

- 8 Mine eyes look upon such as are faithful in the land,*
that they may dwell with me.
- 9 Whoso leadeth a godly life,*
he shall be my servant.
- 10 There shall no deceitful person dwell in my house;*
he that telleth lies shall not tarry in my sight.
- 11 I shall soon destroy all the ungodly that are in the land; *
that I may root out all wicked doers
from the city of the LORD.

DAY 20 : MORNING PRAYER

102

Domine, exaudi

- 1 Hear my prayer, O LORD,*
and let my crying come unto thee.
- 2 Hide not thy face from me in the time of my trouble; *
incline thine ear unto me when I call; O hear me,
and that right soon.
- 3 For my days are consumed away like smoke,*
and my bones are burnt up as it were a firebrand.
- 4 My heart is smitten down, and withered like grass; *
so that I forget to eat my bread.
- 5 For the voice of my groaning,*
my bones will scarce cleave to my flesh.
- 6 I am become like a pelican in the wilderness,*
and like an owl that is in the desert.
- 7 I have watched, and am even as it were a sparrow,*
that sitteth alone upon the housetop.
- 8 Mine enemies revile me all the day long; *
and they that are mad upon me are sworn together
against me.

- 9 For I have eaten ashes as it were bread, *
and mingled my drink with weeping;
- 10 And that, because of thine indignation and wrath, *
for thou hast taken me up, and cast me down.
- 11 My days are gone like a shadow, *
and I am withered like grass.
- 12 But thou, O LORD, shalt endure for ever, *
and thy remembrance throughout all generations.
- 13 Thou shalt arise, and have mercy upon Zion; *
for it is time that thou have mercy upon her, yea,
the time is come.
- 14 And why? thy servants think upon her stones, *
and it pitieth them to see her in the dust.
- 15 The nations shall fear thy Name, O LORD; *
and all the kings of the earth thy majesty;
- 16 When the LORD shall build up Zion, *
and when his glory shall appear;
- 17 When he turneth him unto the prayer of the poor destitute, *
and despiseth not their desire.
- 18 This shall be written for those that come after, *
and the people which shall be born shall praise the LORD.
- 19 For he hath looked down from his sanctuary; *
out of the heaven did the LORD behold the earth;
- 20 That he might hear the mournings of such as are in captivity, *
and deliver them that are appointed unto death;
- 21 That they may declare the Name of the LORD in Zion, *
and his worship at Jerusalem;
- 22 When the peoples are gathered together, *
and the kingdoms also, to serve the LORD.
- 23 He brought down my strength in my journey, *
and shortened my days.
- 24 But I said, O my God, take me not away in the midst of mine age; *
as for thy years, they endure throughout all generations.

- 25 Thou, Lord, in the beginning hast laid
the foundation of the earth, *
and the heavens are the work of thy hands.
- 26 They shall perish, but thou shalt endure: *
they all shall wax old as doth a garment;
- 27 And as a vesture shalt thou change them,
and they shall be changed; *
but thou art the same, and thy years shall not fail.
- 28 The children of thy servants shall continue, *
and their seed shall stand fast in thy sight.

103

Benedic, anima mea

- 1 Praise the LORD, O my soul; *
and all that is within me, praise his holy Name.
- 2 Praise the LORD, O my soul, *
and forget not all his benefits:
- 3 Who forgiveth all thy sin, *
and healeth all thine infirmities;
- 4 Who saveth thy life from destruction, *
and crowneth thee with mercy and loving-kindness;
- 5 Who satisfieth thy mouth with good things, *
making thee young and lusty as an eagle.
- 6 The LORD executeth righteousness and judgment *
for all them that are oppressed with wrong.
- 7 He showed his ways unto Moses, *
his works unto the children of Israel.
- 8 The LORD is full of compassion and mercy, *
long-suffering, and of great goodness.
- 9 He will not always be chiding; *
neither keepeth he his anger for ever.

- 10 He hath not dealt with us after our sins; *
nor rewarded us according to our wickednesses.
- 11 For look how high the heaven is in comparison of the earth; *
so great is his mercy also toward them that fear him.
- 12 Look how wide also the east is from the west; *
so far hath he set our sins from us.
- 13 Yea, like as a father pitieth his own children; *
even so is the LORD merciful unto them that fear him.
- 14 For he knoweth whereof we are made; *
he remembereth that we are but dust.
- 15 The days of man are but as grass; *
for he flourisheth as a flower of the field.
- 16 For as soon as the wind goeth over it, it is gone; *
and the place thereof shall know it no more.
- 17 But the merciful goodness of the LORD endureth
for ever and ever upon them that fear him; *
and his righteousness upon children's children;
- 18 Even upon such as keep his covenant, *
and think upon his commandments to do them.
- 19 The LORD hath prepared his seat in heaven, *
and his kingdom ruleth over all.
- 20 O praise the LORD, ye angels of his,
ye that excel in strength; *
ye that fulfil his commandment,
and hearken unto the voice of his word.
- 21 O praise the LORD, all ye his hosts; *
ye servants of his that do his pleasure.
- 22 O speak good of the LORD, all ye works of his,
in all places of his dominion: *
praise thou the LORD, O my soul.

Benedic, anima mea

- 1 Praise the LORD, O my soul: *
O LORD my God, thou art become exceeding glorious;
thou art clothed with majesty and honor.
- 2 Thou deckest thyself with light as it were with a garment, *
and spreadest out the heavens like a curtain.
- 3 Who layeth the beams of his chambers in the waters, *
and maketh the clouds his chariot,
and walketh upon the wings of the wind.
- 4 He maketh his angels winds, *
and his ministers a flaming fire.
- 5 He laid the foundations of the earth, *
that it never should move at any time.
- 6 Thou coveredst it with the deep like as with a garment; *
the waters stand above the hills.
- 7 At thy rebuke they flee; *
at the voice of thy thunder they haste away.
- 8 They go up as high as the hills,
and down to the valleys beneath; *
even unto the place which thou hast appointed for them.
- 9 Thou hast set them their bounds, which they shall not pass, *
neither turn again to cover the earth.
- 10 He sendeth the springs into the rivers, *
which run among the hills.
- 11 All beasts of the field drink thereof, *
and the wild asses quench their thirst.
- 12 Beside them shall the fowls of the air have their habitation, *
and sing among the branches.
- 13 He watereth the hills from above; *
the earth is filled with the fruit of thy works.

- 14 He bringeth forth grass for the cattle, *
and green herb for the service of men;
- 15 That he may bring food out of the earth,
and wine that maketh glad the heart of man; *
and oil to make him a cheerful countenance,
and bread to strengthen man's heart.
- 16 The trees of the LORD also are full of sap; *
even the cedars of Lebanon which he hath planted;
- 17 Wherein the birds make their nests; *
and the fir trees are a dwelling for the stork.
- 18 The high hills are a refuge for the wild goats; *
and so are the stony rocks for the conies.
- 19 He appointed the moon for certain seasons, *
and the sun knoweth his going down.
- 20 Thou makest darkness that it may be night; *
wherein all the beasts of the forest do move.
- 21 The lions, roaring after their prey, *
do seek their meat from God.
- 22 The sun ariseth, and they get them away together, *
and lay them down in their dens.
- 23 Man goeth forth to his work, and to his labor, *
until the evening.
- 24 O LORD, how manifold are thy works! *
in wisdom hast thou made them all; the earth is full
of thy riches.
- 25 So is the great and wide sea also; *
wherein are things creeping innumerable,
both small and great beasts.
- 26 There go the ships, and there is that leviathan, *
whom thou hast made to take his pastime therein.
- 27 These wait all upon thee, *
that thou mayest give them meat in due season.

- 28 When thou givest it them, they gather it; *
and when thou openest thy hand, they are filled with good.
- 29 When thou hidest thy face, they are troubled: *
when thou takest away their breath, they die,
and are turned again to their dust.
- 30 When thou lettest thy breath go forth, they shall be made; *
and thou shalt renew the face of the earth.
- 31 The glorious majesty of the LORD shall endure for ever; *
the LORD shall rejoice in his works.
- 32 The earth shall tremble at the look of him; *
if he do but touch the hills, they shall smoke.
- 33 I will sing unto the LORD as long as I live; *
I will praise my God while I have my being.
- 34 And so shall my words please him: *
my joy shall be in the LORD.
- 35 As for sinners, they shall be consumed out of the earth, *
and the ungodly shall come to an end.
- 36 Praise thou the LORD, O my soul. *
Praise the LORD.

DAY 21 : MORNING PRAYER

105

Confitemini Domino

- 1 O give thanks unto the LORD, and call upon his Name; *
tell the people what things he hath done.
- 2 O let your songs be of him, and praise him; *
and let your talking be of all his wondrous works.
- 3 Rejoice in his holy Name; *
let the heart of them rejoice that seek the LORD.
- 4 Seek the LORD and his strength; *
seek his face evermore.

- 5 Remember the marvellous works that he hath done; *
his wonders, and the judgments of his mouth;
- 6 O ye seed of Abraham his servant, *
ye children of Jacob his chosen.
- 7 He is the LORD our God; *
his judgments are in all the world.
- 8 He hath been alway mindful of his covenant and promise, *
that he made to a thousand generations;
- 9 Even the covenant that he made with Abraham; *
and the oath that he sware unto Isaac;
- 10 And appointed the same unto Jacob for a law, *
and to Israel for an everlasting testament;
- 11 Saying, Unto thee will I give the land of Canaan, *
the lot of your inheritance:
- 12 When there were yet but a few of them, *
and they strangers in the land;
- 13 What time as they went from one nation to another, *
from one kingdom to another people;
- 14 He suffered no man to do them wrong, *
but reprov'd even kings for their sakes;
- 15 Touch not mine anointed, *
and do my prophets no harm.
- 16 Moreover, he called for a dearth upon the land, *
and destroyed all the provision of bread.
- 17 But he had sent a man before them, *
even Joseph, who was sold to be a bond-servant;
- 18 Whose feet they hurt in the stocks; *
the iron entered into his soul;
- 19 Until the time came that his cause was known: *
the word of the LORD tried him.
- 20 The king sent and delivered him; *
the prince of the people let him go free.

- 21 He made him lord also of his house,*
and ruler of all his substance;
- 22 That he might inform his princes after his will,*
and teach his senators wisdom.
- 23 Israel also came into Egypt,*
and Jacob was a stranger in the land of Ham.
- 24 And he increased his people exceedingly,*
and made them stronger than their enemies;
- 25 Whose heart turned so, that they hated his people,*
and dealt untruly with his servants.
- 26 Then sent he Moses his servant,*
and Aaron whom he had chosen.
- 27 And these showed his tokens among them,*
and wonders in the land of Ham.
- 28 He sent darkness, and it was dark;*
and they were not obedient unto his word.
- 29 He turned their waters into blood*
and slew their fish.
- 30 Their land brought forth frogs;*
yea, even in their kings' chambers.
- 31 He spake the word, and there came all manner of flies,*
and lice in all their quarters.
- 32 He gave them hailstones for rain;*
and flames of fire in their land.
- 33 He smote their vines also and fig-trees;*
and destroyed the trees that were in their coasts.
- 34 He spake the word, and the grasshoppers came,
and caterpillars innumerable,*
and did eat up all the grass in their land,
and devoured the fruit of their ground.
- 35 He smote all the firstborn in their land,*
even the chief of all their strength.

- 36 He brought them forth also with silver and gold; *
there was not one feeble person among their tribes.
- 37 Egypt was glad at their departing; *
for they were afraid of them.
- 38 He spread out a cloud to be a covering; *
and fire to give light in the night season.
- 39 At their desire he brought quails; *
and he filled them with the bread of heaven.
- 40 He opened the rock of stone, and the waters flowed out, *
so that rivers ran in the dry places.
- 41 For why? he remembered his holy promise; *
and Abraham his servant.
- 42 And he brought forth his people with joy; *
and his chosen with gladness;
- 43 And gave them the lands of the heathen; *
and they took the labors of the people in possession;
- 44 That they might keep his statutes, *
and observe his laws.

DAY 21 : EVENING PRAYER

106

Confitemini Domino

- 1 O give thanks unto the LORD; for he is gracious, *
and his mercy endureth for ever.
- 2 Who can express the noble acts of the LORD, *
or show forth all his praise?
- 3 Blessed are they that always keep judgment, *
and do righteousness.
- 4 Remember me, O LORD, according to the favor
that thou bearest unto thy people; *
O visit me with thy salvation;

- 5 That I may see the felicity of thy chosen, *
and rejoice in the gladness of thy people, and give thanks
with thine inheritance.
- 6 We have sinned with our fathers; *
we have done amiss, and dealt wickedly.
- 7 Our fathers regarded not thy wonders in Egypt,
neither kept they thy great goodness in remembrance; *
but were disobedient at the sea, even at the Red Sea.
- 8 Nevertheless, he helped them for his Name's sake, *
that he might make his power to be known.
- 9 He rebuked the Red Sea also, and it was dried up; *
so he led them through the deep, as through a wilderness.
- 10 And he saved them from the adversary's hand, *
and delivered them from the hand of the enemy.
- 11 As for those that troubled them,
the waters overwhelmed them; *
there was not one of them left.
- 12 Then believed they his words, *
and sang praise unto him.
- 13 But within a while they forgot his works, *
and would not abide his counsel.
- 14 But lust came upon them in the wilderness, *
and they tempted God in the desert.
- 15 And he gave them their desire, *
and sent leanness withal into their soul.
- 16 They angered Moses also in the tents, *
and Aaron the saint of the LORD.
- 17 So the earth opened, and swallowed up Dathan, *
and covered the congregation of Abiram.
- 18 And the fire was kindled in their company; *
the flame burnt up the ungodly.
- 19 They made a calf in Horeb *
and worshiped the molten image.

- 20 Thus they turned their glory *
into the similitude of a calf that eateth hay.
- 21 And they forgat God their Savior, *
who had done so great things in Egypt;
- 22 Wondrous works in the land of Ham; *
and fearful things by the Red Sea.
- 23 So he said he would have destroyed them,
had not Moses his chosen stood before him in the gap, *
to turn away his wrathful indignation,
lest he should destroy them.
- 24 Yea, they thought scorn of that pleasant land, *
and gave no credence unto his word;
- 25 But murmured in their tents, *
and hearkened not unto the voice of the LORD.
- 26 Then lift he up his hand against them, *
to overthrow them in the wilderness;
- 27 To cast out their seed among the nations, *
and to scatter them in the lands.
- 28 They joined themselves unto Baal-peor, *
and ate the offerings of the dead.
- 29 Thus they provoked him to anger with their own inventions; *
and the plague was great among them.
- 30 Then stood up Phineas, and interposed; *
and so the plague ceased.
- 31 And that was counted unto him for righteousness, *
among all posterities for evermore.
- 32 They angered him also at the waters of strife, *
so that he punished Moses for their sakes;
- 33 Because they provoked his spirit, *
so that he spake unadvisedly with his lips.
- 34 Neither destroyed they the heathen, *
as the LORD commanded them;

- 35 But were mingled among the heathen, *
and learned their works.
- 36 Insomuch that they worshipped their idols,
which became a snare unto them; *
yea, they offered their sons and their daughters unto devils;
- 37 And shed innocent blood,
even the blood of their sons and of their daughters, *
whom they offered unto the idols of Canaan;
and the land was defiled with blood.
- 38 Thus were they stained with their own works, *
and went a whoring with their own inventions.
- 39 Therefore was the wrath of the LORD
kindled against his people, *
insomuch that he abhorred his own inheritance.
- 40 And he gave them over into the hand of the heathen; *
and they that hated them were lords over them.
- 41 Their enemies oppressed them, *
and had them in subjection.
- 42 Many a time did he deliver them; *
but they rebelled against him with their own inventions,
and were brought down in their wickedness.
- 43 Nevertheless, when he saw their adversity, *
he heard their complaint.
- 44 He thought upon his covenant, and pitied them,
according unto the multitude of his mercies; *
yea, he made all those that led them away captive
to pity them.
- 45 Deliver us, O LORD our God,
and gather us from among the heathen; *
that we may give thanks unto thy holy Name,
and make our boast of thy praise.
- 46 Blessed be the LORD God of Israel, from everlasting,
and world without end; *
And let all the people say, Amen.

Confitemini Domino

- 1 O give thanks unto the LORD, for he is gracious, *
and his mercy endureth for ever.
- 2 Let them give thanks whom the LORD hath redeemed, *
and delivered from the hand of the enemy;
- 3 And gathered them out of the lands, from the east,
and from the west; *
from the north, and from the south.
- 4 They went astray in the wilderness out of the way, *
and found no city to dwell in.
- 5 Hungry and thirsty, *
their soul fainted in them.
- 6 So they cried unto the LORD in their trouble, *
and he delivered them from their distress.
- 7 He led them forth by the right way, *
that they might go to the city where they dwelt.
- 8 O that men would therefore praise the LORD
for his goodness; *
and declare the wonders that he doeth
for the children of men!
- 9 For he satisfieth the empty soul, *
and filleth the hungry soul with goodness.
- 10 Such as sit in darkness, and in the shadow of death, *
being fast bound in misery and iron;
- 11 Because they rebelled against the words of the Lord, *
and lightly regarded the counsel of the Most Highest;
- 12 He also brought down their heart through heaviness: *
they fell down, and there was none to help them.
- 13 So when they cried unto the LORD in their trouble, *
he delivered them out of their distress.

- 14 For he brought them out of darkness,
and out of the shadow of death, *
and brake their bonds in sunder.
- 15 O that men would therefore praise the LORD
for his goodness; *
and declare the wonders that he doeth
for the children of men!
- 16 For he hath broken the gates of brass, *
and smitten the bars of iron in sunder.
- 17 Foolish men are plagued for their offense, *
and because of their wickedness.
- 18 Their soul abhorred all manner of meat, *
and they were even hard at death's door.
- 19 So when they cried unto the LORD in their trouble, *
he delivered them out of their distress.
- 20 He sent his word, and healed them; *
and they were saved from their destruction.
- 21 O that men would therefore praise the LORD
for his goodness; *
and declare the wonders that he doeth
for the children of men!
- 22 That they would offer unto him
the sacrifice of thanksgiving, *
and tell out his works with gladness!
- 23 They that go down to the sea in ships, *
and occupy their business in great waters;
- 24 These men see the works of the LORD, *
and his wonders in the deep.
- 25 For at his word the stormy wind ariseth, *
which lifteth up the waves thereof.
- 26 They are carried up to the heaven,
and down again to the deep; *
their soul melteth away because of the trouble.

- 27 They reel to and fro, and stagger like a drunken man, *
and are at their wit's end.
- 28 So when they cry unto the LORD in their trouble, *
he delivereth them out of their distress.
- 29 For he maketh the storm to cease, *
so that the waves thereof are still.
- 30 Then are they glad, because they are at rest; *
and so he bringeth them unto the haven
where they would be.
- 31 O that men would therefore praise the LORD
for his goodness; *
and declare the wonders that he doeth
for the children of men!
- 32 That they would exalt him also in
the congregation of the people, *
and praise him in the seat of the elders!
- 33 He turneth the floods into a wilderness, *
and drieth up the water springs.
- 34 A fruitful land maketh he barren, *
for the wickedness of them that dwell therein.
- 35 Again, he maketh the wilderness a standing water, *
and water springs of a dry ground.
- 36 And there he setteth the hungry, *
that they may build them a city to dwell in;
- 37 That they may sow their land, and plant vineyards, *
to yield them fruits of increase.
- 38 He blesseth them, so that they multiply exceedingly; *
and suffereth not their cattle to decrease.
- 39 And again, when they are minished and brought low *
through oppression, through any plague or trouble;
- 40 Though he suffer them to be evil entreated through tyrants, *
and let them wander out of the way in the wilderness;
- 41 Yet helpeth he the poor out of misery, *
and maketh him households like a flock of sheep.
- 42 The righteous will consider this, and rejoice; *
and the mouth of all wickedness shall be stopped.

43 Whoso is wise, will ponder these things; *
and they shall understand the loving-kindness
of the LORD.

DAY 22 : EVENING PRAYER

108

Paratum cor meum

1 O God, my heart is ready, my heart is ready; *
I will sing, and give praise with the best member that I have.
2 Awake, thou lute and harp; *
I myself will awake right early.
3 I will give thanks unto thee, O LORD, among the peoples; *
I will sing praises unto thee among the nations.
4 For thy mercy is greater than the heavens, *
and thy truth reacheth unto the clouds.
5 Set up thyself, O God, above the heavens, *
and thy glory above all the earth;
6 That thy beloved may be delivered: *
let thy right hand save them, and hear thou me.
7 God hath spoken in his holiness; *
I will rejoice therefore, and divide Shechem,
and mete out the valley of Succoth.
8 Gilead is mine, and Manasseh is mine; *
Ephraim also is the strength of my head;
Judah is my lawgiver;
9 Moab is my wash-pot; over Edom will I cast out my shoe; *
upon Philistia will I triumph.
10 Who will lead me into the strong city? *
and who will bring me into Edom?
11 Hast thou not forsaken us, O God? *
and wilt not thou, O God, go forth with our hosts?
12 O help us against the enemy, *
for vain is the help of man.
13 Through God we shall do great acts, *
and it is he that shall tread down our enemies.

- 1 Hold not thy tongue, O God of my praise; *
for the mouth of the ungodly, yea,
the mouth of the deceitful is opened upon me.
- 2 And they have spoken against me with false tongues; *
they compassed me about also with words of hatred,
and fought against me without a cause.
- 3 For the love that I had unto them, lo,
they take now my contrary part; *
but I give myself unto prayer.
- 4 Thus have they rewarded me evil for good, *
and hatred for my good will.
- 5 Set thou an ungodly man to be ruler over him, *
and let an adversary stand at his right hand.
- 6 When sentence is given upon him, let him be condemned; *
and let his prayer be turned into sin.
- 7 Let his days be few; *
and let another take his office.
- 8 Let his children be fatherless, *
and his wife a widow.
- 9 Let his children be vagabonds, and beg their bread; *
let them seek it also out of desolate places.
- 10 Let the extortioner consume all that he hath; *
and let the stranger spoil his labor.
- 11 Let there be no man to pity him, *
nor to have compassion upon his fatherless children.
- 12 Let his posterity be destroyed; *
and in the next generation let his name be clean put out.

- 13 Let the wickedness of his fathers be had in remembrance
in the sight of the LORD; *
and let not the sin of his mother be done away.
- 14 Let them alway be before the LORD, *
that he may root out the memorial of them
from off the earth;
- 15 And that, because his mind was not to do good; *
but persecuted the poor helpless man,
that he might slay him that was vexed at the heart.
- 16 His delight was in cursing, and it shall happen unto him; *
he loved not blessing, therefore shall it be far from him.
- 17 He clothed himself with cursing like as with a raiment, *
and it shall come into his bowels like water,
and like oil into his bones.
- 18 Let it be unto him as the cloak that he hath upon him, *
and as the girdle that he is alway girded withal.
- 19 Let it thus happen from the LORD unto mine enemies, *
and to those that speak evil against my soul.
- 20 But deal thou with me, O LORD God,
according unto thy Name; *
for sweet is thy mercy.
- 21 O deliver me, for I am helpless and poor, *
and my heart is wounded within me.
- 22 I go hence like the shadow that departeth, *
and am driven away as the grasshopper.
- 23 My knees are weak through fasting; *
my flesh is dried up for want of fatness.
- 24 I am become also a reproach unto them: *
they that look upon me shake their heads.
- 25 Help me, O LORD my God; *
O save me according to thy mercy;
- 26 And they shall know how that this is thy hand, *
and that thou, LORD, hast done it.

- 27 Though they curse, yet bless thou; *
and let them be confounded that rise up against me;
but let thy servant rejoice.
- 28 Let mine adversaries be clothed with shame; *
and let them cover themselves with their own confusion,
as with a cloak.
- 29 As for me, I will give great thanks
unto the LORD with my mouth, *
and praise him among the multitude;
- 30 For he shall stand at the right hand of the poor, *
to save his soul from unrighteous judges.

DAY 23 : MORNING PRAYER

110

Dixit Dominus

- 1 The LORD said unto my Lord, *
Sit thou on my right hand,
until I make thine enemies thy footstool.
- 2 The LORD shall send the rod of thy power out of Zion: *
be thou ruler, even in the midst among thine enemies.
- 3 In the day of thy power shall thy people offer themselves
willingly with an holy worship: *
thy young men come to thee as dew
from the womb of the morning.
- 4 The LORD sware, and will not repent, *
Thou art a Priest for ever after the order of Melchizedek.
- 5 The Lord upon thy right hand *
shall wound even kings in the day of his wrath.
- 6 He shall judge among the heathen; *
he shall fill the places with the dead bodies,
and smite in sunder the heads over divers countries.
- 7 He shall drink of the brook in the way; *
therefore shall he lift up his head.

111

Confitebor tibi

- 1 I will give thanks unto the LORD with my whole heart,*
secretly among the faithful, and in the congregation.
- 2 The works of the LORD are great,*
sought out of all them that have pleasure therein.
- 3 His work is worthy to be praised and had in honour,*
and his righteousness endureth for ever.
- 4 The merciful and gracious LORD hath so done
his marvellous works,*
that they ought to be had in remembrance.
- 5 He hath given meat unto them that fear him;*
he shall ever be mindful of his covenant.
- 6 He hath showed his people the power of his works,*
that he may give them the heritage of the heathen.
- 7 The works of his hands are verity and judgment;*
all his commandments are true.
- 8 They stand fast for ever and ever,*
and are done in truth and equity.
- 9 He sent redemption unto his people;*
he hath commanded his covenant for ever;
holy and reverend is his Name.
- 10 The fear of the LORD is the beginning of wisdom;*
a good understanding have all they that do thereafter;
his praise endureth for ever.

112

Beatus vir

- 1 Blessed is the man that feareth the LORD;*
he hath great delight in his commandments.

- 2 His seed shall be mighty upon earth; *
the generation of the faithful shall be blessed.
- 3 Riches and plenteousness shall be in his house; *
and his righteousness endureth for ever.
- 4 Unto the godly there ariseth up light in the darkness; *
he is merciful, loving, and righteous.
- 5 A good man is merciful, and lendeth; *
and will guide his words with discretion.
- 6 For he shall never be moved: *
and the righteous shall be had in everlasting remembrance.
- 7 He will not be afraid of any evil tidings; *
for his heart standeth fast, and believeth in the LORD.
- 8 His heart is stablished, and will not shrink, *
until he see his desire upon his enemies.
- 9 He hath dispersed abroad, and given to the poor, *
and his righteousness remaineth for ever;
his horn shall be exalted with honor.
- 10 The ungodly shall see it, and it shall grieve him; *
he shall gnash with his teeth, and consume away;
the desire of the ungodly shall perish.

113

Laudate, pueri

- 1 Praise the LORD, ye servants; *
O praise the Name of the LORD.
- 2 Blessed be the Name of the LORD *
from this time forth for evermore.
- 3 The LORD'S Name is praised *
from the rising up of the sun unto the going down
of the same.
- 4 The LORD is high above all nations, *
and his glory above the heavens.

- 5 Who is like unto the LORD our God,
that hath his dwelling so high, *
and yet humbleth himself to behold the things
that are in heaven and earth!
- 6 He taketh up the simple out of the dust, *
and lifteth the poor out of the mire;
- 7 That he may set him with the princes, *
even with the princes of his people.
- 8 He maketh the barren woman to keep house, *
and to be a joyful mother of children.

DAY 23 : EVENING PRAYER

114

In exitu Israel

- 1 When Israel came out of Egypt, *
and the house of Jacob from among the strange people,
- 2 Judah was his sanctuary, *
and Israel his dominion.
- 3 The sea saw that, and fled; *
Jordan was driven back.
- 4 The mountains skipped like rams, *
and the little hills like young sheep.
- 5 What aileth thee, O thou sea, that thou fleddest? *
and thou Jordan, that thou wast driven back?
- 6 Ye mountains, that ye skipped like rams? *
and ye little hills, like young sheep?
- 7 Tremble, thou earth, at the presence of the Lord: *
at the presence of the God of Jacob;
- 8 Who turned the hard rock into a standing water, *
and the flint-stone into a springing well.

- 1 Not unto us, O LORD, not unto us,
but unto thy Name give the praise; *
for thy loving mercy, and for thy truth's sake.
- 2 Wherefore shall the heathen say, *
Where is now their God?
- 3 As for our God, he is in heaven: *
he hath done whatsoever pleased him.
- 4 Their idols are silver and gold, *
even the work of men's hands.
- 5 They have mouths, and speak not; *
eyes have they, and see not.
- 6 They have ears, and hear not; *
noses have they, and smell not.
- 7 They have hands, and handle not;
feet have they, and walk not; *
neither speak they through their throat.
- 8 They that make them are like unto them; *
and so are all such as put their trust in them.
- 9 But thou, house of Israel, trust thou in the LORD; *
he is their helper and defender.
- 10 Ye house of Aaron, put your trust in the LORD; *
he is their helper and defender.
- 11 Ye that fear the LORD, put your trust in the LORD; *
he is their helper and defender.
- 12 The LORD hath been mindful of us, and he shall bless us; *
even he shall bless the house of Israel,
he shall bless the house of Aaron.
- 13 He shall bless them that fear the LORD, *
both small and great.

- 14 The LORD shall increase you more and more, *
you and your children.
- 15 Ye are the blessed of the LORD, *
who made heaven and earth.
- 16 All the whole heavens are the LORD's; *
the earth hath he given to the children of men.
- 17 The dead praise not thee, O LORD, *
neither all they that go down into silence.
- 18 But we will praise the LORD, *
from this time forth for evermore. Praise the LORD.

DAY 24 : MORNING PRAYER

116

Dilexi, quoniam

- 1 My delight is in the LORD; *
because he hath heard the voice of my prayer;
- 2 Because he hath inclined his ear unto me; *
therefore will I call upon him as long as I live.
- 3 The snares of death compassed me round about, *
and the pains of hell gat hold upon me.
- 4 I found trouble and heaviness;
then called I upon the Name of the LORD; *
O LORD, I beseech thee, deliver my soul.
- 5 Gracious is the LORD, and righteous; *
yea, our God is merciful.
- 6 The LORD preserveth the simple: *
I was in misery, and he helped me.
- 7 Turn again then unto thy rest, O my soul; *
for the LORD hath rewarded thee.
- 8 And why? thou hast delivered my soul from death, *
mine eyes from tears, and my feet from falling.

- 9 I will walk before the LORD *
in the land of the living.
- 10 I believed, and therefore will I speak; but I was sore troubled: *
I said in my haste, All men are liars.
- 11 What reward shall I give unto the LORD *
for all the benefits that he hath done unto me?
- 12 I will receive the cup of salvation, *
and call upon the Name of the LORD.
- 13 I will pay my vows now in the presence of all his people: *
right dear in the sight of the LORD is the death of his saints.
- 14 Behold, O LORD, how that I am thy servant; *
I am thy servant, and the son of thine handmaid;
thou hast broken my bonds in sunder.
- 15 I will offer to thee the sacrifice of thanksgiving, *
and will call upon the Name of the LORD.
- 16 I will pay my vows unto the LORD,
in the sight of all his people, *
in the courts of the LORD's house;
even in the midst of thee, O Jerusalem. Praise the LORD.

117

Laudate Dominum

- 1 O praise the LORD, all ye nations; *
praise him, all ye peoples.
- 2 For his merciful kindness is ever more
and more toward us; *
and the truth of the LORD endureth for ever.
Praise the LORD.

118

Confitemini Domino

- 1 O give thanks unto the LORD, for he is gracious; *
because his mercy endureth for ever.
- 2 Let Israel now confess that he is gracious, *
and that his mercy endureth for ever.
- 3 Let the house of Aaron now confess, *
that his mercy endureth for ever.
- 4 Yea, let them now that fear the LORD confess, *
that his mercy endureth for ever.
- 5 I called upon the LORD in trouble; *
and the LORD heard me at large.
- 6 The LORD is on my side; *
I will not fear what man doeth unto me.
- 7 The LORD taketh my part with them that help me; *
therefore shall I see my desire upon mine enemies.
- 8 It is better to trust in the LORD, *
than to put any confidence in man.
- 9 It is better to trust in the LORD, *
than to put any confidence in princes.
- 10 All nations compassed me round about; *
but in the Name of the LORD will I destroy them.
- 11 They kept me in on every side,
they kept me in, I say, on every side; *
but in the Name of the LORD will I destroy them.
- 12 They came about me like bees,
and are extinct even as the fire among the thorns; *
for in the Name of the LORD I will destroy them.
- 13 Thou hast thrust sore at me, that I might fall; *
but the LORD was my help.
- 14 The LORD is my strength and my song; *
and is become my salvation.

- 15 The voice of joy and health is in
the dwellings of the righteous; *
the right hand of the LORD bringeth mighty things to pass.
- 16 The right hand of the LORD hath the preeminence; *
the right hand of the LORD bringeth mighty things to pass.
- 17 I shall not die, but live, *
and declare the works of the LORD.
- 18 The LORD hath chastened and corrected me; *
but he hath not given me over unto death.
- 19 Open me the gates of righteousness, *
that I may go into them, and give thanks unto the LORD.
- 20 This is the gate of the LORD, *
the righteous shall enter into it.
- 21 I will thank thee; for thou hast heard me, *
and art become my salvation.
- 22 The same stone which the builders refused, *
is become the head-stone in the corner.
- 23 This is the LORD's doing, *
and it is marvelous in our eyes.
- 24 This is the day which the LORD hath made; *
we will rejoice and be glad in it.
- 25 Help me now, O LORD: *
O LORD, send us now prosperity.
- 26 Blessed be he that cometh in the Name of the LORD: *
we have wished you good luck,
we that are of the house of the LORD.
- 27 God is the LORD, who hath showed us light: *
bind the sacrifice with cords,
yea, even unto the horns of the altar.
- 28 Thou art my God, and I will thank thee; *
thou art my God, and I will praise thee.
- 29 O give thanks unto the LORD; for he is gracious, *
and his mercy endureth for ever.

- 1 Blessed are those that are undefiled in the way,*
and walk in the law of the LORD.
- 2 Blessed are they that keep his testimonies,*
and seek him with their whole heart;
- 3 Even they who do no wickedness,*
and walk in his ways.
- 4 Thou hast charged*
that we shall diligently keep thy commandments.
- 5 O that my ways were made so direct,*
that I might keep thy statutes!
- 6 So shall I not be confounded,*
while I have respect unto all thy commandments.
- 7 I will thank thee with an unfeigned heart,*
when I shall have learned the judgments
of thy righteousness.
- 8 I will keep thy statutes;*
O forsake me not utterly.

In quo corrigi?

BETH

- 9 Wherewithal shall a young man cleanse his way? *
even by ruling himself after thy word.
- 10 With my whole heart have I sought thee;*
O let me not go wrong out of thy commandments.
- 11 Thy word have I hid within my heart,*
that I should not sin against thee.
- 12 Blessed art thou, O LORD;*
O teach me thy statutes.
- 13 With my lips have I been telling*
of all the judgements of thy mouth.

- 14 I have had as great delight in the way of thy testimonies, *
as in all manner of riches.
15 I will talk of thy commandments, *
and have respect unto thy ways.
16 My delight shall be in thy statutes, *
and I will not forget thy word.

Retribuere servo tuo

GIMEL

- 17 O do well unto thy servant; *
that I may live, and keep thy word.
18 Open thou mine eyes; *
that I may see the wondrous things of thy law.
19 I am a stranger upon earth; *
O hide not thy commandments from me.
20 My soul breaketh out for the very fervent desire *
that it hath alway unto thy judgements.
21 Thou hast rebuked the proud; *
and cursed are they that do err from thy commandments.
22 O turn from me shame and rebuke; *
for I have kept thy testimonies.
23 Princes also did sit and speak against me; *
but thy servant is occupied in thy statutes.
24 For thy testimonies are my delight, *
and my counselors.

Adhæsit pavimento

DALETH

- 25 My soul cleaveth to the dust; *
O quicken thou me, according to thy word.
26 I have acknowledged my ways, and thou heardest me: *
O teach me thy statutes.
27 Make me to understand the way of thy commandments; *
and so shall I talk of thy wondrous works.

- 28 My soul melteth away for very heaviness; *
 comfort thou me according unto thy word.
- 29 Take from me the way of lying, *
 and cause thou me to make much of thy law.
- 30 I have chosen the way of truth, *
 and thy judgments have I laid before me.
- 31 I have stuck unto thy testimonies; *
 O LORD, confound me not.
- 32 I will run the way of thy commandments, *
 when thou hast set my heart at liberty.

DAY 25 : MORNING PRAYER

Legem pone

HE

- 33 Teach me, O LORD, the way of thy statutes, *
 and I shall keep it unto the end.
- 34 Give me understanding, and I shall keep thy law; *
 yea, I shall keep it with my whole heart.
- 35 Make me to go in the path of thy commandments; *
 for therein is my desire.
- 36 Incline my heart unto thy testimonies, *
 and not to covetousness.
- 37 O turn away mine eyes, lest they behold vanity; *
 and quicken thou me in thy way.
- 38 O stablish thy word in thy servant, *
 that I may fear thee.
- 39 Take away the rebuke that I am afraid of; *
 for thy judgments are good.
- 40 Behold, my delight is in thy commandments; *
 O quicken me in thy righteousness.

Et veniat super me

WAW

- 41 Let thy loving mercy come also unto me, O LORD, *
even thy salvation, according unto thy word.
- 42 So shall I make answer unto my blasphemers; *
for my trust is in thy word.
- 43 O take not the word of thy truth utterly out of my mouth; *
for my hope is in thy judgments.
- 44 So shall I always keep thy law; *
yea, for ever and ever.
- 45 And I will walk at liberty; *
for I seek thy commandments.
- 46 I will speak of thy testimonies also, even before kings, *
and will not be ashamed.
- 47 And my delight shall be in thy commandments, *
which I have loved.
- 48 My hands also will I lift up unto thy commandments,
which I have loved; *
and my study shall be in thy statutes.

Memor esto verbi tui

ZAYIN

- 49 O think upon thy servant, as concerning thy word, *
wherein thou hast caused me to put my trust.
- 50 The same is my comfort in my trouble; *
for thy word hath quickened me.
- 51 The proud have had me exceedingly in derision; *
yet have I not shrunked from thy law.
- 52 For I remembered thine everlasting judgments, O LORD, *
and received comfort.
- 53 I am horribly afraid, *
for the ungodly that forsake thy law.

- 54 Thy statutes have been my songs, *
in the house of my pilgrimage.
55 I have thought upon thy Name, O LORD, in the night season, *
and have kept thy law.
56 This I had, *
because I kept thy commandments.

Portio mea, Domine

HETH

- 57 Thou art my portion, O LORD; *
I have promised to keep thy law.
58 I made my humble petition in thy presence
with my whole heart; *
O be merciful unto me, according to thy word.
59 I called mine own ways to remembrance, *
and turned my feet unto thy testimonies.
60 I made haste, and prolonged not the time, *
to keep thy commandments.
61 The snares of the ungodly have compassed me about; *
but I have not forgotten thy law.
62 At midnight I will rise to give thanks unto thee, *
because of thy righteous judgments.
63 I am a companion of all them that fear thee, *
and keep thy commandments.
64 The earth, O LORD, is full of thy mercy: *
O teach me thy statutes.

Bonitatem fecisti

TETH

- 65 O LORD, thou hast dealt graciously with thy servant, *
according unto thy word.
66 O teach me true understanding and knowledge; *
for I have believed thy commandments.

- 67 Before I was troubled, I went wrong; *
but now have I kept thy word.
- 68 Thou art good and gracious; *
O teach me thy statutes.
- 69 The proud have imagined a lie against me; *
but I will keep thy commandments with my whole heart.
- 70 Their heart is as fat as brawn; *
but my delight hath been in thy law.
- 71 It is good for me that I have been in trouble; *
that I may learn thy statutes.
- 72 The law of thy mouth is dearer unto me *
than thousands of gold and silver.

DAY 25 : EVENING PRAYER

Manus tuæ fecerunt me

YODH

- 73 Thy hands have made me and fashioned me: *
O give me understanding,
that I may learn thy commandments.
- 74 They that fear thee will be glad when they see me; *
because I have put my trust in thy word.
- 75 I know, O LORD, that thy judgments are right, *
and that thou of very faithfulness hast caused me
to be troubled.
- 76 O let thy merciful kindness be my comfort, *
according to thy word unto thy servant.
- 77 O let thy loving mercies come unto me, that I may live; *
for thy law is my delight.
- 78 Let the proud be confounded,
for they go wickedly about to destroy me; *
but I will be occupied in thy commandments.
- 79 Let such as fear thee, and have known thy testimonies, *
be turned unto me.

80 O let my heart be sound in thy statutes, *
that I be not ashamed.

Defecit anima mea

KAPH

81 My soul hath longed for thy salvation, *
and I have a good hope because of thy word.
82 Mine eyes long sore for thy word; *
saying, O when wilt thou comfort me?
83 For I am become like a bottle in the smoke; *
yet do I not forget thy statutes.
84 How many are the days of thy servant? *
when wilt thou be avenged of them that persecute me?
85 The proud have digged pits for me, *
which are not after thy law.
86 All thy commandments are true: *
they persecute me falsely; O be thou my help.
87 They had almost made an end of me upon earth; *
but I forsook not thy commandments.
88 O quicken me after thy loving-kindness; *
and so shall I keep the testimonies of thy mouth.

In æternum, Domine

LAMEDH

89 O LORD, thy word *
endureth for ever in heaven.
90 Thy truth also remaineth from one generation to another; *
thou hast laid the foundation of the earth, and it abideth.
91 They continue this day according to thine ordinance; *
for all things serve thee.
92 If my delight had not been in thy law, *
I should have perished in my trouble.
93 I will never forget thy commandments; *
for with them thou hast quickened me.

- ⁹⁴ I am thine: O save me, *
for I have sought thy commandments.
⁹⁵ The ungodly laid wait for me, to destroy me; *
but I will consider thy testimonies.
⁹⁶ I see that all things come to an end; *
but thy commandment is exceeding broad.

Quomodo dilexi!

MEM

- ⁹⁷ Lord, what love have I unto thy law! *
all the day long is my study in it.
⁹⁸ Thou, through thy commandments,
hast made me wiser than mine enemies; *
for they are ever with me.
⁹⁹ I have more understanding than my teachers; *
for thy testimonies are my study.
¹⁰⁰ I am wiser than the aged; *
because I keep thy commandments.
¹⁰¹ I have refrained my feet from every evil way, *
that I may keep thy word.
¹⁰² I have not shrunk from thy judgments; *
for thou teachest me.
¹⁰³ O how sweet are thy words unto my throat; *
yea, sweeter than honey unto my mouth!
¹⁰⁴ Through thy commandments I get understanding: *
therefore I hate all evil ways.

DAY 26 : MORNING PRAYER

Lucerna pedibus meis

NUN

- ¹⁰⁵ Thy word is a lantern unto my feet, *
and a light unto my paths.

- 106 I have sworn, and am steadfastly purposed, *
to keep thy righteous judgments.
- 107 I am troubled above measure: *
quicken me, O LORD, according to thy word.
- 108 Let the free-will offerings of my mouth please thee, O LORD; *
and teach me thy judgments.
- 109 My soul is always in my hand; *
yet do I not forget thy law.
- 110 The ungodly have laid a snare for me; *
but yet I swerved not from thy commandments.
- 111 Thy testimonies have I claimed as mine heritage for ever; *
and why? they are the very joy of my heart.
- 112 I have applied my heart to fulfil thy statutes always, *
even unto the end.

Iniquos odio habui

SAMEKH

- 113 I hate them that imagine evil things; *
but thy law do I love.
- 114 Thou art my defense and shield; *
and my trust is in thy word.
- 115 Away from me, ye wicked; *
I will keep the commandments of my God.
- 116 O stablish me according to thy word, that I may live; *
and let me not be disappointed of my hope.
- 117 Hold thou me up, and I shall be safe; *
yea, my delight shall be ever in thy statutes.
- 118 Thou hast trodden down all them that depart
from thy statutes; *
for they imagine but deceit.
- 119 Thou puttest away all the ungodly of the earth like dross; *
therefore I love thy testimonies.
- 120 My flesh trembleth for fear of thee, *
and I am afraid of thy judgments.

Feci iudicium

AYIN

- 121 I deal with the thing that is lawful and right; *
 O give me not over unto mine oppressors.
- 122 Make thou thy servant to delight in that which is good, *
 that the proud do me no wrong.
- 123 Mine eyes are wasted away with looking for thy health, *
 and for the word of thy righteousness.
- 124 O deal with thy servant according unto thy loving mercy, *
 and teach me thy statutes.
- 125 I am thy servant; O grant me understanding, *
 that I may know thy testimonies.
- 126 It is time for thee, LORD, to lay to thine hand; *
 for they have destroyed thy law.
- 127 For I love thy commandments *
 above gold and precious stones.
- 128 Therefore hold I straight all thy commandments; *
 and all false ways I utterly abhor.

Mirabilia

PE

- 129 Thy testimonies are wonderful; *
 therefore doth my soul keep them.
- 130 When thy word goeth forth, *
 it giveth light and understanding unto the simple.
- 131 I opened my mouth, and drew in my breath; *
 for my delight was in thy commandments.
- 132 O look thou upon me, and be merciful unto me, *
 as thou usest to do unto those that love thy Name.
- 133 Order my steps in thy word; *
 and so shall no wickedness have dominion over me.
- 134 O deliver me from the wrongful dealings of men; *
 and so shall I keep thy commandments.

- 135 Show the light of thy countenance upon thy servant, *
and teach me thy statutes.
- 136 Mine eyes gush out with water, *
because men keep not thy law.

Justus es, Domine

SADHE

- 137 Righteous art thou, O LORD; *
and true are thy judgments.
- 138 The testimonies that thou hast commanded *
are exceeding righteous and true.
- 139 My zeal hath even consumed me; *
because mine enemies have forgotten thy words.
- 140 Thy word is tried to the uttermost, *
and thy servant loveth it.
- 141 I am small and of no reputation; *
yet do I not forget thy commandments.
- 142 Thy righteousness is an everlasting righteousness, *
and thy law is the truth.
- 143 Trouble and heaviness have taken hold upon me; *
yet is my delight in thy commandments.
- 144 The righteousness of thy testimonies is everlasting: *
O grant me understanding, and I shall live.

DAY 26 : EVENING PRAYER

Clamavi in toto corde meo

QOPH

- 145 I call with my whole heart; *
hear me, O LORD; I will keep thy statutes.
- 146 Yea, even unto thee do I call; *
help me, and I shall keep thy testimonies.
- 147 Early in the morning do I cry unto thee; *
for in thy word is my trust.

- 148 Mine eyes prevent the night watches; *
that I might be occupied in thy word.
- 149 Hear my voice, O LORD, according unto thy loving-kindness; *
quicken me, according to thy judgments.
- 150 They draw nigh that of malice persecute me, *
and are far from thy law.
- 151 Be thou nigh at hand, O LORD; *
for all thy commandments are true.
- 152 As concerning thy testimonies, I have known long since, *
that thou hast grounded them for ever.

Vide humilitatem

RESH

- 153 O consider mine adversity, and deliver me, *
for I do not forget thy law.
- 154 Avenge thou my cause, and deliver me; *
quicken me according to thy word.
- 155 Health is far from the ungodly; *
for they regard not thy statutes.
- 156 Great is thy mercy, O LORD; *
quicken me, as thou art wont.
- 157 Many there are that trouble me, and persecute me; *
yet do I not swerve from thy testimonies.
- 158 It grieveth me when I see the transgressors; *
because they keep not thy law.
- 159 Consider, O LORD, how I love thy commandments; *
O quicken me, according to thy loving-kindness.
- 160 Thy word is true from everlasting; *
all the judgments of thy righteousness endure for evermore.

Principes persecuti sunt

SHIN

- 161 Princes have persecuted me without a cause; *
but my heart standeth in awe of thy word.
- 162 I am as glad of thy word, *
as one that findeth great spoils.
- 163 As for lies, I hate and abhor them; *
but thy law do I love.
- 164 Seven times a day do I praise thee; *
because of thy righteous judgments.
- 165 Great is the peace that they have who love thy law; *
and they have none occasion of stumbling.
- 166 LORD, I have looked for thy saving health, *
and done after thy commandments.
- 167 My soul hath kept thy testimonies, *
and loved them exceedingly.
- 168 I have kept thy commandments and testimonies; *
for all my ways are before thee.

Appropinquet deprecatio

TAW

- 169 Let my complaint come before thee, O LORD; *
give me understanding according to thy word.
- 170 Let my supplication come before thee; *
deliver me according to thy word.
- 171 My lips shall speak of thy praise, *
when thou hast taught me thy statutes.
- 172 Yea, my tongue shall sing of thy word; *
for all thy commandments are righteous.
- 173 Let thine hand help me; *
for I have chosen thy commandments.
- 174 I have longed for thy saving health, O LORD; *
and in thy law is my delight.

- ¹⁷⁵ O let my soul live, and it shall praise thee; *
and thy judgments shall help me.
- ¹⁷⁶ I have gone astray like a sheep that is lost; *
O seek thy servant, for I do not forget thy commandments.

DAY 27 : MORNING PRAYER

120

Ad Dominum

- ¹ When I was in trouble, I called upon the LORD, *
and he heard me.
- ² Deliver my soul, O LORD, from lying lips, *
and from a deceitful tongue.
- ³ What reward shall be given or done unto thee,
thou false tongue? *
even mighty and sharp arrows, with hot burning coals.
- ⁴ Woe is me, that I am constrained to dwell with Meshech, *
and to have my habitation among the tents of Kedar!
- ⁵ My soul hath long dwelt among them *
that are enemies unto peace.
- ⁶ I labor for peace; but when I speak unto them thereof, *
they make them ready to battle.

121

Levavi oculos

- ¹ I will lift up mine eyes unto the hills; *
from whence cometh my help?
- ² My help cometh even from the LORD, *
who hath made heaven and earth.
- ³ He will not suffer thy foot to be moved; *
and he that keepeth thee will not sleep.

- 4 Behold, he that keepeth Israel *
shall neither slumber nor sleep.
5 The LORD himself is thy keeper; *
the LORD is thy defense upon thy right hand;
6 So that the sun shall not burn thee by day, *
neither the moon by night.
7 The LORD shall preserve thee from all evil; *
yea, it is even he that shall keep thy soul.
8 The LORD shall preserve thy going out, and thy coming in, *
from this time forth for evermore.

122

Lætatus sum

- 1 I was glad when they said unto me, *
We will go into the house of the LORD.
2 Our feet shall stand in thy gates, *
O Jerusalem.
3 Jerusalem is built as a city *
that is at unity in itself.
4 For thither the tribes go up, even the tribes of the LORD, *
to testify unto Israel,
to give thanks unto the Name of the LORD.
5 For there is the seat of judgment, *
even the seat of the house of David.
6 O pray for the peace of Jerusalem; *
they shall prosper that love thee.
7 Peace be within thy walls, *
and plenteousness within thy palaces.
8 For my brethren and companions' sakes, *
I will wish thee prosperity.
9 Yea, because of the house of the LORD our God, *
I will seek to do thee good.

123

Ad te levavi oculos meos

- 1 Unto thee lift I up mine eyes,*
O thou that dwellest in the heavens.
- 2 Behold, even as the eyes of servants look unto the hand of
their masters, and as the eyes of a maiden unto the hand of
her mistress,*
even so our eyes wait upon the LORD our God,
until he have mercy upon us.
- 3 Have mercy upon us, O LORD, have mercy upon us;*
for we are utterly despised.
- 4 Our soul is filled with the scornful reproof of the wealthy,*
and with the despitefulness of the proud.

124

Nisi quia Dominus

- 1 If the LORD himself had not been on our side,
now may Israel say;*
if the LORD himself had not been on our side,
when men rose up against us;
- 2 They had swallowed us up alive;*
when they were so wrathfully displeased at us.
- 3 Yea, the waters had drowned us,*
and the stream had gone over our soul.
- 4 The deep waters of the proud*
had gone even over our soul.
- 5 But praised be the LORD,*
who hath not given us over for a prey unto their teeth.
- 6 Our soul is escaped even as a bird out of
the snare of the fowler;*
the snare is broken, and we are delivered.

7 Our help standeth in the Name of the LORD,*
who hath made heaven and earth.

125

Qui confidunt

1 They that put their trust in the LORD shall be even
as the mount Zion,*
which may not be removed, but standeth fast for ever.
2 The hills stand about Jerusalem;*
even so standeth the LORD round about his people,
from this time forth for evermore.
3 For the sceptre of the ungodly shall not abide upon
the lot of the righteous;*
lest the righteous put their hand unto wickedness.
4 Do well, O LORD,*
unto those that are good and true of heart.
5 As for such as turn back unto their own wickedness,*
the LORD shall lead them forth with the evil doers;
but peace shall be upon Israel.

DAY 27 : EVENING PRAYER

126

In convertendo

1 When the LORD turned again the captivity of Zion,*
then were we like unto them that dream.
2 Then was our mouth filled with laughter,*
and our tongue with joy.
3 Then said they among the heathen,*
The LORD hath done great things for them.

- 4 Yea, the LORD hath done great things for us already; *
whereof we rejoice.
- 5 Turn our captivity, O LORD, *
as the rivers in the south.
- 6 They that sow in tears *
shall reap in joy.
- 7 He that now goeth on his way weeping,
and beareth forth good seed, *
shall doubtless come again with joy,
and bring his sheaves with him.

127

Nisi Dominus

- 1 Except the LORD build the house, *
their labour is but lost that build it.
- 2 Except the LORD keep the city, *
the watchman waketh but in vain.
- 3 It is but lost labour that ye haste to rise up early,
and so late take rest, and eat the bread of carefulness; *
for so he giveth his beloved sleep.
- 4 Lo, children, and the fruit of the womb, *
are an heritage and gift that cometh of the LORD.
- 5 Like as the arrows in the hand of the giant, *
even so are the young children.
- 6 Happy is the man that hath his quiver full of them; *
they shall not be ashamed when they speak
with their enemies in the gate.

128

Beati omnes

- 1 Blessed are all they that fear the LORD,*
and walk in his ways.
- 2 For thou shalt eat the labors of thine hands: *
O well is thee, and happy shalt thou be.
- 3 Thy wife shall be as the fruitful vine *
upon the walls of thine house;
- 4 Thy children like the olive branches *
round about thy table.
- 5 Lo, thus shall the man be blessed *
that feareth the LORD.
- 6 The LORD from out of Zion shall so bless thee,*
that thou shalt see Jerusalem in prosperity all thy life long;
- 7 Yea, that thou shalt see thy children's children,*
and peace upon Israel.

129

Sæpe expugnaverunt

- 1 Many a time have they fought against me from my youth up,*
may Israel now say;
- 2 Yea, many a time have they vexed me from my youth up; *
but they have not prevailed against me.
- 3 The plowers plowed upon my back,*
and made long furrows.
- 4 But the righteous LORD *
hath hewn the snares of the ungodly in pieces.
- 5 Let them be confounded and turned backward,*
as many as have evil will at Zion.
- 6 Let them be even as the grass upon the housetops,*
which withereth afore it be grown up,

- 7 Whereof the mower filleth not his hand, *
neither he that bindeth up the sheaves his bosom.
8 So that they who go by say not so much as,
The LORD prosper you; *
we wish you good luck in the Name of the LORD.

130

De profundis

- 1 Out of the deep have I called unto thee, O LORD; *
Lord, hear my voice.
2 O let thine ears consider well *
the voice of my complaint.
3 If thou, LORD, wilt be extreme to mark what is done amiss, *
O Lord, who may abide it?
4 For there is mercy with thee; *
therefore shalt thou be feared.
5 I look for the LORD; my soul doth wait for him; *
in his word is my trust.
6 My soul fleeth unto the Lord before the morning watch; *
I say, before the morning watch.
7 O Israel, trust in the LORD; for with the LORD there is mercy, *
and with him is plenteous redemption.
8 And he shall redeem Israel *
from all his sins.

131

Domine, non est

- 1 LORD, I am not high-minded; *
I have no proud looks.
2 I do not exercise myself in great matters *
which are too high for me.

- ³ But I refrain my soul, and keep it low,
like as a child that is weaned from his mother: *
yea, my soul is even as a weaned child.
- ⁴ O Israel, trust in the LORD *
from this time forth for evermore.

DAY 28 : MORNING PRAYER

132

Memento, Domine

- ¹ LORD, remember David, *
and all his trouble:
- ² How he sware unto the LORD, *
and vowed a vow unto the Almighty God of Jacob:
- ³ I will not come within the tabernacle of mine house, *
nor climb up into my bed;
- ⁴ I will not suffer mine eyes to sleep,
nor mine eyelids to slumber; *
neither the temples of my head to take any rest;
- ⁵ Until I find out a place for the temple of the LORD; *
an habitation for the Mighty God of Jacob.
- ⁶ Lo, we heard of the same at Ephratah, *
and found it in the wood.
- ⁷ We will go into his tabernacle, *
and fall low on our knees before his footstool.
- ⁸ Arise, O LORD, into thy resting-place; *
thou, and the ark of thy strength.
- ⁹ Let thy priests be clothed with righteousness; *
and let thy saints sing with joyfulness.
- ¹⁰ For thy servant David's sake, *
turn not away the face of thine anointed.
- ¹¹ The LORD hath made a faithful oath unto David, *
and he shall not shrink from it:

- 12 Of the fruit of thy body *
shall I set upon thy throne.
- 13 If thy children will keep my covenant,
and my testimonies that I shall teach them; *
their children also shall sit upon thy throne for evermore.
- 14 For the LORD hath chosen Zion
to be an habitation for himself; *
he hath longed for her.
- 15 This shall be my rest for ever: *
here will I dwell, for I have a delight therein.
- 16 I will bless her victuals with increase, *
and will satisfy her poor with bread.
- 17 I will deck her priests with health, *
and her saints shall rejoice and sing.
- 18 There shall I make the horn of David to flourish: *
I have ordained a lantern for mine anointed.
- 19 As for his enemies, I shall clothe them with shame; *
but upon himself shall his crown flourish.

133

Ecce, quam bonum!

- 1 Behold, how good and joyful a thing it is, *
for brethren to dwell together in unity!
- 2 It is like the precious oil upon the head,
that ran down unto the beard, *
even unto Aaron's beard,
and went down to the skirts of his clothing.
- 3 Like as the dew of Hermon, *
which fell upon the hill of Zion.
- 4 For there the LORD promised his blessing, *
and life for evermore.

134

Ecce nunc

- 1 Behold now, praise the LORD,*
all ye servants of the LORD;
- 2 Ye that by night stand in the house of the LORD,*
even in the courts of the house of our God.
- 3 Lift up your hands in the sanctuary,*
and praise the LORD.
- 4 The LORD that made heaven and earth*
give thee blessing out of Zion.

135

Laudate Nomen

- 1 O praise the LORD, laud ye the Name of the LORD;*
praise it, O ye servants of the LORD;
- 2 Ye that stand in the house of the LORD,*
in the courts of the house of our God.
- 3 O praise the LORD, for the LORD is gracious;*
O sing praises unto his Name, for it is lovely.
- 4 For why? the LORD hath chosen Jacob unto himself,*
and Israel for his own possession.
- 5 For I know that the LORD is great,*
and that our Lord is above all gods.
- 6 Whatsoever the LORD pleased, that did he in heaven,
and in earth; *
and in the sea, and in all deep places.
- 7 He bringeth forth the clouds from the ends of the world,*
and sendeth forth lightnings with the rain,
bringing the winds out of his treasures.
- 8 He smote the firstborn of Egypt,*
both of man and beast.

- 9 He hath sent tokens and wonders into the midst of thee,
O thou land of Egypt; *
upon Pharaoh, and all his servants.
- 10 He smote divers nations, *
and slew mighty kings:
- 11 Sihon, king of the Amorites; and Og, the king of Bashan; *
and all the kingdoms of Canaan;
- 12 And gave their land to be an heritage, *
even an heritage unto Israel his people.
- 13 Thy Name, O LORD, endureth for ever; *
so doth thy memorial, O LORD,
from one generation to another.
- 14 For the LORD will avenge his people, *
and be gracious unto his servants.
- 15 As for the images of the heathen, they are but silver and gold; *
the work of men's hands.
- 16 They have mouths, and speak not; *
eyes have they, but they see not.
- 17 They have ears, and yet they hear not; *
neither is there any breath in their mouths.
- 18 They that make them are like unto them; *
and so are all they that put their trust in them.
- 19 Praise the LORD, ye house of Israel; *
praise the LORD, ye house of Aaron.
- 20 Praise the LORD, ye house of Levi; *
ye that fear the LORD, praise the LORD.
- 21 Praised be the LORD out of Zion, *
who dwelleth at Jerusalem.

- 1 O give thanks unto the LORD, for he is gracious: *
and his mercy endureth for ever.
- 2 O give thanks unto the God of all gods: *
for his mercy endureth for ever.
- 3 O thank the LORD of all lords: *
for his mercy endureth for ever.
- 4 Who only doeth great wonders: *
for his mercy endureth for ever.
- 5 Who by his excellent wisdom made the heavens: *
for his mercy endureth for ever.
- 6 Who laid out the earth above the waters: *
for his mercy endureth for ever.
- 7 Who hath made great lights: *
for his mercy endureth for ever:
- 8 The sun to rule the day: *
for his mercy endureth for ever;
- 9 The moon and the stars to govern the night: *
for his mercy endureth for ever.
- 10 Who smote Egypt, with their firstborn: *
for his mercy endureth for ever;
- 11 And brought out Israel from among them: *
for his mercy endureth for ever;
- 12 With a mighty hand and stretched-out arm: *
for his mercy endureth for ever.
- 13 Who divided the Red Sea in two parts: *
for his mercy endureth for ever;
- 14 And made Israel to go through the midst of it: *
for his mercy endureth for ever.

- 15 But as for Pharaoh and his host,
he overthrew them in the Red Sea: *
for his mercy endureth for ever.
- 16 Who led his people through the wilderness: *
for his mercy endureth for ever.
- 17 Who smote great kings: *
for his mercy endureth for ever;
- 18 Yea, and slew mighty kings: *
for his mercy endureth for ever:
- 19 Sihon, king of the Amorites: *
for his mercy endureth for ever;
- 20 And Og, the king of Bashan: *
for his mercy endureth for ever;
- 21 And gave away their land for an heritage: *
for his mercy endureth for ever;
- 22 Even for an heritage unto Israel his servant: *
for his mercy endureth for ever.
- 23 Who remembered us when we were in trouble: *
for his mercy endureth for ever;
- 24 And hath delivered us from our enemies: *
for his mercy endureth for ever.
- 25 Who giveth food to all flesh: *
for his mercy endureth for ever.
- 26 O give thanks unto the God of heaven: *
for his mercy endureth for ever.
- 27 O give thanks unto the Lord of lords: *
for his mercy endureth for ever.

137

Super flumina

- 1 By the waters of Babylon we sat down and wept, *
when we remembered thee, O Zion.

- 2 As for our harps, we hanged them up *
upon the trees that are therein.
- 3 For they that led us away captive, required of us then a song,
and melody in our heaviness: *
Sing us one of the songs of Zion.
- 4 How shall we sing the LORD's song *
in a strange land?
- 5 If I forget thee, O Jerusalem, *
let my right hand forget her cunning.
- 6 If I do not remember thee,
let my tongue cleave to the roof of my mouth; *
yea, if I prefer not Jerusalem above my chief joy.
- 7 Remember the children of Edom, O LORD,
in the day of Jerusalem; *
how they said, Down with it, down with it,
even to the ground.
- 8 O daughter of Babylon, wasted with misery; *
yea, happy shall he be that rewardeth thee
as thou hast served us.
- 9 Blessed shall he be that taketh thy children, *
and throweth them against the stones.

138

Confitebor tibi

- 1 I will give thanks unto thee, O Lord, with my whole heart; *
even before the gods will I sing praise unto thee.
- 2 I will worship toward thy holy temple, and praise thy Name,
because of thy loving-kindness and truth; *
for thou hast magnified thy Name, and thy word,
above all things.
- 3 When I called upon thee, thou heardest me; *
and enduedst my soul with much strength.

- 4 All the kings of the earth shall praise thee, O LORD; *
for they have heard the words of thy mouth.
- 5 Yea, they shall sing of the ways of the LORD, *
that great is the glory of the LORD.
- 6 For though the LORD be high,
yet hath he respect unto the lowly; *
as for the proud, he beholdeth them afar off.
- 7 Though I walk in the midst of trouble,
yet shalt thou refresh me; *
thou shalt stretch forth thy hand upon the furiousness
of mine enemies, and thy right hand shall save me.
- 8 The LORD shall make good his loving-kindness toward me; *
yea, thy mercy, O LORD, endureth for ever;
despise not then the works of thine own hands.

DAY 29 : MORNING PRAYER

139

Domine, probasti

- 1 O LORD, thou hast searched me out, and known me. *
Thou knowest my down-sitting, and mine up-rising;
thou understandest my thoughts long before.
- 2 Thou art about my path, and about my bed; *
and art acquainted with all my ways.
- 3 For lo, there is not a word in my tongue, *
but thou, O LORD, knowest it altogether.
- 4 Thou hast beset me behind and before, *
and laid thine hand upon me.
- 5 Such knowledge is too wonderful and excellent for me; *
I cannot attain unto it.
- 6 Whither shall I go then from thy Spirit? *
or whither shall I go then from thy presence?

- 7 If I climb up into heaven, thou art there; *
if I go down to hell, thou art there also.
- 8 If I take the wings of the morning, *
and remain in the uttermost parts of the sea;
- 9 Even there also shall thy hand lead me, *
and thy right hand shall hold me.
- 10 If I say, Peradventure the darkness shall cover me; *
then shall my night be turned to day.
- 11 Yea, the darkness is no darkness with thee,
but the night is as clear as the day; *
the darkness and light to thee are both alike.
- 12 For my reins are thine; *
thou hast covered me in my mother's womb.
- 13 I will give thanks unto thee,
for I am fearfully and wonderfully made: *
marvellous are thy works,
and that my soul knoweth right well.
- 14 My bones are not hid from thee, *
though I be made secretly,
and fashioned beneath in the earth.
- 15 Thine eyes did see my substance, yet being imperfect; *
and in thy book were all my members written;
- 16 Which day by day were fashioned, *
when as yet there was none of them.
- 17 How dear are thy counsels unto me, O God; *
O how great is the sum of them!
- 18 If I tell them, they are more in number than the sand: *
when I wake up, I am present with thee.
- 19 Wilt thou not slay the wicked, O God? *
Depart from me, ye bloodthirsty men.
- 20 For they speak unrighteously against thee; *
and thine enemies take thy Name in vain.

- 21 Do not I hate them, O LORD, that hate thee? *
and am not I grieved with those that rise up against thee?
- 22 Yea, I hate them right sore; *
even as though they were mine enemies.
- 23 Try me, O God, and seek the ground of my heart; *
prove me, and examine my thoughts.
- 24 Look well if there be any way of wickedness in me; *
and lead me in the way everlasting.

140

Eripe me, Domine

- 1 Deliver me, O LORD, from the evil man; *
and preserve me from the wicked man;
- 2 Who imagine mischief in their hearts, *
and stir up strife all the day long.
- 3 They have sharpened their tongues like a serpent; *
adder's poison is under their lips.
- 4 Keep me, O LORD, from the hands of the ungodly; *
preserve me from the wicked men,
who are purposed to overthrow my goings.
- 5 The proud have laid a snare for me,
and spread a net abroad with cords; *
yea, and set traps in my way.
- 6 I said unto the LORD, Thou art my God, *
hear the voice of my prayers, O LORD.
- 7 O LORD God, thou strength of my health; *
thou hast covered my head in the day of battle.
- 8 Let not the ungodly have his desire, O LORD; *
let not his mischievous imagination prosper,
lest they be too proud.
- 9 Let the mischief of their own lips fall upon the head of them *
that compass me about.

- 10 Let hot burning coals fall upon them; *
let them be cast into the fire, and into the pit,
that they never rise up again.
- 11 A man full of words shall not prosper upon the earth: *
evil shall hunt the wicked person to overthrow him.
- 12 Sure I am that the LORD will avenge the poor, *
and maintain the cause of the helpless.
- 13 The righteous also shall give thanks unto thy Name; *
and the just shall continue in thy sight.

DAY 29 : EVENING PRAYER

141

Domine, clamavi

- 1 LORD, I call upon thee; haste thee unto me, *
and consider my voice, when I cry unto thee.
- 2 Let my prayer be set forth in thy sight as the incense; *
and let the lifting up of my hands be an evening sacrifice.
- 3 Set a watch, O LORD, before my mouth, *
and keep the door of my lips.
- 4 O let not mine heart be inclined to any evil thing; *
let me not be occupied in ungodly works with the men
that work wickedness, neither let me eat of such things as
please them.
- 5 Let the righteous rather smite me friendly, and reprove me; *
yea, let not my head refuse their precious balms.
- 6 As for the ungodly, *
I will pray yet against their wickedness.
- 7 Let their judges be overthrown in stony places, *
that they may hear my words; for they are sweet.
- 8 Our bones lie scattered before the pit, *
like as when one breaketh and heweth wood upon the earth.

- 9 But mine eyes look unto thee, O LORD God; *
in thee is my trust; O cast not out my soul.
10 Keep me from the snare that they have laid for me, *
and from the traps of the wicked doers.
11 Let the ungodly fall into their own nets together, *
and let me ever escape them.

142

Voce mea ad Dominum

- 1 I cried unto the LORD with my voice; *
yea, even unto the LORD did I make my supplication.
2 I poured out my complaints before him, *
and showed him of my trouble.
3 When my spirit was in heaviness, thou knewest my path; *
in the way wherein I walked,
have they privily laid a snare for me.
4 I looked also upon my right hand, *
and saw there was no man that would know me.
5 I had no place to flee unto, *
and no man cared for my soul.
6 I cried unto thee, O LORD, and said, *
Thou art my hope, and my portion in the land of the living.
7 Consider my complaint; *
for I am brought very low.
8 O deliver me from my persecutors; *
for they are too strong for me.
9 Bring my soul out of prison, *
that I may give thanks unto thy Name; *
which thing if thou wilt grant me,
then shall the righteous resort unto my company.

143

Domine, exaudi

- 1 Hear my prayer, O LORD, and consider my desire; *
hearken unto me for thy truth and righteousness' sake.
- 2 And enter not into judgment with thy servant; *
for in thy sight shall no man living be justified.
- 3 For the enemy hath persecuted my soul;
he hath smitten my life down to the ground; *
he hath laid me in the darkness,
as the men that have been long dead.
- 4 Therefore is my spirit vexed within me, *
and my heart within me is desolate.
- 5 Yet do I remember the time past; I muse upon all thy works; *
yea, I exercise myself in the works of thy hands.
- 6 I stretch forth my hands unto thee; *
my soul gaspeth unto thee as a thirsty land.
- 7 Hear me, O LORD, and that soon; for my spirit waxeth faint: *
hide not thy face from me,
lest I be like unto them that go down into the pit.
- 8 O let me hear thy loving-kindness betimes in the morning;
for in thee is my trust: *
show thou me the way that I should walk in;
for I lift up my soul unto thee.
- 9 Deliver me, O LORD, from mine enemies; *
for I flee unto thee to hide me.
- 10 Teach me to do the thing that pleaseth thee;
for thou art my God: *
let thy loving Spirit lead me forth
into the land of righteousness.
- 11 Quicken me, O LORD, for thy Name's sake; *
and for thy righteousness' sake bring my soul out of trouble.

12 And of thy goodness slay mine enemies,*
and destroy all them that vex my soul; for I am thy servant.

DAY 30 : MORNING PRAYER

144

Benedictus Dominus

- 1 Blessed be the LORD my strength,*
who teacheth my hands to war and my fingers to fight:
- 2 My hope and my fortress, my castle and deliverer,
my defender in whom I trust; *
who subdueth my people that is under me.
- 3 LORD, what is man, that thou hast such respect unto him? *
or the son of man, that thou so regardest him?
- 4 Man is like a thing of nought; *
his time passeth away like a shadow.
- 5 Bow thy heavens, O LORD, and come down; *
touch the mountains, and they shall smoke.
- 6 Cast forth thy lightning and tear them; *
shoot out thine arrows, and consume them.
- 7 Send down thine hand from above; *
deliver me, and take me out of the great waters,
from the hand of strangers;
- 8 Whose mouth talketh of vanity, *
and their right hand is a right hand of wickedness.
- 9 I will sing a new song unto thee, O God; *
and sing praises unto thee upon a ten-stringed lute.
- 10 Thou hast given victory unto kings, *
and hast delivered David thy servant
from the peril of the sword.
- 11 Save me, and deliver me from the hand of strangers, *
whose mouth talketh of vanity,
and their right hand is a right hand of iniquity:

- 12 That our sons may grow up as the young plants, *
and that our daughters may be
as the polished corners of the temple;
- 13 That our garners may be full and plenteous
with all manner of store; *
that our sheep may bring forth thousands,
and ten thousands in our fields;
- 14 That our oxen may be strong to labor; that there be no decay, *
no leading into captivity, and no complaining in our streets.
- 15 Happy are the people that are in such a case, *
yea, blessed are the people who have the LORD
for their God.

145

Exaltabo te, Deus

- 1 I will magnify thee, O God my King; *
and I will praise thy Name for ever and ever.
- 2 Every day will I give thanks unto thee; *
and praise thy Name for ever and ever.
- 3 Great is the LORD, and marvelous worthy to be praised; *
there is no end of his greatness.
- 4 One generation shall praise thy works unto another, *
and declare thy power.
- 5 As for me, I will be talking of thy worship, *
thy glory, thy praise, and wondrous works;
- 6 So that men shall speak of the might of thy marvelous acts; *
and I will also tell of thy greatness.
- 7 The memorial of thine abundant kindness shall be showed, *
and men shall sing of thy righteousness.
- 8 The LORD is gracious and merciful; *
long-suffering, and of great goodness.

- 9 The LORD is loving unto every man; *
and his mercy is over all his works.
- 10 All thy works praise thee, O LORD; *
and thy saints give thanks unto thee.
- 11 They show the glory of thy kingdom, *
and talk of thy power,
- 12 That thy power, thy glory, and mightiness of thy kingdom, *
might be known unto men.
- 13 Thy kingdom is an everlasting kingdom, *
and thy dominion endureth throughout all ages.
- 14 The LORD upholdeth all such as fall, *
and lifteth up all those that are down.
- 15 The eyes of all wait upon thee, O Lord; *
and thou givest them their meat in due season.
- 16 Thou openest thine hand, *
and fillest all things living with plenteousness.
- 17 The LORD is righteous in all his ways, *
and holy in all his works.
- 18 The LORD is nigh unto all them that call upon him; *
yea, all such as call upon him faithfully.
- 19 He will fulfill the desire of them that fear him; *
he also will hear their cry, and will help them.
- 20 The LORD preserveth all them that love him; *
but scattereth abroad all the ungodly.
- 21 My mouth shall speak the praise of the LORD; *
and let all flesh give thanks unto his holy Name
for ever and ever.

146

Lauda, anima mea

- 1 Praise the LORD, O my soul:
while I live, will I praise the LORD; *
yea, as long as I have any being,

- I will sing praises unto my God.
- ² O put not your trust in princes, nor in any child of man; *
for there is no help in them.
- ³ For when the breath of man goeth forth, he shall turn again
to his earth, *
and then all his thoughts perish.
- ⁴ Blessed is he that hath the God of Jacob for his help, *
and whose hope is in the LORD his God:
- ⁵ Who made heaven and earth, the sea, and all that therein is; *
who keepeth his promise for ever;
- ⁶ Who helpeth them to right that suffer wrong; *
who feedeth the hungry.
- ⁷ The LORD looseth men out of prison; *
the LORD giveth sight to the blind.
- ⁸ The LORD helpeth them that are fallen; *
the LORD careth for the righteous.
- ⁹ The LORD careth for the strangers; he defendeth
the fatherless and widow: *
as for the way of the ungodly, he turneth it upside down.
- ¹⁰ The LORD thy God, O Zion, shall be King for evermore, *
and throughout all generations.

DAY 30 : EVENING PRAYER

147

Laudate Dominum

- ¹ O praise the LORD, for it is a good thing
to sing praises unto our God; *
yea, a joyful and pleasant thing it is to be thankful.
- ² The LORD doth build up Jerusalem, *
and gather together the outcasts of Israel.
- ³ He healeth those that are broken in heart, *
and giveth medicine to heal their sickness.

- 4 He telleth the number of the stars, *
and calleth them all by their names.
- 5 Great is our Lord, and great is his power; *
yea, and his wisdom is infinite.
- 6 The LORD setteth up the meek, *
and bringeth the ungodly down to the ground.
- 7 O sing unto the LORD with thanksgiving; *
sing praises upon the harp unto our God:
- 8 Who covereth the heaven with clouds,
and prepareth rain for the earth; *
and maketh the grass to grow upon the mountains,
and herb for the use of men;
- 9 Who giveth fodder unto the cattle, *
and feedeth the young ravens that call upon him.
- 10 He hath no pleasure in the strength of an horse; *
neither delighteth he in any man's legs.
- 11 But the LORD's delight is in them that fear him, *
and put their trust in his mercy.
- 12 Praise the LORD, O Jerusalem; *
praise thy God, O Zion.
- 13 For he hath made fast the bars of thy gates, *
and hath blessed thy children within thee.
- 14 He maketh peace in thy borders, *
and filleth thee with the flour of wheat.
- 15 He sendeth forth his commandment upon earth, *
and his word runneth very swiftly.
- 16 He giveth snow like wool, *
and scattereth the hoarfrost like ashes.
- 17 He casteth forth his ice like morsels: *
who is able to abide his frost?
- 18 He sendeth out his word, and melteth them: *
he bloweth with his wind, and the waters flow.

- 19 He showeth his word unto Jacob, *
his statutes and ordinances unto Israel.
20 He hath not dealt so with any nation; *
neither have the heathen knowledge of his laws.

148

Laudate Dominum

- 1 O praise the LORD from the heavens: *
praise him in the heights.
2 Praise him, all ye angels of his: *
praise him, all his host.
3 Praise him, sun and moon: *
praise him, all ye stars and light.
4 Praise him, all ye heavens, *
and ye waters that are above the heavens.
5 Let them praise the Name of the LORD: *
for he spake the word, and they were made;
he commanded, and they were created.
6 He hath made them fast for ever and ever: *
he hath given them a law which shall not be broken.
7 Praise the LORD from the earth, *
ye dragons and all deeps;
8 Fire and hail, snow and vapors, *
wind and storm, fulfilling his word;
9 Mountains and all hills; *
fruitful trees and all cedars;
10 Beasts and all cattle; *
creeping things and flying fowls;
11 Kings of the earth and all peoples, *
princes, and all judges of the world;

- 12 Young men and maidens, old men and children,
praise the Name of the LORD: *
for his Name only is excellent, and his praise
above heaven and earth.
- 13 He shall exalt the horn of his people: all his saints
shall praise him; *
even the children of Israel, even the people
that serveth him.

149

Cantate Domino

- 1 O sing unto the LORD a new song; *
let the congregation of saints praise him.
- 2 Let Israel rejoice in him that made him, *
and let the children of Zion be joyful in their King.
- 3 Let them praise his Name in the dance: *
let them sing praises unto him with tabret and harp.
- 4 For the LORD hath pleasure in his people, *
and helpeth the meek-hearted.
- 5 Let the saints be joyful with glory; *
let them rejoice in their beds.
- 6 Let the praises of God be in their mouth; *
and a two-edged sword in their hands;
- 7 To be avenged of the nations, *
and to rebuke the peoples;
- 8 To bind their kings in chains, *
and their nobles with links of iron;
- 9 To execute judgment upon them; as it is written, *
Such honor have all his saints.

150

Laudate Dominum

- 1 O praise God in his sanctuary: *
praise him in the firmament of his power.
- 2 Praise him in his noble acts: *
praise him according to his excellent greatness.
- 3 Praise him in the sound of the trumpet: *
praise him upon the lute and harp.
- 4 Praise him in the timbrels and dances: *
praise him upon the strings and pipe.
- 5 Praise him upon the well-tuned cymbals: *
praise him upon the loud cymbals.
- 6 Let everything that hath breath *
praise the LORD.