land *
and shall be refreshed with an abundance of peace.
- 12 The ungodly plot against the just *
and gnash at them with their teeth.
- 13 The Lord shall laugh at them in scorn, *
for he sees that their day is coming.
- 14 The ungodly have drawn out the sword and have bent their bow *
to cast down the poor and needy, and to slay those who walk aright.
- 15 Their sword shall go through their own heart, *
and their bow shall be broken.
- 16 The little that the righteous has *
is better than great riches of the ungodly.
- 17 For the arms of the ungodly shall be broken, *
but the LORD upholds the righteous.
- 18 The LORD knows the days of the godly, *

and their inheritance shall endure for ever.
 19 They shall not be confounded in perilous times, *
 and in the days of famine they shall have enough.
 20 As for the ungodly, they shall perish, and the enemies of the LORD shall be consumed as in a fiery furnace; *
 even as smoke shall they vanish away.
 21 The ungodly borrow and do not repay, *
 but the righteous are merciful and generous.
 22 Those who are blessed by God shall possess the land, *
 but those who are cursed by him shall be rooted out.
 23 The LORD orders a man's steps; *
 he makes his footsteps sure and preserves him on his path.
 24 Though he fall, he shall not be cast down, *
 for the LORD upholds him with his hand.
 25 I have been young, and now I am old, *
 yet I never saw the righteous forsaken, nor his children begging bread.
 26 The righteous is ever merciful in lending, *
 and his seed shall be blessed.
 27 Flee from evil, and do that which is good, *
 and dwell in the land for ever.
 28 For the LORD loves that which is right; *
 he forsakes not those who are godly, and they are preserved for ever.
 29 The unrighteous shall be punished; *
 as for the seed of the ungodly, it shall be rooted out.
 30 The righteous shall inherit the land *
 and dwell therein for ever.
 31 The mouth of the righteous utters wisdom, *
 and his tongue talks of judgment.
 32 The law of his God is in his heart, *
 and his footsteps shall not falter.
 33 The ungodly lie in wait for the righteous *
 and seek occasion to slay him.
 34 The LORD will not leave him in their hand, *
 nor allow him to be condemned when he is judged.
 35 Hope in the LORD, and keep his way, and he shall exalt you so that you shall possess the land; *
 when the ungodly perish, you shall see it.
 36 I myself have seen the ungodly in great power, *
 and flourishing like a tree in full leaf.
 37 I went by, and behold, they were gone; *
 I sought them, but their place could nowhere be found.
 38 Mark the blameless, and take heed of the upright, *
 for there is a future for the peaceable.
 39 As for the transgressors, they shall perish together, *
 and the end of the ungodly is that they shall be rooted out at the last.
 40 But the salvation of the righteous comes from the LORD, *
 who is also their strength in the time of trouble.
 41 And the LORD shall stand by them and save them; *
 he shall deliver them from the ungodly and shall save them, because they put their trust in him.

DAY 8 : MORNING PRAYER

1 Rebuke me not, O LORD, in your anger, *
 neither chasten me in your weighty displeasure.
 2 For your arrows stick fast in me, *
 and your hand presses me hard.
 3 There is no health in my flesh, because of your displeasure; *
 neither is there any rest in my bones, by reason of my sin.
 4 For my iniquities have gone over my head *
 and are like a heavy burden, too much for me to bear.
 5 My wounds stink and fester, *
 by reason of my foolishness.
 6 I am brought into such great trouble and misery *
 that I go about mourning all the day long.
 7 For my loins are filled with burning, *
 and there is no wholeness in my body.
 8 I am feeble and sorely smitten; *
 I have roared because of the tumult of my heart.
 9 Lord, you know all my desire, *
 and my groaning is not hidden from you.
 10 My heart is panting, my strength has failed me, *
 and the sight of my eyes is gone from me.
 11 My friends and my neighbors turn away from my trouble, *
 and my kinsmen stand afar off.
 12 Those also who seek after my life lay snares for me, *
 and those who go about to do me evil talk of wickedness and imagine deceit all the day long.
 13 As for me, I am like the deaf who do not hear, *
 and as one who is mute, who does not open his mouth.
 14 I have become like a man who hears not, *
 and in whose mouth are no reproofs.
 15 For in you, O LORD, have I put my trust; *
 you shall answer for me, O Lord my God.
 16 I have said, "Let not my enemies triumph over me," *
 for when my foot slipped, they rejoiced greatly over me.
 17 Truly, I am about to fall, *
 and my pain is ever with me.
 18 For I will confess my wickedness, *
 and be sorry for my sin.
 19 But my enemies live, and are mighty, *
 and those who hate me wrongfully are many in number.
 20 Those also who repay evil for good are against me, *
 because I follow that which is good.
 21 Forsake me not, O LORD my God; *
 O be not far from me.
 22 Make haste to help me, *
 O Lord God of my salvation.

39

Dixi, Custodiam

1 I said, "I will take heed to my ways, *
 that I may not offend with my tongue.
 2 I will keep my mouth as with a bridle *

while the ungodly are in my sight.”
 3 I held my tongue and spoke nothing; *
 I kept silence, even from good words; but it was pain and grief to me.
 4 My heart was hot within me, and while I was thus pondering the fire kindled, *
 and at the last I spoke with my tongue:
 5 “LORD, let me know my end and the number of my days, *
 that I may learn how short my life is.
 6 Behold, you have made my days as a span in length, *
 and my age is even as nothing before you; and truly, everyone living is but a breath.
 7 For everyone walks about as a shadow, and disquiets himself in vain; *
 he heaps up riches and cannot tell who shall gather them.
 8 And now, Lord, what is my hope? *
 Truly, my hope is in you.
 9 Deliver me from all my offenses, *
 and make me not a taunt of the foolish.
 10 I became mute and opened not my mouth, *
 for it was you that brought it to pass.
 11 Take your affliction from me; *
 I am consumed by the blows of your heavy hand.
 12 When you, with rebukes, chasten someone for sin, you consume what is dear to him, like a moth eating a
 garment; *
 everyone therefore is but vanity.
 13 Hear my prayer, O LORD, and with your ears consider my cry; *
 hold not your peace at my tears.
 14 For I am a stranger with you, *
 and a sojourner, as all my fathers were.
 15 O turn your gaze from me, that I may again be glad, *
 before I go away to be seen no more.”

40

Expectans expectavi

1 I waited patiently for the LORD, *
 and he inclined to me, and heard my call.
 2 He brought me out of the horrible pit, out of the mire and clay; *
 he set my feet upon the rock, and secured my footing.
 3 He has put a new song in my mouth, *
 a song of thanksgiving unto our God.
 4 Many shall see and fear, *
 and shall put their trust in the LORD.
 5 Blessed is the man who has set his hope in the LORD, *
 and has not turned to the proud, or to those who go about lying.
 6 O LORD my God, great are the wondrous works which you have done, and also your thoughts toward us; *
 there is none who can be compared with you.
 7 If I should declare them and speak of them, *
 they would be more than I am able to express.
 8 Sacrifice and offering you do not desire, *
 but my ears you have opened.
 9 Burnt offerings and sin offerings you have not required, *
 and so I said, “Behold, I come;
 10 In the volume of the book it is written of me, that I delight to do your will, O my God; *

- indeed, your law is within my heart.”
- 11 I have declared your righteousness in the great congregation; *
 behold, I will not restrain my lips, O LORD, and that you know.
- 12 I have not hidden your righteousness within my heart; *
 my talk has been of your truth and of your salvation.
- 13 I have not concealed your loving mercy and truth *
 from the great congregation.
- 14 Withdraw not your mercy from me, O LORD; *
 let your loving-kindness and your truth always preserve me.
- 15 For innumerable troubles have encompassed me; my sins have taken such hold of me that I am not able
 to look up; *
 indeed, they are more in number than the hairs of my head, and my heart has utterly failed me.
- 16 O LORD, let it be your pleasure to deliver me; *
 make haste, O LORD, to help me.
- 17 Let them be ashamed and confounded who seek after my soul to destroy it; *
 let them be driven backward and rebuked who wish me evil.
- 18 Let them be desolate and rewarded with shame *
 who say to me, “Aha, Aha.”
- 19 Let all those who seek you be joyful and glad in you; *
 and let those who love your salvation say always, “The LORD be praised.”
- 20 As for me, I am poor and needy, *
 but the Lord cares for me.
- 21 You are my helper and deliverer; *
 do not tarry, O my God.

DAY 8 : EVENING PRAYER

41

Beatus qui intelligit

- 1 Blessed is the one who considers the poor and needy; *
 the LORD shall deliver him in the time of trouble.
- 2 The LORD preserves him and keeps him alive, that he may be blessed upon earth, *
 and delivers him not over to the will of his enemies.
- 3 The LORD comforts him when he lies sick upon his bed, *
 and restores him from his bed of sickness.
- 4 I said, “LORD, be merciful to me; *
 heal my soul, for I have sinned against you.”
- 5 My enemies speak evil of me: *
 “When shall he die, and his name perish?”
- 6 And if anyone comes to see me, he speaks empty words; *
 his heart conceives falsehood within him, and when he goes forth, he tells it.
- 7 All my enemies whisper together against me; *
 even against me are they devising evil:
- 8 “A deadly thing has taken hold of him, *
 and now that he lies down, he will rise up no more.”
- 9 Indeed, even my own familiar friend, whom I trusted, who also ate of my bread, *
 has lifted up his heel against me.
- 10 But be merciful to me, O LORD; *
 raise me up again, and I shall repay them.
- 11 By this I know you favor me, *

- that my enemy does not triumph over me.
12 And when I am in health, you uphold me, *
and shall set me before your face for ever.
13 Blessed be the LORD God of Israel, *
world without end. Amen.

42

Quemadmodum

- 1 As the deer desires the water brooks, *
so longs my soul for you, O God.
2 My soul is athirst for God, even 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 When I think upon these things, I pour out my heart, *
when I remember how I went with the multitude, and brought 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 O put your trust in God, *
for I will yet give him thanks, 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 Mizar among the hills of Hermon.
9 One deep calls to another in the noise of your waterfalls; *
all your waves and storms have gone over me.
10 The LORD will grant his loving-kindness in the daytime; *
and in the night season will I sing of him, and make my prayer to the God of my life.
11 I will say to God my rock, "Why have you forgotten me? *
Why am I full of heaviness, while the enemy oppresses me?"
12 My bones are broken asunder, *
while my enemies mock me to my face,
13 While all day long they 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 O put your trust in God, *
for I will yet give him thanks, who is the help of my countenance, and my God.

43

Judica me, Deus

- 1 Give judgment for me, O God, and defend my cause against the ungodly people; *
O deliver me from the deceitful and the wicked.
2 For you are the God of my strength; why have you put me far from you? *
And why do I go about with heaviness, while the enemy oppresses me?
3 O 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, even to the God of my joy and gladness; *
and on the harp will I 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 O put your trust in God, *
for I will yet give him thanks, who is the help of my countenance, and my God.

DAY 9 : MORNING PRAYER

44

Deus, auribus

- 1 We have heard with our ears, O God, our fathers have told us *
what you did in the days of old:
2 How you drove out the nations with your hand, and planted our fathers in the land; *
how you destroyed the nations and cast them out.
3 For they did not possess the land by their own sword, *
neither was it their own arm that helped them,
4 But by your right hand, and your arm, and the light of your countenance, *
because you favored them.
5 You are my King, O God; *
you send help to Jacob.
6 Through you we will overthrow our enemies, *
and in your Name will we tread down those who rise up against us.
7 For I will not trust in my bow; *
it is not my sword that shall help me;
8 But you save us from our enemies *
and put to shame those who hate us.
9 We make our boast in God all day long *
and will praise your Name for ever.
10 But now you have cast us off and put us to shame, *
and you do not go forth with our armies.
11 You make us turn our backs upon our enemies, *
so that those who hate us plunder our goods.
12 You let us be eaten up like sheep *
and have scattered us among the nations.
13 You sell your people for nothing *
and take no money for them.
14 You make us the reproach of our neighbors, *
to be laughed to scorn, and held in derision by those who are round about us.
15 You make us a byword among the nations, *
so that the peoples shake their heads at us.
16 My disgrace is daily before me, *
and the shame of my face has covered me,
17 Because of the voice of the slanderer and blasphemer, *
because of the enemy and avenger.
18 And though all this has come upon us, yet we do not forget you, *
nor have we been unfaithful to your covenant.
19 Our heart has not turned back, *
nor have our steps departed from your way,
20 Though you have crushed us in the haunt of jackals, *
and covered us with the shadow of death.
21 If we have forgotten the Name of our God, and held up our hands to any strange god, *
shall not God search it out? For he knows the very secrets of the heart.

- 22 For your sake we are killed all the day long, *
and are counted as sheep appointed to be slain.
- 23 Rise up, O Lord! Why are you sleeping? *
Awake, and cast us not away for ever.
- 24 Why do you hide your face *
and forget our misery and trouble?
- 25 For our soul is brought low, even to the dust; *
our belly cleaves to the ground.
- 26 Arise, O Lord, and help us, *
and deliver us for your mercy's sake.

45

Eructavit cor meum

- 1 My heart overflows with a noble song; *
I will sing my words to the King; my tongue is the pen of a ready writer.
- 2 You are fairer than the children of men; *
full of grace are your lips, because God has blessed you for ever.
- 3 Gird your sword upon your thigh, most mighty one, *
according to your honor and majesty.
- 4 In your majesty be victorious; ride out for the sake of truth, to bear witness to righteousness, *
and your right hand shall show you marvelous things.
- 5 Your arrows are very sharp in the heart of the King's enemies, *
and the peoples shall be subdued under you.
- 6 Your throne, O God, endures for ever; *
the scepter of your kingdom is a righteous scepter.
- 7 You have loved righteousness and hated iniquity; *
therefore God, your God, has anointed you with the oil of gladness above your fellows.
- 8 All your garments smell of myrrh, aloes, and cassia; *
out of the ivory palaces, stringed instruments have made you glad.
- 9 Kings' daughters are among your honorable women; *
at your right hand stands the queen in a vesture of gold, wrought with many colors.
- 10 Hearken, O daughter, and consider; incline your ear; *
forget your own people, and your father's house.
- 11 So shall the King have pleasure in your beauty; *
since he is your Lord, honor him.
- 12 And the daughter of Tyre shall bring you gifts; *
the rich also among the peoples shall seek your favor.
- 13 The King's daughter is all glorious within the palace; *
her clothing is of wrought gold.
- 14 She shall be brought to the king in embroidered raiment; *
the virgins who are her companions shall bring her to you.
- 15 With joy and gladness shall they bring her, *
and shall enter into the King's palace.
- 16 Instead of your fathers, you shall have sons, *
whom you shall make princes in all the land.
- 17 I will make your Name to be remembered from one generation to another; *
therefore the peoples shall praise you, world without end.

46

Deus noster refugium

- 1 God is our refuge and strength, *
a very present help in trouble.
- 2 Therefore we will not fear, though the earth be moved, *
and though the hills be carried into the midst of the sea;
- 3 Though its waters rage and swell, *
and though the mountains shake at its tempest.
- 4 There is a river whose streams make glad the city of God, *
the holy dwelling place of the Most High.
- 5 God is in the midst of her; therefore she shall not be moved. *
God shall help her at the break of day.
- 6 The nations are in an uproar, and the kingdoms are moved, *
but God has lifted his voice, and the earth shall melt away.
- 7 The LORD of hosts is with us; *
the God of Jacob is our refuge.
- 8 O come and behold the works of the LORD, *
what devastations he has brought upon the earth.
- 9 He makes wars to cease in all the world; *
he breaks the bow, and shatters the spear, and burns the chariots in the fire.
- 10 "Be still then and know that I am God; *
I will be exalted among the nations, and I will be exalted in the earth."
- 11 The LORD of hosts is with us; *
the God of Jacob is our refuge.

DAY 9 : EVENING PRAYER

47

Omnes gentes, plaudite

- 1 O clap your hands together, all you peoples; *
O cry aloud unto God with shouts of joy.
- 2 For the LORD Most High is to be feared; *
he is the great King over all the earth.
- 3 He shall subdue the peoples under us, *
and the nations under our feet.
- 4 He shall choose our inheritance for us, *
the pride of Jacob whom he loved.
- 5 God has gone up with a shout of triumph, *
the LORD with the sound of the trumpet.
- 6 O sing praises, sing praises unto our God; *
O sing praises, sing praises unto our King.
- 7 For God is the King of all the earth; *
think upon his mighty acts and praise him with a song.
- 8 God reigns over the nations; *
God sits on his holy throne.
- 9 The princes of the peoples are gathered with the people of the God of Abraham; *
for the mighty upon earth have become the servants of the Lord, and he is very highly exalted.

48

Magnus Dominus

- 1 Great is the LORD and highly to be praised *

in the city of our God, even upon his holy hill.
 2 The hill of Zion is beautiful and lofty; *
 it is the joy of the whole earth.
 3 Upon the north side lies the city of the great King; *
 God is well known in her palaces as a sure refuge.
 4 For behold, the kings of the earth *
 have gathered and advanced together.
 5 They marvelled to see such things; *
 they were astonished and fled in terror.
 6 Trembling came upon them, and anguish, *
 as upon a woman in travail.
 7 You caused the east wind to blow *
 and broke apart the ships of Tarshish.
 8 As we have heard, so have we seen in the city of the LORD of hosts, in the city of our God; *
 God upholds her for ever.
 9 We wait for your loving-kindness, O God, *
 in the midst of your temple.
 10 O God, according to your Name, so is your praise to the world's end; *
 your right hand is full of righteousness.
 11 Let Mount Zion rejoice, and the cities of Judah be glad, *
 because of your judgments.
 12 Walk about Zion, and go round about her; *
 count the number of her towers.
 13 Mark well her bulwarks, consider her strongholds, *
 that you may tell those who come after.
 14 This God is our God for ever and ever; *
 he shall be our guide, even unto death.

49

Audite hæc, omnes

1 Hear this, all you peoples; *
 ponder it with your ears, all who dwell in the world,
 2 High and low, rich and poor, *
 everyone with his neighbor.
 3 My mouth shall speak of wisdom, *
 and my heart shall muse on understanding.
 4 I will incline my ear to a parable, *
 and declare my dark sayings with the harp.
 5 Why should I fear in the days of wickedness, *
 and when the wicked at my heels encompass me round about?
 6 There are some who put their trust in their goods, *
 and boast in the multitude of their riches.
 7 But no one can deliver his brother, *
 nor pay unto God a price for him;
 8 For it is so costly to redeem their souls, *
 that we should never have enough to pay it,
 9 So that they should live for ever, *
 and should not see the grave.
 10 For we see that wise men die, as well as the ignorant and foolish; *
 they perish alike and leave their riches for others.

- 11 And yet they think that their houses shall continue for ever, and that their dwelling places shall endure
from one generation to another, *
and they call lands after their own names.
- 12 Man is like an ox that has no understanding; *
he is like the beasts that perish.
- 13 This is the way of their foolishness, *
yet their posterity praise their sayings.
- 14 Like sheep they are appointed to die, and death shall be their shepherd; *
they shall go down straight into the sepulcher.
- 15 Their beauty shall consume away in the grave, *
which shall be their dwelling place for ever.
- 16 But God shall save me from the power of death, *
for he shall deliver my soul.
- 17 Be not envious if one is made rich, *
or if the glory of his house is increased,
- 18 For he shall carry nothing away with him when he dies, *
neither shall his glory follow him.
- 19 For while he lived, he counted himself happy, *
and so long as he did well for himself, people spoke well of him.
- 20 He shall follow the generation of his fathers *
and shall never see the light.
- 21 Those who are honored but have no understanding *
are like the beasts that perish.