

DAY I : MORNING PRAYER

1

Beatus vir qui non abiit

- ¹ Blessed is the man that hath not walked in the counsel of the
ungodly, nor stood in the way of sinners, *
and hath not sat in the seat of the scornful.
- ² But his delight is in the law of the LORD; *
and in his law will he exercise himself day and night.
- ³ And he shall be like a tree planted by the water-side, *
that will bring forth his fruit in due season.
- ⁴ His leaf also shall not wither; *
and look, whatsoever he doeth, it shall prosper.
- ⁵ As for the ungodly, it is not so with them; *
but they are like the chaff, which the wind scattereth 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 But the LORD knoweth the way of the righteous; *
and the way of the ungodly shall perish.

2

Quare fremuerunt gentes?

- ¹ Why do the heathen so furiously rage together? *
and why do the people imagine 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 that dwelleth in heaven shall laugh them to scorn: *
the Lord shall have them in derision.
- 5 Then shall he speak unto them in his wrath, *
and vex them in his sore displeasure:
- 6 Yet have I set my King *
upon my holy hill of Zion.
- 7 I will rehearse the decree; *
the LORD hath said unto me,
Thou art my Son, this day have I begotten thee.
- 8 Desire of me, and I shall give thee the nations
for thine inheritance, *
and the utmost parts of the earth for thy possession.
- 9 Thou shalt bruise them with a rod of iron, *
and break them in pieces like a potter's vessel.
- 10 Be wise now therefore, O ye kings; *
be instructed, ye that are judges of the earth.
- 11 Serve the LORD in fear, *
and rejoice unto him with reverence.
- 12 Kiss the Son, lest he be angry, and so ye perish
from the right way, if his wrath be kindled, yea but a little. *
Blessed are all they that put their trust in him.

3

Domine, quid multiplicati?

- 1 LORD, how are they increased that trouble me! *
many are they that rise against me.
- 2 Many one there be that say of my soul, *
There is no help for him in his God.
- 3 But thou, O LORD, art my defender; *
thou art my worship, and the lifter up of my head.
- 4 I did call upon the LORD with my voice, *
and he heard me out of his holy hill.

- 5 I laid me down and slept, and rose up again; *
for the LORD sustained me.
- 6 I will not be afraid for ten thousands of the people, *
that have set themselves against me round about.
- 7 Up, LORD, and help me, O my God, *
for thou smitest all mine enemies upon the cheekbone;
thou hast broken the teeth of the ungodly.
- 8 Salvation belongeth unto the LORD; *
and thy blessing is upon thy people.

4

Cum invocarem

- 1 Hear me when I call, O God of my righteousness: *
thou hast set me at liberty when I was in trouble;
have mercy upon me, and hearken unto my prayer.
- 2 O ye sons of men, how long will ye blaspheme mine honor, *
and have such pleasure in vanity, and seek after falsehood?
- 3 Know this also, that the LORD hath chosen to himself
the man 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,
and in your chamber, and be still.
- 5 Offer the sacrifice of righteousness, *
and put your trust in the LORD.
- 6 There be many that say, *
Who will show us any good?
- 7 LORD, lift thou up *
the light of thy countenance upon us.
- 8 Thou hast put gladness in my heart; *
yea, more than when their corn and wine and oil increase

9 I will lay me down in peace, and take my rest; *
for it is thou, LORD, only, that makest me dwell in safety.

5

Verba mea auribus

- 1 Ponder my words, O LORD, *
consider my meditation.
- 2 O hearken thou unto the voice of my calling,
my King and my God: *
for unto thee will I make my prayer.
- 3 My voice shalt thou hear betimes, O LORD; *
early in the morning will I direct my prayer unto thee,
and will look up.
- 4 For thou art the God that hast no pleasure in wickedness; *
neither shall any evil dwell with thee.
- 5 Such as be foolish shall not stand in thy sight; *
for thou hatest all them that work iniquity.
- 6 Thou shalt destroy them that speak lies: *
the LORD will abhor both the blood-thirsty and
deceitful man.
- 7 But as for me, in the multitude of thy mercy I will come
into thine house; *
and in thy fear will I worship toward thy holy temple.
- 8 Lead me, O LORD, in thy righteousness,
because of mine enemies; *
make thy way plain before my face.
- 9 For there is no faithfulness in their mouth; *
their inward parts are very wickedness.
- 10 Their throat is an open sepulcher; *
they flatter with their tongue.
- 11 Destroy thou them, O God;
let them perish through their own imaginations; *
cast them out in the multitude of their ungodliness;

- for they have rebelled against thee.
- 12 And let all them that put their trust in thee rejoice: *
they shall ever be giving of thanks, because thou defendest
them; they that love thy Name shall be joyful in thee.
- 13 For thou, LORD, wilt give thy blessing unto the righteous, *
and with thy favorable kindness
wilt thou defend him as with a shield.

DAY I : EVENING PRAYER

6

Domine, ne in furore

- 1 O LORD, rebuke me not in thine indignation, *
neither chasten me in thy displeasure.
- 2 Have mercy upon me, O LORD, for I am weak; *
O LORD, heal me, for my bones are vexed.
- 3 My soul also is sore troubled: *
but, LORD, how long wilt thou punish me?
- 4 Turn thee, O LORD, and deliver my soul; *
O save me, for thy mercy's sake.
- 5 For in death no man remembereth thee; *
and who will give thee thanks in the pit?
- 6 I am weary of my groaning; *
every night wash I my bed,
and water my couch with my tears.
- 7 My beauty is gone for very trouble, *
and worn away because of all mine enemies.
- 8 Away from me, all ye that work iniquity; *
for the LORD hath heard the voice of my weeping.
- 9 The LORD hath heard my petition; *
the LORD will receive my prayer.
- 10 All mine enemies shall be confounded, and sore vexed; *
they shall be turned back, and put to shame suddenly.

7

Domine, Deus meus

- 1 O LORD my God, in thee have I put my trust: *
save me from all them that persecute me, and deliver me;
- 2 Lest he devour my soul like a lion, and tear it in pieces, *
while there is none to help.
- 3 O LORD my God, if I have done any such thing; *
or if there be any wickedness in my hands;
- 4 If I have rewarded evil unto him that dealt friendly with me; *
(yea, I have delivered him that without any cause
is mine enemy;)
- 5 Then let mine enemy persecute my soul, and take me; *
yea, let him tread my life down upon the earth,
and lay mine honor in the dust.
- 6 Stand up, O LORD, in thy wrath, and lift up thyself,
because of the indignation of mine enemies; *
arise up for me in the judgment that thou hast commanded.
- 7 And so shall the congregation of the peoples come about
thee: *
for their sakes therefore lift up thyself again.
- 8 The LORD shall judge the peoples:
give sentence with me, O LORD, *
according to my righteousness,
and according to the innocency that is in me.
- 9 O let the wickedness of the ungodly come to an end; *
but guide thou the just.
- 10 For the righteous God *
trieth the very hearts and reins.
- 11 My help cometh of God, *
who preserveth them that 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 turn, he will whet his sword; *
he hath bent his bow, and made it ready.
- 14 He hath prepared for him the instruments of death; *
he ordaineth his arrows against the persecutors.
- 15 Behold, the ungodly travaileth with iniquity; *
he hath conceived mischief, and brought forth falsehood.
- 16 He hath graven and digged up a pit, *
and is fallen himself into the destruction
that he made for other.
- 17 For his travail shall come upon his own head, *
and his wickedness shall fall on his own pate.
- 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 thy Name in all the world; *
thou that hast set thy glory above the heavens!
- 2 Out of the mouth of very babes and sucklings hast thou
ordained strength, because of thine enemies, *
that thou mightest still the enemy and the avenger.
- 3 When I consider thy heavens, even the work of thy fingers; *
the moon and the stars which thou hast ordained;
- 4 What is man, that thou art mindful of him? *
and the son of man, that thou visitest him?
- 5 Thou madest him lower than the angels, *
to crown him with glory and worship.
- 6 Thou makest him to have dominion of the works of thy hands; *
and thou hast put all things in subjection under his feet:

- 7 All sheep and oxen; *
yea, and the beasts of the field;
8 The fowls of the air, and the fishes of the sea; *
and whatsoever walketh through the paths of the seas.
9 O LORD our Governor, *
how excellent is thy Name in all the world!

DAY 2 : MORNING PRAYER

9

Confitebor tibi

- 1 I will give thanks unto thee, O LORD, with my whole heart; *
I will speak of all thy marvelous works.
2 I will be glad and rejoice in thee; *
yea, my songs will I make of thy Name, O thou Most
Highest.
3 While mine enemies are driven back, *
they shall fall and perish at thy presence.
4 For thou hast maintained my right and my cause; *
thou art set in the throne that judgest right.
5 Thou hast rebuked the heathen, and destroyed the ungodly; *
thou hast put out their name for ever and ever.
6 O thou enemy, thy destructions are come to a perpetual end; *
even as the cities which thou hast destroyed,
whose memorial is perished with them.
7 But the LORD shall endure for ever; *
he hath also prepared his seat for judgment.
8 For he shall judge the world in righteousness, *
and minister true judgment unto the people.
9 The LORD also will be a defense for the oppressed, *
even a refuge in due time of trouble.
10 And they that know thy Name will put their trust in thee; *
for thou, LORD, hast never failed them that seek thee.

- 11 O praise the LORD which dwelleth in Zion; *
show the people of his doings.
- 12 For when he maketh inquisition for blood,
he remembereth them, *
and forgetteth not the complaint of the poor.
- 13 Have mercy upon me, O LORD;
consider the trouble which I suffer of them that hate me, *
thou that liftest me up from the gates of death;
- 14 That I may show all thy praises within the gates
of the daughter of Zion; *
I will rejoice in thy salvation.
- 15 The heathen are sunk down in the pit that they made; *
in the same net which they hid privily is their foot taken.
- 16 The LORD is known to execute judgment, *
the ungodly is trapped in the work of his own hands.
- 17 The wicked shall be turned to destruction, *
and all the people that forget God.
- 18 For the poor shall not always be forgotten; *
the patient abiding of the meek shall not perish for ever.
- 19 Up, LORD, and let not man have the upper hand; *
let the heathen be judged in thy sight.
- 20 Put them in fear, O LORD, *
that the heathen may know themselves to be but men.

10

Ut quid, Domine?

- 1 Why standest thou so far off, O LORD, *
and hidest thy face in the needful time of trouble?
- 2 The ungodly, for his own lust, doth persecute the poor: *
let them be taken in the crafty wiliness that they have
imagined.

- 3 For the ungodly hath made boast of his own heart's desire, *
and speaketh good of the covetous,
whom the LORD abhorreth.
- 4 The ungodly is so proud that he care not for God; *
neither is God in all his thoughts.
- 5 His ways are always grievous; *
thy judgments are far above out of his sight, and therefore
defieth he all his enemies.
- 6 For he hath said in his heart, Tush, I shall never be cast
down, *
there shall no harm happen unto me.
- 7 His mouth is full of cursing, deceit, and fraud; *
under his tongue is ungodliness and vanity.
- 8 He sitteth lurking in the thievish corners of the streets, *
and privily in his lurking dens doth he murder the innocent;
his eyes are set against the poor.
- 9 For he lieth waiting secretly;
even as a lion lurketh he in his den, *
that he may ravish the poor.
- 10 He doth ravish the poor, *
when he getteth him into his net.
- 11 He falleth down, and humbleth himself, *
that the congregation of the poor may fall into the hands
of his captains.
- 12 He hath said in his heart, Tush, God hath forgotten; *
he hideth away his face, and he will never see it.
- 13 Arise, O LORD God, and lift up thine hand; *
forget not the poor.
- 14 Wherefore should the wicked blaspheme God, *
while he doth say in his heart,
Tush, thou God carest not for it?

- 15 Surely thou hast seen it; *
for thou beholdest ungodliness and wrong, that thou
mayest take the matter into thy hand.
- 16 The poor commiteth himself unto thee; *
for thou art the helper of the friendless.
- 17 Break thou the power of the ungodly and malicious; *
search out his ungodliness until thou find none.
- 18 The LORD is King for ever and ever, *
and the heathen are perished out of the land.
- 19 LORD, thou hast heard the desire of the poor; *
thou preparest their heart, and thine ear hearkeneth;
- 20 To help the fatherless and poor unto their right, *
that the man of the earth be no more exalted against them.

11

In Domino confido

- 1 In the LORD put I my trust; *
how say ye then to my soul, that she should flee as a bird
unto the hill?
- 2 For lo, the ungodly bend their bow,
and make ready their arrows within the quiver,*
that they may privily shoot at them which are true of heart.
- 3 If the foundations be destroyed, *
what can the righteous do?
- 4 The LORD is in his holy temple; *
the LORD's seat is in heaven.
- 5 His eyes consider the poor, *
and his eyelids try the children of men.
- 6 The LORD approveth the righteous: *
but the ungodly, and him that delighteth in wickedness,
doth his soul abhor.

- 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 loveth righteousness; *
his countenance will behold the thing that is just.

DAY 2 : EVENING PRAYER

12

Salvum me fac

- 1 Help me, LORD, for there is not one godly man left; *
for the faithful are minished from among the children
of men.
- 2 They talk of vanity every one with his neighbor; *
they do but flatter with their lips,
and dissemble in their double heart.
- 3 The LORD shall root out all deceitful lips, *
and the tongue that speaketh proud things;
- 4 Which have said, With our tongue will we prevail; *
we are they that ought to speak; who is lord over us?
- 5 Now for the comfortless troubles' sake of the needy, *
and because of the deep sighing of the poor,
- 6 I will up, saith the LORD, *
and will help every one from him that swelleth against him,
and will set him at rest.
- 7 The words of the LORD are pure words; *
even as the silver which from the earth is tried,
and purified seven times in the fire.
- 8 Thou shalt keep them, O LORD; *
thou shalt preserve them from this generation for ever.
- 9 The ungodly walk on every side: *
when they are exalted,
the children of men are put to rebuke.

13

Usquequo, Domine?

- 1 How long wilt thou forget me, O LORD; for ever? *
how long wilt thou hide thy face from me?
- 2 How long shall I seek counsel in my soul, and be so vexed
in my heart? *
how long shall mine enemy triumph over me?
- 3 Consider and hear me, O LORD my God; *
lighten mine eyes, that I sleep not in death;
- 4 Lest mine enemy say, I have prevailed against him: *
for if I be cast down, they that trouble me will rejoice at it.
- 5 But my trust is in thy mercy, *
and my heart is joyful in thy salvation.
- 6 I will sing of the LORD, because he hath dealt so lovingly
with me; *
yea, I will praise the Name of the Lord Most Highest.

14

Dixit insipiens

- 1 The fool hath said in his heart, *
There is no God.
- 2 They are corrupt, and become abominable in their doings; *
there is none that doeth good, no not one.
- 3 The LORD looked down from heaven upon the children of men, *
to see if there were any that would understand,
and seek after God.
- 4 But they are all gone out of the way,
they are altogether become abominable; *
there is none that doeth good, no not one.

- 5 Have they no knowledge,
that they are all such workers of mischief,*
eating up my people as it were bread,
and call not upon the LORD?
- 6 There were they brought in great fear, even where no fear was;*
for God is in the generation of the righteous.
- 7 As for you, ye have made a mock at the counsel of the poor,*
because he putteth his trust in the LORD.
- 8 Who shall give salvation unto Israel out of Zion? *
When the LORD turneth the captivity of his people,
then shall Jacob rejoice, and Israel shall be glad.

DAY 3 : MORNING PRAYER

15

Domine, quis habitabit?

- 1 LORD, who shall dwell in thy tabernacle? *
or who shall rest upon thy holy hill?
- 2 Even he that leadeth an uncorrupt life,*
and doeth the thing which is right,
and speaketh the truth from his heart.
- 3 He that hath used no deceit in his tongue,
nor done evil to his neighbor,*
and hath not slandered his neighbor.
- 4 He that setteth not by himself, but is lowly in his own eyes,*
and maketh much of them that fear the LORD.
- 5 He that sweareth unto his neighbor,
and disappointeth him not,*
though it were to his own hindrance.
- 6 He that hath not given his money upon usury,*
nor taken reward against the innocent.
- 7 Whoso doeth these things *
shall never fall.

16

Conserua me, Domine

- 1 Preserve me, O God: *
for in thee have I put my trust.
- 2 O my soul, thou hast said unto the LORD, *
Thou art my God; I have no good like unto thee.
- 3 All my delight is upon the saints that are in the earth, *
and upon such as excel in virtue.
- 4 But they that run after another god *
shall have great trouble.
- 5 Their drink offerings of blood will I not offer, *
neither make mention of their names within my lips.
- 6 The LORD himself is the portion of mine inheritance,
and of my cup; *
thou shalt maintain my lot.
- 7 The lot is fallen unto me in a fair ground; *
yea, I have a goodly heritage.
- 8 I will thank the LORD for giving me warning; *
my reins also chasten me in the night season.
- 9 I have set the LORD alway before me; *
for he is on my right hand, therefore I shall not fall.
- 10 Wherefore my heart is glad, and my glory rejoiceth: *
my flesh also shall rest in hope.
- 11 For why? Thou shalt not leave my soul in hell; *
neither shalt thou suffer thy Holy One to see corruption.
- 12 Thou shalt show me the path of life:
in thy presence is the fullness of joy, *
and at thy right hand there is pleasure for evermore.

17

Exaudi, Domine

- 1 Hear the right, O LORD, consider my complaint, *
and hearken unto my prayer,
that goeth not out of feigned lips.
- 2 Let my sentence come forth from thy presence; *
and let thine eyes look upon the thing that is equal.
- 3 Thou hast proved and visited mine heart in the night season;
thou hast tried me, and shalt find no wickedness in me; *
for I am utterly purposed that my mouth shall not offend.
- 4 As for the works of men, *
by the word of thy lips
I have kept me from the ways of the destroyer.
- 5 O hold thou up my goings in thy paths, *
that my footsteps slip not.
- 6 I have called upon thee, O God, for thou shalt hear me: *
incline thine ear to me, and hearken unto my words.
- 7 Show thy marvelous loving-kindness, thou that art the Savior
of them which put their trust in thee, *
from such as resist thy right hand.
- 8 Keep me as the apple of an eye; *
hide me under the shadow of thy wings,
- 9 From the ungodly, that trouble me; *
mine enemies compass me round about,
to take away my soul.
- 10 They are inclosed in their own fat, *
and their mouth speaketh proud things.
- 11 They lie waiting in our way on every side, *
watching to cast us down to the ground;
- 12 Like as a lion that is greedy of his prey, *
and as it were a lion's whelp lurking in secret places.

- 13 Up, LORD, disappoint him, and cast him down; *
 deliver my soul from the ungodly, by thine own sword;
14 Yea, by thy hand, O LORD; from the men of the evil world; *
 which have their portion in this life,
 whose bellies thou fillest with thy hid treasure.
15 They have children at their desire, *
 and leave the rest of their substance for their babes.
16 But as for me, I shall behold thy presence in righteousness; *
 and when I awake up after thy likeness, I shall be satisfied.

DAY 3 : EVENING PRAYER

18

Diligam te, Domine

- 1 I will love thee, O LORD my strength. *
 The LORD is my stony rock, and my defense;
2 My Savior, my God, and my might, in whom I will trust; *
 my buckler, the horn also of my salvation, and my refuge.
3 I will call upon the LORD, which is worthy to be praised; *
 so shall I be safe from mine enemies.
4 The sorrows of death compassed me, *
 and the overflowings of ungodliness made me afraid.
5 The pains of hell came about me; *
 the snares of death overtook me.
6 In my trouble I called upon the LORD, *
 and complained unto my God:
7 So he heard my voice out of his holy temple, *
 and my complaint came before him;
 it entered even into his ears.
8 The earth trembled and quaked, *
 the very foundations also of the hills shook,
 and were removed, because he was wroth.

- 9 There went a smoke out in his presence, *
and a consuming fire out of his mouth,
so that coals were kindled at it.
- 10 He bowed the heavens also, and came down, *
and it was dark under his feet.
- 11 He rode upon the Cherubim, and did fly; *
he came flying upon the wings of the wind.
- 12 He made darkness his secret place, *
his pavilion round about him with dark water,
and thick clouds to cover him.
- 13 At the brightness of his presence his clouds removed; *
hailstones and coals of fire.
- 14 The LORD also thundered out of heaven,
and the Highest gave his thunder; *
hailstones and coals of fire.
- 15 He sent out his arrows and scattered them; *
he cast forth lightnings, and destroyed them.
- 16 The springs of waters were seen, and the foundations
of the round world were discovered, *
at thy chiding, O LORD,
at the blasting of the breath of thy displeasure.
- 17 He sent down from on high to fetch me, *
and took me out of many waters.
- 18 He delivered me from my strongest enemy,
and from them which hate me; *
for they were too mighty for me.
- 19 They came upon me in the day of my trouble; *
but the LORD was my upholder.
- 20 He brought me forth also into a place of liberty; *
he brought me forth,
even because he had a favor unto me.

- 21 The LORD rewarded me after my righteous dealing, *
according to the cleanness of my hands
did he recompense me.
- 22 Because I have kept the ways of the LORD, *
and have not forsaken my God, as the wicked doth.
- 23 For I have an eye unto all his laws, *
and will not cast out his commandments from me.
- 24 I was also uncorrupt before him, *
and eschewed mine own wickedness.
- 25 Therefore the LORD rewarded me after my righteous dealing, *
and according unto the cleanness of my hands
in his eyesight.
- 26 With the holy thou shalt be holy, *
and with a perfect man thou shalt be perfect.
- 27 With the clean thou shalt be clean, *
and with the froward thou shalt be froward.
- 28 For thou shalt save the people that are in adversity, *
and shalt bring down the high looks of the proud.
- 29 Thou also shalt light my candle; *
the LORD my God shall make my darkness to be light.
- 30 For in thee I shall discomfit an host of men, *
and with the help of my God I shall leap over the 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 them that put their trust in him.
- 32 For who is God, but the LORD? *
or who hath any strength, except our God?
- 33 It is God that girdeth me with strength of war *
and maketh my way perfect.
- 34 He maketh my feet like harts' feet, *
and setteth me up on high.
- 35 He teacheth mine hands to fight, *
and mine arms shall bend even a bow of steel.

- 36 Thou hast given me the defense of thy salvation; *
thy right hand also shall hold me up,
and thy loving correction shall make me great.
- 37 Thou shalt make room enough under me for to go, *
that my footsteps shall not slide.
- 38 I will follow upon mine enemies, and overtake them; *
neither will I turn again till I have destroyed them.
- 39 I will smite them, that they shall not be able to stand, *
but fall under my feet.
- 40 Thou hast girded me with strength unto the battle; *
thou shalt throw down mine enemies under me.
- 41 Thou hast made mine enemies also
to turn their backs upon me, *
and I shall destroy them that hate me.
- 42 They shall cry, but there shall be none to help them; *
yea, even unto the LORD shall they cry, but he shall not
hear them.
- 43 I will beat them as small as the dust before the wind: *
I will cast them out as the clay in the streets.
- 44 Thou shalt deliver me from the strivings of the people, *
and thou shalt make me the head of the nations;
a people whom I have not known shall serve me.
- 45 As soon as they hear of me, they shall obey me; *
the strangers shall feign obedience unto me.
- 46 The strangers shall fail, *
and come trembling out of their strongholds.
- 47 The LORD liveth; and blessed be my strong helper, *
and praised be the God of my salvation;
- 48 Even the God that seeth that I be avenged, *
and subdueth the people unto me.
- 49 It is he that delivereth me from my cruel enemies,
and setteth me up above mine adversaries: *
thou shalt rid me from the wicked man.

- 50 For this cause will I give thanks unto thee, O LORD,
among the Gentiles,*
and sing praises unto thy Name.
- 51 Great prosperity giveth he unto his King,*
and showeth loving-kindness unto David his Anointed,
and unto his seed for evermore.

DAY 4 : MORNING PRAYER

19

Cæli enarrant

- 1 The heavens declare the glory of God,*
and the firmament showeth his handy-work.
- 2 One day telleth another;*
and one night certifieth another.
- 3 There is neither speech nor language;*
but their voices are heard among them.
- 4 Their sound is gone out into all lands;*
and their words into the ends of the world.
- 5 In them hath he set a tabernacle for the sun;*
which cometh forth as a bridegroom out of his chamber,
and rejoiceth as a giant to run his course.
- 6 It goeth forth from the uttermost part of the heaven,
and runneth about unto the end of it again;*
and there is nothing hid from the heat thereof.
- 7 The law of the LORD is an undefiled law, converting the soul;*
the testimony of the LORD is sure,
and giveth wisdom unto the simple.
- 8 The statutes of the LORD are right, and rejoice the heart;*
the commandment of the LORD is pure,
and giveth light unto the eyes.
- 9 The fear of the LORD is clean, and endureth for ever;*
the judgments of the LORD are true, and righteous altogether.

- 10 More to be desired are they than gold,
yea, than much fine gold; *
sweeter also than honey, and the honeycomb.
- 11 Moreover, by them is thy servant taught; *
and in keeping of them there is great reward.
- 12 Who can tell how oft he offendeth? *
O cleanse thou me from my secret faults.
- 13 Keep thy servant also from presumptuous sins,
lest they get the dominion over me; *
so shall I be undefiled, and innocent from the great offense.
- 14 Let the words of my mouth, and the meditation of my heart,
be always acceptable in thy sight, *
O LORD, my strength and my redeemer.

20

Exaudi te Dominus

- 1 The LORD hear thee in the day of trouble; *
the Name of the God of Jacob defend thee:
- 2 Send thee help from the sanctuary, *
and strengthen thee out of Zion:
- 3 Remember all thy offerings, *
and accept thy burnt-sacrifice:
- 4 Grant thee thy heart's desire, *
and fulfill all thy mind.
- 5 We will rejoice in thy salvation,
and triumph in the Name of the LORD our God: *
the LORD perform all thy petitions.
- 6 Now know I that the LORD helpeth his Anointed,
and will hear him from his holy heaven, *
even with the wholesome strength of his right hand.
- 7 Some put their trust in chariots, and some in horses; *
but we will remember the Name of the LORD our God.

- 8 They are brought down and fallen; *
but we are risen and stand upright.
9 Save, LORD; and hear us, O King of heaven, *
when we call upon thee.

21

Domine, in virtute tua

- 1 The King shall rejoice in thy strength, O LORD; *
exceeding glad shall he be of thy salvation.
2 Thou hast given him his heart's desire, *
and hast not denied him the request of his lips.
3 For thou shalt meet him with the blessings of goodness, *
and shalt set a crown of pure gold upon his head.
4 He asked life of thee; and thou gavest him a long life, *
even for ever and ever.
5 His honor is great in thy salvation; *
glory and great worship shalt thou lay upon him.
6 For thou shalt give him everlasting felicity, *
and make him glad with the joy of thy countenance.
7 And why? Because the King putteth his trust in the LORD; *
and in the mercy of the Most Highest he shall not miscarry.
8 All thine enemies shall feel thine hand; *
thy right hand shall find out them that hate thee.
9 Thou shalt make them like a fiery oven in time of thy wrath: *
the LORD shall destroy them in his displeasure,
and the fire shall consume them.
10 Their fruit shalt thou root out of the earth, *
and their seed from among the children of men.
11 For they intended mischief against thee, *
and imagined such a device as they are not able to perform.

- 12 Therefore shalt thou put them to flight, *
and the strings of thy bow shalt thou make ready against
the face of them.
- 13 Be thou exalted, LORD, in thine own strength; *
so will we sing, and praise thy power.

DAY 4 : EVENING PRAYER

22

Deus, Deus meus

- 1 My God, my God, look upon me;
why hast thou forsaken me, *
and art so far from my health,
and from the words of my complaint?
- 2 O my God, I cry in the day-time, but thou hearest not; *
and in the night season also I take no rest.
- 3 And thou continuest holy, *
O thou Worship of Israel.
- 4 Our fathers hoped in thee; *
they trusted in thee, and thou didst deliver them.
- 5 They called upon thee, and were holpen; *
they put their trust in thee, and were not confounded.
- 6 But as for me, I am a worm, and no man; *
a very scorn of men, and the outcast of the people.
- 7 All they that see me laugh me to scorn; *
they shoot out their lips, and shake their heads, saying,
- 8 He trusted in the LORD, that he would deliver him; *
let him deliver him, if he will have him.
- 9 But thou art he that took me out of my mother's womb; *
thou wast my hope,
when I hanged yet upon my mother's breasts.
- 10 I have been left unto thee ever since I was born; *
thou art my God even from my mother's womb.

- 11 O go not from me, for trouble is hard at hand, *
and there is none to help me.
- 12 Many oxen are come about me; *
fat bulls of Bashan close me in on every side.
- 13 They gape upon me with their mouths, *
as it were a ramping 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 even like melting wax.
- 15 My strength is dried up like a potsherd, and my tongue
cleaveth to my gums, *
and thou bringest me into the dust of death.
- 16 For many dogs are come about me, *
and the council of the wicked layeth siege against me.
- 17 They pierced my hands and my feet: I may tell all my bones: *
they stand staring and looking upon me.
- 18 They part my garments among them, *
and cast lots upon my vesture.
- 19 But be not thou far from me, O LORD; *
Thou art my succor, haste thee to help me.
- 20 Deliver my soul from the sword, *
my darling from the power of the dog.
- 21 Save me from the lion's mouth; *
thou hast heard me also from among
the horns of the unicorns.
- 22 I will declare thy Name unto my brethren; *
in the midst of the congregation will I praise thee.
- 23 O praise the LORD, ye that fear him: *
magnify him, all ye of the seed of Jacob;
and fear him, all ye seed of Israel.
- 24 For he hath not despised nor abhorred
the low estate of the poor; *
he hath not hid his face from him;

- but when he called unto him he heard him.
- 25 My praise is of thee in the great congregation; *
my vows will I perform in the sight of them that fear him.
- 26 The poor shall eat and be satisfied;
they that seek after the LORD shall praise him: *
your heart shall live for ever.
- 27 All the ends of the world shall remember themselves,
and be turned unto the LORD; *
and all the kindreds of the nations shall worship before him.
- 28 For the kingdom is the LORD's, *
and he is the Governor among the nations.
- 29 All such as be fat upon earth *
have eaten, and worshiped.
- 30 All they that go down into the dust shall kneel before him; *
and no man hath quickened his own soul.
- 31 My seed shall serve him: *
they shall be counted unto the Lord for a generation.
- 32 They shall come, and shall declare his righteousness*
unto a people that shall be born, whom the Lord hath made.

23

Dominus regit me

- 1 The LORD is my shepherd; *
therefore can I lack
nothing.
- 2 He shall feed me in a green
pasture *
and lead me forth beside
the waters of comfort.
- 3 He shall convert my soul, *
and bring me forth 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 comfort
me.
- 5 Thou shalt prepare a table
before me in the presence of
them that trouble me; *
thou hast anointed my
head with oil, and my cup
shall be full.
- 6 Surely thy loving-kindness
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.*

- 1 The earth is the LORD's and all that therein is; *
the compass of the world, and they that dwell therein.
- 2 For he hath founded it upon the seas, *
and stablished it upon the floods.
- 3 Who shall ascend into the hill of the LORD? *
or who shall rise up in his holy place?
- 4 Even he that hath clean hands, and a pure heart; *
and that hath not lift up his mind unto vanity,
nor sworn to deceive his neighbor.
- 5 He shall receive the blessing from the LORD, *
and righteousness from the God of his salvation.
- 6 This is the generation of them that seek him; *
even of them that seek thy face, O God of Jacob.
- 7 Lift up your heads, O ye gates; and be ye lift up,
ye everlasting doors; *
and the King of glory shall come in.
- 8 Who is this King of glory? *
It is the LORD strong and mighty, even the LORD
mighty in battle.
- 9 Lift up your heads, O ye gates; and be ye lift up,
ye everlasting doors; *
and the King of glory shall come in.
- 10 Who is this King of glory? *
Even the LORD of hosts, he is the King of glory.

25

Ad te, Domine, levavi

- 1 Unto thee, O LORD, will I lift up my soul;
 my God, I have put my trust in thee: *
 O let me not be confounded,
 neither let mine enemies triumph over me.
- 2 For all they that hope in thee shall not be ashamed; *
 but such as transgress without a cause
 shall be put to confusion.
- 3 Show me thy ways, O LORD, *
 and teach me thy paths.
- 4 Lead me forth in thy truth, and learn me: *
 for thou art the God of my salvation;
 in thee hath been my hope all the day long.
- 5 Call to remembrance, O LORD, thy tender mercies, *
 and thy loving-kindnesses, which have been ever of old.
- 6 O remember not the sins and offenses of my youth; *
 but according to thy mercy think thou upon me,
 O LORD, for thy goodness.
- 7 Gracious and righteous is the LORD; *
 therefore will he teach sinners in the way.
- 8 Them that are meek shall he guide in judgment; *
 and such as are gentle, them shall he learn his way.
- 9 All the paths of the LORD are mercy and truth, *
 unto such as keep his covenant and his testimonies.
- 10 For thy Name's sake, O LORD, *
 be merciful unto my sin; for it is great.
- 11 What man is he that feareth the LORD? *
 Him shall he teach in the way that he shall choose.
- 12 His soul shall dwell at ease, *
 and his seed shall inherit the land.

- 13 The secret of the LORD is among them that fear him; *
and he will show them his covenant.
- 14 Mine eyes are ever looking unto the LORD; *
for he shall pluck my feet out of the net.
- 15 Turn thee unto me, and have mercy upon me; *
for I am desolate, and in misery.
- 16 The sorrows of my heart are enlarged: *
O bring thou me out of my troubles.
- 17 Look upon my adversity and misery, *
and forgive me all my sin.
- 18 Consider mine enemies, how many they are; *
and they bear a tyrannous hate against me.
- 19 O keep my soul and deliver me: *
let me not be confounded, for I have put my trust in thee.
- 20 Let perfectness and righteous dealing wait upon me; *
for my hope hath been in thee.
- 21 Deliver Israel, O God, *
out of all his troubles.

26

Judica me, Domine

- 1 Be thou my Judge, O LORD, for I have walked innocently: *
my trust hath been also in the LORD,
therefore shall I not fall.
- 2 Examine me, O LORD, and prove me; *
try out my reins and my heart.
- 3 For thy loving-kindness is ever before mine eyes; *
and I will walk in thy truth.
- 4 I have not dwelt with vain persons; *
neither will I have fellowship with the deceitful.
- 5 I have hated the congregation of the wicked; *
and will not sit among the ungodly.

- 6 I will wash my hands in innocency, O LORD; *
and so will I go to thine altar;
7 That I may show the voice of thanksgiving, *
and tell of all thy wondrous works.
8 LORD, I have loved the habitation of thy house, *
and the place where thine honor dwelleth.
9 O shut not up my soul with the sinners, *
nor my life with the blood-thirsty,
10 In whose hands is wickedness, *
and their right hand is full of gifts.
11 But as for me, I will walk innocently: *
O deliver me, and be merciful unto me.
12 My foot standeth right: *
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 mine enemies and my foes,
came upon me to eat up my flesh, *
they stumbled and fell.
3 Though an host of men were laid against me,
yet shall not my heart be afraid; *
and though there rose up war against me,
yet will I put my trust in him.
4 One thing have I desired of the LORD, which I will require; *
even that I may dwell in the house of the LORD all the days
of my life, to behold the fair beauty of the LORD, and to
visit his temple.

- 5 For in the time of trouble shall he hide me in his tabernacle; *
yea, in the secret place of his dwelling he shall hide me,
and set me up upon a rock of stone.
- 6 And now shall he lift up mine head *
above mine enemies round about me.
- 7 Therefore will I offer in his dwelling an oblation,
with great gladness: *
I will sing and speak praises unto the LORD.
- 8 Hearken unto my voice, O LORD, when I cry unto thee; *
have mercy upon me, and hear me.
- 9 My heart hath talked of thee, Seek ye my face: *
Thy face, LORD, will I seek.
- 10 O hide not thou thy face from me, *
nor cast thy servant away in displeasure.
- 11 Thou hast been my succor; *
leave me not, neither forsake me, O God of my salvation.
- 12 When my father and my mother forsake me, *
the LORD taketh me up.
- 13 Teach me thy way, O LORD, *
and lead me in the right way, because of mine enemies.
- 14 Deliver me not over into the will of mine adversaries: *
for there are false witnesses risen up against me,
and such as speak wrong.
- 15 I should utterly have fainted, *
but that I believe verily to see the goodness of the
LORD in the land of the living.
- 16 O tarry thou the LORD's leisure;
be strong, and he shall comfort thine heart; *
and put thou thy trust in the LORD.

- 1 Unto thee will I cry, O LORD my strength: *
 think no scorn of me;
 lest, if thou make as though thou hearest not,
 I become like them that go down into the pit.
- 2 Hear the voice of my humble petitions, when I cry unto thee; *
 when I hold up my hands towards the mercy-seat
 of thy holy temple.
- 3 O pluck me not away,
 neither destroy me with the ungodly and wicked doers, *
 which speak friendly to their neighbors,
 but imagine mischief in their hearts.
- 4 Reward them according to their deeds, *
 and according to the wickedness of their own inventions.
- 5 Recompense them after the work of their hands; *
 pay them that they have deserved.
- 6 For they regard not in their mind the works of the LORD,
 nor the operation of his hands; *
 therefore shall he break them down, and not build them up.
- 7 Praised be the LORD; *
 for he hath heard the voice of my humble petitions.
- 8 The LORD is my strength, and my shield;
 my heart hath trusted in him, and I am helped; *
 therefore my heart danceth for joy,
 and in my song will I praise him.
- 9 The LORD is my strength, *
 and he is the wholesome defense of his anointed.
- 10 O save thy people,
 and give thy blessing unto thine inheritance: *
 feed them, and set them up for ever.

29

Afferte Domino

- 1 Ascribe unto the LORD, O ye mighty, *
ascribe unto the LORD worship and strength.
- 2 Ascribe unto the LORD the honor due unto his Name; *
worship the LORD with holy worship.
- 3 The voice of the LORD is upon the waters; *
it is the glorious God that maketh the thunder.
- 4 It is the LORD that ruleth the sea;
the voice of the LORD is mighty in operation; *
the voice of the LORD is a glorious voice.
- 5 The voice of the LORD breaketh the cedar-trees; *
yea, the LORD breaketh the cedars of Lebanon.
- 6 He maketh them also to skip like a calf; *
Lebanon also, and Sirion, like a young unicorn.
- 7 The voice of the LORD divideth the flames of fire;
the voice of the LORD shaketh the wilderness; *
yea, the LORD shaketh the wilderness of Kadesh.
- 8 The voice of the LORD maketh the hinds to bring forth young,
and strippeth bare the forests: *
in his temple doth everything speak of his honor.
- 9 The LORD sitteth above the water-flood, *
and the LORD remaineth a King for ever.
- 10 The LORD shall give strength unto his people; *
the LORD shall give his people the blessing of peace.

DAY 6 : MORNING PRAYER

30

Exaltabo te, Domine

- 1 I will magnify thee, O LORD; for thou hast set me up, *
and not made my foes to triumph over me.

- 2 O LORD my God, I cried unto thee; *
and thou hast healed me.
- 3 Thou, LORD, hast brought my soul out of hell: *
thou hast kept my life,
that I should not go down into the pit.
- 4 Sing praises unto the LORD, O ye saints of his, *
and give thanks unto him, for a remembrance of his holiness.
- 5 For his wrath endureth but the twinkling of an eye,
and in his pleasure is life; *
heaviness may endure for a night, but joy cometh
in the morning.
- 6 And in my prosperity I said, I shall never be removed: *
thou, LORD, of thy goodness, hast made my hill so strong.
- 7 Thou didst turn thy face from me, *
and I was troubled.
- 8 Then cried I unto thee, O LORD; *
and gat me to my LORD right humbly.
- 9 What profit is there in my blood, *
when I go down into the pit?
- 10 Shall the dust give thanks unto thee? *
Or shall it declare thy truth?
- 11 Hear, O LORD, and have mercy upon me; *
LORD, be thou my helper.
- 12 Thou hast turned my heaviness into joy; *
thou hast put off my sackcloth,
and girded me with gladness:
- 13 Therefore shall every good man sing
of thy praise without ceasing. *
O my God, I will give thanks unto thee for ever.

31

In te, Domine, speravi

- 1 In thee, O LORD, have I put my trust;
let me never be put to confusion;*
deliver me in thy righteousness.
- 2 Bow down thine ear to me; *
make haste to deliver me.
- 3 And be thou my strong rock, and house of defense, *
that thou mayest save me.
- 4 For thou art my strong rock and my castle: *
be thou also my guide, and lead me for thy Name's sake.
- 5 Draw me out of the net that they have laid privily for me; *
for thou art my strength.
- 6 Into thy hands I commend my spirit; *
for thou hast redeemed me, O LORD, thou God of truth.
- 7 I have hated them that hold of lying vanities, *
and my trust hath been in the LORD.
- 8 I will be glad and rejoice in thy mercy; *
for thou hast considered my trouble,
and hast known my soul in adversities.
- 9 Thou hast not shut me up into the hand of the enemy; *
but hast set my feet in a large room.
- 10 Have mercy upon me, O LORD, for I am in trouble, *
and mine eye is consumed for very heaviness;
yea, my soul and my body.
- 11 For my life is waxen old with heaviness, *
and my years with mourning.
- 12 My strength faileth me, because of mine iniquity, *
and my bones are consumed.
- 13 I became a reproach among all mine enemies,
but especially among my neighbors; *
and they of mine acquaintance were afraid of me;

- and they that did see me without,
conveyed themselves from me.
- 14 I am clean forgotten as a dead man out of mind; *
I am become like a broken vessel.
- 15 For I have heard the blasphemy 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 hath been in thee, O LORD; *
I have said, Thou art my God.
- 17 My times are in thy hand;
deliver me from the hand of mine enemies, *
and from them that persecute me.
- 18 Show thy servant the light of thy countenance, *
and save me for thy mercy's sake.
- 19 Let me not be confounded, O LORD,
for I have called upon thee; *
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 O how plentiful is thy goodness,
which thou hast laid up for them that fear thee, *
and that thou hast prepared for them that put their trust
in thee, even before the sons of men!
- 22 Thou shalt hide them in the covert of thine own presence
from the plottings of men: *
thou shalt keep them secretly in thy tabernacle
from the strife of tongues.
- 23 Thanks be to the LORD; *
for he hath showed me marvellous great kindness in a
strong city.

- 24 But in my haste I said, *
I am cast out of the sight of thine eyes.
25 Nevertheless, thou heardest the voice of my prayer *
when I cried unto thee.
26 O love the LORD, all ye his saints; *
for the LORD preserveth them that are faithful,
and plenteously rewardeth the proud doer.
27 Be strong, and he shall establish your heart, *
all ye that put your trust in the LORD.

DAY 6 : EVENING PRAYER

32

Beati quorum

- 1 Blessed is he whose unrighteousness is forgiven, *
and whose sin is covered.
2 Blessed is the man unto whom the LORD imputeth no sin, *
and in whose spirit there is no guile.
3 For whilst I held my tongue, *
my bones consumed away through my daily complaining.
4 For thy hand was heavy upon me day and night, *
and my moisture was like the drought in summer.
5 I acknowledged my sin unto thee; *
and mine unrighteousness have I not hid.
6 I said, I will confess my sins unto the LORD; *
and so thou forgavest the wickedness of my sin.
7 For this shall every one that is godly make his prayer unto
thee, in a time when thou mayest be found; *
surely the great water-floods shall not come nigh him.
8 Thou art a place to hide me in;
thou shalt preserve me from trouble; *
thou shalt compass me about with songs of deliverance.

- 9 I will inform thee,
and teach thee in the way wherein thou shalt go; *
and I will guide thee with mine eye.
- 10 Be ye not like to horse and mule,
which have no understanding; *
whose mouths must be held with bit and bridle,
else they will not obey thee.
- 11 Great plagues remain for the ungodly; *
but whoso putteth his trust in the LORD,
mercy embraceth him on every side.
- 12 Be glad, O ye righteous, and rejoice in the LORD; *
and be joyful, all ye that are true of heart.

33

Exultate, justi

- 1 Rejoice in the LORD, O ye righteous; *
for it becometh well the just to be thankful.
- 2 Praise the LORD with harp; *
sing praises unto him with the lute,
and instrument of ten strings.
- 3 Sing unto the LORD a new song; *
sing praises lustily unto him with a good courage.
- 4 For the word of the LORD is true; *
and all his works are faithful.
- 5 He loveth righteousness and 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 host of them by the breath of his mouth.
- 7 He gathereth the waters of the sea together,
as it were upon an heap; *
and layeth up the deep, as in a treasure-house.

- 8 Let all the earth fear the LORD; *
stand in awe of him, all ye that dwell in the world.
- 9 For he spake, and it was done; *
he commanded, and it stood fast.
- 10 The LORD bringeth the counsel of the heathen to naught, *
and maketh the devices of the people to be of none effect,
and casteth 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 are the people whose God is the Lord JEHOVAH; *
and blessed are the folk that he hath chosen to him,
to be his inheritance.
- 13 The LORD looketh down from heaven and beholdeth all the
children of men; *
from the habitation of his dwelling, he considereth all them
that dwell on the earth.
- 14 He fashioneth all the hearts of them, *
and understandeth all their works.
- 15 There is no king that can be saved by
the multitude of an host; *
neither is any mighty man delivered by much strength.
- 16 A horse is counted but a vain thing to save a man; *
neither shall he deliver any man by his great strength.
- 17 Behold, the eye of the LORD is upon them that fear him, *
and upon them that put their trust in his mercy;
- 18 To deliver their soul from death, *
and to feed them in the time of dearth.
- 19 Our soul hath patiently tarried for the LORD; *
for he is our help and our shield.
- 20 For our heart shall rejoice in him; *
because we have hoped in his holy Name.
- 21 Let thy merciful kindness, O LORD, be upon us, *
like as we do put our trust in thee.

- 1 I will alway give thanks unto the LORD; *
his praise shall ever be in my mouth.
- 2 My soul shall make her boast in the LORD; *
the humble shall hear thereof, 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; *
yea, he delivered me out of all my fear.
- 5 They had an eye unto him, and were lightened; *
and their faces were not ashamed.
- 6 Lo, the poor crieth, and the LORD heareth him; *
yea, and saveth him out of all his troubles.
- 7 The angel of the LORD tarrieth round about
them that fear him, *
and delivereth them.
- 8 O taste, and see, how gracious the LORD is: *
blessed is the man that trusteth in him.
- 9 O fear the LORD, ye that are his saints; *
for they that fear him lack nothing.
- 10 The lions do lack and suffer hunger, *
but they who seek the LORD shall want
no manner of thing that is good.
- 11 Come, ye children, and hearken unto me; *
I will teach you the fear of the LORD.
- 12 What man is he that lusteth to live, *
and would fain see good days?
- 13 Keep thy tongue from evil, *
and thy lips, that they speak no guile.
- 14 Eschew evil and do good; *
seek peace, and ensue it.

- 15 The eyes of the LORD are over the righteous, *
and his ears are open unto their prayers.
- 16 The countenance of the LORD is against them that do evil, *
to root out the remembrance of them from the earth.
- 17 The righteous cry, and the LORD heareth them, *
and delivereth them out of all their troubles.
- 18 The LORD is nigh unto them that are of a contrite heart, *
and will save such as be of an humble spirit.
- 19 Great are the troubles of the righteous; *
but the LORD delivereth him out of all.
- 20 He keepeth all his bones, *
so that not one of them is broken.
- 21 But misfortune shall slay the ungodly; *
and they that hate the righteous shall be desolate.
- 22 The LORD delivereth the souls of his servants; *
and all they that put their trust in him shall not be destitute.

DAY 7 : MORNING PRAYER

35

Judica, Domine

- 1 Plead thou my cause, O LORD,
with them that strive with me, *
and fight thou against them that fight against me.
- 2 Lay hand upon the shield and buckler, *
and stand up to help me.
- 3 Bring forth the spear,
and stop the way against them that pursue me; *
say unto my soul, I am thy salvation.
- 4 Let them be confounded, and put to shame,
that seek after my soul; *
let them be turned back, and brought to confusion,
that imagine mischief for me.

- 5 Let them be as dust before the wind, *
and the angel of the LORD scattering them.
- 6 Let their way be dark and slippery, *
and let the angel of the LORD pursue them.
- 7 For they have privily laid their net to destroy me
without a cause; *
yea, even without a cause have they made a pit for my soul.
- 8 Let a sudden destruction come upon him unawares,
and his net that he hath laid privily catch himself; *
that he may fall into his own mischief.
- 9 And my soul shall be joyful in the LORD; *
it shall rejoice in his salvation.
- 10 All my bones shall say, LORD, who is like unto thee,
who deliverest the poor from him that is too strong for him; *
yea, the poor, and him that is in misery,
from him that spoileth him?
- 11 False witnesses did rise up: *
they laid to my charge things that I knew not.
- 12 They rewarded me evil for good, *
to the great discomfort of my soul.
- 13 Nevertheless, when they were sick, I put on sackcloth,
and humbled my soul with fasting; *
and my prayer shall turn into mine own bosom.
- 14 I behaved myself as though it had been my friend
or my brother; *
I went heavily, as one that mourneth for his mother.
- 15 But in mine adversity they rejoiced,
and gathered themselves together; *
yea, the very objects came together against me unawares,
making mouths at me, and ceased not.
- 16 With the flatterers were busy mockers, *
who gnashed upon me with their teeth.

- 17 Lord, how long wilt thou look upon this? *
O deliver my soul from the calamities which they bring on
me, and my darling from the lions.
- 18 So will I give thee thanks in the great congregation; *
I will praise thee among much people.
- 19 O let not them that are mine enemies triumph
over me ungodly; *
neither let them wink with their eyes, that hate me without
a cause.
- 20 And why? Their communing is not for peace*
but they imagine deceitful words against them that are
quiet in the land.
- 21 They gaped upon me with their mouths, and said, *
Fie on thee! Fie on thee! We saw it with our eyes.
- 22 This thou hast seen, O LORD; *
hold not thy tongue then; go not far from me, O Lord.
- 23 Awake, and stand up to judge my quarrel; *
avenge thou my cause, my God and my Lord.
- 24 Judge me, O LORD my God, according to thy righteousness; *
and let them not triumph over me.
- 25 Let them not say in their hearts, There! There!
So would we have it; *
neither let them say, We have devoured him.
- 26 Let them be put to confusion and shame together,
that rejoice at my trouble; *
let them be clothed with rebuke and dishonor,
that boast themselves against me.
- 27 Let them be glad and rejoice, that favor my righteous dealing; *
yea, let them say alway, Blessed be the LORD,
who hath pleasure in the prosperity of his servant.
- 28 And as for my tongue, it shall be talking of thy righteousness, *
and of thy praise, all the day long.

- 1 My heart showeth me the wickedness of the ungodly, *
that there is no fear of God before his eyes.
- 2 For he flattereth himself in his own sight, *
until his abominable sin be found out.
- 3 The words of his mouth are unrighteous and full of deceit: *
he hath left off to behave himself wisely, and to do good.
- 4 He imagineth mischief upon his bed, and hath set himself
in no good way; *
neither doth he abhor any thing that is evil.
- 5 Thy mercy, O LORD, reacheth unto the heavens, *
and thy faithfulness unto the clouds.
- 6 Thy righteousness standeth like the strong mountains: *
thy judgments are like the great deep.
- 7 Thou, LORD, shalt save both man and beast:
How excellent is thy mercy, O God! *
and the children of men shall put their trust under the
shadow of thy wings.
- 8 They shall be satisfied with the plenteousness of thy house; *
and thou shalt give them drink of thy pleasures,
as out of the river.
- 9 For with thee is the well of life; *
and in thy light shall we see light.
- 10 O continue forth thy loving-kindness
unto them that know thee, *
and thy righteousness unto them that are true of heart.
- 11 O let not the foot of pride come against me; *
and let not the hand of the ungodly cast me down.
- 12 There are they fallen, all that work wickedness; *
they are cast down, and shall not be able to stand.

Noli æmulari

- 1 Fret not thyself because of the ungodly; *
neither be thou envious against the evil doers.
- 2 For they shall soon be cut down like the grass, *
and be withered even as the green herb.
- 3 Put thou thy trust in the LORD, and be doing good; *
dwell in the land, and verily thou shalt be fed.
- 4 Delight thou in the LORD, *
and he shall give thee thy heart's desire.
- 5 Commit thy way unto the LORD and put thy trust in him, *
and he shall bring it to pass.
- 6 He shall make thy righteousness as clear as the light, *
and thy just dealing as the noon-day.
- 7 Hold thee still in the LORD, and abide patiently upon him: *
but, not and thyself at him whose way doth prosper,
against the man that doeth after evil counsels.
- 8 Leave off from wrath, and let go displeasure: *
fret not thyself, else shalt thou be moved to do evil.
- 9 Wicked doers shall be rooted out; *
and they that patiently abide the LORD,
those shall inherit the land.
- 10 Yet a little while, and the ungodly shall be clean gone: *
thou shalt look after his place, and he shall be away.
- 11 But the meek-spirited shall possess the earth, *
and shall be refreshed in the multitude of peace.
- 12 The ungodly seeketh counsel against the just, *
and gnasheth upon him with his teeth.
- 13 The Lord shall laugh him to scorn; *
for he hath seen that his 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 such as be upright in their ways.
- 15 Their sword shall go through their own heart, *
and their bow shall be broken.
- 16 A small thing that the righteous hath, *
is better than great riches of the ungodly.
- 17 For the arms of the ungodly shall be broken, *
and the LORD upholdeth the righteous.
- 18 The LORD knoweth the days of the godly; *
and their inheritance shall endure for ever.
- 19 They shall not be confounded in the perilous time; *
and in the days of dearth they shall have enough.
- 20 As for the ungodly, they shall perish, and the enemies
of the LORD shall consume as the fat of lambs: *
yea, even as the smoke shall they consume away.
- 21 The ungodly borroweth, and payeth not again; *
but the righteous is merciful and liberal.
- 22 Such as are blessed of God, shall possess the land; *
and they that are cursed of him, shall be rooted out.
- 23 The LORD ordereth a good man's going, *
and maketh his way acceptable to himself.
- 24 Though he fall, he shall not be cast away; *
for the LORD upholdeth him with his hand.
- 25 I have been young, and now am old; *
and yet saw I never the righteous forsaken,
nor his seed begging their bread.
- 26 The righteous is ever merciful, and lendeth; *
and his seed is blessed.
- 27 Flee from evil, and do the thing that is good; *
and dwell for evermore.

- 28 For the LORD loveth the thing that is right; *
he forsaketh not his that be godly,
but 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 is exercised in wisdom, *
and his tongue will be talking of judgment.
- 32 The law of his God is in his heart, *
and his goings shall not slide.
- 33 The ungodly watcheth the righteous, *
and seeketh occasion to slay him.
- 34 The LORD will not leave him in his hand, *
nor condemn him when he is judged.
- 35 Hope thou in the LORD, and keep his way,
and he shall promote thee, that thou shalt possess the land: *
when the ungodly shall perish, thou shalt see it.
- 36 I myself have seen the ungodly in great power, *
and flourishing like a green bay-tree.
- 37 I went by, and lo, he was gone: *
I sought him, but his place could no where be found.
- 38 Keep innocency, and take heed unto the thing that is right; *
for that shall bring a man peace at the last.
- 39 As for the transgressors, they shall perish together; *
and the end of the ungodly is,
they shall be rooted out at the last.
- 40 But the salvation of the righteous cometh of 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.

Domine, ne in furore

- 1 Put me not to rebuke, O LORD, in thine anger; *
neither chasten me in thy heavy displeasure:
- 2 For thine arrows stick fast in me, *
and thy hand presseth me sore.
- 3 There is no health in my flesh, because of thy displeasure; *
neither is there any rest in my bones, by reason of my sin.
- 4 For my wickednesses are gone over my head, *
and are like a sore burden, too heavy for me to bear.
- 5 My wounds stink, and are corrupt, *
through my foolishness.
- 6 I am brought into so great trouble and misery, *
that I go mourning all the day long.
- 7 For my loins are filled with a sore disease, *
and there is no whole part in my body.
- 8 I am feeble and sore smitten; *
I have roared for the very disquietness of my heart.
- 9 Lord, thou knowest all my desire; *
and my groaning is not hid from thee.
- 10 My heart panteth, my strength hath failed me, *
and the light of mine eyes is gone from me.
- 11 My lovers and my neighbors did stand looking upon my
trouble, *
and my kinsmen stood afar off.
- 12 They also that sought after my life laid snares for me; *
and they that went about to do me evil talked of
wickedness, and imagined deceit all the day long.
- 13 As for me, I was like a deaf man, and heard not; *
and as one that is dumb, who doth not open his mouth.
- 14 I became even as a man that heareth not, *
and in whose mouth are no reproofs.

- 15 For in thee, O LORD, have I put my trust; *
 thou shalt answer for me, O Lord my God.
- 16 I have required that they, even mine enemies,
 should not triumph over me; *
 for when my foot slipt, they rejoiced greatly against me.
- 17 And I truly am set in the plague, *
 and my heaviness is ever in my sight.
- 18 For I will confess my wickedness, *
 and be sorry for my sin.
- 19 But mine enemies live, and are mighty; *
 and they that hate me wrongfully are many in number.
- 20 They also that reward evil for good are against me; *
 because I follow the thing that good is.
- 21 Forsake me not, O LORD my God; *
 be not thou far from me.
- 22 Haste thee to help me, *
 O Lord God of my salvation.

39

Dixi, Custodiam

- 1 I said, I will take heed to my ways, *
 that I offend not in my tongue.
- 2 I will keep my mouth as it were with a bridle, *
 while the ungodly is in my sight.
- 3 I held my tongue, and spake nothing: *
 I kept silence, yea, even from good words;
 but it was pain and grief to me.
- 4 My heart was hot within me:
 and while I was thus musing the fire kindled, *
 and at the last I spake with my tongue:
- 5 LORD, let me know mine end, and the number of my days; *
 that I may be certified how long I have to live.

- 6 Behold, thou hast made my days as it were a span long,
and mine age is even as nothing in respect of thee; *
and verily every man living is altogether vanity.
- 7 For man walketh in a vain shadow,
and disquieteth himself in vain; *
he heapeth up riches, and cannot tell who shall gather them.
- 8 And now, Lord, what is my hope? *
truly my hope is even in thee.
- 9 Deliver me from all mine offenses, *
and make me not a rebuke unto the foolish.
- 10 I became dumb and opened not my mouth; *
for it was thy doing.
- 11 Take thy plague away from me: *
I am even consumed by the means of thy heavy hand.
- 12 When thou with rebukes dost chasten man for sin,
thou makest his beauty to consume away,
like as it were a moth fretting a garment: *
every man therefore is but vanity.
- 13 Hear my prayer, O LORD,
and with thine ears consider my calling; *
hold not thy peace at my tears;
- 14 For I am a stranger with thee, and a sojourner, *
as all my fathers were.
- 15 O spare me a little, that I may recover my strength, *
before I go hence, and be no more seen.

40

Expectans expectavi

- 1 I waited patiently for the LORD, *
and he inclined unto me, and heard my calling.

- 2 He brought me also out of the horrible pit,
out of the mire and clay, *
and set my feet upon the rock, and ordered my goings.
- 3 And he hath put a new song in my mouth, *
even a thanksgiving unto our God.
- 4 Many shall see it, and fear, *
and shall put their trust in the LORD.
- 5 Blessed is the man that hath set his hope in the LORD, *
and turned not unto the proud,
and to such as go about with lies.
- 6 O LORD my God, great are the wondrous works which thou
hast done, like as be also thy thoughts, which are to us-ward; *
and yet there is no man that ordereth them unto thee.
- 7 If I should declare them, and speak of them, *
they should be more than I am able to express.
- 8 Sacrifice and offering thou wouldest not, *
but mine ears hast thou opened.
- 9 Burnt-offering and sacrifice for sin hast thou not required: *
then said I, Lo, I come;
- 10 In the volume of the book it is written of me,
that I should fulfill thy will, O my God: *
I am content to do it; yea, thy law is within my heart.
- 11 I have declared thy righteousness in the great congregation: *
lo, I will not refrain my lips, O LORD,
and that thou knowest.
- 12 I have not hid thy righteousness within my heart; *
my talk hath been of thy truth, and of thy salvation.
- 13 I have not kept back thy loving mercy and truth *
from the great congregation.
- 14 Withdraw not thou thy mercy from me, O LORD; *
let thy loving-kindness and thy truth always preserve me.

- 15 For innumerable troubles are come about me;
my sins have taken such hold upon me,
that I am not able to look up; *
yea, they are more in number than the hairs of my head,
and my heart hath failed me.
- 16 O LORD, let it be thy pleasure to deliver me; *
make haste, O LORD, to help me.
- 17 Let them be ashamed, and confounded together,
that seek after my soul to destroy it; *
let them be driven backward, and put to rebuke,
that wish me evil.
- 18 Let them be desolate and rewarded with shame *
that say unto me, Fie upon thee! fie upon thee!
- 19 Let all those that seek thee, be joyful and glad in thee; *
and let such as love thy salvation, say always,
The LORD be praised.
- 20 As for me, I am poor and needy; *
but the Lord careth for me.
- 21 Thou art my helper and redeemer; *
make no long tarrying, O my God.

DAY 8 : EVENING PRAYER

41

Beatus qui intelligit

- 1 Blessed is he that considereth the poor and needy; *
the LORD shall deliver him in the time of trouble.
- 2 The LORD preserve him, and keep him alive,
that he may be blessed upon earth; *
and deliver not thou him into the will of his enemies.
- 3 The LORD comfort him when he lieth sick upon his bed; *
make thou all his bed in his sickness.

- 4 I said, LORD, be merciful unto me; *
 heal my soul, for I have sinned against thee.
- 5 Mine enemies speak evil of me, *
 When shall he die, and his name perish?
- 6 And if he come to see me, he speaketh vanity, *
 and his heart conceiveth falsehood within himself;
 and when he cometh forth, he telleth it.
- 7 All mine enemies whisper together against me; *
 even against me do they imagine this evil.
- 8 An evil disease, say they, cleaveth fast unto him; *
 and now that he lieth, he shall rise up no more.
- 9 Yea, even mine own familiar friend whom I trusted, *
 who did also eat of my bread, hath laid great wait for me.
- 10 But be thou merciful unto me, O LORD; *
 raise thou me up again, and I shall reward them.
- 11 By this I know thou favorest me, *
 that mine enemy doth not triumph against me.
- 12 And in my innocency thou upholdest me, *
 and shalt set me before thy face for ever.
- 13 Blessed be the LORD God of Israel, *
 world without end. Amen.

42

Quemadmodum

- 1 Like as the hart desireth the water-brooks, *
 so longeth my soul after thee, O God.
- 2 My soul is athirst for God, yea, even for the living God: *
 when shall I come to appear before the presence of God?
- 3 My tears have been my meat day and night, *
 while they daily say unto me, Where is now thy God?
- 4 Now when I think thereupon, I pour out my heart by myself; *
 for I went with the multitude,

- and brought them forth into the house of God.
- 5 In the voice of praise and thanksgiving, *
among such as keep holy-day.
- 6 Why art thou so full of heaviness, O my soul? *
and why art thou so disquieted within me?
- 7 O put thy trust in God; *
for I will yet thank him, which is the help of my
countenance, and my God.
- 8 My soul is vexed within me; *
therefore will I remember thee from the land of Jordan,
from Hermon and the little hill.
- 9 One deep calleth another,
because of the noise of thy water-floods; *
all thy waves and storms are 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 unto the God of my life.
- 11 I will say unto the God of my strength,
Why hast thou forgotten me? *
why go I thus heavily, while the enemy oppresseth me?
- 12 My bones are smitten asunder as with a sword, *
while mine enemies that trouble me cast me in the teeth;
- 13 Namely, while they say daily unto me, *
Where is now thy God?
- 14 Why art thou so vexed, O my soul? *
and why art thou so disquieted within me?
- 15 O put thy trust in God; *
for I will yet thank him, which is the help of my
countenance, and my God.

43

Judica me, Deus

- 1 Give sentence with me, O God,
and defend my cause against the ungodly people; *
O deliver me from the deceitful and wicked man.
- 2 For thou art the God of my strength;
why hast thou put me from thee? *
and why go I so heavily, while the enemy oppresseth me?
- 3 O send out thy light and thy truth, that they may lead me, *
and bring me unto thy holy hill, and to thy dwelling;
- 4 And that I may go unto the altar of God,
even unto the God of my joy and gladness; *
and upon the harp will I give thanks unto thee,
O God, my God.
- 5 Why art thou so heavy, O my soul? *
and why art thou so disquieted within me?
- 6 O put thy trust in God; *
for I will yet give him thanks, which 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 thou hast done in their time of old:
- 2 How thou hast driven out the heathen with thy hand,
and planted our fathers in; *
how thou hast destroyed the nations,
and made thy people to flourish.

- 3 For they gat not the land in possession
through their own sword, *
neither was it their own arm that helped them;
- 4 But thy right hand, and thine arm,
and the light of thy countenance; *
because thou hadst a favor unto them.
- 5 Thou art my king, O God; *
send help unto Jacob.
- 6 Through thee will we overthrow our enemies, *
and in thy Name will we tread them under that rise up
against us.
- 7 For I will not trust in my bow, *
it is not my sword that shall help me;
- 8 But it is thou that savest us from our enemies, *
and puttest them to confusion that hate us.
- 9 We make our boast of God all day long, *
and will praise thy Name for ever.
- 10 But now thou art far off, and puttest us to confusion, *
and goest not forth with our armies.
- 11 Thou makest us to turn our backs upon our enemies, *
so that they which hate us spoil our goods.
- 12 Thou lettest us be eaten up like sheep, *
and hast scattered us among the heathen.
- 13 Thou sellest thy people for nought, *
and takest no money for them.
- 14 Thou makest us to be rebuked of our neighbors, *
to be laughed to scorn,
and had in derision of them that are round about us.
- 15 Thou makest us to be a byword among the nations, *
and that the peoples shake their heads at us.
- 16 My confusion is daily before me, *
and the shame of my face hath covered me;

- 17 For the voice of the slanderer and blasphemer, *
for the enemy and avenger.
- 18 And though all this be come upon us,
yet do we not forget thee, *
nor behave ourselves frowardly in thy covenant.
- 19 Our heart is not turned back, *
neither our steps gone out of thy way;
- 20 No, not when thou hast smitten us into the place of dragons, *
and covered us with the shadow of death.
- 21 If we have forgotten the Name of our God,
and holden up our hands to any strange god, *
shall not God search it out? for he knoweth the very secrets
of the heart.
- 22 For thy sake also are we killed all the day long, *
and are counted as sheep appointed to be slain.
- 23 Up, Lord, why sleepest thou? *
awake, and be not absent from us for ever.
- 24 Wherefore hidest thou thy face, *
and forgettest our misery and trouble?
- 25 For our soul is brought low, even unto the dust; *
our belly cleaveth unto the ground.
- 26 Arise, and help us, *
and deliver us, for thy mercy's sake.

45

Eructavit cor meum

- 1 My heart overfloweth with a good matter;
I speak the things which I have made concerning the King. *
My tongue is the pen of a ready writer.
- 2 Thou art fairer than the children of men; *
full of grace are thy lips,
because God hath blessed thee for ever.

- 3 Gird thee with thy sword upon thy thigh,
O thou Most Mighty, *
according to thy worship and renown.
- 4 Good luck have thou with thine honor: *
ride on, because of the word of truth, of meekness,
and righteousness; and thy right hand shall teach thee
terrible things.
- 5 Thy arrows are very sharp in the heart of the King's enemies, *
and the people shall be subdued unto thee.
- 6 Thy seat, O God, endureth for ever; *
the scepter of thy kingdom is a right scepter.
- 7 Thou hast loved righteousness, and hated iniquity; *
wherefore God, even thy God, hath anointed thee with
the oil of gladness above thy fellows.
- 8 All thy garments smell of myrrh, aloes, and cassia; *
out of the ivory palaces, whereby they have made thee glad.
- 9 Kings' daughters are among thy honorable women; *
upon thy right hand doth stand the queen in a vesture of
gold, wrought about with divers colors.
- 10 Hearken, O daughter, and consider; incline thine ear; *
forget also thine own people, and thy father's house.
- 11 So shall the King have pleasure in thy beauty; *
for he is thy Lord, and worship thou him.
- 12 And the daughter of Tyre shall be there with a gift; *
like as the rich also among the people shall make their
supplication before thee.
- 13 The King's daughter is all glorious within; *
her clothing is of wrought gold.
- 14 She shall be brought unto the King in raiment
of needlework: *
the virgins that be her fellows shall bear her company,
and shall be brought unto thee.

- 15 With joy and gladness shall they be brought, *
and shall enter into the King's palace.
- 16 Instead of thy fathers, thou shalt have children, *
whom thou mayest make princes in all lands.
- 17 I will make thy Name to be remembered from one generation
to another; *
therefore shall the people give thanks unto thee,
world without end.

46

Deus noster refugium

- 1 God is our hope and strength, *
a very present help in trouble.
- 2 Therefore will we not fear, though the earth be moved, *
and though the hills be carried into the midst of the sea;
- 3 Though the waters thereof rage and swell, *
and though the mountains shake at the tempest
of the same.
- 4 There is a river, the streams whereof make glad
the city of God; *
the holy place of the tabernacle of the Most Highest.
- 5 God is in the midst of her,
therefore shall she not be removed; *
God shall help her, and that right early.
- 6 The nations make much ado, and the kingdoms are moved; *
but God hath showed 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 hither, and behold the works of the Lord, *
what destruction he hath brought upon the earth.

- 9 He maketh wars to cease in all the world; *
he breaketh the bow, and knappeth the spear in sunder,
and burneth 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 ye peoples: *
O sing unto God with the voice of melody.
- 2 For the Lord is high, and to be feared; *
he is the great King upon all the earth.
- 3 He shall subdue the peoples under us, *
and the nations under our feet.
- 4 He shall choose out an heritage for us, *
even the excellency of Jacob, whom he loved.
- 5 God is gone up with a merry noise, *
and the Lord with the sound of the trump.
- 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: *
sing ye praises with understanding.
- 8 God reigneth over the nations; *
God sitteth upon his holy seat.
- 9 The princes of the peoples are joined unto
the people of the God of Abraham; *
for God, which is very high exalted, doth defend the earth,
as it were with a shield.

- 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 a fair place, and the joy of the whole earth; *
upon the north side lieth the city of the great King: God is
well known in her palaces as a sure refuge.
- 3 For lo, the kings of the earth *
were gathered, and gone by together.
- 4 They marvelled to see such things; *
they were astonished, and suddenly cast down.
- 5 Fear came there upon them; and sorrow, *
as upon a woman in her travail.
- 6 Thou dost break the ships of the sea *
through the east-wind.
- 7 Like as we have heard, so have we seen in the city of the Lord
of hosts, in the city of our God; *
God upholdeth the same for ever.
- 8 We wait for thy loving-kindness, O God, *
in the midst of thy temple.
- 9 O God, according to thy Name,
so is thy praise unto the world's end; *
thy right hand is full of righteousness.
- 10 Let the mount Zion rejoice,
and the daughters of Judah be glad, *
because of thy judgments.
- 11 Walk about Zion, and go round about her; *
and tell the towers thereof.
- 12 Mark well her bulwarks, consider her palaces, *
that ye may tell them that come after.
- 13 For this God is our God for ever and ever: *
he shall be our guide unto death.

- 1 O hear ye this, all ye people; *
 ponder it with your ears, all ye that dwell in the world;
- 2 High and low, rich and poor, *
 one with another.
- 3 My mouth shall speak of wisdom, *
 and my heart shall muse of understanding.
- 4 I will incline mine ear to the parable, *
 and show my dark speech upon the harp.
- 5 Wherefore should I fear in the days of evil, *
 when wickedness at my heels compasseth me round about?
- 6 There be some that put their trust in their goods, *
 and boast themselves in the multitude of their riches.
- 7 But no man may deliver his brother, *
 nor give a ransom unto God for him,
 8 (For it cost more to redeem their souls, *
 so that he must let that alone for ever;)
- 9 That he shall live alway, *
 and not see the grave.
- 10 For he seeth that wise men also die and perish together, *
 as well as the ignorant and foolish,
 and leave their riches for other.
- 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 call the lands after their own names.
- 12 Nevertheless, man being in honor abideth not, *
 seeing he may be compared unto the beasts that perish;
- 13 This their way is very foolishness; *
 yet their posterity praise their saying.

- 14 They lie in the grave like sheep; death is their shepherd;
and the righteous shall have dominion over them
in the morning: *
their beauty shall consume in the sepulchre,
and have no abiding.
- 15 But God hath delivered my soul from the power of the grave; *
for he shall receive me.
- 16 Be not thou afraid, though one be made rich, *
or if the glory of his house be increased;
- 17 For he shall carry nothing away with him when he dieth, *
neither shall his pomp follow him.
- 18 For while he lived, he counted himself an happy man; *
and so long as thou doest well unto thyself,
men will speak good of thee.
- 19 He shall follow the generation of his fathers, *
and shall never see light.
- 20 Man that is in honor but hath no understanding *
is compared unto the beasts that perish.

DAY 10 : MORNING PRAYER

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Deus deorum

- 1 The Lord, even the Most Mighty God, hath spoken, *
and called the world, from the rising up of the sun
unto the going down thereof.
- 2 Out of Zion hath God appeared *
in perfect beauty.
- 3 Our God shall come, and shall not keep silence; *
there shall go before him a consuming fire,
and a mighty tempest shall be stirred up round about him.
- 4 He shall call the heaven from above, *
and the earth, that he may judge his people.