

ST. BERNARD  
PSALTER

ST. BERNARD PSALTER

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# ST. BERNARD PSALTER



## The New Coverdale Psalter

of the

BOOK OF COMMON PRAYER

2019

Arranged and Pointed for Plainsong Chant

EDITED BY

The Rev. Ben Jefferies

IN THE YEAR OF OUR LORD'S INCARNATION

M•M•X•X•I•I•I



DEDICATED TO THE MEMORY OF  
ST. BERNARD OF CLAIRVAUX  
WHO WENT INTO THE WOODS  
WITH HIS BROTHERS TO PRAISE GOD  
WITH THE PSALTER  
AND  
IN THANKSGIVING FOR  
THE WORK OF  
CANON JOSEPH KUCHARSKI  
WHO LABORED PATIENTLY  
FOR OVER TWO DECADES  
AT NASHOTAH HOUSE  
WITH COUNTLESS  
MUSICALLY ILLITERATE SEMINARIANS  
(OF WHOM THE EDITOR WAS ONCE ONE)  
THAT THEY MIGHT BE ABLE  
TO CHANT OUR SAVIOR'S PRAISE

**T**HE SENSE OF THE WORDS  
SHOULD BE UNMISTAKABLE,  
AND THEY SHOULD SHINE WITH  
TRUTH, TELL OF RIGHTEOUSNESS,  
INCITE TO HUMILITY AND INCULCATE  
JUSTICE; THEY SHOULD BRING TRUTH  
TO THE MINDS OF THE HEARERS,  
DEVOTION TO THEIR AFFECTIONS,  
THE CROSS TO THEIR VICES AND  
DISCIPLINE TO THEIR SENSES.  
IF THERE IS TO BE SINGING, THE  
MELODY SHOULD BE GRAVE AND NOT  
FLIPPANT OR UNCOUTH. IT SHOULD  
BE SWEET BUT NOT FRIVOLOUS; IT  
SHOULD BOTH ENCHANT THE EARS  
AND MOVE THE HEART; IT SHOULD  
LIGHTEN SAD HEARTS AND SOFTEN  
ANGRY PASSIONS; IT SHOULD NEVER  
OBSCURE BUT ENHANCE THE SENSE OF  
THE WORDS. NOT A LITTLE SPIRITUAL  
PROFIT IS LOST WHEN MINDS ARE  
DISTRACTED FROM THE SENSE OF  
THE WORDS BY THE FRIVOLITY OF THE  
MELODY, WHEN MORE IS CONVEYED  
BY THE MODULATIONS OF THE VOICE  
THAN BY VARIATIONS OF MEANING.

—ST. BERNARD OF CLARIVAUX

EPISTLE 398

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## PREFACE

Over Sixteen hundred years ago, Saint Ambrose (339-397) wrote these words about the Psalms:

What is more pleasing than a psalm?

A psalm is a blessing on the lips of the people, a hymn in praise of God,  
the assembly's homage, a general acclamation,  
a word that speaks for all, the voice of the Church,  
a confession of faith in song.

It is the voice of complete assent, the joy of freedom,  
a cry of happiness, the echo of gladness.

It soothes the temper, distracts from care,  
lightens the burden of sorrow.

It is a source of security at night,  
a lesson in wisdom by day.

It is a shield when we are afraid,  
a celebration of holiness, a vision of serenity,  
a promise of peace and harmony.

It is like a lyre, evoking harmony from a blend of notes.

Day begins to the music of a psalm.

Day closes to the echo of a psalm.

In a psalm, instruction vies with beauty.

We sing for pleasure.

We learn for our profit.

What experience is not covered by a reading of the psalms?

This takes us to the beating heart of the Daily Office: The Psalter. The psalter is the prayerbook of the Bible. It was always on the lips of Israel under the old covenant; it became the hymn-book to Christ Jesus in the light of the new. It was ever the mainstay of the prayers of the faithful. as St. John Chrysostom (347-407) records,

“If we keep vigil in the Church, David comes first, last, and midst. If early in the morning we seek for the melody of hymns, first, last, and midst is David again. If we are occupied with the funeral solemnities of the departed, if virgins sit at home and spin, David is first, last, and midst. O marvellous wonder! Many who have made but little progress in literature, nay, who have scarcely mastered its first principles, have

the Psalter by heart. Nor is it in cities and churches alone that at all times, through every age, David is illustrious; in the midst of the forum, in the wilderness, and uninhabitable land, he excites the praises of God. In monasteries, amongst those holy choirs of angelic armies, David is first, midst, and last. In the convents of virgins, where are the bands of them that imitate Mary; in the deserts, where are men crucified to this world, and having their conversation with God, first, midst, and last is he. All other men are at night overpowered by natural sleep: David alone is active; and, congregating the servants of God into seraphic bands, turns earth into heaven, and converts men into angels.”

It is also manifest (e.g. St. Augustine, *Confessions* X.33) that the psalms were not only said but were almost always chanted. Over the course of centuries of use and practice this chant repertoire would be codified under the name of Gregory the Great as 'Gregorian Chant', and the plainsong psalm tones would be generally established as nine in number, with various terminations. Of the 46 possible chant melodies (Tones + Terminations), eleven of the simplest occur throughout the psalter. They are: I.1, II.1, III.4, IV.2, IV.4, V.1, V.3, VI, VII.7, VIII.1, and Tonus Peregrinus.

With half an hour's practice, plainsong chanting can be very quickly learned. It is quite easy to attain a working competence in plainsong chant (the chant utilized in this psalter) in a matter of days. To take up this work is to join *the* voice of the singing church.

When the chant tone changes every psalm, the music can become a distraction to the meaning of the text, rather than a guide through it. Simplicity of music was chosen as a principle throughout this Breviary, therefore the same psalm tone carries through each Office. When one is singing a nocturn of psalms for an Office, the intonation (the first three notes prior to the reciting note) may be used for the first psalm, and then omitted for the remaining psalms.

## PSALM SUB-TITLES

An additional element presented here are sub-titles to the Psalms, adapted from the ancient *Argumenta*. At the head of each psalm, following its latin incipit, there is presented a sub-title which suggests a lens through which the Psalm may interpreted in a traditional Christological manner. These are ancient sub-titles, many dating as early as the 4th century. They were first collected in the modern era as ‘argumenta’ by Joseph Mary Tomasi (1649-1713) and were translated into English by John Mason Neale in his magnum opus: *A Commentary on the Psalms from Patristic and Medieval Sources* (1869). These are very useful for recognizing Christ — Totus Christus — in the Psalms, as indeed He said they were ‘about him’ (Luke 24:44).

Additionally, scattered here and there in this Psalter, following the ‘lens’ there are a handful of small notes as to how a particular psalm or verse has been wielded by the saints of the past, to remind us that we are not the first to pray the psalms, but are joining our voices with a vast chorus of the Communion of Saints. These were extracted from Charles Marson’s *The Psalms at Work* (1895).

The title of each psalm will thus look like this:

Latin Incipit Title | *Ancient ‘lens’* || *Occasional historic usage*

## A PRINTERS' MARK

The last *Gloria Patri* of a nocturn (“batch”) of psalms should always be prayed standing.



This printers mark (Hebrew: “I am my beloved’s”) indicates the conclusion of a nocturn of psalms, so the reader does not need to turn the page to see the thirty-day psalter division, and to indicate that it is time to stand for the concluding *Gloria Patri*



## HOW TO CHANT PLAINSONG

Every psalter which is noted for chant utilizes a symbolic apparatus to “point” how the text corresponds to the music. The apparatus used in this book was established by Canon Joseph Kucharski at Nashotah House Theological Seminary, which itself built on the work of Healy Willan’s *Canadian Psalter*.

Here is Tone I, with the first ending, therefore “Tone I.1”



Blessed is the man who has not walked in the counsel **of** the ungodly,\*  
nor stood in the way of sinners, and has not sat in the  
seat **of** the scornful;

It is not as complicated as it looks; here is the break down. The double-whole note (the box-shaped *breve*) is the ‘reciting note’ on which the bulk of the text is chanted:



The line that divides the bars of music corresponds to the half-verse break indicated by the asterisk in the text:



The notes that come between the reciting note and the end of each bar correspond to the final syllables of each half-verse (the ‘mediation’, and the ‘termination’):



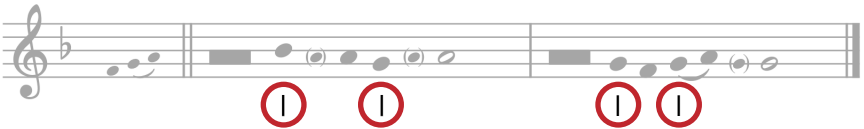
The three notes at the very beginning of the chant, prior the double-bar, are the ‘intonation’ that are only sung on the very first verse, to assist the singer in locating the “sound” of the chant. For the rest of the entirety of the psalm (or, nocturn of psalms), each verse begins simply on the reciting note:



But how do you know when to leave the reciting note for the mediation or termination? That’s where notation within the psalm text itself comes to bear. Here is the text of Psalm 1 verse 1 again:

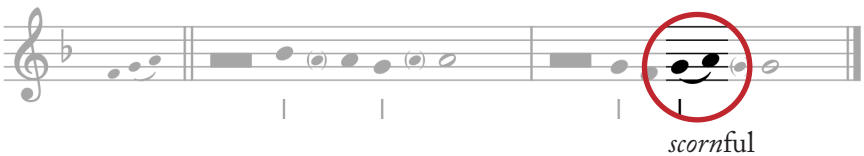
Blessed is the man who has not walked in the counsel **of** the **ungodly**,\*  
nor stood in the way of sinners, and has not sat in the  
seat **of** the *scornful*;

When the text of the psalm changes type-face away from the regular type, and becomes **bold** or *italic*, this change corresponds to the small vertical lines below the staff:



These signify when the mediation (or termination) begins, breaking away from the monotone reciting note.

Additionally, any text in an *italic* typeface means that syllable of text slurs over more than one musical note, as indicated by the slur (the swoopy arch) in the line of music. Some tones have slurs, some do not.



So we see in this case that ‘scorn’ in ‘scornful’ will be sung over both notes.

Small musical notes in parentheses in the line of music indicate that *if* there are additional syllables between the pointed notes, they are to take the note contained in the parentheses.



Since the chant is always made to fit in with the natural meter of the text, this means sometimes the additional note is utilized, sometimes not. This sounds more complicated than it is. In practice you will find it quite intuitive. All you really need to pay attention to is the **Bold** and *Italicized* syllables.

So, putting this all together, in the case of Psalm 1:1, with Tone I.1, as pointed here:



Blessed is the man who has not walked in the counsel **of** the ungodly,\*  
nor stood in the way of sinners, and has not sat in the  
seat **of** the *scornful*;

This means that “--sed” of “Blessed” takes the slur of the intonation, and then “...is...” begins the reciting note — “...is the man who has not walked in the counsel...” continues monotone on the reciting note, at which point we encounter the first bolded word, “**of**”, which indicates that the mediation has begun. We look at the music, and see the first little vertical line is under the note (B flat), so “of” is sung up on the (B flat), and the “the un-” is back on the same note as the reciting note, and “-god-” is sung one note lower on the (G), and the “-ly” is back on the reciting note again.

The second half of the verse resumes on the reciting note, and then the bold-type “of” cues the termination. Looking at the music we see the vertical line corresponds to the (G), so the “the” then takes the (F), and “scorn-” is italicized, so that means it begins on the (G) and slides up to the A and then “-ful” ends again on the (G).

Every verse of the psalm is then sung in the exact same fashion, omitting the intonation at the beginning and commencing each verse simply on the reciting note.

Occasionally, the final note of the mediation is left off, and the penultimate note concludes the mediation. This happens when there is not a tidy way to square the meter of the text with the tone.

All of the tones have the same reciting note for the first and second half of the verses, with the exception of the “Tonus Peregrinus” which “wanders” (*peregrinus* means ‘wandering’) down to a lower reciting note for the second half of the verse.

In a very few verses throughout the psalter, there are not enough syllables in a half-verse to include the mediation (or termination) as well as the reciting note. While some plainsong psalters direct for the reciting note to be omitted, and to begin with the first note of the mediation, this proves quite difficult to sing well. In this psalter, the half-verse *always* begins with the reciting note, and then the next syllable will take the first *two* notes of the mediation (or termination) as a slur. This will be indicated with an underlined ***bold italic*** type-face and in a couple cases an explanatory footnote as well.

It is worth noting that the exact note that one recites on need not be the exact note indicated on the staff, as long as the intervals between the notes remain the same.

Lastly, a word on introducing plainsong psalms into the public liturgies of the Church: It is quite helpful to inform the congregation that you (the officiant) shall chant the psalm in its entirety, but that they (the congregation) are invited to join in chanting the even verses. This allows them to hear the tone, and learn it, and try it out softly while they gain confidence. As the officiant, you can quiet your voice on the even verses as the congregation gains skillfulness, until your vocal under-writing is no longer needed, and they can carry the even verses by themselves.

Now the chanting can begin. Once the basic sound of a tone is figured out, and as chanting plainsong becomes increasingly intuitive, a few additional tips are needed in order to chant *well*.



## TIPS FOR CHANTING PLAINSONG WELL

The first is a note on pausing. Minor punctuation (commas) do not receive any pause — the chant should be continuous and unbroken. Major punctuation warrants a brief pause, in which a small partial breath may be taken. Periods, semi-colons, and question-marks are certainly major punctuation. The beginning of quotation marks may suggest a brief pause, but this is a matter of opinion, to be decided beforehand by the cantor (lead chanter). Occasionally an artificial line-break is given after a comma to suggest a brief pause in the midst of a long thought.

Perhaps the two most common mistake made when chanting are chanting too loudly and too metrically (fitting the words into a rhythm, rather than letting them have their own rhythm). The first problem can be solved by consciously chanting more softly; one should always be able to hear the chant of others at the same time. The second can be solved by practice-chanting on a monotone — a single reciting note, without any mediation or termination — until the concept of giving each word its own asked for meter is “felt”. Then the chant “endings” (the mediations and terminations) may be more easily added into the natural meter.

When chanting the psalms, it is a common temptation to continually look up to the bar of music on the impulse of “getting it right” — but this is not usually needful beyond the first few verses. One should try and keep one’s eyes fixed on the *text* and not the *music* of the psalm as much as possible, or else the real meaning of the psalms — which is contained in the words — can be eclipsed with the compulsion for technical precision, which is certainly a secondary matter.

Another temptation is haste. The psalms are a mighty weapon that the Holy Spirit uses to subdue the flesh, and the flesh does not like this. So, in an effort to avoid the sword, the flesh will try and tell the mind that the appointed psalms are too long and too arduous, and will offer hurry and haste as a solution to this imagined problem. If the flesh is listened to, the psalms will be rushed through and nine-tenths of the meaning (and therefore most of the blessing) lost. For

this reason, hurry and haste must be vigorously opposed. Not that the chanting must be heavy and ponderous. On the contrary, there should be a lightness and readiness to the chant. Rather there should simply be no hurry: No glancing ahead, no trying to speed up. One's mind should be attentive singularly to the verse that is on the lips. If one is out of breath, or if one cannot remember the content of the previous several verses, these are sure signs of chanting too fast. It is often helpful to pray an instantaneous arrow-prayer throughout the psalms, between verses, "Lord, help me to pray!"

There should be a very brief pause at the asterisk at the half-verse. In a church with good resonant acoustics, enough to let the reverberations fade. There is an old and useful custom of mentally reciting the holy Name of "Jesus" in this pause. In this way, the mind is re-directed to focus on Christ, the object and center of psalmody.

The final note of each half-verse should always be long, and the volume/intensity of the chant should be faded out, as if on a dimmer switch, into the brief silence that exists between half-verses and verses.

**L**ET US BE ALWAYS MINDFUL  
OF WHAT THE PROPHET SAYS:  
“SERVE THE LORD IN FEAR”;  
AND AGAIN: “SING WISELY”; AND:  
“IN THE SIGHT OF THE ANGELS WILL  
I SING TO THEE.” THEREFORE LET  
US CONSIDER HOW WE OUGHT TO  
COMPORT OURSELVES IN THE SIGHT  
OF GOD AND HIS ANGELS AND LET US  
SO TAKE OUR PART IN THE OFFICE  
THAT MIND ACCORD WITH VOICE.

—ST. BENEDICT  
RULE XIX

**M**Y DEARLY BELOVED, I ADVISE  
YOU TO ASSIST AT THE  
DIVINE OFFICE, WITH A PURE  
INTENTION AND AN ACTIVE MIND; I  
SAY ACTIVE, BECAUSE I WISH YOU TO  
BE ACTIVE, AS WELL AS REVERENT;  
NEITHER LAZY, NOR DROWSY, NOR  
NODDING; NOR SPARING YOUR  
VOICE, OR CLIPPING THE WORDS, NOT  
SKIPPING SENTENCES, NOR IN A WEAK  
AND TREMULOUS VOICE, FULL OF  
SLOTH AND EFFEMINACY, BUT IN AN  
OPEN AND MANLY TONE, VIGOROUS,  
AS WELL AS AFFECTIONATE, GIVE OUT  
THE LANGUAGE OF THE HOLY SPIRIT.

—ST. BERNARD



KING DAVID, WESTMINSTER PSALTER, C. 1200



CHRIST PANTOCRATOR, WESTMINSTER PSALTER, C. 1200



AN EXHORTATION  
CONCERNING THE PSALTER

SIXTEEN THESES

by Fr. Mark Brians, Rector of All Saints, Honolulu

I

**T**HE Psalter belongs to Christ. They are his songs. Written in the life of his people, sung in the glory of his House, fulfilled in the whole narrative of his Incarnation. As a collected work they make sense only insofar as they are understood in this way.

II

**B**UT the Psalter also belongs to the Church. They are her songs. Written in her life, sung in the house of her Lord, fulfilled in the whole narrative of the Beloved's Incarnation. As a collected work they are made glorious when the songs of Jesus become the songs of the Church.

III

**I**N the songs of the Psalter, as St. Augustine notes, Christ "prays for us, as our Priest; He prays in us, as our Head; He is prayed to by us, as our God. Let us therefore recognize in Him our words, and His words in us." (Augustine, *Enarrantiones in Psalmos*, 86.1)

IV

**W**HEN the Church sings the songs the Psalms, her "lips are filled with joyful shouting" (Ps. 126.2) and she flourishes "like a tree planted by streams of living water" (Ps. 1.3).

V

**T**HE cry of the Church is the cry of the Bride (Rev. 22.17). When she sings the Psalms, which are the words of his lips, the Spirit gives her the kisses of his mouth (Song. 2.1). When the Church kisses the Son in this way, she sets an example for the rulers of the earth (Ps. 2.12).

## VI

**T**HIS is not the only nuptial kiss the Psalter instantiates, for when the Church sings the Psalter it participates in making it “on Earth as it is in Heaven” (Mt. 6.10; and Rev. 11.15-19), in that place “righteousness and peace have kissed each other” (Ps. 85).

## VII

**A**s Walter Brueggemann explains, praying the psalms brings “the stylized, disciplined speech of the Psalms together with the raw, ragged, mostly formless experiences in our lives” (*Praying the Psalms*, 30). In an age as formless and ragged as ours, the Psalms provide a purchase against the flood of confusion and dissipation (Ps. 40, Lk. 21.34).

## VIII

**S**INGING the Psalms keeps the first things in first place (Ps. 27.4; Mt. 24.12; Lk. 10.42; Rev. 2.4).

## IX

**S**T. PAUL calls us to sing Psalms, hymns, and spiritual songs (Eph. 5.19; Col. 3.16), and as James Jordan has noted, while confusion may exist around what St. Paul meant by “hymns and spiritual song” there can be no doubt about what the Spirit means about singing Psalms.

## X

**I**T is as true for the Christian today as it was for the religious brother of St. John Cassian that “if he is to thrive on this pasture [he] will take to himself all the thoughts of the psalms, and begin to sing them in such a way [...] as his own utterance and his very own prayer” (Cassian, *Dialogues*, IX.18). Or, in the words of Epiphanius, Bishop of Cyprus: “The true monk should have prayer and psalmody continually in his heart.” (*Sayings of the Desert Fathers*, ed., Benedicta Ward, 57).

## XI

**C**HRIST meets us in the Psalter, takes-up our sorrows as Priest. When the Church gathers to Christ in her sorrow over sin, the Spirit releases an effusiveness, teaching us how to lament as we sing with Jesus, “gazing-upon the one we have pierced” (Zech. 12.10)



## XII

**J**UST as Christ turned the water for ritual purification into the wine of gladness (Jn. 2.1-11), so the Psalter transforms the word of the Law into the song of joy (e.g. Ps. 19, 50, 62, 119, 147); turning stone into flesh (Ezek. 36.26).

## XIII

**Y**HWH rides into battle on the praises of his people (Josh. 6.1-27; 2 Chron. 20.1-37). The Psalms contain the war-hymns of the Prince of Peace who will “crush the enemy under your feet” (Gen. 3.15; Ps. 110.1; Rom. 16.20) They are the songs of the victorious Christ. By singing them the Church makes war upon the powers of Evil against which the gates of Hell will not withstand (Mt. 16.18). In a time of great distress and violence, the Psalter equips the victorious Church with weapons which “are not carnal, but are mighty for the pulling down of strongholds” (2 Cor. 10.4).

## XIV

**T**HE Psalter sets the Church on mission. In chanting the Psalter in union with Christ the Church begins to inwardly long for Christ to receive the inheritance of nations (Ps. 2.8), that all the peoples of the Earth might praise Him (Ps. 117.1).

## XV

**T**HE Psalter teaches us the fear of the Lord (Ps. 111.10). In doing so it causes us to grow in Christ, who is Wisdom (Prov. 8; Lk. 11.31).

## XVI

**R**ECITATION of the Psalms must return to a place of centrality in Christian life and ministry (Ps. 34.1; Concerning the Psalter, 268). To do this priests must lead the way, joyfully demonstrating a mastery of the Psalter. Where by “mastery” in this place we mean the total mastery of the life of the priest under the thrall of this Book of the Songs of Christ (Ps. 119.5, 11, 35, 43, 105).

**I**N THE PSALMS  
THERE IS ONE WAY.  
DO NOT ABANDON IT.

—ST. ROMUALD

**P**RAY GENTLY AND UNDISTURBED,  
SING PSALMS WITH  
UNDERSTANDING AND GOOD  
RHYTHM, THEN YOU WILL BE LIKE THE  
YOUNG EAGLE THAT SOARS IN THE  
HEIGHTS. PSALMODY CALMS THE  
PASSIONS AND PUTS TO REST THE  
BODY'S DISHARMONY. IF YOU HAVE  
NOT YET RECEIVED THE GIFT OF PRAYER  
OR PSALMODY, PERSEVERE AND YOU  
WILL RECEIVE IT. IT IS A GREAT THING  
TO PRAY WITHOUT DISTRACTION;  
A GREATER THING STILL TO SING  
PSALMS WITHOUT DISTRACTION.

—EVAGRIUS OF PONTUS

**F**OOD IS SAVORED IN THE MOUTH,  
BUT A PSALM  
IS SAVORED IN THE HEART.

—ST. BERNARD

# THE PSALTER



## 1

Beatus vir qui non abiit | *Of all the Saints*

**B**lessèd is the man who has not walked  
in the counsel **of** the ungodly,\*  
nor stood in the way of sinners, and has not sat  
in the seat **of** the *scornful*;

- <sup>2</sup> But his delight is in the **law** of **the LORD**,\*  
and on his law will he **meditate** *day* and night.
- <sup>3</sup> And he shall be like a tree planted **by** the **waterside**,\*  
that will bring forth his fruit **in** due *season*.
- <sup>4</sup> His leaf also **shall** not **wither**;\*  
and look, whatever he does, **it** shall *prosper*.
- <sup>5</sup> As for the ungodly, it is **not** so **with** them;\*  
but they are like the chaff, which the wind scatters  
away from the **face** of *the* earth.
- <sup>6</sup> Therefore the ungodly shall not be able to stand **in** the **judgment**,\*  
neither the sinners in the congregation **of** the *righteous*.
- <sup>7</sup> For the LORD knows the way **of** the **righteous**,\*  
but the way of the ungodly shall *perish*.

Glory be to the Father, and to the Son, and to the **Holy Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

## 2

Quare fremuerunt gentes? | *Christ speaking concerning his Passion*

**W**hy do the nations so furiously **rage** together?\*  
And why do the peoples **devise** a *vain* thing?  
<sup>2</sup> The kings of the earth stand up, and the rulers  
take **counsel** together,\*  
against the LORD and against **his Anointed**:

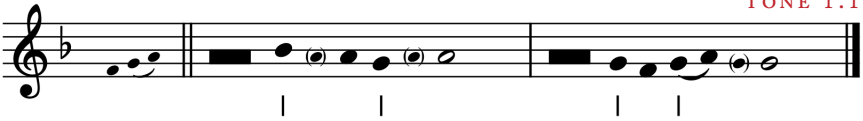
- 3 “Let us break their **bonds** asunder \*  
and cast **away** their *cords* from us.”
- 4 He who dwells in heaven shall **laugh** them **to** scorn; \*  
the Lord shall hold them **in** derision.
- 5 Then shall he speak to **them** in **his** wrath \*  
and terrify them in **his** great *anger*:
- 6 “I **myself** have **set** my King \*  
upon my holy **hill** of *Zion*.”
- 7 I will proclaim the **decree** of **the** LORD; \*  
he said to me, “You are my Son; this day have **I** begotten you.
- 8 Ask of me, and I shall give you the nations for **your** inheritance \*  
and the ends of the earth for **your** possession.
- 9 You shall bruise them with a **rod** of **iron** \*  
and break them in pieces like a **potter’s** *vessel*.”
- 10 Be wise **now**, O **you** kings; \*  
be warned, you **judges** of the earth.
- 11 Serve **the** LORD **in** fear, \*  
and **rejoice** with *trembling*.
- 12 Kiss the Son, lest he be angry, and you perish in the way;  
for his wrath is **quickly** **kindled**. \*  
Blessèd are all those who **put** their *trust* in him.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** *end*. Amen.

### 3

Domine, quid multiplicati? | *Christ for us slept in death* || *St. Alphege’s plea*

- L**ORD, how they are **increased** who **trouble** me; \*  
many are those who **rise** *against* me.
- 2 Many there are who **say** of **my** soul, \*  
“There is no help **for** him *in* his God.”
- 3 But you, O LORD, are **my** **defender**; \*  
you are my glory, and the one **who** lifts *up* my head.
- 4 I called upon the **LORD** with **my** voice, \*  
and he heard me **from** his *holy* hill.



- 5 I lay down and slept, and **rose** up again, \*  
for the **LORD** *sustained* me.
- 6 I will not be afraid of ten thousands **of the people** \*  
who have set themselves **against** me *round* about.
- 7 Rise up, O **LORD**, and help **me**, O **my** God; \*  
for you smite all my enemies on the cheek-bone;  
you have broken the teeth of **the** *ungodly*.
- 8 Salvation **belongs** to **the** *LORD*; \*  
may your blessing be upon your *people*.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** *end*. Amen.

## 4

Cum invocarem | *Christ glorified by the Father after his passion*


- H**ear me when I call, O God **of my righteousness**; \*  
you set me free when I was in trouble;  
have mercy upon me, **and** hear *my* prayer.
- 2 O you children of men,  
how long will you **blaspheme** my **honor**, \*  
and have such pleasure in vanity, and seek **after** *falsehood*?
- 3 Know this also, that the **LORD** has chosen for himself  
the **one** that is **godly**; \*  
when I call upon the **LORD**, **he** will *hear* me.
- 4 Stand in **awe**, and **sin** not; \*  
commune with your own heart upon your **bed**, and *be* still.
- 5 Offer the **sacrifice** of **righteousness** \*  
and put **your** trust *in* the **LORD**.
- 6 There are many that say, “Who will **show** us **any** good?” \*  
**LORD**, lift up the light of your countenance upon us.

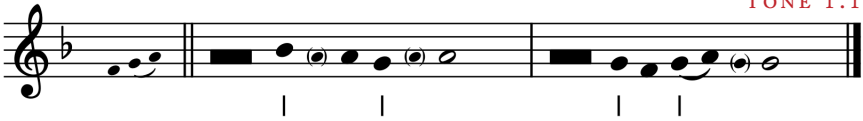
- 7 You have put **gladness** **in** my heart, \*  
more than when others' grain and **wine** and *oil* increased.  
8 I will lay me down in **peace**, and **take** my rest; \*  
for you, LORD, only, make me **dwel**l in *safety*.

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

## 5

Verba mea auribus | *Christ, inhabit*or of Christians, hears them

- ive ear to **my** words, **O LORD**; \*  
consider my **meditation**.  
2 O hearken unto the voice of my calling,  
my **King** and **my God**, \*  
for unto you **will** I *make* my prayer.  
3 My voice shall you hear in the **morning**, **O LORD**; \*  
early in the morning will I direct my prayer unto **you**,  
and *will* look up.  
4 For you are not a god who has **pleasure** in **wickedness**, \*  
neither shall any **evil** dwell *with* you.  
5 The boastful shall not **stand** in **your** sight, \*  
for you hate all those who **work** *iniquity*.  
6 You shall destroy **those** who **speak** lies; \*  
the LORD will abhor the bloodthirsty and **the** *deceitful*.  
7 But as for me, through the multitude of your mercies I will  
come **into your** house, \*  
and in reverence will I bow myself toward your **holy** *temple*.  
8 Lead me, O LORD, in your righteousness, because **of** my **enemies**; \*  
make your way **straight** *before* my face.  
9 For there is no faithfulness in **their** mouth; \*  
their heart is eaten **up** with *wickedness*.  
10 Their throat is an **open sepulcher**; \*  
they **flatter** *with* their tongue.



- 11 Declare them guilty, O God;  
let them fall because of their **own** devices; \*  
because of the multitude of their transgressions cast them out,  
for they have **rebelled** *against* you.
- 12 But let all those who put their **trust** in **you** rejoice; \*  
let them ever give thanks because you defend them;  
those who love your Name shall be **joyful** *in* you.
- 13 For you, **LORD**, will give your blessing unto the **righteous**, \*  
and with your favorable kindness you will  
defend **him** as *with* a shield.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



## DAY I : EVENING PRAYER

TONE III.4



Domine, ne in furore | *Penitence: Wrath*

- D**LORD, rebuke me not in your **indignation**, \*  
neither chasten me in your **displeasure**.  
2 Have mercy upon me, O **LORD**, **for** I *am* weak; \*  
O **LORD**, heal me, for **my** bones are **racked**.
- 3 My soul also is **greatly** *troubled*; \*  
but, **LORD**, how long will **you** punish **me**?
- 4 Turn, O **LORD**, and **deliver** *my* soul; \*  
O save me for **your** mercy's **sake**.
- 5 For in death no **one** *remembers* you; \*  
and who will give you thanks **in** the **grave**?




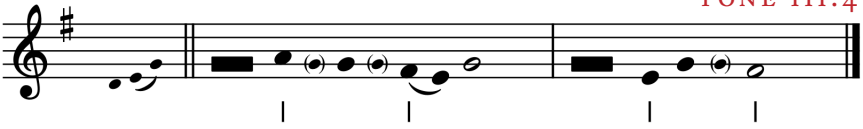
- 6 I am weary **with** my *groaning*; \*  
 every night I flood my bed and drench my couch **with** my **tears**.
- 7 My eyes have become dim **because** of *trouble*, \*  
 and worn away because of all **my** **enemies**.
- 8 Away from me, all you **who** work *wickedness*, \*  
 for the LORD has heard the voice of **my** **weeping**.
- 9 The LORD has heard **my** *petition*; \*  
 the LORD will **receive** my **prayer**.
- 10 All my enemies shall be **confounded** and *greatly* vexed; \*  
 they shall be turned back and put to **shame** suddenly.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world without **end**. **Amen**.

## 7

Domine, Deus meus | *Christ searches all consciences*

-  LORD my God, in you have I put *my* trust; \*  
 save me from all those who persecute me, and **deliver me**,  
 2 Lest they devour me like a lion and **tear** me in *pieces* \*  
 while there is **none** to **help**.
- 3 O LORD my God, if I have done **any** *such* thing, \*  
 if there be any wickedness **in** my **hands**,
- 4 If I have repaid evil to him who has dealt with **me** as *a* friend, \*  
 or plundered him who without any cause is **my** **enemy**,
- 5 Then let my enemy pursue me and **overtake** me, \*  
 let him trample my life into the ground, and lay my  
 honor in the **dust**.
- 6 Stand up, O LORD, in your wrath, and lift yourself up against  
 the fury **of** my *enemies*; \*  
 rise up for me in the judgment that you have **commanded**.
- 7 Then shall the assembly of the peoples be **gathered** *about* you; \*  
 lift yourself up again, O LORD, O judge of all **the** **nations**.
- 8 Give sentence for me, O LORD, according **to** my *righteousness*, \*  
 and according to the innocence that **is** in **me**.
- 9 O let the wickedness of the ungodly **come** to *an* end, \*  
 but **establish** the **just**.



- 10 For **the** *righteous* God \*  
 tries the **very** hearts and **minds**.
- 11 God is my **shield** and my *defense*; \*  
 he preserves those who **are** true of **heart**.
- 12 God is a righteous judge, **strong** and *patient*; \*  
 and God is provoked **every day**.
- 13 If a man will not repent, God **will** whet *his* sword; \*  
 he will bend his bow, and make **it** ready.
- 14 He has prepared for him the **instruments** of death; \*  
 he makes his **arrows** shafts of **fire**.
- 15 Behold, the ungodly is in **labor** with *mischiefs*; \*  
 he has conceived wickedness **and** brought forth **lies**.
- 16 He has made a **pit** and dug *it* out; \*  
 but will himself fall into the trap that he made **for others**.
- 17 For his malice shall come **upon** his *own* head; \*  
 and his wickedness shall fall **on** his own **scalp**.
- 18 I will give thanks unto the LORD, according **to** his *righteousness*; \*  
 and I will praise the Name of **the** LORD Most **High**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world without **end**. Amen.

## 8

Domine, Dominus noster | *The Church thanking Christ for Faith among all peoples*



LORD our Governor,  
 how excellent is your **Name** in all *the* world; \*  
 you have set your glory above **the** heavens!

- <sup>2</sup> Out of the mouth of babes and infants you have ordained  
 strength, because **of** your *enemies*; \*  
 that you might still the enemy and the **avenger**.
- <sup>3</sup> When I consider your heavens, even the works **of** your *fingers*; \*  
 the moon and the stars, which **you** have **ordained**,

- 4 What is man, that you are **mindful** of him,\*  
 the son of man, that **you** visit **him**?
- 5 You made him little lower **than** the *angels*,\*  
 to crown him with glory **and** honor.
- 6 You made him to have dominion over the **works** of *your* hands,\*  
 and you have put all things in subjection **under** his **feet**:
- 7 All **sheep** and *oxen*,\*  
 even the beasts **of** the **field**,
- 8 The birds of the air, and the **fish** of *the* sea,\*  
 and whatsoever walks through the paths **of** the **seas**.
- 9 O **LORD** our *Governor*,\*  
 how excellent is your Name **in** all the **world**!

Glory be to the Father, and to the Son, and to the **Holy Spirit**;  
 as it was in the beginning, is now, and ever shall be,  
 world without **end**. **Amen**.



DAY 2 : MORNING PRAYER

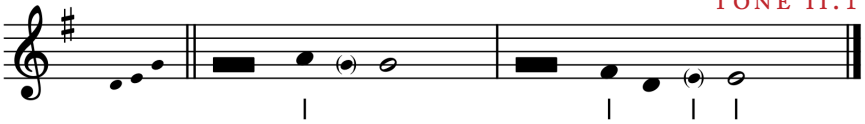
TONE II. I



9

Confitebor tibi | *Of Christ in his Second Coming, crushing Antichrist*

- I** will give thanks unto you, O **LORD**, with my **whole** heart,\*  
 I will speak of all your marvelous **works**.  
<sup>2</sup> I will be glad and **rejoice** in you; \*  
 indeed, my songs will I sing of your Name, O Most **High**.
- 3 When my enemies are **driven** back,\*  
 they shall fall and perish **at** your **presence**;
- 4 For you have maintained my right and my **cause**;  
 you sit on your throne **judging** **right**.
- 5 You have rebuked the nations and destroyed the **ungodly**;  
 you have blotted out their name for **ever** and **ever**.



- 6 As for the enemy, their destruction has come;  
they are in perpetual **ruin**; \*  
like the cities which you have destroyed, their memory has  
**perished** with **them**.
- 7 But the LORD sits enthroned for **ever**; \*  
he has prepared his **seat** for **judgment**.
- 8 For he shall judge the world in **righteousness**, \*  
and minister true judgment **to** the **peoples**.
- 9 The LORD will be a defense for the **oppressed**, \*  
even a refuge in the **time** of **trouble**;
- 10 And those who know your Name will put their **trust** in you, \*  
for you, LORD, have never failed **those** who **seek** you.
- 11 O praise the LORD who dwells in **Zion**; \*  
tell the peoples what **things** he **has done**.
- 12 For when he takes vengeance for blood, he **remembers** them, \*  
and forgets not the **cry** of **the poor**.
- 13 Have mercy upon me, O LORD;  
consider the trouble I suffer from those who **hate** me, \*  
O you who lift me up from the **gates** of **death**,
- 14 That I may tell of all your praises within the gates of the  
daughter of **Zion**; \*  
I will rejoice in **your** **salvation**.
- 15 The nations have sunk down in the pit that **they** made; \*  
in the same net which they hid secretly is **their** foot **caught**.
- 16 The LORD is known to execute **judgment**; \*  
the ungodly are trapped in the works of **their** own **hands**.
- 17 The wicked shall return to the **grave**, \*  
even all the peoples that **forget** **God**.
- 18 For the poor shall not always be **forgotten**; \*  
the patient hope of the meek shall not **perish** for **ever**.
- 19 Rise up, O LORD, and let them not have the upper **hand**; \*  
let the nations be judged **in** your **sight**.

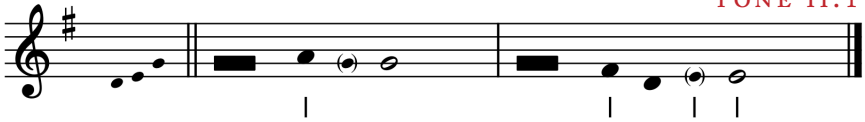
20 Put them in **fear**, O LORD, \*  
that the nations may know themselves to be **merely human**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. **Amen**.

## 10

*Ut quid, Domine? | Of Christ in his Second Coming, sitting in Judgment*

- W**hy do you stand so far off, O LORD, \*  
and hide your face in the time of **need** and **trouble**?  
2 The ungodly in his pride persecutes the **poor**; \*  
let him be taken in the crafty schemes that he **has imagined**.  
3 For the ungodly has boasted of his own **heart's** desire; \*  
the covetous holds the LORD in contempt and  
blasphemes his **Name**.  
4 The ungodly is so proud that he cares **not** for God; \*  
neither is God in any **of his thoughts**.  
5 His ways are always **grievous**; \*  
your judgments are far above, out of his sight, and therefore he  
defies all **his enemies**.  
6 For he has said in his heart, "I shall never be **cast** down; \*  
no harm shall **happen to me**."  
7 His mouth is full of cursing, deceit, and **fraud**; \*  
under his tongue are ungodliness **and vanity**.  
8 He sits lurking in the thievish corners of the streets, and in his  
hiding places he murders the **innocent**; \*  
his eyes are set **against the poor**.  
9 For he lies waiting secretly, even as a lion lurks **in** his den, \*  
that he may **ravish the poor**.  
10 He ravishes the **poor** \*  
when he gets him **into his net**.  
11 The innocent is crushed and humbled **before** him, \*  
and the weak cannot stand **against his might**.  
12 He has said in his heart, "God has **forgotten**; \*  
he hides away his face, and he will **never see it**."



- 13 Arise, O LORD God, and lift up your **hand**; \*  
forget **not** the **poor**.
- 14 Why should the wicked blaspheme God, \*  
while he says in his heart, “You, O God, **do not care**”?
- 15 Surely you have seen it, for you behold ungodliness and **wrong**, \*  
that you may take the matter **into your hand**.
- 16 The poor commits himself unto **you**, \*  
for you are the helper of **the fatherless**.
- 17 Break the power of the ungodly and malicious; \*  
search out his ungodliness until you have brought **it all to light**.
- 18 The LORD is King for ever and **ever**, \*  
and the nations have perished **out of the land**.
- 19 O LORD, you have heard the desire of the **poor**; \*  
you prepare their heart, and your ear **hearkens to it**,
- 20 To help the fatherless and poor with **justice**, \*  
that the one who is of the earth may terrify **no more**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world without end. **Amen**.

## 11

In Domino confido | *Christ judges every one justly*

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

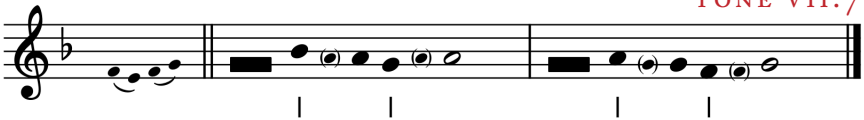
- 5 His eyes consider the **poor**,\*  
and his eyelids try the children of **men**.
- 6 The LORD tests the **righteous**,\*  
but the ungodly, and those who delight in  
wickedness, **his** soul **abhors**.
- 7 Upon the ungodly he shall rain snares, fire and brimstone,  
storm and **tempest**;\*  
this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

Glory be to the Father, and to the Son, and to the Holy **Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.



DAY 2 : EVENING PRAYER

TONE VII.7

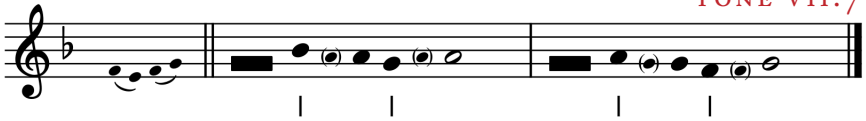


12

Salvum me fac | *The Voice of the Risen Christ concerning Christian suffering*

**H**elp me, O LORD, for there is no **godly one** left;\*  
for the faithful have vanished from among  
the **children of men**.

- 2 They speak falsely, every one **with** his **neighbor**;\*  
they flatter with their lips and deceive **with** a **double** heart.
- 3 The LORD shall root out **all** **deceitful** lips\*  
and the tongues **that** speak **proud** things,
- 4 Which have said, “With **our** tongue will **we** prevail;\*  
our lips are our own; who is **lord** over us?”
- 5 “Now because of the trouble **of** the **needy**\*  
and because of the deep **sighing of the poor**,
- 6 I will **rise** up,” **says** the LORD,\*  
“and will give help to every **one** who **longs for it**.”



- 7 The words of the LORD are pure words,  
even as silver that is tried **in the furnace**,\*  
and as gold that is purified seven **times in the fire**.
- 8 Preserve us, O **Lord**, and **save us** \*  
from this perverse and evil **generation**.
- 9 The ungodly **walk on every side** \*  
when wickedness is exalted among the **children of men**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**;  
as it was in the beginning, is now, and ever shall be,  
world **without end. Amen**.

## 13

Usquequo, Domine? | *Christ always lightens our eyes*

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

Glory be to the Father, and to the Son, and to the **Holy Spirit**;  
as it was in the beginning, is now, and ever shall be,  
world **without end. Amen**.





he fool has **said** in **his** heart, \*

“There **is** **no** God.”†

<sup>2</sup> They are corrupt and have become  
abominable **in** their **doings**;

there is none that **does** good, **no, not** one.

<sup>3</sup> The LORD looked down from heaven upon the **children of** men, \*  
to see if there were any who would  
understand and **seek after** God.

<sup>4</sup> But they have all gone astray;  
they have altogether become **abominable**; \*  
there is none that **does** good, **no, not** one.

<sup>5</sup> Have they no knowledge, all those **workers of** evil, \*  
who eat up my people as bread, and call **not upon the** LORD?

<sup>6</sup> There were they brought into great fear, even **where** no **fear** was; \*  
for God is in the generation **of** the **righteous**.

<sup>7</sup> Though you have made a mockery of the **counsel of** the poor, \*  
yet they put their **trust** in **the** LORD.

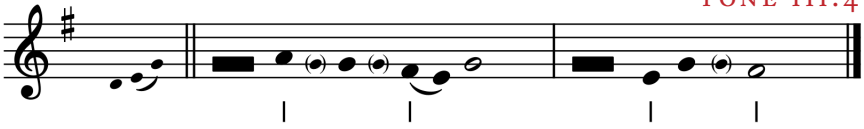
<sup>8</sup> Who shall give salvation unto Israel **out of** **Zion**? \*

When the LORD restores his captive people, then shall Jacob  
rejoice, and Israel shall **be** glad.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.



† There *is* \_\_\_\_, no God



## 15

Domine, quis habitabit? | *Christ is the hill*

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

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without** end. **Amen**.

## 16

Conserva me, Domine | *That Christ, after suffering, was not abandoned in the grave*

- C**onserve me, O God, \*  
 for in you have **I** put my **trust**.  
 2 O my soul, you have **said** unto *the* **LORD**, \*  
 “You are my Lord; I have no good **apart** from **you**.”

- 3 All my delight is upon the **saints** who are on *the* earth, \*  
and upon those who excel **in** virtue.
- 4 But those who run **after** *another* god \*  
shall have **great** trouble.
- 5 Their drink offerings of blood I **will** not *offer*, \*  
neither make mention of their names **with** my **lips**.
- 6 The LORD himself is the portion of my inheritance **and** of *my* cup; \*  
you shall **maintain** my **lot**.
- 7 The boundaries have fallen for me in **pleasant** *places*; \*  
indeed, I have a goodly **heritage**.
- 8 I will thank the LORD for **giving** me *counsel*; \*  
my heart also chastens me in the **night** season.
- 9 I have set the LORD **always** *before* me; \*  
he is at my right hand; therefore I shall not **fall**.
- 10 Therefore my heart is glad and my **soul** *rejoices*. \*  
My flesh also **shall** rest in **hope**.
- 11 For you shall not leave my **soul** in *the* grave, \*  
neither shall you allow your Holy One to see **corruption**.
- 12 You shall show me the path of life;  
in your presence is the **fullness** of joy, \*  
and at your right hand there is pleasure **for** evermore.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.

## 17

*Exaudi, Domine | Christ speaking to the Father, of his persecuted Body*

- H**ear what is right, O LORD; consider my *complaint*; \*  
hearken to my prayer, which does not come **from** lying **lips**.
- 2 Let justice for me come forth **from** your *presence*, \*  
and let your eyes look upon that **which** is **right**.
- 3 You have tested and visited my **heart** in the *night* season. \*  
If you try me you shall find no wickedness in me;  
my mouth **shall** not **offend**.



- 4 As for the **works** of *others*,\*  
because of the words of your lips, I have kept myself from the  
ways of **the violent**.
- 5 Hold my steps **firmly** in *your* paths,\*  
that my foot**steps** may not **slip**.
- 6 I have called upon you, O God, **for** you will *hear* me;\*  
incline your ear to me and **hearken** to my **words**.
- 7 Show your marvelous loving-kindness,  
you that are the Savior of those who **put** their trust *in* you\*  
from the ones who resist **your** right **hand**.
- 8 Keep me as the **apple** of *your* eye;\*  
hide me under the **shadow** of your **wings**,
- 9 From the **ungodly** who *assault* me,\*  
even from my enemies who encompass  
me to take **away** my **soul**.
- 10 They have closed their **heart** to *pity*,\*  
and their mouth **speaks** proud **things**.
- 11 They lie waiting in my **way** on every side,\*  
watching how they may cast me down **to the ground**,
- 12 Like a lion that is **greedy** for *its* prey,\*  
and like a young lion lurking in **secret** places.
- 13 Rise up, O **LORD**, confront **them** and cast *them* down;\*  
deliver my soul from the ungodly  
by your sword **and** by your **hand**,
- 14 From those, O **LORD**,  
from those whose portion in life **is** of *the* world,\*  
whose bellies you fill with your **hidden** treasure.
- 15 They have **children** at their *desire*,\*  
and leave the rest of their abundance for **their** little **ones**.
- 16 But as for me, I will behold your **presence** in *righteousness*;\*  
and when I awake and see your likeness, I shall **be** satisfied.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world without end. **Amen.**



DAY 3 : EVENING PRAYER

TONE VI



18

Diligam te, Domine | *Christ in his Passion founds the Church*

- I** will love you, **O LORD my strength**; \*  
the LORD is my rock, my stronghold, and **my deliverer**,  
<sup>2</sup> My Savior, my God, and my might in **whom I will trust**, \*  
my buckler, the horn of my salvation, **and my refuge**.  
<sup>3</sup> I will call upon the LORD, who is worthy to **be praised**; \*  
so shall I be safe **from my enemies**.  
<sup>4</sup> The waves of death **encompassed me**; \*  
the floods that would swallow me **up made me afraid**.  
<sup>5</sup> The cords of the grave **surrounded me**; \*  
the snares of death **overtook me**.  
<sup>6</sup> In my trouble I called **upon the LORD** \*  
and cried **unto my God** for help.  
<sup>7</sup> From his holy temple **he heard my voice**. \*  
My complaint came before him; it entered **into his ears**.  
<sup>8</sup> The earth **trembled and quaked**; \*  
the very foundations of the hills shook and were removed,  
because **he was angry**.  
<sup>9</sup> There went out smoke from his nostrils and a consuming fire  
**out of his mouth**; \*  
coals of fire issued **from his presence**.  
<sup>10</sup> He parted the heavens also **and came down**, \*  
and it was **dark under his feet**.



- 25 Therefore the LORD rewarded me according to my  
righteous dealing, \*  
and according to the cleanness of my hands *in his* sight.
- 26 With the faithful you show yourself faithful, \*  
and with the upright you show yourself upright.
- 27 With the pure you show yourself pure, \*  
but with the crooked you show yourself shrewd.
- 28 For you shall save the people who are in adversity, \*  
but shall bring down the high looks of the proud.
- 29 You also shall light my lamp; \*  
the LORD my God shall turn my darkness into light.
- 30 For with you I shall crush a host of men, \*  
and with the help of my God I can leap over a wall.
- 31 The way of God is an undefiled way;  
the word of the LORD also is tried in the fire; \*  
he is the defender of all those who put their trust in him.
- 32 For who is God, but the LORD, \*  
or who is a rock, except our God?
- 33 It is God who girds me with strength for war \*  
and makes my way perfect.
- 34 He makes my feet like the feet of a deer \*  
and sets me up on high.
- 35 He teaches my hands to fight, \*  
and my arms shall bend even a bow of bronze.
- 36 You have given me the shield of your salvation; \*  
your right hand also shall hold me up, and your loving  
correction shall make me great.
- 37 You have made a broad path for my feet, \*  
and my footsteps shall not slip.
- 38 I will follow my enemies and overtake them; \*  
I will not turn again until I have destroyed them.
- 39 I will smite them, and they shall not be able to stand. \*  
They shall fall under my feet.
- 40 You have girded me with strength for the battle; \*  
you shall throw down my enemies under me.
- 41 You have made my enemies turn their backs upon me, \*  
and I shall destroy those who hate me.



- 42 They shall cry, but there shall be none **to help them**; \*  
 even unto the LORD shall they cry, but he **shall not hear** them.
- 43 I will beat them as small as dust **before the wind**; \*  
 I will tread them down as **mire in the streets**.
- 44 You shall deliver me from the strivings of **the peoples**, \*  
 and you shall make me the head **of the nations**.
- 45 A people whom I **have not known** \*  
 shall be in subjection **under me**.
- 46 As soon as they hear of me, they shall **obey me**; \*  
 and foreigners shall **cringe before me**.
- 47 Foreigners **shall lose heart**, \*  
 and, being afraid, shall come out **of their strongholds**.
- 48 The LORD lives, and blessèd be **my rock**, \*  
 and praised be the God of **my salvation**,
- 49 Even the God who sees that **I am avenged** \*  
 and subdues the **peoples under me**.
- 50 It is he who delivers me from my cruel enemies, and lifts me up  
 above my **adversaries**; \*  
 you shall rid me **of the wicked**.
- 51 For this cause will I give thanks unto you, O LORD,  
 among **the nations**, \*  
 and sing praises **unto your Name**.
- 52 Great prosperity he gives unto his **King**, \*  
 and shows loving-kindness to David his Anointed,  
 and unto his **seed for evermore**.

Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
 as it was in the beginning, is now, and ever shall be,  
 world without **end. Amen.**







## 19

*Cæli enarrant | Christ, born of a Virgin, is preached by the Apostles*

- T**he heavens declare the **glory** of God,\*  
 and the firmament shows his **handiwork**.  
 2 One day speaks **to another**,\*  
 and one night gives **knowledge** to **another**.  
 3 There is neither **speech** nor **language**,\*  
 and **their** voices **are not** heard;  
 4 But their sound has gone out **into all** lands,\*  
 and their words **to the ends of the** world.  
 5 In them he has set a tent **for the sun**,\*  
 which comes forth as a bridegroom out of his chamber,  
 and rejoices like a **strong** man to **run his** course.  
 6 It goes forth from the uttermost part of the heavens,  
 and runs about to the end of **it again**,\*  
 and there is **nothing** hidden **from its** heat.  
 7 The law of the LORD is perfect, **reviving the soul**,\*  
 the testimony of the LORD is sure,  
 and gives **wisdom** to the **simple**.  
 8 The statutes of the LORD are right, **and rejoice** the heart;\*  
 the commandment of the LORD is pure,  
 and **gives** light to **the** eyes.  
 9 The fear of the LORD is clean, and **endures** for **ever**;\*  
 the judgments of the LORD are true, and **righteous** **altogether**.  
 10 More to be desired are they than gold, **even** much **fine** gold;\*  
 sweeter also than honey, than the **drippings** from the  
**honeycomb**.  
 11 Moreover, by them **is** your **servant** taught,\*  
 and in keeping **them** there is **great** reward.



- 12 Who can tell how **often he** offends? \*  
 O cleanse **me** from my **secret** faults.
- 13 Keep your servant also from presumptuous sins, lest they get  
 the **dominion over** me; \*  
 so shall I be undefiled, and **innocent of great offense.**
- 14 Let the words of my mouth and the meditation of my heart  
 be always acceptable **in your sight,** \*  
 O LORD, my rock **and** my redeemer.

Glory be to the Father, and to the Son, and to the **Holy Spirit;** \*  
 as it was in the beginning, is now, and ever shall be,  
**world without end. Amen.**

## 20

*Exaudiat te Dominus | The voice of the Church speaking of the gift of Christ*


- M**ay the LORD hear you in the **day of trouble,** \*  
 the Name of the God of **Jacob defend** you;  
 2 Send you help from the **sanctuary,** \*  
 and strengthen **you** out of **Zion;**
- 3 Remember **all** your **offerings,** \*  
 and **accept** your burnt **sacrifice;**
- 4 Grant **you** your **heart's** desire, \*  
 and **accomplish all your** plans.
- 5 We will rejoice in your salvation,  
 and triumph in the Name **of the LORD** our God; \*  
 may the LORD grant **all** your **petitions.**
- 6 Now I know that the LORD helps his Anointed,  
 and will answer him from his **holy heaven,** \*  
 even with the **saving** strength of **his right** hand.
- 7 Some put their trust in chariots, and **some in horses,** \*  
 but we put our trust in the **Name** of the **LORD our** God.

- 8 They are brought **down** and **fallen**,\*  
but we will **arise** and stand **upright**.  
9 O **LORD**, **save** the **King**,\*  
and hear us when **we** call **upon** you.

Glory be to the Father, and to the Son, and to the **Holy Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
**world** without **end**. Amen.

## 21

*Domine, in virtute tua | That Christ will cast the wicked into Hell in the End*

- he King shall rejoice **in** your **strength**, O **LORD**;\*  
exceedingly glad shall he be **of** your **salvation**.  
2 You have given **him** his **heart's** desire,\*  
and have not denied him **the** request **of** his lips.  
3 For you shall meet him with the **blessings** of **goodness**,\*  
and shall set a crown of **pure** gold **upon** his head.  
4 He asked you for life, and you **gave** it **to** him:\*  
length of days, **for** ever **and** ever.  
5 His honor is great because of **your** **salvation**;\*  
glory and majesty shall **you** lay **upon** him.  
6 For you shall give him everlasting **felicity**\*  
and make him glad with the **joy** of your **countenance**.  
7 For the King puts his **trust** in **the** **LORD**,\*  
and because of the mercy of  
the Most **High**, he shall **not** be moved.  
8 All your enemies shall **feel** your **hand**;\*  
your right hand shall **find** those who **hate** you.  
9 You shall make them like a fiery oven in the time **of** your **wrath**;\*  
the **LORD** shall destroy them in his displeasure,  
and the **fire** shall **consume** them.  
10 Their offspring you shall root out **of** the **earth**,\*  
and their seed from among **the** children **of** men.  
11 For they intended **evil** **against** you,\*  
and imagined wicked schemes,  
which they are **not** able **to** perform.

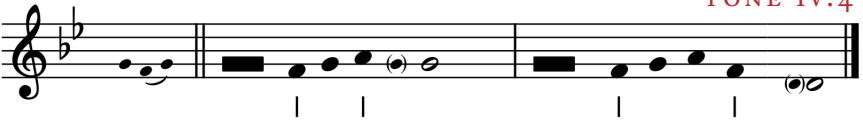


- 12 Therefore you shall put **them** to **flight**,\*  
and the strings of your bow you shall **aim** at their **faces**.
- 13 Be exalted, O LORD, **in** your **own** strength;\*  
so we will sing **and** praise your **power**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
**world** without **end**. Amen.



## DAY 4 : EVENING PRAYER



## 22

Deus, Deus meus | *The Voice of Christ when he was suffering in his Passion.*

- M**y God, my God, why have **you** forsaken me,\*  
and are so far from my cry,  
and from **the** words of **my** complaint?
- 2 O my God, I cry in the daytime, but you **do** not **hear**;\*  
in the night season **also**, but I **find** no rest.
- 3 But you **remain** **holy**,\*  
enthroned upon the **praises** of **Israel**.
- 4 Our **fathers** **hoped** in you;\*  
they trusted in you, **and** you **delivered** them.
- 5 They called upon you, and **were** **delivered**;\*  
they put their trust in you, and **were** not **confounded**.
- 6 But as for me, I am a **worm**, and **no** man,\*  
scorned by all, and the **outcast** of the **people**.
- 7 All those who see me **laugh** me to scorn;\*  
they curl their lips, and **shake** their heads, **saying**,

- 8 “He trusted in God, that he **would** deliver him; \*  
let him deliver him, **if** he will **have** him.”
- 9 But you are he that took me out **of** my **mother’s** womb; \*  
you were my hope, when I was yet **upon** my **mother’s** breasts.
- 10 I have been cast upon you ever since **I** was **born**; \*  
you are my God, **even** from my **mother’s** womb.
- 11 O go not far from me, for trouble is **near** at **hand**, \*  
and there **is** none to **help** me.
- 12 Many oxen have **come around** me; \*  
fat bulls of Bashan close **me** in on **every** side.
- 13 They gape **at** me **with** their mouths, \*  
like a ravening and **a** roaring **lion**.
- 14 I am poured out like water, and all my bones are **out of joint**; \*  
my heart also in the midst of my **body** is like **melting** wax.
- 15 My strength is dried up like a potsherd,  
and my **tongue** cleaves **to** my gums, \*  
and you bring me **into** the **dust** of death.
- 16 For many dogs have **come about** me, \*  
and the council of the wicked **lays** siege **against** me.
- 17 They pierced my hands and my feet;  
I can count **all** my **bones**; \*  
they stand staring and **looking upon** me.
- 18 They part my **garments among** them, \*  
and cast **lots** for my **clothing**.
- 19 But be not far from **me**, O **LORD**. \*  
You are my succor; **hasten to help** me.
- 20 Deliver my soul **from** the **sword**, \*  
my life from **the** power **of** the dog.
- 21 Save me from the **lion’s mouth**, \*  
and my soul in misery from among the **horns** of wild **oxen**.
- 22 I will declare your Name **to** my **brethren**; \*  
in the midst of the congregation I will **praise** you.
- 23 O praise the **LORD**, **you** that **fear** him; \*  
magnify him, all you seed of Jacob,  
and fear him, all **you** seed of **Israel**.
- 24 For he has not despised nor abhorred the low estate **of** the **poor**; \*  
he has not hidden his face from him, but when he called  
**unto** him, he **heard** him.



- 25 My praise is of you in the great **congregation**; \*  
 my vows will I perform in the sight **of** those who **fear** him.
- 26 The poor shall eat **and** be **satisfied**; \*  
 those who seek after the **LORD** shall praise him;  
 may your **hearts** live for **ever**.
- 27 All the ends of the world shall remember, and be  
 turned **unto the LORD**, \*  
 and all the families of the nations shall **worship before** him.
- 28 For the kingdom **is** the **LORD's**, \*  
 and he is the Governor **among** the **peoples**.
- 29 All those who sleep in the earth, how **shall** they **worship** him? \*  
 All those who go down into the dust,  
 how shall **they** kneel **before** him?
- 30 But my life shall be preserved in his sight, and my **children**  
 shall **worship** him; \*  
 they shall tell of the Lord to the **generations to** come;
- 31 And to a people yet unborn shall they **declare** his **righteousness**, \*  
 that he **has** brought it **to** pass.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
**world** without **end**. Amen.

## 23

*Dominus regit me | Christ prepares eternal pastures for His Church*

- T**he **LORD** **is** my **shepherd**; \*  
 therefore **I** can lack **nothing**.
- <sup>2</sup> He shall feed me **in** green **pastures** \*  
 and lead me forth beside the **waters of comfort**.
- <sup>3</sup> He shall **refresh** my **soul** \*  
 and bring me forth in the paths of  
 righteousness for his **Name's** sake.

- 4 Even though I walk through the valley of the shadow of death,  
I will **fear** no **evil**, \*  
for you are with me;  
your rod **and** your staff **comfort** me.
- 5 You shall prepare a table before me, in the presence of **those**  
who **trouble** me; \*  
you have anointed my head with oil, **and** my cup **shall** be full.
- 6 Surely your goodness and mercy shall follow me all the days  
**of my life**, \*  
and I will dwell in the house of **the** LORD for **ever**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
**world** without **end**. Amen.



DAY 5 : MORNING PRAYER

TONE V. I



24

Domini est terra | *Christ the King enters His Church, the Holy Ones make reply*

- T**he earth is the LORD's and all that is **in** it, \*  
the compass of the world and **those** who **dwell** therein.
- 2 For he has founded it upon the **seas** \*  
and established it upon the **rivers** of the deep.
- 3 Who shall ascend the hill of the LORD? \*  
Or who shall stand **in** his **holy** place?
- 4 He who has clean hands and a **pure** heart, \*  
and who has not set his mind upon vanity,  
nor sworn to **deceive** his **neighbor**.
- 5 He shall receive blessing **from** the LORD \*  
and righteousness from the God of **his** salvation.
- 6 This is the generation of those who **seek** him, \*  
even of those who seek your face, O **God** of **Jacob**.



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

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

## 25

*Ad te, Domine, levavi | Christ prophesying the resurrection*

- I**nto you, O LORD, will I lift up my soul;  
my God, I have put my **trust** in you; \*  
O let me not be ashamed,  
neither let my enemies **triumph over** me.
- 2 For all those who hope in you shall not be **ashamed**, \*  
but those who deal untruly shall be put **to confusion**.
- 3 Show me your **ways**, O LORD, \*  
and **teach** me **your** paths.
- 4 Lead me forth in your truth and **teach** me, \*  
for you are the God of my salvation;  
in you has been my hope **all the day** long.
- 5 Call to remembrance, O LORD, your tender **mercies**, \*  
and your loving-kindnesses, which **have** been **from** of old.



- 6 O remember not the sins and offenses **of** my youth,\*  
but according to your mercy  
think on me, O LORD, **in** your **goodness**.
- 7 Gracious and righteous is the LORD;\*  
therefore will he teach **sinners in** the way.
- 8 Those who are meek shall he guide **in judgment**,\*  
and those who are gentle **shall** he **teach** his way.
- 9 All the paths of the LORD are mercy and **truth**\*  
to those who keep his covenant and his **testimonies**.
- 10 For your Name's **sake**, O LORD,\*  
forgive my **sin**, for **it** is great.
- 11 Who is the one who **fears** the LORD? \*  
He shall teach him in the **way** that **he** shall choose.
- 12 He shall dwell at **ease**,\*  
and his seed shall **inherit the** land.
- 13 The LORD reveals his secret counsel to those who **fear** him,\*  
and he will show **them** his **covenant**.
- 14 My eyes are ever looking to the LORD,\*  
for he shall pluck my feet **out of the** net.
- 15 Turn to me, and have mercy **on** me,\*  
for I am desolate **and** in **misery**.
- 16 The sorrows of my heart are **enlarged**;\*  
O bring me out **of** my **troubles**.
- 17 Look upon my adversity and **misery**\*  
and **forgive** me **all** my sin.
- 18 Consider my enemies, how many **they** are,\*  
and how they bear a tyrannous **hate against** me.
- 19 O keep my soul and **deliver** me;\*  
let me not be ashamed, for I have **put** my **trust** in you.
- 20 Let integrity and righteous dealing **preserve** me,\*  
for my **hope** has **been** in you.
- 21 Deliver Israel, O **God**,\*  
out of **all** his **troubles**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



## 26

Judica me, Domine | *Christ is the foundation of the Church's plea of innocence*

**B**e my judge, O LORD, for I have walked innocently; \*  
 my trust has been in the LORD; therefore I shall not fall.  
 2 Test me, O LORD, and prove me; \*

examine my heart and my mind.

3 For your loving-kindness is ever before my eyes, \*  
 and I will walk in your truth.

4 I have not dwelt with evildoers, \*  
 neither will I have fellowship with the deceitful.

5 I have hated the company of the wicked, \*  
 and will not sit among the ungodly.

6 I will wash my hands in innocence, O LORD, \*  
 and so will I go to your altar,

7 That I may lift up the voice of thanksgiving \*  
 and tell of all your wondrous works.

8 LORD, I have loved the habitation of your house \*  
 and the place where your honor dwells.

9 O take not away my soul with the sinners, \*  
 nor my life with the bloodthirsty,

10 Whose hands are full of wickedness, \*  
 and their right hand full of bribes.

11 But as for me, I will walk innocently; \*  
 O deliver me, and be merciful unto me.

12 My foot stands firm; \*  
 I will praise the LORD in the congregations.

Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
 as it was in the beginning, is now, and ever shall be,  
 world without end. Amen.





27

*Dominus illuminatio | The voice of the Baptized, that Christ is their illumination*



he LORD is my light and my salvation;  
whom then shall I **fear**? \*

The LORD is the strength of my life;  
of whom then **shall I be** afraid?

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



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

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

## 28

*Ad te, Domine | That Christ arose from the tomb*

- U**nto you will I cry, O **LORD** my rock;  
do not be deaf to my **prayer**; \*  
lest, if you do not answer, I become like those who go  
down **into the** pit.
- 2 Hear the voice of my humble petitions when I cry unto **you**, \*  
when I hold up my hands toward the sanctuary of  
your **holy temple**.

- 3 O cast me not away,  
neither destroy me with the ungodly and evildoers,\*  
who speak as friends to their neighbors,  
but imagine **evil in** their hearts.
- 4 Reward them according to their **deeds**\*  
and according to the wickedness of their **own** inventions.
- 5 Recompense them according to the work **of** their hands;\*  
pay them what **they** have **deserved**.
- 6 For they regard not in their mind the works of the LORD,  
nor the operation **of** his hands;\*  
therefore he shall break them down and **not** build **them** up.
- 7 Praised be the **LORD**,\*  
for he has heard the voice of my **humble** petitions.
- 8 The LORD is my strength and my shield;  
my heart has trusted in him, and I am **helped**;\*  
therefore my heart dances for joy,  
and in my song **will I praise** him.
- 9 The LORD is my **strength**,\*  
and he is the sure defense of **his Anointed**.
- 10 O save your people, and give your blessing to your **inheritance**;\*  
feed them, and lift them **up** for **ever**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

## 29

*Afferte Domino | Concerning the powerful works of the Holy Spirit*



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



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

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



## DAY 6 : MORNING PRAYER



30

Exaltabo te, Domine | *The voice of Christ to the Father on Easter Day*

**L** will magnify you, O LORD, for you have lifted me **up**, \*  
and have not let my foes **triumph** over me.  
2 O LORD my God, I **cried** unto you, \*  
and **you have made** me whole.

- 3 You, LORD, have brought my soul **out of the Grave**; \*  
 you have saved my life from among those  
 who go **down to the Pit**.
- 4 Sing praises unto the LORD, O **you saints of his**, \*  
 and give thanks unto him for the remembrance **of his holiness**.
- 5 For his wrath endures but the twinkling of an eye,  
 his pleasure for **a lifetime**; \*  
 heaviness may endure for a night,  
 but joy comes **in the morning**.
- 6 In my prosperity I said, “I shall never be **moved**; \*  
 you, LORD, of your goodness, have **made my hill** so strong.”
- 7 You turned **your face from me**, \*  
 and **I was distressed**.
- 8 Then I cried unto you, **O LORD**, \*  
 and came to my **Lord most humbly**.
- 9 What profit is there in **my bloodshed**, \*  
 if I go down **into the Pit**?
- 10 Shall the dust give **thanks unto you**? \*  
 Or shall it **declare your faithfulness**?
- 11 Hear, O LORD, and have mercy **upon me**. \*  
 O LORD, **be my helper**.
- 12 You have turned my lamentation **into dancing**; \*  
 you have put off my sackcloth and girded **me with gladness**.
- 13 Therefore shall my heart sing of your praise **without ceasing**. \*  
 O LORD my God, I will give thanks unto **you for ever**.

Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end. Amen**.

## 31

In te, Domine, speravi | *The voice of Christ on the Cross, praying to the Father*

- I**n you, O LORD, have **I put my trust**; \*  
 let me never be put to confusion;  
 deliver me **in your righteousness**.
- 2 Bow down **your ear to me**, \*  
 make haste **to deliver me**,



- 3 And be my strong rock and **house** of **defense**,\*  
that **you** *may* **save** me.
- 4 For you are my strong rock and **my** **castle**;\*  
be also my guide, and lead me **for** *your* **Name's** sake.
- 5 Draw me out of the net that they have laid secretly for **me**,\*  
for **you** *are* **my** strength.
- 6 Into your hands I commend **my** **spirit**,\*  
for you have redeemed me, O **LORD**, O **God** of truth.
- 7 I have hated those who hold to worthless **vanities**,\*  
and my trust has **been** *in* **the** **LORD**.
- 8 I will be glad and rejoice in **your** **mercy**,\*  
for you have considered my trouble,  
and have known my soul **in** *adversities*.
- 9 You have not shut me up in the hand of **the** **enemy**,\*  
but have set my feet where they may **walk** *at* **liberty**.
- 10 Have mercy upon me, O **LORD**, for I am **in** **trouble**;\*  
my eye is consumed with heaviness,  
and also my soul **and** *my* **body**.
- 11 For my life has grown old **with** heaviness,\*  
and my **years** *with* **mourning**.
- 12 My strength fails me because of my **iniquity**,\*  
and my **bones** *are* **consumed**.
- 13 I have become a reproof among all my enemies, but especially  
among **my** **neighbors**;\*  
my acquaintances are afraid of me, and those who see  
me in **the** *street* **shrink** from me.
- 14 I am utterly forgotten, as a dead **man**, out of **mind**;\*  
I have become like a **broken** **vessel**.
- 15 For I have heard the whispering of the multitude,  
and fear is **on** **every** **side**,\*  
while they conspire together against me and take their  
counsel to **take** *away* my life.



- 16 But my hope has been **in you, O LORD**; \*  
I have said, “**You are my God.**”
- 17 My time **is in your hand**; \*  
deliver me from the hand of my enemies, and from those who **persecute** me.
- 18 Show your servant the light of **your countenance**, \*  
and save me **for your mercy’s** sake.
- 19 Let me not be confounded, O LORD, for I have called **upon you**; \*  
let the ungodly be put to confusion,  
and be put to **silence in the** grave.
- 20 Let the lying lips be put **to silence**, \*  
which cruelly, disdainfully, and spitefully  
speak **against the righteous**.
- 21 Oh, how plentiful is your goodness, which you have laid up for  
those **who fear you**, \*  
and which you have prepared for those who put their trust in  
you, even before the **children of men!**
- 22 You hide them in the secret place of your presence  
from those who conspire **against them**; \*  
you keep them in your refuge from **the strife of** tongues.
- 23 Thanks **be to the LORD**, \*  
for he has shown me marvellously great kindness in **a strong city**.
- 24 But when I was afraid, I **said in my haste**, \*  
“I am cast out of **the sight of** your eyes.”
- 25 Nevertheless, you heard the **voice of my prayer** \*  
when I **cried unto** you.
- 26 O love the LORD, **all you his saints**, \*  
for the LORD preserves those who are faithful,  
and plenteously **repays** the proud.
- 27 Be strong, and he shall **establish your heart**, \*  
all you that put your **trust in the LORD**.

Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end. Amen.**





## 32

Beati quorum | *Penitence: Pride || St. Augustine's dying devotion*

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

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen.**

### 33

*Exultate, justi | Christ is the word; the consolation of martyrs*



**R**ejoice in the **LORD**, **O** you *righteous*; \*  
it is fitting for the just to **be thankful**.

<sup>2</sup> Praise the **LORD** with *the* harp; \*

sing praises unto him with **the** ten-stringed **lute**.

<sup>3</sup> Sing unto **him** a *new* song; \*

make skillful melody and cry **aloud** with **joy**.

<sup>4</sup> For the **word** of the **LORD** *is* true, \*

and all his works **are** faithful.

<sup>5</sup> He loves righteousness **and** true *judgment*; \*

the earth is full of the **goodness** of the **LORD**.

<sup>6</sup> By the word of the **LORD** were the *heavens* made, \*

and all the hosts of them by the breath **of** his **mouth**.

<sup>7</sup> He gathers the waters of the sea together, **as** in a heap, \*

and lays up the deep, as in a treasure **house**.

<sup>8</sup> Let all the **earth** fear *the* **LORD**; \*

stand in awe of him, all you that dwell **in** the **world**.

<sup>9</sup> For he **spoke**, and it *was* done; \*

he commanded and **it** stood **fast**.

<sup>10</sup> The **LORD** brings the counsel of the **nations** *to* naught; \*

he makes the devices of the peoples to be of no effect,

and casts out the counsels **of** princes.

<sup>11</sup> The counsel of the **LORD** shall **endure** for *ever*, \*

and the thoughts of his heart from generation to **generation**.

<sup>12</sup> Blessèd is the nation whose **God** is *the* **LORD**, \*

and blessèd are the people he has chosen for himself to be  
his **inheritance**.

<sup>13</sup> The **LORD** looks down from heaven and beholds

all the **children** *of* men; \*

from the habitation of his dwelling he considers all those who  
dwell **on** the **earth**.



- 14 He fashions **all** the hearts *of* them \*  
and understands **all** their **works**.
- 15 There is no king who can be **saved** by a mighty host; \*  
neither is any mighty man delivered **by** great **strength**.
- 16 A horse is considered a vain **hope** to save *a* man; \*  
neither shall it deliver anyone by **its** great **strength**.
- 17 Behold, the eye of the LORD is upon **those** who *fear* him, \*  
and upon those who put their trust in **his** mercy,
- 18 To deliver **their** soul *from* death, \*  
and to feed them in the time **of** famine.
- 19 Our soul has patiently **waited** for *the* LORD, \*  
for he is our help **and** our **shield**.
- 20 Our heart **shall** rejoice *in* him, \*  
because we have hoped in **his** holy **Name**.
- 21 Let your merciful kindness, O LORD, be upon us, \*  
as we have put **our** trust in **you**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world without end. **Amen**.

## 34

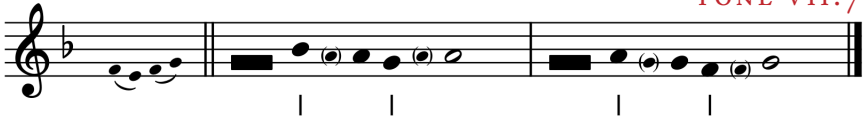
Benedicam Dominum | *Christ guards the just with his Angels*

- D** will always give **thanks** unto *the* LORD; \*  
his praise shall ever **be** in my **mouth**.
- <sup>2</sup> My soul shall make its **boast** in *the* LORD; \*  
the humble shall hear **this** and be **glad**.
- <sup>3</sup> O **praise** the LORD *with* me, \*  
and let us magnify his Name **together**.
- <sup>4</sup> I sought the LORD, **and** he *heard* me; \*  
he delivered me out **of** all my **fears**.
- <sup>5</sup> They looked unto **him**, and were *made* glad, \*  
and their faces **were** not **ashamed**.

- 6 Look, the poor man cries, **and** the LORD *hears* him, \*  
and saves him out of all **his** troubles.
- 7 The angel of the LORD camps round about **those** who *fear* him, \*  
and delivers them **in** time of **need**.
- 8 O taste and see how **gracious** the LORD is; \*  
blessèd is the one **who** trusts in **him**.
- 9 O fear the LORD, **you** that are *his* saints; \*  
for those who fear him **lack** **nothing**.
- 10 The lions lack and **suffer** *hunger*, \*  
but those who seek the LORD shall lack **nothing** that is **good**.
- 11 Come, children, and **listen** *to* me; \*  
I will teach you the fear **of** the LORD.
- 12 Who **among** you desires *to* live, \*  
and longs **to** see good **days**?
- 13 Keep your **tongue** from *evil*, \*  
and your lips **from** speaking **lies**.
- 14 Turn from *evil* and *do* good; \*  
seek peace and **pursue** **it**.
- 15 The eyes of the LORD are **upon** the *righteous*, \*  
and his ears are **open** to their **prayers**.
- 16 The countenance of the LORD is against **those** who do *evil*, \*  
to root out the remembrance of them **from** the **earth**.
- 17 The righteous cry, **and** the LORD *hears* them \*  
and delivers them out of all **their** troubles.
- 18 The LORD is near to those who are **brokenhearted** \*  
and will save those who are crushed **in** spirit.
- 19 Great are the troubles **of** the *righteous*, \*  
but the LORD delivers him **out** of them **all**.
- 20 He **keeps** all *his* bones, \*  
so that not one of them **is** broken.
- 21 But evil shall **slay** the *ungodly*, \*  
and those who hate the righteous shall **be** desolate.
- 22 The LORD delivers the souls **of** his *servants*, \*  
and all those who put their trust in him shall not **be** destitute.

Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. Amen.



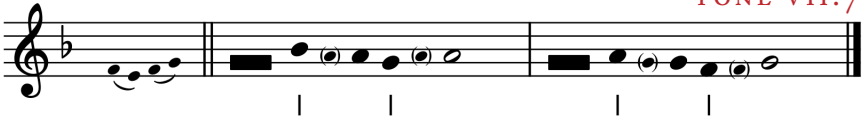


## 35

Judica, Domine | *With spiritual arms Christ defends us*

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

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



- 26 Let them be put to confusion and shame  
 who **rejoice** at my **trouble**; \*  
 let them be clothed with shame and dishonor  
 who **boast against** me.
- 27 Let them be glad and rejoice who **favor** my **righteous** cause; \*  
 indeed, let them say always, "Great is the **LORD**,  
 who takes pleasure in the prosperity **of his servant**."
- 28 And as for my tongue, it shall be talking **of your righteousness** \*  
 and of your praise **all the day** long.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without** end. **Amen**.

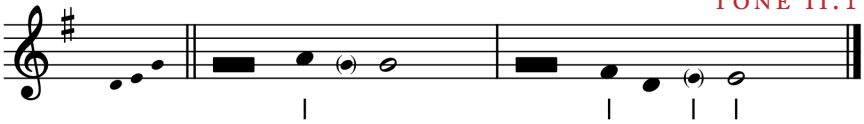
## 36

*Dixit injustus | Christ is the well of life*

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







- 7 Be still before the LORD and wait patiently for **him**; \*  
do not grieve yourself over the one whose way prospers,  
over the one who carries out **evil counsels**.
- 8 Refrain from wrath, and let go of **anger**; \*  
fret not yourself, lest you be moved **to do evil**.
- 9 For evildoers shall be **rooted** out, \*  
but those who wait patiently for the LORD,  
they shall **inherit** the **land**.
- 10 Yet a little while, and the ungodly shall be **clean** gone; \*  
you shall look for their place, and they **shall not be there**.
- 11 But the meek-spirited shall possess the **land** \*  
and shall be refreshed with an abundance of **peace**.
- 12 The ungodly plot against the **just** \*  
and gnash at **them** with **their teeth**.
- 13 The Lord shall laugh at them in **scorn**, \*  
for he sees that their **day is coming**.
- 14 The ungodly have drawn out the sword and have bent their **bow** \*  
to cast down the poor and needy,  
and to slay those **who walk aright**.
- 15 Their sword shall go through their **own** heart, \*  
and their bow **shall be broken**.
- 16 The little that the **righteous** has \*  
is better than great riches of **the ungodly**.
- 17 For the arms of the ungodly shall be **broken**, \*  
but the LORD upholds **the righteous**.
- 18 The LORD knows the days of the **godly**, \*  
and their inheritance shall **endure** for **ever**.
- 19 They shall not be confounded in perilous **times**, \*  
and in the days of famine they shall **have enough**.
- 20 As for the ungodly, they shall perish, and the enemies of the LORD  
shall be consumed as in a fiery **furnace**; \*  
even as smoke shall they **vanish** away.

- 21 The ungodly borrow and do **not** repay, \*  
but the righteous are merciful **and** generous.
- 22 Those who are blessed by God shall possess the **land**, \*  
but those who are cursed by him shall be **rooted out**.
- 23 The LORD orders a **man's** steps; \*  
he makes his footsteps sure and preserves **him** on **his path**.
- 24 Though he fall, he shall not be **cast** down, \*  
for the LORD upholds **him** with **his hand**.
- 25 I have been young, and now I am **old**, \*  
yet I never saw the righteous forsaken,  
nor his children **begging bread**.
- 26 The righteous is ever merciful in **lending**, \*  
and his seed **shall be blessed**.
- 27 Flee from evil, and do that which is **good**, \*  
and dwell in the **land** for **ever**.
- 28 For the LORD loves that which is **right**; \*  
he forsakes not those who are godly,  
and they are **preserved** for **ever**.
- 29 The unrighteous shall be **punished**; \*  
as for the seed of the ungodly, it shall be **rooted out**.
- 30 The righteous shall inherit the **land** \*  
and dwell therein for **ever**.
- 31 The mouth of the righteous utters **wisdom**, \*  
and his tongue **talks** of **judgment**.
- 32 The law of his God is in his **heart**, \*  
and his footsteps **shall not falter**.
- 33 The ungodly lie in wait for the **righteous** \*  
and seek occasion **to slay him**.
- 34 The LORD will not leave him **in** their hand, \*  
nor allow him to be condemned when **he** is **judged**.
- 35 Hope in the LORD, and keep his way,  
and he shall exalt you so that you shall possess the **land**; \*  
when the ungodly perish, **you** shall **see it**.
- 36 I myself have seen the ungodly in great **power**, \*  
and flourishing like a tree **in full leaf**.
- 37 I went by, and behold, they were **gone**; \*  
I sought them, but their place could **nowhere** be **found**.

- 38 Mark the blameless, and take heed of the **upright**,\*  
for there is a future for **the peaceable**.
- 39 As for the transgressors, they shall perish **together**,\*  
and the end of the ungodly  
is that they shall be rooted out **at the last**.
- 40 But the salvation of the righteous comes from the **LORD**,\*  
who is also their strength in the **time of trouble**.
- 41 And the **LORD** shall stand by them and **save** them;\*  
he shall deliver them from the ungodly and shall save them,  
because they put **their trust in him**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;  
as it was in the beginning, is now, and ever shall be,  
world **without end. Amen.**



DAY 8 : MORNING PRAYER

TONE VIII. I



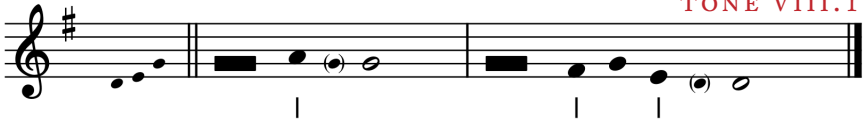
38

Domine, ne in furore | *Penitence: Gluttony*

- R**ebuke me not, O **LORD**, in your **anger**,\*  
neither chasten me in your **weighty displeasure**.
- 2 For your arrows stick **fast** in me,\*  
and your hand **presses me** hard.
- 3 There is no health in my flesh, because of your **displeasure**;\*  
neither is there any rest in my bones, by **reason of** my sin.
- 4 For my iniquities have gone over my **head**\*  
and are like a heavy burden, too **much** for **me** to bear.
- 5 My wounds stink and **fester**,\*  
by reason **of** my **foolishness**.
- 6 I am brought into such great trouble and **misery**\*  
that I go about mourning **all** the **day** long.

- 7 For my loins are filled with **burning**,\*  
and there is no wholeness **in** my **body**.
- 8 I am feeble and sorely **smitten**;\*  
I have roared because of the **tumult of** my heart.
- 9 Lord, you know all my **desire**,\*  
and my groaning is not **hidden from** you.
- 10 My heart is panting, my strength has **failed** me,\*  
and the sight of my **eyes** is **gone** from me.
- 11 My friends and my neighbors turn away from my **trouble**,\*  
and my kinsmen **stand afar** off.
- 12 Those also who seek after my life lay **snares** for me,\*  
and those who go about to do me evil talk of wickedness and  
imagine deceit **all the day** long.
- 13 As for me, I am like the deaf who do **not** hear,\*  
and as one who is mute, who does not **open his** mouth.
- 14 I have become like a man who **hears** not,\*  
and in whose **mouth** are **no** reproofs.
- 15 For in you, O LORD, have I put my **trust**;\*  
you shall answer for **me**, O Lord my God.
- 16 I have said, "Let not my enemies triumph **over** me,"\*  
for when my foot slipped, they rejoiced **greatly over** me.
- 17 Truly, I am about to **fall**,\*  
and my pain is **ever with** me.
- 18 For I will confess my **wickedness**,\*  
and be **sorry for** my sin.
- 19 But my enemies live, and are **mighty**,\*  
and those who hate me wrongfully are **many in number**.
- 20 Those also who repay evil for good are **against** me,\*  
because I follow **that** which **is** good.
- 21 Forsake me not, O LORD my God;\*  
O **be** not **far** from me.
- 22 Make haste to **help** me,\*  
O Lord God of **my** salvation.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



## 39

Dixi, Custodiam | *Christ disciplines us for our correction*

- D** said, “I will take heed to my **ways**, \*  
 that I may not **offend** with **my** tongue.  
<sup>2</sup> I will keep my mouth as with a **bridle** \*  
 while the **ungodly** are **in** my sight.”
- <sup>3</sup> I held my tongue and spoke **nothing**; \*  
 I kept silence, even from good words;  
 but it was **pain** and **grief** to me.
- <sup>4</sup> My heart was hot within me,  
 and while I was thus pondering the fire **kindled**, \*  
 and at the last I **spoke** with **my** tongue:
- <sup>5</sup> “LORD, let me know my end and the number of my **days**, \*  
 that I may learn how **short** my **life** is.
- <sup>6</sup> Behold, you have made my days as a **span** in length, \*  
 and my age is even as nothing before you;  
 and truly, everyone **living** is **but** a breath.
- <sup>7</sup> For everyone walks about as a shadow,  
 and disquiets himself in **vain**; \*  
 he heaps up riches and cannot tell **who** shall **gather** them.
- <sup>8</sup> And now, Lord, what is my **hope**? \*  
 Truly, my **hope** is **in** you.
- <sup>9</sup> Deliver me from all my **offenses**, \*  
 and make me not a taunt **of** the **foolish**.
- <sup>10</sup> I became mute and opened **not** my mouth, \*  
 for it was you that **brought** it **to** pass.
- <sup>11</sup> Take your affliction **from** me; \*  
 I am consumed by the blows **of** your **heavy** hand.
- <sup>12</sup> When you, with rebukes, chasten someone for sin,  
 you consume what is dear to him, like a moth eating a **garment**; \*  
 everyone therefore **is** but **vanity**.

- 13 Hear my prayer, O LORD, and with your ears consider my **cry**; \*  
 hold not your **peace** at **my** tears.
- 14 For I am a stranger **with** you, \*  
 and a sojourner, as **all** my **fathers** were.
- 15 O turn your gaze from me, that I may again be **glad**, \*  
 before I go away **to** be **seen** no more.”

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.

## 40

*Expectans expectavi | Christ is the prophesied offering*

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

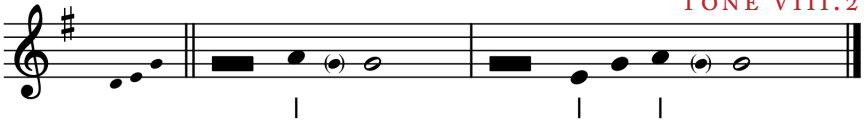


- 11 I have declared your righteousness in the great congregation; \*  
 behold, I will not restrain my lips, O LORD, and **that** you know.
- 12 I have not hidden your righteousness **within** my heart; \*  
 my talk has been of your truth and of **your** salvation.
- 13 I have not concealed your loving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

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.







## 41

Beatus qui intelligit | *That Christ, made poor for us, by his resurrection makes us rich*

- B**lessèd is the one who considers the poor and **needy**; \*  
 the LORD shall deliver him in the **time** of **trouble**.  
<sup>2</sup> The LORD preserves him and keeps him alive,  
 that he may be blessed upon **earth**, \*  
 and delivers him not over to the will **of** his **enemies**.  
<sup>3</sup> The LORD comforts him when he lies sick upon his bed, \*  
 and restores him from his **bed** of **sickness**.  
<sup>4</sup> I said, "LORD, be merciful **to** me; \*  
 heal my soul, for I have **sinned against** you."  
<sup>5</sup> My enemies speak evil **of** me: \*  
 "When shall he die, and **his** name **perish**?"  
<sup>6</sup> And if anyone comes to see me, he speaks **empty** words; \*  
 his heart conceives falsehood within him,  
 and when he goes **forth**, he **tells** it.  
<sup>7</sup> All my enemies whisper together **against** me; \*  
 even against me are they **devising** evil:  
<sup>8</sup> "A deadly thing has taken **hold** of him, \*  
 and now that he lies down, he will **rise up no** more."  
<sup>9</sup> Indeed, even my own familiar friend, whom I trusted,  
 who also ate of my **bread**, \*  
 has lifted up his **heel against** me.  
<sup>10</sup> But be merciful to me, O LORD; \*  
 raise me up again, and I **shall repay** them.  
<sup>11</sup> By this I know you **favor** me, \*  
 that my enemy does not **triumph over** me.  
<sup>12</sup> And when I am in health, you **uphold** me, \*  
 and shall set me before your **face** for **ever**.




- 10 The LORD will grant his loving-kindness in the **daytime**; \*  
and in the night season will I sing of him, and make my prayer  
to the **God** of **my** life.
- 11 I will say to God my rock, “Why have you **forgotten** me? \*  
Why am I full of heaviness, while the **enemy** oppresses me?”
- 12 My bones are broken **asunder**, \*  
while my enemies **mock** me **to** my face,
- 13 While all day long they **say** to me, \*  
“Where **now** is **your** God?”
- 14 Why are you so full of heaviness, O my **soul**, \*  
and why are you so **disquieted** **within** me?
- 15 O put your trust in **God**, \*  
for I will yet give him thanks,  
who is the help of my **countenance**, and **my** God.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.

## 43

*Judica me, Deus | Christ is the light and the truth || Priests' Pre-Communion*

- ive judgment for me, O God, and defend my cause  
against the ungodly **people**; \*  
O deliver me from the deceitful **and** the **wicked**.
- 2 For you are the God of my strength;  
why have you put me **far** from you? \*  
And why do I go about with heaviness, while the  
**enemy** oppresses me?
- 3 O send out your light and your truth, that they may **lead** me, \*  
and bring me to your holy hill, and **to** your **dwelling**;
- 4 That I may go to the altar of God,  
even to the God of my joy and **gladness**; \*  
and on the harp will I give thanks to **you**, O **God**, my God.
- 5 Why are you so full of heaviness, O my **soul**, \*  
and why are you so **disquieted** **within** me?



- 6 O put your trust in **God**,\*  
for I will yet give him thanks, who is the help  
of my countenance, and **my** God.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;  
as it was in the beginning, is now, and ever shall be,  
world without end. **Amen.**



## DAY 9 : MORNING PRAYER

## TONUS PEREGRINUS



44

*Deus, auribus | Christ and not our own strength has freed us*

**W**e have heard with our ears, O God,  
our **fathers** have **told** us\*  
what you did in **the** days of *old*:

- 2 How you drove out the nations with your hand,  
and planted **our** fathers **in** the land;\*  
how you destroyed the nations **and** cast them *out*.  
3 For they did not possess **the** land by **their** own sword,\*  
neither was it their own arm **that** helped *them*,  
4 But by your right hand, and your arm,  
and the **light** of your **countenance**,\*  
because **you** favored *them*.  
5 You **are** my King, **O** God;\* †  
you send help **to** *Jacob*.  
6 Through you we will **overthrow** our **enemies**,\*  
and in your Name will we tread down those who rise up  
**against** *us*.

†



You are \_\_my King, O God

- 7 For I **will** not trust **in** my bow; \*  
it is not my sword that **shall** help *me*;
- 8 But you save **us** from our **enemies** \*  
and put to shame those **who** hate *us*.
- 9 We make our boast **in** God all **day** long \*  
and will praise your Name **for** ever.
- 10 But now you have cast us off **and** put us **to** shame, \*  
and you do not go forth with **our** armies.
- 11 You make us turn our backs **upon** our **enemies**, \*  
so that those who hate us plunder **our** goods.
- 12 You let us **be** eaten **up** like sheep \*  
and have scattered us among **the** nations.
- 13 You sell your **people** for **nothing** \*  
and take no **money** for *them*.
- 14 You make us the **reproach** of our **neighbors**, \*  
to be laughed to scorn, and held in derision by those who are  
round **about** *us*.
- 15 You make us a byword **among** the **nations**, \*  
so that the peoples shake **their** heads at *us*.
- 16 My disgrace is **daily** **before** me, \*  
and the shame of my face **has** covered *me*,
- 17 Because of the voice of the slanderer and blasphem<sup>er</sup>, \*  
because of the enemy and **avenger**.
- 18 And though all this has come upon us, yet we **do** not forget you, \*  
nor have we been unfaithful to **your** covenant.
- 19 Our **heart** has not **turned** back, \*  
nor have our steps departed from your *way*,
- 20 Though you have crushed us in **the** haunt of **jackals**, \*  
and covered us with the shadow of *death*.
- 21 If we have forgotten the Name of our God,  
and held up our hands **to** any **strange** god, \*  
shall not God search it out?  
For he knows the very **secrets** of the *heart*.
- 22 For your sake we are **killed** all the **day** long, \*  
and are counted as sheep appointed to be *slain*.
- 23 Rise up, O Lord! **Why** are you **sleeping**? \*  
Awake, and cast us not away **for** ever.




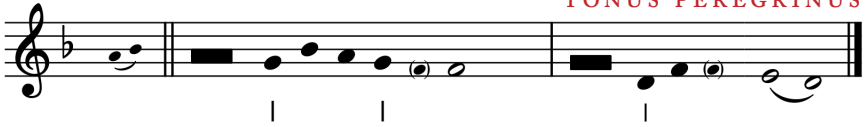
- 8 All your garments smell of myrrh, **aloes**, and **cassia**; \*  
 out of the ivory palaces, stringed  
 instruments **have** made you *glad*.
- 9 Kings' daughters are among your **honor**able **women**; \*  
 at your right hand stands the queen in a vesture of gold,  
 wrought with **many** colors.
- 10 Hearken, O daughter, and **consider**; **incline** your ear; \*  
 forget your own people, and **your** father's *house*.
- 11 So shall the King have **pleasure** in your **beauty**; \*  
 since he is your **Lord**, honor *him*.
- 12 And the daughter of **Tyre** shall **bring** you gifts; \*  
 the rich also among the peoples shall seek **your** favor.
- 13 The King's daughter is all glorious **within** the **palace**; \*  
 her clothing is **of** wrought *gold*.
- 14 She shall be brought to the king in **embroidered** **raiment**; \*  
 the virgins who are her companions shall bring **her** to *you*.
- 15 With joy and gladness shall they **bring** her, \*  
 and shall enter into **the** King's *palace*.
- 16 Instead of your **fathers**, you shall **have** sons, \*  
 whom you shall make princes **in** all the *land*.
- 17 I will make your Name to be remembered from one  
 generation to **another**; \*  
 therefore the peoples shall praise you, world **without** *end*.

Glory be to the Father, and to the Son, and to **the** Holy **Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without** end. *Amen*.

## 46

*Deus noster refugium | Christ brings spiritual joy to a troubled mind*

- od is **our** refuge **and** strength, \*  
 a very present help **in** trouble.
- <sup>2</sup> Therefore we will not **fear**, though the **earth** be moved, \*  
 and though the hills be carried into the midst **of** the *sea*;
- <sup>3</sup> Though **its** waters **rage** and swell, \*  
 and though the mountains shake at **its** tempest.



- 4 There is a river whose streams make glad **the** city of God, \*  
the holy dwelling place of **the** Most *Highb.*
- 5 God is in the midst of her; therefore she shall **not** be moved. \*  
God shall help her at **the** break of *day*.
- 6 The nations are in an uproar, and **the** kingdoms **are** moved, \*  
but God has lifted his voice, and the earth **shall** melt *away*.
- 7 The LORD **of** hosts is **with** us; \*  
the God of Jacob is **our** *refuge*.
- 8 O come and behold **the** works of **the** LORD, \*  
what devastations he has brought **upon** the *earth*.
- 9 He makes wars **to** cease in **all** the world; \*  
he breaks the bow, and shatters the spear, and burns the  
chariots in **the** *fire*.
- 10 “Be still then **and** know that **I** am God; \*  
I will be exalted among the nations,  
and I will be exalted **in** the *earth*.”
- 11 The LORD **of** hosts is **with** us; \*  
the God of Jacob is **our** *refuge*.

Glory be to the Father, and to the Son, and to **the** Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. *Amen*.







47

Omnes gentes, plaudite | *The Apostles speaking of the Ascended Christ*



clap your hands together, all you **peoples**; \*

O cry aloud unto **God** with **shouts** of joy.

<sup>2</sup> For the Lord Most High is to be **feared**; \*

he is the great King **over all** the earth.

<sup>3</sup> He shall subdue the peoples **under** us, \*  
and the nations **under our** feet.

<sup>4</sup> He shall choose our inheritance **for** us, \*  
the pride of **Jacob whom** he loved.

<sup>5</sup> God has gone up with a shout of **triumph**, \*  
the Lord with the sound **of the trumpet**.

<sup>6</sup> O sing praises, sing praises unto **our** God; \*  
O sing praises, sing praises **unto our** King.

<sup>7</sup> For God is the King of **all** the earth; \*  
think upon his mighty acts and **praise** him **with** a song.

<sup>8</sup> God reigns over the **nations**; \*  
God sits **on** his **holy** throne.

<sup>9</sup> The princes of the peoples are gathered with the people of  
the God of **Abraham**; \*  
for the mighty upon earth have become the servants of the  
Lord, and he is very **highly** exalted.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



## 48

Magnus Dominus | *The Heavenly Jerusalem is the City of God*

reat is the LORD and highly to be **praised** \*  
in the city of our God, even upon his **holy** hill.

<sup>2</sup> The hill of Zion is beautiful and **lofty**; \*  
it is the joy **of** the **whole** earth.

<sup>3</sup> Upon the north side lies the city of the **great** King; \*  
God is well known in her palaces as a sure **refuge**.

<sup>4</sup> For behold, the kings of the **earth** \*  
have gathered and **advanced** together.

<sup>5</sup> They marvelled to **see** such things; \*  
they were astonished and **fled** in **terror**.

<sup>6</sup> Trembling came upon them, and **anguish**, \*  
as upon a **woman** in travail.

<sup>7</sup> You caused the east wind to **blow** \*  
and broke apart the **ships** of **Tarshish**.

<sup>8</sup> As we have heard, so have we seen in the city of the LORD of hosts,  
in the city of our **God**; \*  
God upholds **her** for **ever**.

<sup>9</sup> We wait for your loving-kindness, O **God**, \*  
in the midst **of** your **temple**.

<sup>10</sup> O God, according to your Name,  
so is your praise to the **world's** end; \*  
your right hand is **full** of **righteousness**.

<sup>11</sup> Let Mount Zion rejoice, and the cities of Judah be **glad**, \*  
because **of** your **judgments**.

<sup>12</sup> Walk about Zion, and go round **about** her; \*  
count the number **of** her **towers**.

<sup>13</sup> Mark well her bulwarks, consider her **strongholds**, \*  
that you may tell those **who** come **after**.

14 This God is our God for ever and **ever**; \*  
he shall be our guide, **even unto** death.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

## 49

*Audite hæc, omnes | "Woe to you who are rich now"*

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



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

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.

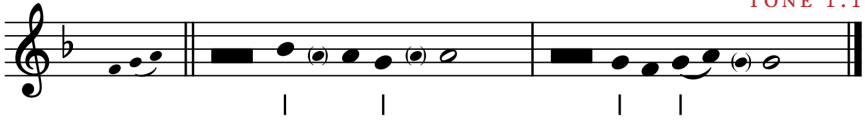




50

Deus deorum | *That Christ will come a second time to judge the world*

- T**he *LORD*, even the most mighty **God**, has **spoken** \*  
and called the world, from the rising of the sun to  
the **going down** thereof.
- <sup>2</sup> Out of Zion, perfect **in her beauty**, \*  
has God shone **forth** in *glory*.
- <sup>3</sup> 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.
- <sup>4</sup> He shall call to the **heavens above**, \*  
and to the earth beneath, that he may **judge** his *people*:
- <sup>5</sup> “Gather my faithful **together unto** me, \*  
those who have made a covenant with **me** by *sacrifice*.”
- <sup>6</sup> And the heavens shall **declare** his **righteousness**, \*  
for **God himself** is Judge.
- <sup>7</sup> “Hear, O my **people**, and **I** will speak; \*  
I myself will testify against you, O Israel,  
for I am God, **even your** God.
- <sup>8</sup> I will not rebuke you because of your sacrifices,  
or for **your burnt offerings**, \*  
because they are **always** *before* me.
- <sup>9</sup> I will take no bull calf **out of your** house, \*  
nor he-goat **out of your** folds.
- <sup>10</sup> For all the beasts of the **forest are** mine, \*  
and so are the cattle upon a *thousand* hills.
- <sup>11</sup> I know all the **birds of the** air, \*  
and the wild beasts of the **field** are *in* my sight.
- <sup>12</sup> If I were hungry, I **would not tell** you, \*  
for the whole world is mine, and **all** that *is* therein.



- 13 Do you think that I will **eat** the **flesh** of bulls \*  
and **drink** the *blood* of goats?
- 14 Offer unto God a sacrifice **of** thanksgiving, \*  
and pay your vows unto the *Most High*,
- 15 And call upon me in the **time** of **trouble**; \*  
so will I hear you, and **you** shall *praise* me.”
- 16 But to the **ungodly God** says: \*  
“Why do you recite my laws,  
and take my **covenant** in *your* mouth,  
17 Though you **hate** to be **disciplined**, \*  
and have cast my **words** *behind* you?  
18 When you saw a thief, **you** **agreed** with him, \*  
and you have taken part **with** *adulterers*.
- 19 You have let your **mouth** speak **wickedness**, \*  
and with your tongue you **have** set *forth* deceit.  
20 You sat and spoke **against** your **brother**; \*  
yes, and have slandered **your** own *mother’s* son.  
21 These things you have done, **and I held** my tongue, \*  
and you thought wickedly that I am such **a** one *as* yourself.  
22 But I **will** **reprove** you, \*  
and set before you the **things** that *you* have done.  
23 O consider this, **you** who **forget** God, \*  
lest I tear you in pieces, and there be none **to** *deliver* you.  
24 Whoever offers me a sacrifice of thanksgiving **honors** me, \*  
and to him who orders his way aright will I show  
the **salvation** *of* God.”

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** *end*. Amen.



ave mercy upon me, O God, in **your** great **goodness**,\*  
according to the multitude of your mercies  
wipe away **my** offences.

<sup>2</sup> Wash me thoroughly **from** my **wickedness**\*  
and **cleanse** me *from* my sin.

<sup>3</sup> For I **acknowledge** **my** faults,\*  
and my sin is **ever** before me.

<sup>4</sup> Against you only have I sinned, and done this **evil** in **your** sight,\*  
so that you are justified in your sentence,  
and blameless **in** your *judgment*.

<sup>5</sup> Behold, I was brought **forth** in **wickedness**,\*  
and in sin my mother *conceived* me.

<sup>6</sup> But behold, you desire truth **in** the **inward** parts\*  
and shall make me understand **wisdom** *secretly*.

<sup>7</sup> You shall purge me with hyssop, and **I** shall **be** clean;\*  
you shall wash me, and I shall be **whiter** *than* snow.

<sup>8</sup> You shall make me hear of **joy** and **gladness**,\*  
that the bones which you have **broken** *may* rejoice.

<sup>9</sup> Turn your **face** from **my** sins,\*  
and blot out **all** my *misdeeds*.

<sup>10</sup> Create in me a **clean** heart, **O** God,\*  
and renew a right **spirit** *within* me.

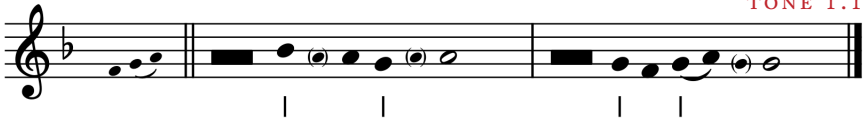
<sup>11</sup> Cast me not away **from** your **presence**,\*  
and take not your holy **Spirit** *from* me.

<sup>12</sup> O give me the comfort **of** your **help** again,\*  
and sustain me with your **willing** *Spirit*.

<sup>13</sup> Then shall I teach your ways **unto** the **wicked**,\*  
and sinners shall **return** *unto* you.

<sup>14</sup> Deliver me from blood-guilt, O God, the God of **my** salvation,\*  
and my tongue shall sing **of** your *righteousness*.

<sup>15</sup> O Lord, **open** **my** lips,\*  
and my mouth **shall** show *forth* your praise.



- 16 For you desire no sacrifice, or else I would **give it to you**; \*  
 but you delight not **in** burnt-offerings.
- 17 The sacrifice of God is a **troubled spirit**; \*  
 a broken and contrite heart, O God, **you** shall *not* despise.
- 18 O be favorable and gracious **unto Zion**; \*  
 may you build up the walls **of** Jerusalem.
- 19 Then you shall be pleased with the sacrifice of righteousness,  
 with the burnt-offerings **and** oblations; \*  
 then shall they offer young bullocks **upon** your *altar*.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.

## 52

Quid gloriaris? | *The voice of Christ to Judas, and all who thirst after wickedness*

- W**hy do you **boast**, you **tyrant**, \*  
 that you **can** do *evil*;
- <sup>2</sup> Whereas the **goodness of God** \*  
 endures **all** the *day* long?
- <sup>3</sup> Your tongue **devises** **wickedness**, \*  
 and with lies you cut like **a sharp razor**.
- <sup>4</sup> You have loved unrighteousness **more** than **goodness** \*  
 and to utter **lies** more *than* truth.
- <sup>5</sup> You have loved to **speak** all **words** that hurt, \*  
 O **you** *deceitful* tongue.
- <sup>6</sup> Therefore, God shall destroy **you** for **ever**; \*  
 he shall catch you, and pluck you out of your dwelling,  
 and root you out of the land **of** the *living*.
- <sup>7</sup> The righteous also shall **see** this **and** fear, \*  
 and **shall** laugh *him* to scorn:



- 8 “Behold, this is the one who did not take **God** for **his** strength, \*  
but trusted in the multitude of his riches and relied  
**on** his *wickedness*.”
- 9 As for me, I am like a green olive tree **in** the **house** of God; \*  
my trust is in the tender mercy of God for **ever** and *ever*.
- 10 I will always give thanks unto you for **what** you **have** done, \*  
and I will declare your Name among the faithful, **for** it *is* good.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



DAY 10 : EVENING PRAYER

TONE III.4



53

*Dixit insipiens | The voice of the Holy Spirit condemning all who reject God's works*

**T**he *fool* has **said** in *his* heart, \*  
“There **is** no **God**.”

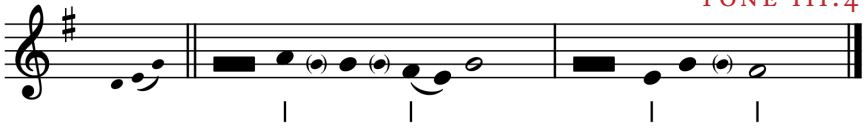
2 They are corrupt and have become abominable  
**in** their *wickedness*; \*  
there is none **that** does **good**.

3 God looked down from heaven upon the **children** *of* men \*  
to see if there were any who would understand  
and **seek** after **God**.

4 But they have all gone astray; they have altogether  
become **abominable**; \*  
there is none that does good, **no**, not **one**.

5 Have they no knowledge, all the **workers** of *evil* \*  
who eat up my people as they would eat bread,  
and call not **upon** **God**?

6 They were afraid **where** no *fear* was, \*  
for God has broken the bones of those who **besieged** **you**;



- 7 You have **put** them *to* shame, \*  
because God has **rejected** **them**.
- 8 Oh, that salvation were given unto Israel **out** of Zion! \*  
Oh, that God would deliver his people out of **captivity!**
- 9 Then shall **Jacob** *rejoice*, \*  
and Israel **shall** be **glad**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.

## 54

*Deus, in Nomine | A Christian's plea to God for vindication*

- S**ave me, O God, **for** your *Name's* sake, \*  
and avenge **me** in your **strength**.
- <sup>2</sup> Hear **my** prayer, O God, \*  
and hearken to the words **of** my **mouth**.
- 3 For the arrogant have risen **up** *against* me, \*  
and tyrants, who do not have God before their eyes,  
seek **after** my **life**.
- 4 Behold, **God** is my *helper*; \*  
the Lord is he who **upholds** my **life**.
- 5 He shall repay the evil **of** my *enemies*. \*  
O destroy them in **your** **faithfulness**.
- 6 A freewill offering **will** I *give* you, \*  
and praise your Name, O LORD, because **it** is **good**.
- 7 For he has delivered me out of **all** my *trouble*, \*  
and my eye has seen the ruin of **my** **enemies**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.



- H**ear my prayer, O God, \*  
 and hide not yourself from my **petition**.  
 2 Give heed to **me**, and *hear* me, \*  
 for I am troubled in my prayer and am **tormented**,  
 3 Because of the cry of the enemy, and oppression **by** the *ungodly*; \*  
 for they are of a mind to do me great harm, so maliciously  
 are they set **against me**.  
 4 My heart is disquieted *within* me, \*  
 and the fear of death has fallen **upon me**.  
 5 Fearfulness and trembling have **come** *upon* me, \*  
 and a horrible dread has **overwhelmed me**.  
 6 And I said, “Oh, that I had **wings** like *a* dove, \*  
 for then would I fly away **and** be at **rest**.  
 7 Indeed, then I would get away **to** a far *off* place \*  
 and make my dwelling in **the** wilderness.  
 8 I would make **haste** to *escape*, \*  
 because of the stormy wind **and** tempest.”  
 9 Confuse their speech, O **Lord**, and *divide* them, \*  
 for I have seen unrighteousness and strife in **the** city.  
 10 Day and night they go about **within** *her* walls; \*  
 trouble and sorrow are in **the** midst of **her**.  
 11 Great **wickedness** *is* there; \*  
 deceit and guile do **not** leave her **streets**.  
 12 For it is not an enemy who has done **me** this *dishonor*, \*  
 for then I could **have** borne **it**;  
 13 Neither was it my adversary who exalted **himself** *against* me, \*  
 for then I would have hidden **myself** from **him**.  
 14 But it was **you**, my *companion*, \*  
 my comrade and my own **familiar friend**.  
 15 We took sweet **counsel** together \*  
 and walked in the house **of** God as **friends**.  
 16 Let death come hastily upon them, and let them go down  
**alive** into *the* grave, \*  
 for there is wickedness **in** their **hearts**.



- 17 As for me, I will **call** upon God, \*  
and the LORD **shall** save **me**.
- 18 In the evening, and morning, and at noonday  
will I **pray** and *lament*, \*  
and he **shall** hear my **voice**.
- 19 It is he who shall deliver my soul in peace  
from the battle that **is** *against* me, \*  
for there are many **who** fight **me**.
- 20 God, who endures for ever, shall **hear** me and bring *them* down; \*  
for they never change, nor do **they** fear **God**.
- 21 My familiar friend has laid his hands upon those who **were**  
at peace *with* him, \*  
and he has broken **his** covenant.
- 22 The words of his mouth were softer than butter,  
yet **war** was in *his* heart; \*  
his words were smoother than oil,  
and yet they **were** drawn **swords**.
- 23 O cast your burden upon the LORD, and **he** shall *nourish* you, \*  
and shall not allow the righteous to fall **for** ever.
- 24 But as for the bloodthirsty **and** *deceitful*, \*  
you, O God, shall bring them into the pit of **destruction**.
- 25 They shall not live **out** half *their* days; \*  
but my trust shall be **in** you **LORD**.

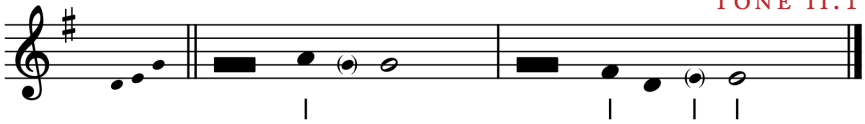
Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world without **end**. **Amen**.



## 56

Miserere mei, Deus | *A cry against the flesh* || *Before taking medicine*

- B**e merciful to me, O God, for my adversaries are treading me **down**; \*  
 they are daily fighting **and** troubling me.
- <sup>2</sup> My enemies go about hounding me **daily**, \*  
 for there are many who fight against **me**, O **Most High**.
- <sup>3</sup> Nevertheless, though I am sometimes **afraid**, \*  
 yet I put my **trust** in **you**.
- <sup>4</sup> In God whose word I praise, in God I trust and **fear** not, \*  
 for what can **flesh** do **to me**?
- <sup>5</sup> They daily **distort** my words; \*  
 all that they imagine is to do **me** evil.
- <sup>6</sup> They all gather together and lie in **wait**, \*  
 and mark my steps, while they seek **after my life**.
- <sup>7</sup> Shall they escape despite their **wickedness**? \*  
 O God, in your displeasure cast **them down**.
- <sup>8</sup> You record my lamentation; put my tears into your **bottle**. \*  
 Are not these things noted in **your book**?
- <sup>9</sup> Whenever I call upon you,  
 then shall my enemies be put to **flight**; \*  
 this I know, for God **is** on **my side**.
- <sup>10</sup> In God, whose **word** I praise, \*  
 in the **LORD**, **whose** word **I praise**,
- <sup>11</sup> In God have I put my **trust**; \*  
 I will not be afraid, for what can mortals **do to me**?
- <sup>12</sup> Unto you, O God, will I **pay** my vows; \*  
 unto you **will** I **give thanks**.



<sup>13</sup> For you have delivered my soul from death and my feet  
from **stumbling**,\*  
that I may walk before God in the light **of** the **living**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;<sup>\*</sup>  
as it was in the beginning, is now, and ever shall be,  
world without **end**. **Amen**.

## 57

*Miserere mei, Deus | Praise to God the Father for rescuing us from sin*

**B**e merciful to me, O God, be merciful to me,  
for my soul trusts in **you**,\*  
and under the shadow of your wings shall be my refuge,  
until this tribulation has **passed**.

<sup>2</sup> I will call unto the Most High **God**,\*  
even unto the God who shall fulfill his purpose for **me**.

<sup>3</sup> He shall send from heaven and save me;  
he shall confound those who trample **on** me.\*  
God shall send forth his mercy and **truth**.

<sup>4</sup> My soul is among lions that devour the **people**;<sup>\*</sup>  
their teeth are spears and arrows,  
and their tongue **a sharp sword**.

<sup>5</sup> Exalt yourself, O God, above the **heavens**;<sup>\*</sup>  
let your glory be **over all the earth**.

<sup>6</sup> They have laid a net for my feet, and brought **down** my soul;<sup>\*</sup>  
they dug a pit before me,  
but have fallen into the midst **of it themselves**.

<sup>7</sup> My heart is firmly fixed, O God, my heart is **fixed**;<sup>\*</sup>  
I will sing **and give praise**.


<sup>8</sup> Awake, my soul; awake, lute and **harp**;<sup>\*</sup>  
I myself will awaken the **dawn**.

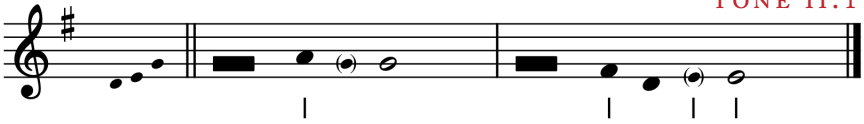
- 9 I will give thanks unto you, O Lord, among the **peoples**,\*  
and I will sing praises unto you among **the nations**.  
10 For the greatness of your mercy reaches unto the **heavens**,\*  
and your truth **unto the clouds**.  
11 Exalt yourself, O God, above the **heavens**;\*  
let your glory be **over all the earth**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world **without end. Amen**.

## 58

*Si vere utique | Christ shall render judgment against those who abuse the poor*

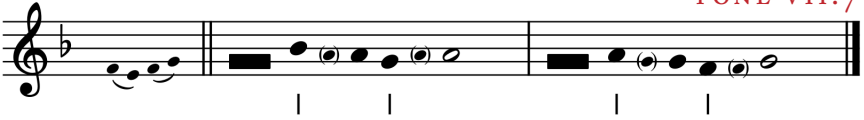
- o you indeed decree righteousness, O you **rulers**,\*  
and do you judge uprightly, O **children of men**?  
2 No, you devise evil in your **heart**,\*  
and on the earth your hands deal **out violence**.  
3 The ungodly err even from their mother's **womb**;\*  
as soon as they are born, they go astray **and speak lies**.  
4 They are as venomous as the poison of a **serpent**,\*  
even like the deaf adder **that stops its ears**,  
5 Which refuses to hear the voice of the **charmer**,\*  
no matter how **skillful** his **charming**.  
6 Break their teeth, O God, in their **mouths**;\*  
smite the jawbones of **the ungodly**.  
7 Let them fall away like water that **runs off**;\*  
let them wither like the grass that is trodden **underfoot**.  
8 Let them melt away like a **snail**,\*  
and be like a stillborn child that does **not see the sun**.  
9 Before they bear fruit, let them be cut off like a **briar**;\*  
let them be like thorns and weeds that **are swept away**.  
10 The righteous shall rejoice when they see the **vengeance**;\*  
they shall wash their feet in the blood of **the ungodly**.  
11 So that people shall say,  
"Truly, there is a reward for the **righteous**;\*  
surely, there is a God who **judges the earth**."



Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.



## DAY II : EVENING PRAYER



59

Eripe me de inimicis | *Of the in-gathering in the Last Days*



*D*e-liver me from my **enemies**, O God; \*

defend me from those who rise **up against** me.

<sup>2</sup> O deliver me from the **evildoers**, \*

and save me from **the bloodthirsty**.

<sup>3</sup> For behold, they lie in **wait** for **my** soul; \*

the mighty are gathered against me,

without any offense or **fault** of **mine**, O LORD.

<sup>4</sup> They run and prepare themselves without cause. \*

Arise therefore to **help** me, **and behold**.

<sup>5</sup> Rise up, O LORD God of hosts,

O God of Israel, to visit **all** the **nations**, \*

and be not merciful to those who

offend with **malicious wickedness**.

<sup>6</sup> They go to and **fro** in the **evening**; \*

they howl like dogs, and run about **through** the **city**.

<sup>7</sup> Behold, they boast with their mouths,

and **taunts** are **on** their lips, \*

for they say, "**Who** will **hear** us?"

<sup>8</sup> But you, O LORD, shall hold them **in derision**, \*

and you shall laugh all the **nations** to scorn.



- 9 My strength I will **ascribe** unto you,<sup>\*</sup>  
for you are the God **of** my refuge.
- 10 God shows me his **plenteous goodness**,<sup>\*</sup>  
and God shall let me look in triumph upon my **enemies**.
- 11 Slay them not, lest my **people forget it**,<sup>\*</sup>  
but scatter them abroad by your might, and put them down,  
**O Lord our shield**.
- 12 For the sin of their mouth, and for the words of their lips,  
they shall be **taken in** their pride,<sup>\*</sup>  
because their talk is **cursing and lies**.
- 13 Consume them in your wrath;  
consume them, that **they may perish**,<sup>\*</sup>  
and know that it is God who rules in Jacob,  
and unto the **ends of the world**.
- 14 In the evening **they will return**,<sup>\*</sup>  
howl like dogs, and run about **through** the city.
- 15 They will run **here and there** for meat<sup>\*</sup>  
and growl if they **are not satisfied**.
- 16 As for me, I will sing of your power, and will praise your mercy  
early **in the morning**,<sup>\*</sup>  
for you have been my defense and refuge in the **day** of my  
**trouble**.
- 17 Unto you, O my **strength**, will **I** sing,<sup>\*</sup>  
for you, O God, are my refuge, and my **merciful God**.

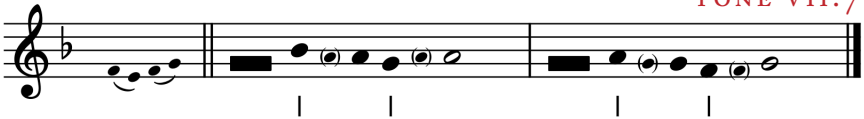
Glory be to the Father, and to the Son, and to the **Holy Spirit**;<sup>\*</sup>  
as it was in the beginning, is now, and ever shall be,  
world **without end. Amen**.

## 60

Deus, repulisti nos | *The Apostles during the Passion* || *St. Cuthbert's Dirge*



God, you have cast us out and **scattered us** abroad;<sup>\*</sup>  
you have been so displeased; O turn **unto us again**.  
<sup>2</sup> You have made the land to **quake** and **divided it**;<sup>\*</sup>  
heal the breaches **in it, for it shakes**.



- 3 You have made your people to drink a **cup** of **bitterness**; \*  
 you have filled us with wine that **makes** us **stagger**.
- 4 You have set up a banner for **those** who **fear** you, \*  
 that they may triumph **because** of **the** truth.
- 5 That your beloved may **be delivered**, \*  
 help me with your right **hand** and **hear** me.
- 6 God has spoken **in** his **holiness**: \*  
 “I will rejoice and divide Shechem,  
 and parcel out the **valley** of **Succoth**.
- 7 Gilead is mine, and **Manasseh** **is** mine; \*  
 Ephraim also is the helmet for my head;  
 Judah **is** my **scepter**.
- 8 Moab is my wash pot; on Edom **I** will **cast** my shoe; \*  
 over Philistia will I **shout** in **triumph**.”
- 9 Who will lead me **into** the strong **city**? \*  
 Who will bring me **into** **Edom**?
- 10 Have you not **cast** us **out**, O God? \*  
 Will you not, O God, go out **with** our **armies**?
- 11 O be our **help** in **trouble**, \*  
 for vain **is** the **help** of man.
- 12 Through God we **will** do **great** acts, \*  
 for it is he who shall tread **down** our **enemies**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without** end. **Amen**.

## 61

Exaudi, Deus | *The voice of the Church asking to be sheltered under Christ's wings*

**H**ear my cry, O God; \*  
 give ear **unto** my prayer.  
 2 From the ends of the earth I will **call** upon you \*  
 when my **heart** is in **heaviness**.

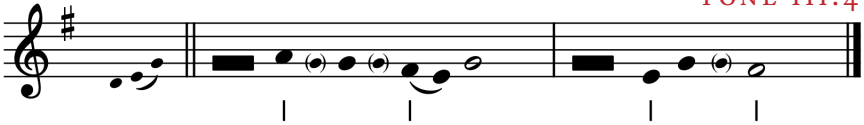
- 3 O set me upon the rock that is **higher than I**,\*  
for you have been my refuge and a strong tower for me  
**against the enemy**.
- 4 Let me dwell in your **tabernacle** for **ever**,\*  
and my refuge shall be under the **covering of your wings**.
- 5 For you, O **God**, have **heard** my vows,\*  
and have given a heritage to **those** who **fear your Name**.
- 6 You shall grant the **king a long life**,\*  
that his years may endure throughout all **generations**.
- 7 His throne shall abide before **God** for **ever**;\*  
O prepare your loving mercy and faithfulness,  
that they **may preserve** him.
- 8 So will I always sing praise **unto your Name**,\*  
that I may daily **perform my vows**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world without end. **Amen**.



DAY 12 : MORNING PRAYER

TONE III.4



62

*Nonne Deo? | Christ is the Hope of the Church*

- N**or God alone my **soul** in silence waits,\*  
from him comes my **salvation**.
- 2 He truly is my strength and **my salvation**;\*  
he is my defense, so that I shall not be greatly shaken.
- 3 How long will you assail a man to crush him, all of **you** together,\*  
as if you were a tottering wall or a broken **fence**?
- 4 Their plan is only to bring down the one whom **God** has *exalted*;\*  
their delight is in lies;  
they bless with their mouth, but curse **with their heart**.



- 5 Nevertheless, for God alone my **soul** in *silence* waits, \*  
for my hope **is** in **him**.
- 6 He truly is my strength and **my** *salvation*; \*  
he is my defense, so that **I** shall not **fall**.
- 7 In God is my help **and** my *glory*; \*  
he is the rock of my might, and in **him** is my **trust**.
- 8 O put your trust in him **always**, you *people*; \*  
pour out your hearts before him, for God **is** our **hope**.
- 9 As for the children of men, **they** are but *a* breath; \*  
the children of men are deceitful;  
upon the scales, they are altogether **lighter** than a **breath**.
- 10 O trust not in oppression; put not vain **hopes** in *robbery*; \*  
if riches increase, set not your heart **upon** **them**.
- 11 One thing has God spoken;  
indeed, two things **have** I heard *him* say: \*  
that power belongs **to** our **God**;
- 12 And that you, O **Lord**, are *merciful*, \*  
for you reward everyone **according** to his **work**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.

## 63

Deus, Deus meus | *The soul coming out of darkness and longing for Christ*



God, **you** are *my* God; \*  
early will **I** seek **you**.

- 2 My soul thirsts for you, my flesh also **longs** after you, \*  
in a barren and dry land where there is **no** water.
- 3 Thus I have looked upon you **in** your *holy* place, \*  
that I might behold your power **and** glory.

- 4 For your loving-kindness is better **than** life *itself*; \*  
 my lips **shall** praise **you**.
- 5 As long as I live I will **magnify** you, \*  
 and lift up my hands **in** your **Name**.
- 6 My soul shall be satisfied, as with **marrow** and *fatness*, \*  
 when my mouth praises you **with** joyful **lips**.
- 7 When I remember **you** on *my* bed, \*  
 I meditate on you in the **watches** of the **night**.
- 8 Because you have **been** my *helper*, \*  
 therefore under the shadow of your wings **I** will **rejoice**.
- 9 My **soul** clings *to* you; \*  
 your right hand has **upheld** **me**.
- 10 Those who seek **to** destroy *my* life \*  
 shall go down **into** the **earth**.
- 11 Let them fall upon the **edge** of *the* sword, \*  
 that they may be a portion **for** jackals.
- 12 But the King shall rejoice in God;  
 all those who swear by him shall **be** *commended*, \*  
 for the mouth of those who speak **lies** shall be **stopped**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without** end. **Amen**.

## 64

Exaudi, Deus | *The voice of the innocent preacher of the Gospel*

- H**ear my voice, O **God**, in *my* prayer; \*  
 preserve my life from fear of **the** enemy.
- <sup>2</sup> Hide me from the gathering together **of** the *wicked*, \*  
 and from the tumult of **evildoers**,
- 3 Who have whet their **tongue** like *a* sword, \*  
 and shoot out their arrows, **even** bitter **words**,
- 4 That they may secretly shoot at the one **who** is *blameless*; \*  
 suddenly do they shoot him, **and** fear **not**.
- 5 They hold fast to their **evil** *purpose*, \*  
 and discuss among themselves how they may lay snares,  
 and say that no one **shall** see **them**.



- 6 They imagine wickedness, and **practice** a *cunning* plot; \*  
for the human heart and mind **are** very **deep**.
- 7 But God shall suddenly shoot at them **with** a swift *arrow*, \*  
and they shall **be** wounded.
- 8 Indeed, their own **tongues** shall make *them* fall, \*  
so that all who see them shall laugh **them** to **scorn**.
- 9 And all shall fear and tell **what** God *has* done, \*  
for they shall perceive that **it** is his **work**.
- 10 The righteous shall rejoice in  
the LORD and **put** their trust *in* him, \*  
and all who are true of heart **shall** be **glad**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.



## DAY 12 : EVENING PRAYER



## 65

*Te decet hymnus | The voice of the Church that Christ is the hope of all lands*

- Y**ou, O God, are to be praised **in** *Zion*, \*  
and unto you shall vows be performed **in** *Jerusalem*.
- <sup>2</sup> You **who** hear **our** prayer, \*  
unto you **shall** *all* **flesh** come.
- 3 My misdeeds prevail **against** *me*; \*  
O be merciful and **blot out** **our** sins.
- 4 Blessèd is the man whom you choose and receive **unto yourself**; \*  
he shall dwell in your courts, and shall be satisfied with the  
pleasures of your house, even of your **holy** temple.

- 5 You shall show us wonderful things in your righteousness, O God of our **salvation**,\*  
 for you are the hope of all the ends of the earth  
 and of the isles **that are far** away.
- 6 You in your strength set firm **the mountains**,\*  
 and are girded **about with power**.
- 7 You still the raging of **the seas**,\*  
 the noise of their waves, and the tumult **of the peoples**.
- 8 Those who dwell in the uttermost parts of the earth shall be in  
 fear of **your wonders**,\*  
 you make the morning and evening **to shout with joy**.
- 9 You visit the earth **and bless it**,\*  
 you make it **very plenteous**.
- 10 The river of God is full **of water**,\*  
 you prepare the grain, for so you **provide for the earth**.
- 11 You water its furrows; you send rain into the **little valleys**,\*  
 you make it soft with the drops of rain  
 and bless the **increase of it**.
- 12 You crown the year with **your goodness**,\*  
 and your paths **overflow with plenty**.
- 13 The fields of the wilderness are rich **in pasture**,\*  
 and the little hills **rejoice on every side**.
- 14 The folds shall **be full of sheep**,\*  
 the valleys also shall stand so thick with grain that they **shall  
 laugh and sing**.

Glory be to the Father, and to the Son, and to the Holy Spirit,\*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end. Amen.**

## 66

Jubilate Deo | *The voice of the Apostles that Christ is to be adored by all*

**B**e joyful in **God**, all **you lands**,\*  
 sing praises to the honor of his Name;  
 make his praise **to be glorious**.

- 2 Say to God, “How wonderful are **your works**,\*  
 through the greatness of your power shall your enemies  
 cower **before you**.



- 3 For all the world **shall** worship you,<sup>\*</sup>  
sing to you, **and** *praise* your Name.”
- 4 O come and see **the** works of God,<sup>\*</sup>  
how wonderful he is in his doing toward *all* people.
- 5 He turned the sea into dry land, so that they went through  
the **water on foot**;<sup>\*</sup>  
therefore in him **let** *us* rejoice.
- 6 He rules with his power for ever;  
his eyes keep watch over **the** nations;<sup>\*</sup>  
let not the rebellious **exalt** themselves.
- 7 Bless our God, **you** peoples,<sup>\*</sup>  
and make the voice of his **praise** to be heard,
- 8 Who holds **our** soul in life,<sup>\*</sup>  
and does not allow **our** feet to slip.
- 9 For you, O God, **have** proved us;<sup>\*</sup>  
you have tried us, **as** *silver* is tried.
- 10 You brought us **into** the snare<sup>\*</sup>  
and laid trouble **upon** our backs.
- 11 You allowed men to ride over our heads;  
we went through fire **and** water;<sup>\*</sup>  
but you brought us out into a **place** of plenty.
- 12 I will go into your house with **burnt** offerings<sup>\*</sup>  
and will **pay** *you* my vows,
- 13 Even those which I **promised** with **my** lips<sup>\*</sup>  
and spoke with my mouth when I **was** in trouble.
- 14 I will offer you burnt sacrifices of fattened beasts,  
with the **incense** of rams;<sup>\*</sup>  
I will offer **bullocks** and goats.
- 15 Come here and listen, all you **who** fear God,<sup>\*</sup>  
and I will tell you what **he** has done for me.
- 16 I called to **him** with **my** mouth,<sup>\*</sup>  
and gave him **praises** with my tongue.



- 17 If I had inclined toward wickedness with **my heart**,\*  
 the Lord would **not** *have* **heard** me.  
 18 But God **has** heard **me**\*  
 and considered the **voice** of my prayer.  
 19 Blessèd be God who has not **refused** **my prayer**,\*  
 nor turned his **mercy** from me.

Glory be to the Father, and to the Son, and to the Holy Spirit;\*  
 as it was in the beginning, is now, and ever shall be,  
 world without **end**. Amen.

## 67

Deus misereatur | *Christ is the light of believers*



- ay God be merciful unto us, **and** bless **us**,\*  
 and show us the light of his countenance,  
 and be merciful *unto* us.  
 2 Let your way be known **upon** **earth**,\*  
 your saving health **among** *all* nations.  
 3 Let the peoples praise **you**, O **God**,\*  
 indeed, let all the **peoples** praise you.  
 4 O let the nations rejoice **and** be **glad**,\*  
 for you shall judge the peoples righteously, and govern the  
 nations *upon* earth.  
 5 Let the peoples praise **you**, O **God**,\*  
 let all the **peoples** praise you.  
 6 Then shall the earth bring forth **her** increase,\*  
 and God, even our own God, shall give **us** *his* blessing.  
 7 God **shall** bless **us**,\*  
 and all the ends of the **world** *shall* fear him.

Glory be to the Father, and to the Son, and to the Holy Spirit;\*  
 as it was in the beginning, is now, and ever shall be,  
 world without **end**. Amen.



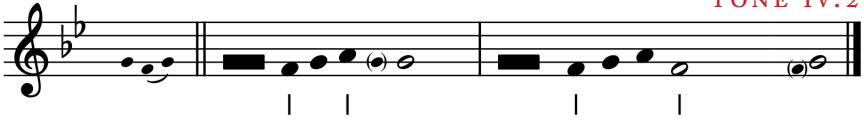


## 68

Exsurgat Deus | *About the Resurrection and Ascension* || *St. Anthony's shield*

- L**et God arise, and let his enemies be scattered; \*  
 let those who hate him also flee before him.  
 2 As the smoke vanishes, so shall you drive them away; \*  
 and as wax melts before the fire, so let the ungodly perish  
 before the presence of God.  
 3 But let the righteous be glad and rejoice before God; \*  
 let them also be merry and joyful.  
 4 O sing unto God, and sing praises unto his Name;  
 magnify him who rides upon the heavens. \*  
 The LORD is his Name; rejoice before him.  
 5 He is a father of the fatherless and  
 defends the cause of the widows, \*  
 God in his holy habitation.  
 6 He is the God who gives the solitary a home,  
 and brings the prisoners out of captivity, \*  
 but lets the rebellious dwell in a desert land.  
 7 O God, when you went forth before the people, \*  
 when you went through the wilderness,  
 8 The earth shook, and the heavens poured forth rain at  
 the presence of God, \*  
 even as Sinai also was moved at the presence of God,  
 who is the God of Israel.  
 9 You, O God, sent a gracious rain upon your inheritance \*  
 and refreshed the land when it was weary.  
 10 Your congregation found a dwelling there, \*  
 for you, O God, of your goodness have provided for the poor.  
 11 The Lord gave the word; \*  
 great was the company of those who proclaimed the tidings.

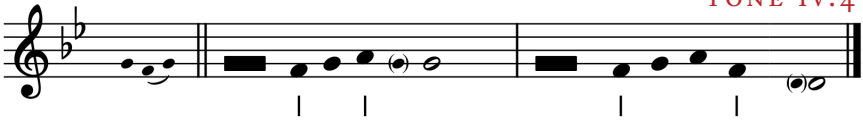
- 12 Kings with their **armies fled**, they fled,\*  
and the women at home **divided the** spoil.
- 13 Though you have lain **among** the **sheepfolds**,\*  
yet shall you be like the wings of a dove that are covered  
with silver, and **whose** feathers **shine like** gold.
- 14 When the **Almighty scattered** kings,\*  
it was as if **it** snowed in **Zalmon**.
- 15 As the hill of Bashan, **so** is **God's** hill,\*  
even a high hill, **as** the hill **of Bashan**.
- 16 Why look with envy, you high hills?  
This is God's hill, on which it **pleases him** to dwell;\*  
surely, the LORD will abide **on** it for **ever**.
- 17 The chariots of God are twenty thousand,  
even **thousands of angels**,\*  
and the Lord has come from Sinai **into** the **holy** place.
- 18 You have gone up on high;  
you have led captivity captive, and received **gifts** from **men**,\*  
even from your enemies,  
that the LORD God **might** dwell **among** them.
- 19 Praised be **the** Lord **daily**,\*  
even the God who helps us and pours his **benefits upon** us.
- 20 He is our God, the God from **whom** salvation comes;\*  
God is the LORD, by **whom** we **escape** death.
- 21 God shall wound the head **of** his **enemies**,\*  
and the hairy scalp of those who **persist** in their **wickedness**.
- 22 The Lord has said,  
"I will bring back my people again, as I **did** from **Bashan**;\*  
my own will I bring back again,  
as I did before from **the** depths of **the** sea,
- 23 That your foot may be dipped in the blood **of** your **enemies**,\*  
and that the tongues of your **dogs** may be **red with** blood."
- 24 Your solemn procession is **seen**, O **God**,\*  
how you go into the sanctuary, my God **and** King.
- 25 The singers go before, the musicians **follow after**;\*  
in the midst are the maidens **playing** the **timbrels**.



- 26 Give thanks unto God in the **congregations**,\*  
unto the LORD, the **fountain** of **Israel**.
- 27 There is little Benjamin their ruler,  
and the princes of **Judah** their **counsel**,\*  
the princes of Zebulun, and the princes of Naphtali.
- 28 O God, send **forth** your **strength**;\*  
establish, O God, **what** you have **wrought** in us.
- 29 For your temple's sake **at Jerusalem**,\*  
kings shall **bring** presents **unto** you.
- 30 Rebuke the beasts that **dwel** among the reeds,\*  
a herd **of** bulls with **their** calves;
- 31 Rebuke the peoples who trample on those whom you  
have **tried** as **silver**,\*  
and scatter the **peoples** who **delight** in war.
- 32 Then shall they bring tribute **out** of Egypt;\*  
Ethiopia shall stretch out **her** hands **unto** God.
- 33 Sing unto God, O you **kingdoms** **of** the earth;\*  
O sing praises unto **the** Lord,
- 34 Unto God who sits in the heavens over all from **the** beginning;\*  
he sends out **his** voice, his **mighty** voice.
- 35 Ascribe power to God **over** **Israel**;\*  
his worship **and** strength are **in the** clouds.
- 36 O God, you are wonderful in your **holy** places;\*  
the God of Israel will give strength and power to his **people**.  
Blessè **be** God.

Glory be to the Father, and to the Son, and to the **Holy Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
**world** without **end**. Amen.





69

Salvum me fac | *Christ in his Passion, concerning Jews who rejected him*



ave me, O God, \* †

for the waters have come **up** even **to** my neck.

<sup>2</sup> I sink down in the deep mire, where there **is** no **ground**; \*

I have come into deep waters, so that **the** floods run **over** me.

<sup>3</sup> I am weary of crying; my **throat** is **dry**; \*

my sight fails me from waiting **so** long for **my** God.

<sup>4</sup> Those who hate me without a cause are more than the hairs **of** my **head**; \*

those who are my enemies, and would destroy me wrong**fully**, are **mighty**.

<sup>5</sup> They bid me restore **things** I **never** took. \*

O God, you know my foolishness, and my faults are **not** hidden **from** you.

<sup>6</sup> Let not those who trust in you, O Lord God of hosts, be **ashamed** **because** of me; \*

let not those who seek you be confounded through me, O God of **Israel**.

<sup>7</sup> Surely for your sake have I **suffered** reproach; \*

shame **has** covered **my** face.

<sup>8</sup> I have become a stranger **to** my **brethren**, \*

unknown to **my** mother's **children**,

<sup>9</sup> Because zeal for your house **has** consumed me, \*

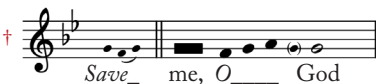
and the reproaches of those who reproached you have **fallen** upon me.

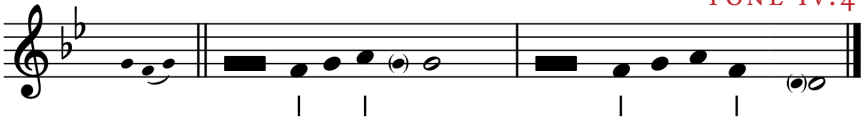
<sup>10</sup> I wept, and humbled **myself** with **fasting**, \*

but that **was** turned to **my** reproach.

<sup>11</sup> I put on **sackcloth** **also**, \*

and I became a **byword** **among** them.





- 12 Those who sit in the gate **speak against** me,\*  
and the drunkards **make** songs **about** me.
- 13 But, LORD, I make my **prayer** to **you** \*  
in an **acceptable** time.
- 14 Hear me, O God, in the multitude **of** your **mercy**, \*  
even in the truth **of** your salvation.
- 15 Take me out of the mire, **lest I sink**; \*  
O let me be delivered from those who hate me,  
and out **of** the deep **waters**.
- 16 Let not the floodwaters drown me,  
neither let the deep **swallow** me **up**, \*  
and let not the pit shut **its** mouth upon me.
- 17 Hear me, O LORD, for your loving-kindness is **good**; \*  
turn to me according to the multitude of your **mercies**;
- 18 And hide not your face from your servant, for I **am** in **trouble**; \*  
O **hasten** and **hear** me.
- 19 Draw near to **me** and **save** me; \*  
O deliver me **because** of my **enemies**.
- 20 You have known my reproach, my shame, and **my dishonor**; \*  
my adversaries **are** all in **your** sight.
- 21 Reproach has broken my heart; I am **full** of **heaviness**; \*  
I looked for some to have pity on me, but there was no one,  
neither have I found **any** to **comfort** me.
- 22 They **gave** me **gall** to eat, \*  
and when I was thirsty they gave **me** vinegar to drink.
- 23 Let their table **become** a **snare** for them, \*  
and let their prosperity **become** a **trap** for them.
- 24 Let their eyes be blinded, that **they** may **not** see, \*  
and make their loins **tremble** continually.
- 25 Pour out your indignation upon them, \*  
and let your wrathful displeasure **overtake** them.
- 26 Let their habitation be **desolate**, \*  
and let no **one** dwell in **their** tents.

- 27 For they persecute him whom **you** have **stricken**,\*  
and they talk of the pain of **those** you have **wounded**.
- 28 Lay to their charge **guilt** upon **guilt**,\*  
and let them not receive **your** **vindication**.
- 29 Let them be wiped out of the book **of** the **living**,\*  
and not be written **among** the **righteous**.
- 30 As for me, when I am **poor** and **in** pain,\*  
your help, **O** God, shall **lift** me up.
- 31 I will praise the Name of God **with** a **song**,\*  
and magnify **it** with **thanksgiving**.
- 32 This **also** shall **please** the **LORD**\*  
more than an ox or a **bullock** that has **horns** and hooves.
- 33 The humble shall consider this **and** be **glad**;\*  
seek after God **and** your hearts **shall** live.
- 34 For **the** **LORD** **hears** the poor\*  
and does not **despise** his **prisoners**.
- 35 Let heaven **and** earth **praise** him,\*  
the sea, **and** all that **moves** therein.
- 36 For God will save Zion and build the **cities** of **Judah**,\*  
that they may dwell there and have **it** in **possession**.
- 37 The posterity of his servants **shall** **inherit** it,\*  
and those who love **his** Name shall **dwell** therein.

Glory be to the Father, and to the Son, and to the **Holy Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
**world** without **end**. Amen.

## 70

*Deus, in adiutorium | Christ is the help of believers*

- H**asten, O God, **to** **deliver** me;\*  
make haste **to** help me, **O** **LORD**.
- <sup>2</sup> Let them be ashamed and confounded who  
seek after **my** **life**;\*  
let them be turned back and put to confusion **who** wish me **evil**.
- <sup>3</sup> Let them be soon **brought** to **shame**\*  
who cry over **me**, “Aha! Aha!”



- 4 But let all those who seek you be joyful and glad in you; \*  
and let all who delight in your salvation say always,  
“The LORD be praised.”
- 5 As for me, I am poor and in misery; \*  
hasten to me, O God.
- 6 You are my helper and my deliverer; \*  
O LORD, do not tarry.

Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.



## DAY 14 : MORNING PRAYER



## 71

In te, Domine, speravi | *Christ opens our lips to declare his glory*

- I**n you, O LORD, have I put my trust; \*  
let me never be put to shame.
- 2 Rescue me and deliver me in your righteousness; \*  
incline your ear to me and save me.
- 3 Be my rock and my refuge, where I may always return; \*  
you have promised to help me,  
for you are my stronghold and my fortress.
- 4 Deliver me, O my God, out of the hand of the ungodly, \*  
out of the hand of the unrighteous and the cruel.
- 5 For you, O LORD God, are the one I long for; \*  
you are my hope, even from my youth.



- 6 Through you have I been upheld ever since I was **born**; \*  
you took me out of my mother's womb;  
my praise shall **be always** of you.
- 7 I have become a portent to **many**; \*  
but you are my **refuge and** my strength.
- 8 O let my mouth be filled **with** your praise, \*  
that I may sing of your glory **all** the **day** long.
- 9 Cast me not away in the time of **old** age; \*  
forsake me not when **my** strength **fails** me.
- 10 For my enemies speak against me, and those who lie in wait  
for my life take counsel **together**. \*  
They say, "God has forsaken him;  
pursue him and take him, for there is none **to** deliver him."
- 11 Go not far from me, O **God**; \*  
my God, make **haste** to **help** me.
- 12 Let those who are my adversaries be confounded and **perish**; \*  
let those who seek to do me evil be covered with  
**shame** and **dishonor**.
- 13 As for me, I will always patiently **abide**, \*  
and will **praise** you **more** and more.
- 14 My mouth shall speak daily of your righteousness and **salvation**, \*  
for I know **not** the **end** of them.
- 15 I will go forth in the strength of the **LORD** **GOD**, \*  
and will make mention of your **righteousness**, **yours** alone.
- 16 You, O God, have taught me **from** my youth; \*  
even to this day I am telling **of** your **wondrous** works.
- 17 Forsake me not, O God, in my old age, when I am gray-**headed**, \*  
until I have proclaimed your strength to this generation,  
and your power to all those **who** are **yet** to come.
- 18 Your righteousness, O God, reaches to the **heavens**; \*  
you have done great things. Who is **like** you, O God?
- 19 Oh, what great troubles and adversities you have shown me!  
And yet you have turned and **refreshed** me; \*  
indeed, you have brought me again  
from the **depths** of **the** earth.



- 20 You have brought me to great **honor** \*  
and comforted **me** on **every** side;
- 21 Therefore will I praise you and your faithfulness, O God,  
playing on a stringed **instrument**; \*  
to you will I sing with the harp, O Holy **One** of **Israel**.
- 22 My lips will rejoice when I **sing** to you, \*  
and so will my soul, which you **have delivered**.
- 23 My tongue also shall speak of your righteousness all the **day** long, \*  
for they are confounded and brought to shame who seek  
to **do** me **evil**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world without **end**. **Amen**.

## 72

*Deus, iudicium | The voice of the Church concerning Christ*

- G**ive the King your judgments, O **God**, \*  
and your righteousness **to** the **King's** son.
- 2 Then shall he judge your people with **righteousness** \*  
and defend the **poor** with **justice**.
- 3 The mountains also shall bring **peace**, \*  
and the little hills righteousness **to** the **people**.
- 4 He shall vindicate the poor among the **people**, \*  
defend the children of the poor, and punish **the wrongdoer**.
- 5 They shall fear you as long as the sun and moon **endure**, \*  
from one generation **to another**.
- 6 He shall come down like the rain upon the **mown** grass, \*  
even as showers that **water the** earth.
- 7 In his time shall the righteous **flourish**, \*  
even an abundance of peace, so long **as** the **moon** endures.

- 8 His dominion shall be also from one sea to the **other**,\*  
and from the river **unto** the **world's** end.
- 9 Those who dwell in the wilderness shall kneel **before** him;\*  
his **enemies** shall **lick** the dust.
- 10 The kings of Tarshish and of the isles shall give **presents**;\*  
the kings of Arabia and **Seba** **shall** bring gifts.
- 11 All kings shall fall down **before** him;\*  
all nations shall **do** him **service**.
- 12 For he shall deliver the poor **when** he cries,\*  
the needy also, and the one that **has** no **helper**.
- 13 He shall be favorable to the lowly and **needy**,\*  
and shall preserve the **lives** of **the** poor.
- 14 He shall deliver them from falsehood and **wrong**,\*  
and dear shall their **blood** be **in** his sight.
- 15 Long may he live!  
And unto him shall be given the gold of **Arabia**;\*  
prayer shall ever be made unto him,  
and daily **shall** he **be** blessed.
- 16 There shall be an abundance of grain on the earth,  
thick upon the **hilltops**;\*  
its fruit shall flourish like Lebanon,  
its grain like the **grass** **upon** the earth.
- 17 His Name shall endure for ever;  
his Name shall remain as long as the **sun**.\*  
All the nations shall be blessed through him  
and shall **call** him **blessèd**.
- 18 Blessèd be the LORD God, even the God of **Israel**,\*  
who **alone** does **wondrous** things;
- 19 And blessèd be the Name of his majesty for **ever**;\*  
and all the earth shall be filled with his majesty. **Amen, Amen.**

Glory be to the Father, and to the Son, and to the Holy **Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen.**





## 73

Quam bonus Israël! | *Christ repays the deeds of the ungodly*



Truly, God is loving to **Israel**,\*  
even to those who **have** a **clean** heart.

<sup>2</sup> Nevertheless, my feet had almost **stumbled**;\*  
my **steps** had **nearly** slipped.

<sup>3</sup> For I was envious of the **proud**\*  
when I saw the ungodly in **such** prosperity.

<sup>4</sup> For they are in no fear of **death**,\*  
but their bodies are **healthy and** strong.

<sup>5</sup> They come to no misfortune like **other** folk,\*  
neither are they **afflicted** like **others**.

<sup>6</sup> Therefore they wear pride as a **necklace**,\*  
and they wrap themselves with violence as **with** a **garment**.

<sup>7</sup> Their eyes **swell** with greed,\*  
and their hearts **overflow** with **wicked** thoughts.

<sup>8</sup> Their talk is malice and **mockery**;\*  
they have proud looks, and tyrannous **words** are **on** their lips.

<sup>9</sup> For they set their mouth against the **heavens**,\*  
and their evil **speech** spreads **through** the world.

<sup>10</sup> Therefore the people **turn** to them,\*  
and **find** no **fault** in them.

<sup>11</sup> They say, "How should God **perceive** it?\*"   
Is there knowledge **in** the **Most** High?"

<sup>12</sup> Behold, these are the **ungodly**,\*  
they prosper in their ways, and they have riches **in** possession.

<sup>13</sup> I said, "Surely in vain have I **cleansed** my heart\*  
and washed my **hands** in **innocence**."

<sup>14</sup> All the day long have I been **afflicted**,\*  
and chastened **every** **morning**.

15 Indeed, had I spoken as **they** do, \*  
then would I have betrayed the generation **of** your **children**.  
16 When I sought to **understand** this, \*  
it **was** too **hard** for me,  
17 Until I went into the sanctuary of **God**; \*  
then I **understood** their end.  
18 Surely, you set them in slippery **places**, \*  
and cast them down, **and** **destroy** them.  
19 Oh, how suddenly are **they** consumed; \*  
they perish and come **to** a **fearful** end.  
20 Indeed, like a dream when one **awakens**, \*  
so shall you make their image vanish out **of** the **city**.  
21 Thus my heart was **grieved**, \*  
and I was **wounded** **within**;  
22 So foolish was I, and **ignorant**, \*  
as if I were a **beast** **before** you.  
23 Nevertheless, I am always **with** you, \*  
for you hold me **by** my **right** hand.  
24 You shall guide me with your **counsel**, \*  
and after that receive **me** with **glory**.  
25 Whom have I in heaven but **you**? \*  
And there is no one on earth whom I desire  
in **comparison** with you.  
26 Though my flesh and my heart **fail** me, \*  
God is the strength of my heart, and my **portion** for **ever**.  
27 For behold, those who forsake you shall **perish**; \*  
you destroy all those who are **unfaithful** **to** you.  
28 But it is good for me to hold fast to God,  
to put my trust in the **LORD** **GOD**, \*  
and to speak of all your works in the gates of the **city** of **Zion**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.



## 74

Ut quid, Deus? | *Christ speaking of his enemies* || *The lament at the Dissolution*



God, why have you utterly **cast** us off? \*

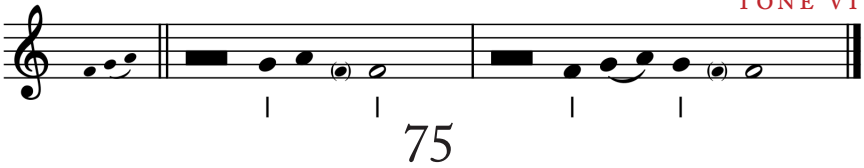
Why is your wrath so hot against the  
sheep **of** your **pasture**?

- 2 O think upon your congregation \*  
whom you have purchased **and redeemed** of old.
- 3 Think upon the tribe of your **inheritance**, \*  
and Mount Zion, **where** you **have** dwelt.
- 4 Draw near and behold how all is made **desolate** \*  
and how the enemy has destroyed all that is in your **sanctuary**.
- 5 Your adversaries roar in the midst of your **holy** place \*  
and set up their banners as **tokens** of **victory**.
- 6 Like hewers of timber in a thicket of **trees**, \*  
so have they broken down all the carved work with  
**axes** and **hammers**.
- 7 They have set fire to your **holy** place \*  
and have defiled the dwelling place of your Name,  
**even to** the ground.
- 8 They said in their hearts, "Let us make havoc of them **altogether**." \*  
Thus have they burnt up all the houses of **God** in **the** land.
- 9 We do not see any signs; there is not one prophet **anymore**; \*  
there is no one who knows how long  
these things **shall** **continue**.
- 10 O God, how long shall the adversary do this **dishonor**? \*  
How long shall the enemy blaspheme your **Name**, for **ever**?
- 11 Why do you withdraw your **hand**? \*  
Why do you not take your right hand out of your bosom  
to **consume** the **enemy**?
- 12 For God is my **King** of old; \*  
he is the one bringing **help** upon the earth.

- 13 You divided the sea through your **power**; \*  
you broke the heads of the dragons **in** the **waters**.
- 14 You smote the heads of Leviathan in **pieces** \*  
and gave him to be food for the people **in** the **wilderness**.
- 15 You brought fountains and waters out of the **hard** rocks, \*  
and you dried up **mighty waters**.
- 16 The day is yours, and the **night** is yours; \*  
you have prepared the **light** and **the** sun.
- 17 You have set all the borders of the **earth**; \*  
you have made **summer** and **winter**.
- 18 Remember this, O LORD, how the enemy **scoffed**, \*  
and how the foolish people have **blasphemed your** Name.
- 19 Deliver not the soul of your turtledove to the **wild** beasts, \*  
and forget not for ever the **lives** of **your** poor.
- 20 Look upon your **covenant**, \*  
for the dark places of the earth are **full** of **violence**.
- 21 Let not the oppressed go **away** ashamed, \*  
but let the poor and needy give **praise** to **your** Name.
- 22 Arise, O God, maintain your **own** cause; \*  
remember how the foolish one **blasphemes** you **daily**.
- 23 Forget not the voice of your **enemies**, \*  
nor the tumult of those who hate you, which increases **ever**  
**more** and more.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.





Confitebimur tibi | *Christ drank the cup of the Passion for our Redemption*

- C**o into you, O God, do we give thanks; \*  
indeed, unto **you** do we give thanks.
- <sup>2</sup> Those who call upon **your Name** \*  
declare **your wondrous** works.
- <sup>3</sup> “Surely at the time **which I appoint**, \*  
I, the Lord, will judge according to **what** is right.
- <sup>4</sup> The earth shakes with fear, and all **that dwell therein**; \*  
but I, even I, have made **firm its pillars**.
- <sup>5</sup> I say to the proud, **‘You should not boast!’** \*  
And to the ungodly, ‘Do not **lift up your horn!**
- <sup>6</sup> Do not lift up **your horn on high**, \*  
nor **speak with a stiff neck.**”
- <sup>7</sup> For help comes neither from the east **nor** from **the west**, \*  
nor yet from the wilderness **or the mountains**.
- <sup>8</sup> For it is God **who is the Judge**; \*  
he puts down one and lifts **up another**.
- <sup>9</sup> For in the hand of the LORD there is a cup,  
and the wine **is foaming**; \*  
it is fully mixed, and **he pours it out**.
- <sup>10</sup> As for **the dregs of it**, \*  
all the ungodly of the earth shall  
drink them **and drain them** out.
- <sup>11</sup> But I will magnify the God **of Jacob** \*  
and praise him for **ever and ever**.
- <sup>12</sup> All the horns of the ungodly will **I break**, \*  
but the horns of the righteous shall **be exalted**.



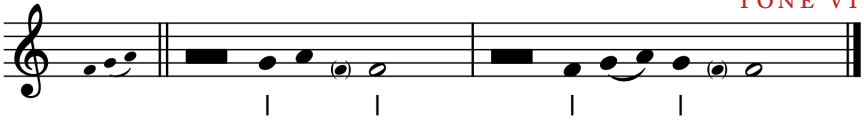
Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
as it was in the beginning, is now, and ever shall be,  
world without *end*. Amen.

## 76

Notus in Judæa | *Christ was preached throughout Judea, to the ends of the earth*

- I**n Judah God is known; \*  
his Name is **great** in Israel.  
2 At Salem is his **tabernacle**, \*  
and his dwelling **is** in **Zion**.  
3 There he broke the **arrows** of **the bow**, \*  
the shield, the sword, and the **weapons** of **battle**.  
4 You are of more **honor** and **might** \*  
than the **everlasting** hills.  
5 The strong of heart have been despoiled;  
they **have** slept **their sleep**; \*  
and all those whose hands were mighty **have** *lost* **their**  
strength.  
6 At your rebuke, O God **of Jacob**, \*  
both the chariot and horse lie **stunned** *upon* the ground.  
7 You, even you, **are** to **be feared**, \*  
and who may stand in your sight when **you** *are* **angry**?  
8 You caused your judgment to be heard **from** **heaven**; \*  
the earth trembled **and** *was* **silent**,  
9 When God arose **to** **judgment** \*  
and to help all **the meek** **upon** earth.  
10 The wrath of man shall be **turned** to **your praise**, \*  
and the remnant of fierceness **you** *shall* **restrain**.  
11 Make a vow unto the LORD your God and keep it,  
all you who are round **about** **him**; \*  
bring gifts unto him who is **worthy** to be feared.  
12 He restrains the spirit **of** **princes**, \*  
and is feared among **the** *kings* **of** the earth.

Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
as it was in the beginning, is now, and ever shall be,  
world without *end*. Amen.



## 77

Voce mea ad Dominum | *Christ alone works great marvels*

**I** will cry unto **God** with **my voice**; \*  
 even unto God will I cry with my voice, and he shall  
**hearken** unto me.

- 2 In the time of my trouble **I sought the Lord**; \*  
 my hands were stretched out in the night without rest;  
 my soul **refused** comfort.
- 3 When I think upon God, **I groan**; \*  
 when I ponder, my **spirit grows** faint.
- 4 You hold my **eyelids open**; \*  
 I am so troubled **that I cannot** speak.
- 5 I consider **the days of old**; \*  
 I call to remembrance the **years that are** past.
- 6 In the night I commune with **my own heart**; \*  
 I meditate and **search my spirit**.
- 7 Will the Lord cast me off **for ever**, \*  
 and will he no more **show his** favor?
- 8 Is his mercy gone **for ever**, \*  
 and has his promise come utterly to an **end for** evermore?
- 9 Has God forgotten to **be gracious**, \*  
 and will he withhold his loving-kindness **in displeasure**?
- 10 And I said, “Has his right hand **become weak**? \*  
 Has the hand of the **Most High lost** its strength?”
- 11 I will remember the **works of the LORD**, \*  
 and call to mind your wonders **of old** time.
- 12 I will think also **of all your works**, \*  
 and my talk **shall be of** your deeds.
- 13 Your way, O God, **is holy**; \*  
 who is so great a **God as our** God?

- 14 You are the God who **does wonders**,\*  
and have declared your power **among** *the* peoples.
- 15 You have mightily delivered **your people**,\*  
even the sons of **Jacob** *and* **Joseph**.
- 16 The waters saw you, O God;  
the waters saw you **and** were afraid;\*  
the depths **also** *were* troubled.
- 17 The clouds poured out water, the **skies thundered**,\*  
and your arrows **flashed** *on* every side.
- 18 The voice of your thunder was heard in the whirlwind;  
the lightning **lit up the world**;\*  
the **earth** *was* moved and shook.
- 19 Your way was in the sea, and your paths in the **great waters**,\*  
yet your **footsteps** **were** not seen.
- 20 You led your **people** like **sheep**\*  
by the hand of **Moses** *and* **Aaron**.

Glory be to the Father, and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



DAY 15 : EVENING PRAYER

TONE III.4



78

Attendite, popule | *Christ feeds his people with spiritual food*

- H**ear my teaching, O my people;\*  
incline your ears to the words **of my mouth**.
- <sup>2</sup> I will open my mouth **in a parable**;\*  
I will utter dark sayings **of old**,
- <sup>3</sup> Which **we** have heard *and* known,\*  
and such as our forefathers **have told us**,



- 4 That we should not hide them from the children of the generations *to come*,<sup>\*</sup>  
 but show the honor of the LORD,  
 his mighty and wonderful works **that** he has **done**.
- 5 He made a covenant with Jacob, and gave **Israel** *a law*,<sup>\*</sup>  
 which he commanded our forefathers to teach **their children**,
- 6 That their posterity might *know* it,<sup>\*</sup>  
 and the children which **were** yet **unborn**;
- 7 With the intent that **when** they *came up*<sup>\*</sup>  
 they might show it to **their children**,
- 8 That they might **put** their trust *in* God,<sup>\*</sup>  
 and not forget the works of God,  
 but keep his **commandments**;
- 9 And not be as their forefathers,  
 a faithless and stubborn **generation**,<sup>\*</sup>  
 a generation that did not set their heart aright,  
 and whose spirit did not cleave **steadfastly** to **God**,
- 10 Like the children of Ephraim, archers **carrying** bows,<sup>\*</sup>  
 who turned back in the day **of battle**.
- 11 They did not keep the **covenant** *of* God,<sup>\*</sup>  
 and would not walk **in** his **law**,
- 12 But **forgot** what he *had* done,<sup>\*</sup>  
 and the wonderful works that he **had** shown **them**.
- 13 Marvelous things he did in the sight **of** our *forefathers*,<sup>\*</sup>  
 in the land of Egypt, even in the field **of Zoan**.
- 14 He divided the sea and **let** them *go* through;<sup>\*</sup>  
 he made the waters to stand **in** a **heap**.
- 15 In the daytime he **led** them with *a cloud*,<sup>\*</sup>  
 and all the night through with **a light** of **fire**.
- 16 He split the hard rocks **in** the *wilderness*<sup>\*</sup>  
 and gave them drink in abundance, as out of **the great deep**.

- 17 He brought waters **out** of the stony rock, \*  
so that it gushed out like **the rivers**.
- 18 Yet for all this they sinned **more** *against* him, \*  
and provoked the Most High in **the wilderness**.
- 19 They tested **God** in *their* hearts \*  
and demanded food for **their** craving.
- 20 They spoke **against** God, *saying*, \*  
“Can God prepare a table in **the wilderness**?”
- 21 Indeed, he smote the stony rock, so that water gushed out,  
and the **streams** *overflowed*; \*  
but can he give bread also, or provide meat for **his** people?”
- 22 When the LORD heard this, **he** was full *of* wrath; \*  
so a fire was kindled against Jacob,  
and there flared up fierce anger **against** Israel,
- 23 Because they did **not** believe *in* God, \*  
and did not put their trust **in** his **help**.
- 24 So he **commanded** the clouds *above* \*  
and opened the doors **of** heaven.
- 25 He rained down manna **upon** them *to* eat \*  
and gave them food **from** heaven.
- 26 So mortals ate the **bread** of *angels*; \*  
for he sent **them** food **enough**.
- 27 He caused the east wind to **blow** in the *heavens*, \*  
and through his power he brought in **the** south **wind**.
- 28 He rained meat upon them **as** thick *as* dust \*  
and feathered fowl like the sand **of** the **sea**.
- 29 He let it **fall** among *their* tents, \*  
even round about their **habitations**.
- 30 So they ate and were well filled,  
for he gave them **what** they *desired*; \*  
they did not deny themselves **their** **cravings**,
- 31 But while the food was yet in their mouths, the heavy wrath  
of God came upon them, and slew the **mightiest** *of* them, \*  
and struck down the young men **of** Israel.
- 32 But for all this **they** sinned *yet* more, \*  
and did not believe **his** wondrous **works**.



- 33 Therefore he brought their days to an **end** in vanity\*  
and their years **in** trouble.
- 34 When he **slew** them, they *sought* him,\*  
and returned, and inquired **after** **God**.
- 35 And they remembered that **God** was *their* rock,\*  
and the Most High God was their **redeemer**.
- 36 Nevertheless, they flattered **him** with *their* mouth\*  
and spoke deceitfully to **him** with their **tongue**.
- 37 For their heart was **not** fixed *on* him,\*  
neither did they continue steadfast in **his** covenant.
- 38 But he was so merciful that he forgave **their** iniquities\*  
and did not **destroy** **them**.
- 39 Indeed, many times he **turned** his wrath *away*\*  
and would not permit his displeasure to **arise**.
- 40 For he considered that **they** were *but* flesh,\*  
that they were even as the wind that  
passes away and **comes** not **again**.
- 41 Many times they provoked him **in** the wilderness\*  
and grieved him in **the** desert.
- 42 They turned **back**, and tested *God*,\*  
and provoked the Holy One **of** **Israel**.
- 43 They remembered **not** his *power*,\*  
nor the day when he delivered them from  
the hand of **the** enemy,
- 44 How he had wrought his **miracles** in *Egypt*\*  
and his wonders in the field **of** **Zo-an**.
- 45 He turned their **waters** *into* blood,\*  
so that they might not drink of **the** rivers.
- 46 He sent flies among them, **which** devoured *them* up,\*  
and frogs to **destroy** **them**.
- 47 He gave their fruit **to** the grasshopper\*  
and their labor to **the** locust.

- 48 He destroyed their **vines** with *hailstones* \*  
and their sycamore trees **with** the **frost**.
- 49 He smote their cattle **also** with *hailstones* \*  
and their flocks with **hot** **thunderbolts**.
- 50 He cast upon them the furiousness of his wrath, anger,  
**displeasure**, and *trouble*, \*  
sending these destroying angels **among** **them**.
- 51 He made a way for his indignation,  
and did not **spare** their soul *from* death, \*  
but gave their life over to **the** **pestilence**,
- 52 And smote all the **firstborn** in *Egypt*, \*  
the firstfruits of their strength in the **dwellings** of **Ham**.
- 53 But as for his own people, he led **them** forth *like* sheep \*  
and carried them in the **wilderness** like a **flock**.
- 54 He brought them out safely, and **they** were not *afraid*; \*  
he overwhelmed their **enemies** with the **sea**,
- 55 And brought them within the borders **of** his **holy** land, \*  
to his mountain which he obtained with **his** **right** **hand**.
- 56 He cast out the **nations** *before* them, \*  
and caused their land to be divided among them for an  
inheritance, and made the tribes of Israel to  
dwell **in** their **tents**.
- 57 But they tested and **displeased** the Most *High* God, \*  
and did not keep his **testimonies**,
- 58 But turned their backs and fell away **like** their *forefathers*, \*  
twisting aside like **a** broken **bow**.
- 59 For they grieved him **with** their hill *altars* \*  
and provoked him to displeasure with **their** **images**.
- 60 When God heard this, **he** was full *of* wrath \*  
and utterly **rejected** **Israel**,
- 61 So that he forsook the tabernacle in *Shiloh*, \*  
even the tent that he had pitched **among** **them**.
- 62 He delivered the ark **into** *captivity*, \*  
and his glory into the enemy's **hand**.
- 63 He gave his people **over** to *the* sword \*  
and was angry with his **inheritance**.



- 64 Fire **consumed** their *young* men, \*  
and their maidens had **no** marriage **songs**.
- 65 Their priests were **slain** with *the* sword, \*  
and their widows made no **lamentation**.
- 66 Then the Lord awakened as **one** out of sleep, \*  
and like a warrior recovered **from wine**.
- 67 He drove his **enemies** *backward* \*  
and put them to a perpetual **shame**.
- 68 He rejected the tabernacle of *Joseph* \*  
and did not choose the tribe **of Ephraim**,
- 69 But chose the **tribe** of *Judah*, \*  
even the hill of **Zion** which he **loved**.
- 70 And there he built his sanctuary, like the **heights** of *heaven*, \*  
like the earth which he had established **for ever**.
- 71 He chose **David** his *servant*, \*  
and took him away from **the** **sheepfolds**;
- 72 As he was following the ewes that were  
great with **young**, God *took* him, \*  
that he might feed Jacob his people, and Israel his **inheritance**.
- 73 So he fed them with a **faithful** and *true* heart, \*  
and guided them **with** skillful **hands**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.







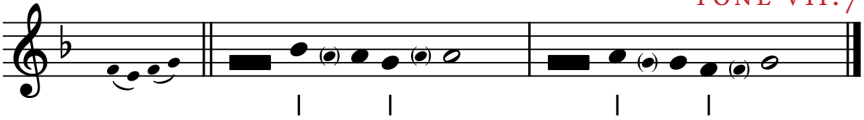
79

Deus, venerunt | *The voice of the martyrs concerning their blood-shedding*



God, the nations have come into **your inheritance**; \*  
they have defiled your holy temple, and made  
Jerusalem a **heap of stones**.

- <sup>2</sup> The dead bodies of your servants have they given to be  
meat for the **birds of the air**, \*  
and the flesh of your saints to the **beasts of the land**.
- <sup>3</sup> Their blood have they shed like water on every side **of Jerusalem**, \*  
and there was no **one to bury** them.
- <sup>4</sup> We have become a reproach **to our enemies**, \*  
an object of scorn and derision to those  
who are **round about us**.
- <sup>5</sup> O LORD, how long will **you be angry**? \*  
Shall your jealousy burn like **fire for ever**?
- <sup>6</sup> Pour out your indignation upon the  
nations that **have not known** you, \*  
and upon the kingdoms that have not **called upon your Name**.
- <sup>7</sup> For they have **devoured Jacob** \*  
and laid **waste his dwelling** place.
- <sup>8</sup> O remember not our past sins, but have mercy **on us speedily**, \*  
for we have come **to great misery**.
- <sup>9</sup> Help us, O God of our salvation, for the **glory of your Name**; \*  
O deliver us and forgive our sins **for your Name's sake**.
- <sup>10</sup> Why **do the nations say**, \*  
“Where **now is their God**?”
- <sup>11</sup> O let the vengeance of your servants’ **blood that is shed** \*  
be known in our sight **among the nations**.
- <sup>12</sup> O let the sorrowful sighing of the prisoners **come before you**; \*  
according to the greatness of your power,  
preserve those who **are condemned to die**.



- <sup>13</sup> As for the blasphemy by which our neighbors **have blasphemed** you, \*  
 repay them, O Lord, seven-fold **into** their **bosoms**.
- <sup>14</sup> So we, who are your people and the sheep of your pasture, shall give you **thanks** for **ever**, \*  
 and will always be showing forth your praise from generation to **generation**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without** end. **Amen**.

## 80

*Qui regis Israël | Christ, seated on the Cherubim, protects his vineyard, the Church*


- N**ear, O Shepherd of Israel,  
 you that lead **Joseph like** a sheep; \*  
 show yourself also, you that sit **upon** the **cherubim**.
- <sup>2</sup> Before Ephraim, Benjamin, **and Manasseh**, \*  
 stir up your strength and **come** to **help** us.
- <sup>3</sup> Restore **us again**, O God; \*  
 show the light of your countenance, and **we shall be** whole.
- <sup>4</sup> O **LORD** God **of** hosts, \*  
 how long will you be angry with your **people that** pray?
- <sup>5</sup> You feed them **with the bread** of tears \*  
 and give them plenteous **tears to** drink.
- <sup>6</sup> You have made us the derision **of** our **neighbors**, \*  
 and our enemies **laugh** us **to** scorn.
- <sup>7</sup> Restore us **again**, O **God** of hosts; \*  
 show the light of your countenance, and **we shall be** whole.
- <sup>8</sup> You have brought a vine **out of** **Egypt**; \*  
 you have cast out the **nations** and **planted** it.

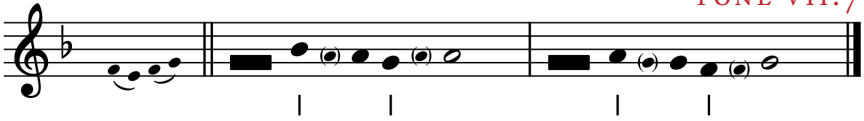
- 9 You **made** room **for** it,\*  
and when it had taken **root**, it **filled** the land.
- 10 The hills were covered with the **shadow** of it,\*  
and the boughs thereof were like the **mighty cedar** trees.
- 11 It stretched out its **branches** **to** the sea\*  
and its boughs **to** the **river**.
- 12 Why have you **broken** **down** its hedge,\*  
so that all those who go by **pluck** off **its** grapes?
- 13 The wild boar out of the **wood** roots it up,\*  
and the wild beasts of the **field** devour it.
- 14 Turn again, O God of hosts, look **down** from **heaven**;\*  
behold, and **visit** **this** vine,
- 15 And the place of the vineyard that your right **hand** has **planted**,\*  
and the branch that you made so **strong** for **yourself**.
- 16 As for those who burn it with **fire** and **cut** it down,\*  
let them perish at the rebuke **of** your **countenance**.
- 17 Let your hand be upon the **man** of your **right** hand\*  
and upon the son of man,  
whom you made so **strong** for **yourself**.
- 18 And so we will not **turn** back **from** you;\*  
O let us live, and we shall **call** upon **your** Name.
- 19 Restore us again, O **LORD** God **of** hosts,\*  
show the light of your countenance, and **we** shall **be** whole.

Glory be to the Father, and to the Son, and to the **Holy Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.

## 81

Exultate Deo | *About the Holy Spirit, and Spiritual worship*

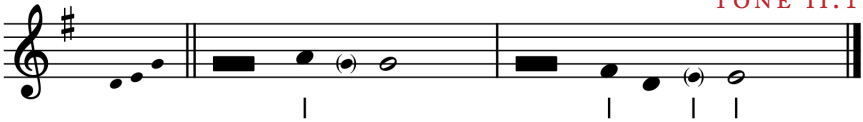
- sing merrily **unto** **God** our strength;\*  
make a cheerful noise unto the **God** of **Jacob**.
- <sup>2</sup> Take the psalm, bring **hither** the **timbrel**,\*  
the merry **harp** with **the** lute.
- <sup>3</sup> Blow the trumpet **at** the **new** moon,\*  
even in the time appointed, and on our **solemn** **feast** day.



- 4 For this was made a **statute** for **Israel** \*  
and a law of the **God** of **Jacob**.
- 5 This he laid upon Joseph for a **testimony**, \*  
when he came out of the **land** of **Egypt**.
- 6 “I eased his shoulder **from** the **burden**, \*  
and his hands were delivered from **bearing** the load.
- 7 You called upon me in troubles, and **I** delivered you, \*  
and I answered you in the thundercloud  
and tested you at the **waters** of strife.
- 8 Hear, O my people, and **I** will admonish you; \*  
O Israel, if you will **hearken** unto me,
- 9 There shall be no strange **god** among you, \*  
neither shall you worship any **other** god.
- 10 I am the **LORD** your God,  
who brought you out of the **land** of **Egypt**; \*  
open your mouth wide, and **I** shall **fill** it.
- 11 But my people would **not** hear **my** voice, \*  
and Israel would **not** obey me.
- 12 So I gave them up to the stubbornness of **their** hearts, \*  
and let them follow their own **imaginations**.
- 13 Oh, that my people would have **hearkened** unto me, \*  
that Israel had **walked** in **my** ways.
- 14 I would soon have put **down** their **enemies** \*  
and turned my hand against their **adversaries**.
- 15 The haters of the **LORD** would humble themselves **before** him, \*  
and their time of punishment would **endure** for **ever**.
- 16 But Israel would I feed with the **finest** **wheat**-flour, \*  
and with honey out of the stony rock would I **satisfy** him.”

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. Amen.





## 82

Deus stetit | *Christ alone is Almighty amongst princes, whom he judges*



od stands in the council of **princes**; \*  
he is a Judge **among gods**.

<sup>2</sup> “How long will you give wrong **judgment** \*  
and accept **the ungodly**?”

<sup>3</sup> Defend the poor and **fatherless**; \*  
see that those who are in need and  
necessity **have what is right**.

<sup>4</sup> Deliver the outcast and **poor**; \*  
save them from the hand of **the ungodly**.”

<sup>5</sup> They will not learn nor understand, but walk about in **darkness**; \*  
all the foundations of the **earth** are **shaken**.

<sup>6</sup> I have said, “You are **gods**, \*  
and you are all the children of **the Most High**;

<sup>7</sup> But you shall die like **mortals**, \*  
and fall like one **of the princes**.”

<sup>8</sup> Arise, O God, and **judge** the earth, \*  
for you shall take all nations for your **inheritance**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end. Amen**.

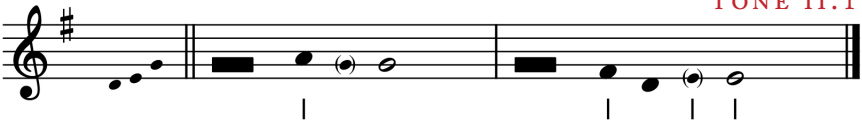
## 83

Deus, quis similis? | *The Voice of the Church against her persecutors*



old not your tongue, O God; keep not **silent**, \*  
but rouse **yourself, O God**.

<sup>2</sup> For behold, your enemies **murmur**, \*  
and those who hate you have **lifted up their head**.



- 3 They have conspired secretly against your **people** \*  
 and taken counsel against **your cherished ones**.
- 4 They have said, "Come, and let us wipe them out,  
 that they may be no more a **people**, \*  
 and that the name of Israel may be remembered **no more**."
- 5 For they have brought their heads together with **one** consent \*  
 and are **aligned against you**:
- 6 The tents of the Edomites and the **Ishmaelites**, \*  
 the Moabites and **Hagarenes**,
- 7 Gebal, and Ammon, and **Amalek**, \*  
 the Philistines with those who  **dwell at Tyre**.
- 8 Assyria also has **joined** with them, \*  
 and has helped the **children of Lot**.
- 9 But do to them as you did to the **Midianites**, \*  
 to Sisera and to Jabin at the brook of **Kishon**,
- 10 Who perished at **Endor** \*  
 and became as dung **on the earth**.
- 11 Make their princes like Oreb and **Zeëb**; \*  
 indeed, make all their princes like Zebah **and Zalmunna**,
- 12 Who said, "Let us take for ourselves \*  
 the pastures of God as **our possession**."
- 13 O my God, make them like whirling **dust** \*  
 and like stubble **before the wind**,
- 14 Like the fire that burns up the **woods** \*  
 and like the flame that consumes the **mountains**.
- 15 Pursue them even with your **tempest**, \*  
 and make them afraid **with your storm**.
- 16 Cover their faces with **shame**, O LORD, \*  
 that they may **seek your Name**.
- 17 Let them be disgraced and dismayed ever **more** and more; \*  
 let them be put to **shame** and **perish**.

18 And they shall know that you, whose Name is the **LORD**, \*  
are alone the Most High over **all** the **earth**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.

## 84

*Quam dilecta! | Christ opens the heavenly house to them who have Faith*



ow lovely are your **dwellings**, \*

O **LORD God** of **hosts**!

<sup>2</sup> My soul has a desire and longing to enter into  
the courts of the **LORD**; \*

my heart and my flesh rejoice in **the living God**.

<sup>3</sup> Indeed, the sparrow has found her a house, and the swallow  
a nest where she may lay her **young**, \*

even your altars, O **LORD** of hosts, my **King** and my **God**.

<sup>4</sup> Blessèd are they who dwell in **your** house; \*  
they will be always **praising you**.

<sup>5</sup> Blessèd is the one whose strength is in **you**, \*  
in whose heart **are** your **ways**,

<sup>6</sup> Who going through the valley of misery uses it for a **well**; \*  
indeed, the early rains fill the **pools** with **water**.

<sup>7</sup> They will go from strength to **strength**, \*  
and the God of gods shall be seen by **them** in **Zion**.

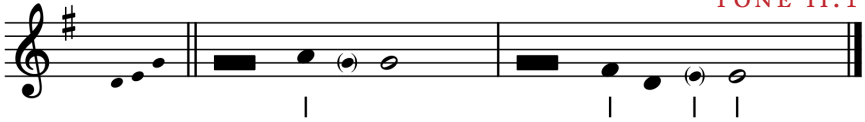
<sup>8</sup> O **LORD** God of hosts, **hear** my prayer; \*  
hearken, O **God** of **Jacob**.

<sup>9</sup> Behold, O God, our **defender**, \*  
and look upon the face of **your Anointed**.

<sup>10</sup> For one day in **your** courts \*  
is better **than a thousand**;

<sup>11</sup> I would rather be a door-keeper in the house of my **God** \*  
than dwell in the tents of **ungodliness**.

<sup>12</sup> For the **LORD** God is a light and **defense**; \*  
the **LORD** will give grace and honor, and no good thing  
shall he withhold from those who live a **godly life**.



13 O LORD God of **hosts**,\*  
blessèd is the one who puts **his** trust **in** you.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.

## 85

*Benedixisti, Domine | Christ shows us his mercy by taking on our flesh*

- L**ORD, you have been gracious to your **land**;  
you have turned away the captivity of **Jacob**.  
2 You have forgiven the offence of your **people**  
and covered **all** their **sins**.
- 3 You have taken away all your **displeasure**  
and turned yourself from your wrathful **indignation**.
- 4 Restore us then, O God our **Savior**,  
and let your **anger** cease **from** us.
- 5 Will you be displeased at us for **ever**,  
and will you stretch out your wrath from one  
generation **to another**?
- 6 Will you not turn again and **quicken** us,  
that your people may **rejoice in** you?
- 7 Show us your mercy, O **LORD**,  
and grant us **your** **salvation**.
- 8 I will hearken to what the LORD God will **say**,  
for he shall speak peace unto his people, and to his saints,  
that they **turn** not **again**.
- 9 For his salvation is near to those who **fear** him,  
that glory may  **dwell** in **our** **land**.
- 10 Mercy and truth have met **together**;  
righteousness and peace have **kissed** each **other**.



- 11 Truth shall flourish out of the **earth**,\*  
and righteousness shall look **down** from **heaven**.
- 12 Indeed, the LORD shall show **goodness**,\*  
and our land shall **give** its **increase**.
- 13 Righteousness shall go **before** him,\*  
and he shall direct his **going** in **the way**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.



DAY 17 : MORNING PRAYER

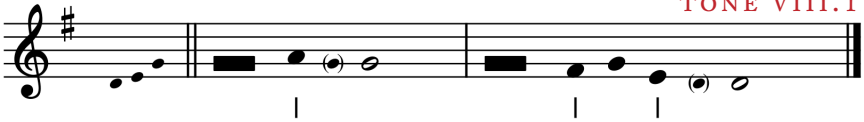
TONE VIII. I



86

*Inclina, Domine | Christ, in his mercy, hears our prayers*

- B**ow down your ear, O LORD, and **hear** me,\*  
for I am poor **and** in **misery**.
- <sup>2</sup> Preserve my life, for I am **faithful**;\*  
my God, save your servant who **puts** his **trust** in you.
- <sup>3</sup> Be merciful unto me, O **Lord**,\*  
for I will call **daily** upon you.
- <sup>4</sup> Comfort the soul of your **servant**,\*  
for to you, O Lord, do **I** lift **up** my soul.
- <sup>5</sup> For you, Lord, are good and **gracious**,\*  
and of great mercy to all those who **call** upon you.
- <sup>6</sup> Give ear, LORD, unto my **prayer**,\*  
and attend to the voice of my humble **supplications**.
- <sup>7</sup> In the time of my trouble I will call upon you,\*  
for you answer **me** when **I** call.
- <sup>8</sup> Among the gods there is none like you, O **Lord**,\*  
nor are there **any** **deeds** like yours.



- 9 All nations that you have made shall  
come and worship you, O **Lord**, \*  
and shall **glorify** your Name.
- 10 For you are great and do **wondrous** things; \*  
indeed, **you** are **God** alone.
- 11 Teach me your way, O **LORD**, and I will walk in **your** truth; \*  
O knit my heart to you, that **I** may **fear** your Name.
- 12 I will thank you, O Lord my God, with all my **heart**, \*  
and will praise your **Name** for **evermore**.
- 13 For great is your mercy **toward** me; \*  
you have delivered my life from the **nethermost** Pit.
- 14 O God, the proud have risen up **against** me, \*  
and the company of violent men have sought after my life,  
and have not set **you** **before** their eyes.
- 15 But you, O Lord God, are full of compassion and **mercy**, \*  
long-suffering, plenteous in **goodness** **and** truth.
- 16 O turn then unto me, and have mercy **upon** me; \*  
give your strength unto your servant,  
and help the son **of** your **handmaid**.
- 17 Show me some token of your favor,  
that those who hate me may see it and be **ashamed**, \*  
because you, **LORD**, have been my **helper** and **comforter**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

## 87

Fundamenta ejus | *The voice of the Apostles about the Church*



he **LORD** loves the foundation which he has  
laid upon the holy **hills**; \*  
the gates of Zion are dearer to him than  
all the **dwellings** of **Jacob**.

- 2 Very excellent things are spoken of **you**, \*  
 O **city of God**.
- 3 I will consider Egypt and **Babylon** \*  
 among **those** who **know** me.
- 4 Behold Philistia also, and Tyre, with **Ethiopia**; \*  
 each **one** was **born** in her.
- 5 And of Zion it shall be reported that each one was **born** in her, \*  
 and the Most High **shall establish** her.
- 6 The **LORD** shall record it when he registers the **people**, \*  
 that each **one** was **born** there.
- 7 The singers and the dancers also shall **say**, \*  
 “All my fresh **springs** are **in** you.”

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.

## 88

*Domine Deus | The Voice of Christ in his Passion*



- LORD** God of my salvation,  
 I have cried day and night **before** you; \*  
 O let my prayer enter into your presence;  
 incline your **ear** to **my** call.
- 2 For my soul is full of **trouble**, \*  
 and my life draws **nigh** to **the** Grave.
- 3 I am counted as one of those who go down into the **pit**, \*  
 and I have become as **one** who **has** no strength.
- 4 I have become like the dead,  
 and like the slain who lie in the **grave**, \*  
 whom you remember no more,  
 and who are **cut off from** your hand.
- 5 You have laid me in the **lowest** pit, \*  
 in a place of **darkness**, and **in** the deep.
- 6 Your indignation lies heavy **upon** me, \*  
 and you have overwhelmed **me** with **all** your storms.
- 7 You have put my friends **far** from me, \*  
 and made me to **be** **abhorred** by them.

- 8 I am in **prison**; \*  
I **cannot go** forth.
- 9 My sight fails because of **trouble**; \*  
LORD, I have called daily upon you;  
I have stretched forth my **hands** unto you.
- 10 Do you show wonders among the **dead**, \*  
or shall the dead rise up **again** and **praise** you?
- 11 Shall your loving-kindness be shown **in** the grave, \*  
or your faithfulness **in** destruction?
- 12 Shall your wondrous works be known in the **dark**, \*  
and your righteousness in the land where  
all things **are** forgotten?
- 13 Unto you have I **cried**, O LORD, \*  
and early shall my prayer **come** before you.
- 14 LORD, why do you cast off my **soul** \*  
and **hide** your **face** from me?
- 15 I am in misery, like one who is at the point of **death**; \*  
even from my youth,  
your terrors have I suffered **with** a **troubled** mind.
- 16 Your wrathful displeasure goes **over** me, \*  
and the fear of you **has** **undone** me.
- 17 Daily they come round about me like **water**, \*  
and encompass **me** on **every** side.
- 18 My companions and neighbors you have put away **from** me, \*  
and hidden my friends **out** of **my** sight.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.





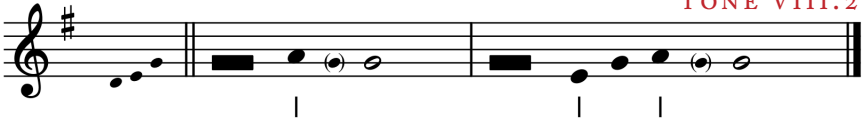
Misericordias Domini | *Christ and the Father speaking of Redemption*

**M**y song shall be always of the loving-kindness of the **LORD**; \*  
with my mouth will I ever be proclaiming your faithfulness,  
from one generation **to another**.

- <sup>2</sup> For I have said, “Mercy shall be built up for **ever**; \*  
your faithfulness shall be established **in the heavens**.”
- <sup>3</sup> I have made a covenant with my **chosen one**; \*  
I have sworn to **David** my **servant**:
- <sup>4</sup> “Your seed will I establish for **ever**, \*  
and set up your throne from one generation **to another**.”
- <sup>5</sup> O **LORD**, the heavens will praise your **wondrous works** \*  
and your faithfulness in the **assembly of the saints**.
- <sup>6</sup> For who in the clouds can be compared unto the **LORD**? \*  
And who among the gods is **like unto the LORD**?
- <sup>7</sup> God is greatly to be feared in the council of the **saints**, \*  
and to be held in reverence by all those  
who are **round about** him.
- <sup>8</sup> O **LORD** God of hosts, who is **like you**? \*  
Your faithfulness, most mighty **LORD**, is **round about** you.
- <sup>9</sup> You rule the raging of the **sea**; \*  
you still the **waves** when **they** arise.
- <sup>10</sup> You have subdued Rahab of the deep, and **destroyed** her; \*  
you have scattered your enemies **with your mighty** arm.
- <sup>11</sup> The heavens are yours; the earth also is **yours**; \*  
you laid the foundation of the world, and all **that is in it**.
- <sup>12</sup> You have made the north and the **south**; \*  
Tabor and Hermon shall **rejoice in your** Name.
- <sup>13</sup> You have a **mighty** arm; \*  
strong is your hand, and high **is your right** hand.



29 His seed will I make to endure for **ever** \*  
and his throne as the **days** of **heaven**.  
30 But if his children forsake my **law**, \*  
and do not walk **in** my **judgments**,  
31 If they break my statutes and do not keep my **commandments**, \*  
I will punish their offenses with the rod,  
and their **sin** with **scourges**.  
32 Nevertheless, my loving-kindness I will not  
utterly **take** from him, \*  
nor suffer my **faithfulness** to fail.  
33 My covenant I will **not** break, \*  
nor alter the word that has gone **out** of **my** lips.  
34 I have sworn once by my **holiness** \*  
that I will **not** fail **David**.  
35 His seed shall endure for **ever** \*  
and his throne as the **sun** **before** me.  
36 It shall endure for evermore as the **moon**, \*  
and as the faithful witness **in** the **heavens**.”  
37 But you have rejected and forsaken your **Anointed**; \*  
you are full of **wrath** **against** him.  
38 You have broken the covenant with your **servant**; \*  
you have defiled his crown and **cast** it **to** the ground.  
39 You have overthrown all his **walls** \*  
and broken **down** his **strongholds**.  
40 All those who go by **plunder** him, \*  
and he has become a reproach **to** his **neighbors**.  
41 You have exalted the right hand of his **enemies**, \*  
and made all his **adversaries** **rejoice**.  
42 You have turned back the edge of his **sword** \*  
and have not given him victory **in** the **battle**.  
43 You have taken away his **glory** \*  
and cast his **throne** down **to** the ground.  
44 The days of his youth you have **shortened** \*  
and covered him **with** **dishonor**.  
45 **LORD**, how long will you utterly **hide** yourself? \*  
How long shall **your** wrath **burn** like fire?



- 46 O remember how short my **time** is; \*  
 why have you made all **people for** nought?  
 47 What man is there who lives and shall **not** see death, \*  
 and shall deliver his soul from the **power of** the Grave?  
 48 Lord, where are your loving-kindnesses of **old**, \*  
 which you swore to David **in** your **faithfulness**?  
 49 Remember, Lord, how your servants are **reproached**, \*  
 and how I bear in my bosom the rebukes of **many people**;  
 50 Remember how your enemies have reproached you, O **LORD**, \*  
 how they have called after your  
 Anointed **King** with **cries** of scorn.  
 51 Praised be the **LORD** for **evermore**. \*  
**Amen** and **Amen**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.



## DAY 18 : MORNING PRAYER

## TONUS PEREGRINUS



90

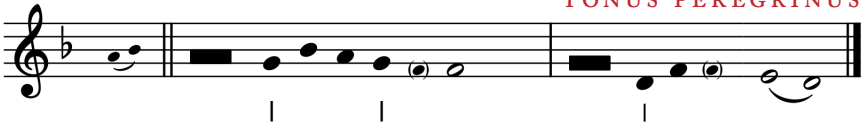
Domine, refugium | *To the Father* || *The English burial psalm*

**L**ord, you **have** been our **refuge** \*  
 from one generation to **another**.  
 2 Before the mountains were brought forth,  
 or the **earth** and the **world** were made, \*  
 you are God from everlasting, and world **without end**.



- 3 You **turn** man back **to** the dust; \*  
you say, “Return, O children of *men*.”
- 4 For a thousand years in your **sight** are as **yesterday**, \*  
even as a day **that** is *past*.
- 5 You scatter them as a night-watch that **comes** quickly **to** an end; \*  
they are even as a dream **and** fade *away*.
- 6 They are like the grass, which in **the** morning **is** green, \*  
but in the evening is dried up **and** *withered*.
- 7 For we consume away **in** your **displeasure** \*  
and are afraid at your wrathful **indignation**.
- 8 You have set our **misdeeds** **before** you, \*  
and our secret sins in the light of **your** countenance.
- 9 For when you are **angry**, all our **days** are gone; \*  
we bring our years to an end, as a tale **that** is *told*.
- 10 The days of our life are seventy years, and though some  
be so strong that **they** come to **eighty** years, \*  
yet is their span but labor and sorrow;  
so soon it passes away, **and** we are *gone*.
- 11 But who regards **the** pow’r of **your** wrath, \*  
and who considers the fierceness of **your** anger?
- 12 So teach us **to** number **our** days, \*  
that we may apply our hearts **unto** *wisdom*.
- 13 Turn again, O LORD, and **tarry** not; \*  
be gracious unto **your** *servants*.
- 14 O satisfy us with your **mercy** in the **morning**; \*  
so shall we rejoice and be glad all the days **of** our *life*.
- 15 Comfort us again, according to the measure of the days  
that **you** have **afflicted** us, \*  
and for the years in which we have suffered **adversity**.
- 16 Show **your** servants **your** work \*  
and their children **your** *glory*.
- 17 And may the grace of the Lord our **God** be upon us; \*  
prosper the work of our hands; O prosper **our** *handiwork*.

Glory be to the Father, and to the Son, and to **the** Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. *Amen*.



## 91

Qui habitat | *Christ, conqueror of Hell, treads the Tempter under foot*

- W**hoever dwells under the defense of the **Most High** \*  
 shall abide under the shadow of the **Almighty**.  
<sup>2</sup> I will say unto the **LORD**,  
 “You are my **refuge** and my **stronghold**, \*  
 my God in whom **I** will *trust*.”
- <sup>3</sup> For he shall deliver you from the **snare** of the **hunter** \*  
 and from the deadly pestilence.
- <sup>4</sup> He shall defend you under his wings,  
 and you shall be safe **under** his **feathers**; \*  
 his faithfulness and truth shall be your shield **and** buckler.
- <sup>5</sup> You shall not be afraid of **any** terror **by** night, \*  
 nor of the arrow **that** flies by *day*,
- <sup>6</sup> Of the pestilence **that** walks in **darkness**, \*  
 nor of the sickness that destroys **at** noonday.
- <sup>7</sup> A thousand shall fall beside you, and ten thousand **at** your **right**  
 but it shall **not** come near *you*.
- <sup>8</sup> Indeed, with **your** eyes you **shall** behold \*  
 and see the reward of the **ungodly**.
- <sup>9</sup> Because you have said, “The **LORD** is my **refuge**,” \*  
 and have made the Most High **your** stronghold,
- <sup>10</sup> There shall no **evil** happen **to** you, \*  
 neither shall any plague come near **your** dwelling.
- <sup>11</sup> For he shall give his **angels** charge **over** you, \*  
 to keep you **in** all your *ways*.
- <sup>12</sup> They **shall** bear you **in** their hands, \*  
 that you hurt not your foot **against** a *stone*.
- <sup>13</sup> You shall tread upon the **lion** and **adder**; \*  
 the young lion and the serpent you shall  
 trample **under** your *feet*.

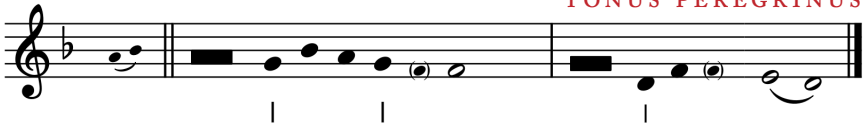
- 14 “Because he has set his love upon me,  
therefore **I will deliver** him; \*  
I will lift him up, because he **has** known my *Name*.  
15 He shall call upon me, **and I will hear** him; \*  
indeed, I am with him in trouble;  
I will deliver him and bring **him** honor.  
16 With long life I **will satisfy** him, \*  
and show him my **salvation**.”

Glory be to the Father, and to the Son, and to **the Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. *Amen*.

## 92

Bonum est confiteri | *Concerning the glory of the Rest to come*

- I**t is a good thing to **give** thanks unto the LORD, \*  
and to sing praises unto your Name, **O Most High**,  
2 To tell of your loving-kindness early in the **morning**, \*  
and of your faithfulness in the **night** season,  
3 Upon an instrument of ten **strings** and upon the lute, \*  
with the sound of melody upon the *harp*.  
4 For you, LORD, have **made** me glad by your deeds, \*  
and I will shout for joy because of **your** handiwork.  
5 O LORD, how **glorious are** your works; \*  
your thoughts **are** very *deep*.  
6 The dull of heart **does** not consider this, \*  
and a fool does not understand *it*:  
7 Though the ungodly are as green as the grass,  
and though all the workers of **wickedness flourish**, \*  
they shall be destroyed for ever;  
but you, LORD, are the Most High **for** evermore.  
8 For lo, your enemies, O LORD, lo, your **enemies shall perish**, \*  
and all the workers of wickedness **shall** be *destroyed*.  
9 But my horn shall be exalted like **the** horns of **wild** bulls; \*  
for I am anointed with fresh *oil*.



- 10 My eye also shall see its desire **upon** my **enemies**,<sup>\*</sup>  
and my ear shall hear with joy the end of the wicked who  
rise up **against** *me*.
- 11 The righteous shall **flourish** like a **palm** tree,<sup>\*</sup>  
and shall spread abroad like a cedar **in** **Lebanon**.
- 12 Those who are planted in **the** house of **the** **LORD**<sup>\*</sup>  
shall flourish in the courts **of** our *God*.
- 13 They also shall bring **forth** fruit in **their** old age,<sup>\*</sup>  
and shall be green **and** full of *sap*,
- 14 That they may show how **upright** the **LORD** is,<sup>\*</sup>  
my rock, in whom there is no **unrighteousness**.

Glory be to the Father, and to the Son, and to **the** **Holy** **Spirit**;<sup>\*</sup>  
as it was in the beginning, is now, and ever shall be,  
world **without** end. *Amen*.



## DAY 18 : EVENING PRAYER

TONE V. I



93

*Dominus regnavit | Christ, overcoming death, has put on resurrected flesh*

**D**he LORD is King and has put on glorious **apparel**;<sup>\*</sup>  
the LORD has put on his apparel and girded himself  
with strength.


- 2 He has made the round world so **sure**<sup>\*</sup>  
that **it cannot** be moved.
- 3 Ever since the world began, your throne has been **established**;<sup>\*</sup>  
you are from **everlasting**.

- 4 The floods have risen, O LORD;  
the floods have lifted up their **voice**; \*  
the floods have **lifted up** their waves.
- 5 Mightier than the sound of many waters,  
mightier than the waves of the **sea**, \*  
the LORD who dwells on **high** is **mightier**.
- 6 Your testimonies, O LORD, are very **sure**; \*  
holiness adorns your **house** for **ever**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.

## 94

*Deus ultionum | To Christ, instructor of mankind, concerning persecutors*

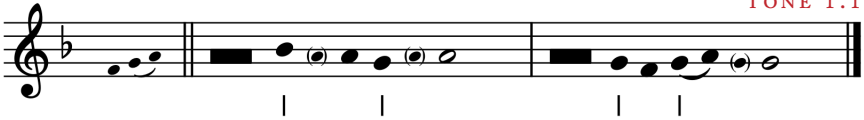
-  LORD God to whom vengeance **belongs**, \*  
O God to whom vengeance **belongs**, **show** yourself.
- 2 Arise, O Judge of the **world**, \*  
and reward the proud according to **their** deserving.
- 3 O LORD, how long shall the **ungodly**, \*  
how long shall the **ungodly** **triumph**?
- 4 How long shall all evildoers speak so **disdainfully** \*  
and make **such** proud **boasting**?
- 5 They smite down your people, O LORD, \*  
and **trouble** your **heritage**.
- 6 They murder the widow and the **stranger**, \*  
and put the **fatherless** to death.
- 7 And yet they say, “The LORD shall **not** see, \*  
neither shall the God of **Jacob** **regard** it.”
- 8 Take heed, you unwise among the **people**; \*  
O you fools, when **will** you **understand**?
- 9 He who planted the ear, shall he not **hear**? \*  
Or he who made the eye, **shall** he **not** see?
- 10 Or he who nurtures the **nations**, \*  
he who teaches humanity knowledge, shall **he** not **punish**?
- 11 The LORD knows the thoughts of **man**, \*  
that **they** are **but** vain.



- 12 Blessèd is the one whom you chasten, O LORD,\*  
and **whom** you **teach** your law,
- 13 That you may give him patience in time of adversity,\*  
until a pit is dug for **the** **ungodly**.
- 14 For the LORD will not fail his **people**,\*  
neither will he forsake **his** **inheritance**,
- 15 But righteousness shall return to the place of **judgment**,\*  
and all those who are true of **heart** shall **follow** it.
- 16 Who will rise up with me against the **wicked**,\*  
or who will take my part against the **evildoers**?
- 17 If the LORD had not **helped** me,\*  
my soul would soon have dwelt in the **land** of **silence**.
- 18 But when I said, "My foot has **slipped**,"\*  
your mercy, O LORD, **held** me up.
- 19 In the multitude of the sorrows that I had in my **heart**,\*  
your **comforts** **refreshed** my soul.
- 20 Will you have anything to do with the council of **wickedness**,\*  
which turns **evil** **into** law?
- 21 They gather themselves together against the soul of the **righteous**\*  
and condemn the **innocent** to death.
- 22 But the LORD is my **refuge**,\*  
and my God is the **rock** of my **confidence**.
- 23 He shall recompense them for their wickedness, and destroy  
them in their own **malice**;\*  
indeed, the LORD our God **shall** **destroy** them.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;  
as it was in the beginning, is now, and ever shall be,  
world **without** end. Amen.





## 95

Venite, exultemus | *Christ the Good Shepherd calls his sheep to eternal rest*



come, let us **sing** unto the LORD; \*

let us heartily rejoice in the strength of **our** salvation.

<sup>2</sup> Let us come before his presence **with** thanksgiving \*

and show ourselves **glad** in *him* with psalms.

<sup>3</sup> For the LORD **is** a great God \*

and a great **King** *above* all gods.

<sup>4</sup> In his hand are all the **depths** of **the** earth, \*

and the heights of the **hills** are *his* also.

<sup>5</sup> The sea is his, **for** he **made** it, \*

and his hands **prepared** the *dry* land.

<sup>6</sup> O come, let us **worship** and **fall** down, \*

and kneel before the LORD our *Maker*.

<sup>7</sup> For **he** is **our** God, \*

and we are the people of his pasture, and the **sheep** of *his* hand.

<sup>8</sup> Today, if you will hear his voice, **harden not** your hearts \*

as in the provocation,

and as in the day of temptation **in** the *wilderness*,

<sup>9</sup> When your **fathers** **tested** me, \*

and put me to the proof, though **they** had *seen* my works.

<sup>10</sup> Forty years long was I grieved with this generation **and** said, \*

“It is a people that err in their hearts,

for they have **not** known *my* ways,”

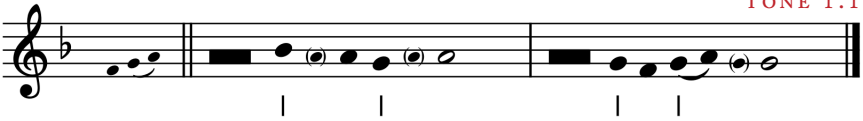
<sup>11</sup> Of whom I **swore** in **my** wrath \*

that they should not **enter** *into* my rest.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*

as it was in the beginning, is now, and ever shall be,

world **without** *end*. Amen.



## 96

Cantate Domino | *Christ will be seen by all when he comes again*

- D** sing unto the LORD a **new** song; \*  
sing unto the LORD, **all** the *whole* earth.
- <sup>2</sup> Sing unto the LORD and **praise** his Name; \*  
tell of his **salvation** from *day* to *day*.
- <sup>3</sup> Declare his honor **to** the **nations**, \*  
and his wonders **to** all **peoples**.
- <sup>4</sup> For the LORD is great, and **highly** **to** be praised; \*  
he is more to be **feared** than *all* gods.
- <sup>5</sup> As for all the gods of the nations, they **are** but **idols**; \*  
but it is the LORD who **made** the *heavens*.
- <sup>6</sup> Glory and majesty **are** **before** him; \*  
power and honor are in his **sanctuary**.
- <sup>7</sup> Ascribe unto the LORD, O you families **of** the **peoples**, \*  
ascribe unto the LORD **worship** and *power*.
- <sup>8</sup> Ascribe unto the LORD the honor **due** unto his Name; \*  
bring offerings and **come** *into* his courts.
- <sup>9</sup> O worship the LORD in the **beauty** of **holiness**; \*  
let the whole earth **stand** in *awe* of him.
- <sup>10</sup> Tell it out among the nations, "**The LORD is King**; \*  
it is he who has made the world so firm that it cannot be moved;  
he shall judge the **peoples** *righteously*."
- <sup>11</sup> Let the heavens rejoice, and **let** the **earth** be glad; \*  
let the sea make a noise, and **all** that *is* therein.
- <sup>12</sup> Let the field be joyful, and **all** that **is** **in** it; \*  
then shall all the trees of the wood **rejoice** *before* the LORD.
- <sup>13</sup> For he comes, for he **comes** to **judge** the earth, \*  
and with righteousness to judge the world,  
and the **peoples** *with* his truth.



Glory be to the Father, and to the Son, and to the **Holy Spirit**;<sup>\*</sup>  
as it was in the beginning, is now, and ever shall be,  
world **without** *end*. Amen.

## 97

**Dominus regnavit** | *The voice of the Church upon the Lord's coming*

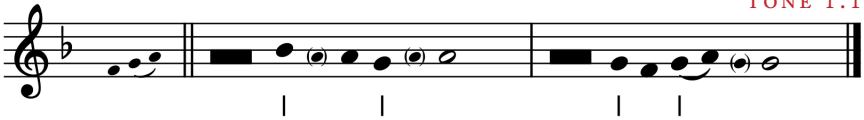


he LORD is King;

let the **earth** be glad. <sup>\*</sup>

Indeed, let the multitude **of** the *isles* be glad.

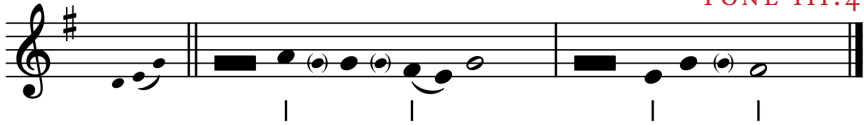
- <sup>2</sup> Clouds and darkness are **round about** him; <sup>\*</sup>  
righteousness and judgment are the foundation *of* his throne.
- <sup>3</sup> There goes a **fire before** him <sup>\*</sup>  
and burns up his **enemies** on *every* side.
- <sup>4</sup> His lightnings gave **light** to **the** world; <sup>\*</sup>  
the earth saw **it** and *was* afraid.
- <sup>5</sup> The hills melted like wax at the **presence of** the LORD, <sup>\*</sup>  
at the presence of the Lord **of** the *whole* earth.
- <sup>6</sup> The heavens have **declared** his **righteousness**, <sup>\*</sup>  
and all the people have **seen** his *glory*.
- <sup>7</sup> Confounded be all those who worship carved images,  
and who **delight** in **false** gods; <sup>\*</sup>  
worship **him**, all *you* gods.
- <sup>8</sup> Zion heard **of it and** rejoiced, <sup>\*</sup>  
and the daughters of Judah were glad,  
because of your **judgments**, O LORD.
- <sup>9</sup> For you, LORD, are most **high** over **all** the earth; <sup>\*</sup>  
you are exalted **far above** all gods.
- <sup>10</sup> O you who love the LORD,  
see that you hate the **thing** which is **evil**; <sup>\*</sup>  
the LORD preserves the souls of his saints;  
he shall deliver them from the hand of **the** *ungodly*.
- <sup>11</sup> A light has sprung up **for** the **righteous**, <sup>\*</sup>  
and joyful gladness for those who **are** *truehearted*.
- <sup>12</sup> Rejoice in the LORD, you **righteous**, <sup>\*</sup>  
and give thanks at the remembrance **of** his *holiness*.



Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.



## DAY 19 : EVENING PRAYER



98

*Cantate Domino | God, through the Nativity of his Son, declares salvation*


- D**sing unto the **LORD** a *new* song, \*  
 for he has done marvelous **things**.  
<sup>2</sup> With his own right hand and **with** his holy arm, \*  
 he has won for himself **the** victory.  
<sup>3</sup> The **LORD** declared **his** salvation; \*  
 his righteousness has he openly shown in the  
 sight of **the** nations.  
<sup>4</sup> He has remembered his mercy and truth toward  
 the **house** of Israel, \*  
 and all the ends of the world have seen the salvation of our **God**.  
<sup>5</sup> Show yourselves joyful in the **LORD**, all *you* lands; \*  
 sing, rejoice, **and** give **thanks**.  
<sup>6</sup> Praise the **LORD** with *the* harp; \*  
 sing with the harp a psalm of **thanksgiving**.  
<sup>7</sup> With trumpets **also** *and* horns, \*  
 O show yourselves joyful before **the** **LORD**, the **King**.  
<sup>8</sup> Let the sea make a noise, and **all** that is *in* it, \*  
 the round world, and those **who** dwell therein.  
<sup>9</sup> Let the rivers clap their hands, and let the hills be  
 joyful **together** before *the* **LORD**, \*  
 for he has come **to** judge the **earth**.

<sup>10</sup> With righteousness **shall** he judge *the* world, \*  
and the peoples **with** equity.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.

## 99

*Dominus regnavit | Christ is in the heavenly Zion, high above all*

 **he** LORD is King; let the **peoples** *tremble*; \*  
he sits between the cherubim;  
let **the** earth **shake**.

<sup>2</sup> The LORD is **great** in Zion \*  
and high above **all** peoples.

<sup>3</sup> They shall give thanks unto his Name,  
which is **great** and *wonderful*; \*  
holy is he and mighty, a King who **loves** justice.

<sup>4</sup> You have **established** equity; \*  
you have executed judgment and righteousness **in** Jacob.

<sup>5</sup> O **magnify** the LORD *our* God, \*  
and fall down before his footstool, for he **is** holy.

<sup>6</sup> Moses and Aaron among his priests,  
and Samuel among those who **call** upon *his* Name, \*  
they called upon the LORD, and **he** heard **them**.

<sup>7</sup> He spoke to them out of the **cloudy** *pillar*, \*  
for they kept his testimonies and the law that **he** gave **them**.

<sup>8</sup> You heard **them**, O LORD *our* God; \*  
you forgave them, O God, yet punished their **evildoings**.

<sup>9</sup> O magnify the LORD our God,  
and worship him **upon** his *holy* hill, \*  
for the LORD our God **is** holy.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.



## 100

Jubilate Deo | *We who have been made by Christ ought to serve him in all things*

**D**e joyful in the **LORD**, all *you* lands; \*  
 serve the **LORD** with gladness,  
 and come before his **presence** with a **song**.

<sup>2</sup> Be assured that the **LORD**, he *is* God; \*  
 it is he that has made us, and not we ourselves;  
 we are his people, and the sheep of **his** pasture.

<sup>3</sup> O go your way into his gates with thanksgiving,  
 and into **his** courts *with* praise; \*  
 be thankful unto him, and speak good **of** his **Name**.

<sup>4</sup> For the **LORD** is gracious, his mercy is **everlasting**, \*  
 and his truth endures from generation to **generation**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world without end. **Amen**.

## 101

Misericordiam et judicium | *That Christ has but two verdicts at the Judgment*

**M**y song shall be of **mercy** and *judgment*; \*  
 unto you, O **LORD**, **will** I **sing**.

<sup>2</sup> O let me have **understanding** \*  
 in the way **of** godliness.

<sup>3</sup> When **will** you come *to* me? \*  
 I will walk in my house with integrity of **heart**.

<sup>4</sup> I will set no wicked **thing** before *my* eyes; \*  
 I hate the sins of unfaithfulness;  
 no such thing **shall** cleave to **me**.

<sup>5</sup> A crooked heart **shall** depart *from* me; \*  
 I will not know a wicked **person**.

- 6 Whoever secretly **slanders** his *neighbor*,\*  
him **will** I **destroy**.
- 7 Whoever has a proud look and an **arrogant** heart,\*  
I will **not** suffer **him**.
- 8 My eyes shall look with favor upon the **faithful** in *the* land,\*  
that they **may** dwell with **me**.
- 9 Whoever **leads** a godly life,\*  
he shall be **my** **servant**.
- 10 No deceitful person shall **dwell** in *my* house; \*  
the one who tells lies shall not tarry in my **sight**.
- 11 I shall soon destroy all the ungodly **who** are in *the* land,\*  
that I may root out all evildoers from the city of the **LORD**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**;  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.



DAY 20 : MORNING PRAYER

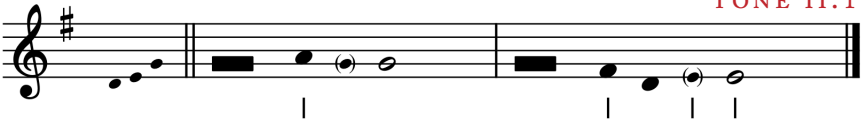
TONE II. I



102

Domine, exaudi | *All gentiles shall reverence Christ's name* || *Penitence: Greed*

- H**ear my prayer, O **LORD**,\*  
and let my cry **come** unto you.
- 2 Hide not your face from me in the time of my **trouble**;  
incline your ear to me when I call;  
O hear me, **and very soon**.
- 3 For my days are consumed like **smoke**,\*  
and my bones are burnt up as **in** a **furnace**.
- 4 My heart is smitten and withered like **grass**,\*  
so that I forget **to** eat **my** **bread**.
- 5 Because of the voice of my **groaning**,\*  
my bones will scarcely **cleave** to **my** **flesh**.




- 6 I have become like an owl in the **wilderness** \*  
and like a screech-owl **among** the **ruins**.
- 7 I am solitary, and lie sleepless because of my **groaning**; \*  
I am like a sparrow that sits alone **upon** the **housetop**.
- 8 My enemies revile me all day **long**, \*  
and those who are enraged against me conspire **to do me hurt**.
- 9 For I have eaten ashes as if they were **bread** \*  
and mingled my **drink** with **weeping**,
- 10 Because of your indignation and **wrath**, \*  
for you have taken me up and **cast me down**.
- 11 My days are gone like a **shadow**, \*  
and I am **withered** like **grass**.
- 12 But you, O LORD, shall endure for **ever**, \*  
and your remembrance throughout all **generations**.
- 13 You shall arise and have mercy upon **Zion**, \*  
for it is time for you to have mercy upon her;  
indeed, **the time has come**.
- 14 For your servants love her very **stones**, \*  
and are moved to pity to see **her** in **the dust**.
- 15 The nations shall fear your Name, O LORD, \*  
and all the kings of the earth **your majesty**,
- 16 When the LORD shall build up **Zion**, \*  
and when his glory **shall appear**,
- 17 When he turns to the prayer of the **destitute** \*  
and despises **not** their **plea**.
- 18 This shall be written for those that come **after**, \*  
and a people that shall yet be born **shall praise the LORD**.
- 19 For he has looked down from his sanctuary; \*  
from the heavens the LORD has **beheld the earth**,
- 20 That he might hear the groanings of those who are in **captivity**, \*  
and deliver those who are **condemned to die**,
- 21 That they may declare the Name of the LORD in **Zion**, \*  
and his praises in **Jerusalem**;

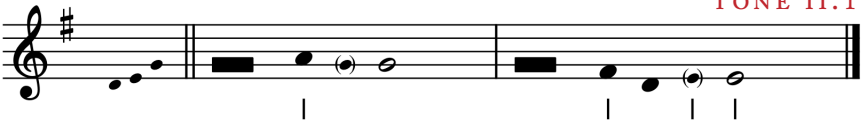
- 22 When the peoples are gathered together,\*  
and the kingdoms also, to **serve** the **LORD**.
- 23 He brought down my strength **before** my time,\*  
and **shortened** my **days**.
- 24 But I said, “O my God, take me not away in the midst **of** my days; \*  
for your years endure throughout all **generations**.”
- 25 You, Lord, in the beginning laid the foundation **of** the earth,\*  
and the heavens are the **work of your hands**.
- 26 They shall perish, but you shall **endure**;\*  
they all shall wear out, as **does a garment**;
- 27 And as a garment you shall change them,  
and they shall be **changed**;\*  
but you are the same, and your **years shall not fail**.
- 28 The children of your servants shall **continue**,\*  
and their seed shall stand **fast in your sight**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world **without end. Amen**.

## 103

*Benedic, anima mea | The voice of the Church to her people*

- raise the **LORD**, O my **soul**,\*  
and all that is within me, praise **his holy Name**.
- <sup>2</sup> Praise the **LORD**, O my **soul**,\*  
and forget not all **his benefits**:
- 3 Who forgives all your **sin** \*  
and heals all your **infirmities**,
- 4 Who saves your life from the **pit** \*  
and crowns you with mercy and **loving-kindness**,
- 5 Who satisfies you with **good** things,\*  
renewing your youth **like an eagle's**.
- 6 The **LORD** executes righteousness and **judgment** \*  
for all those who are **oppressed with wrong**.
- 7 He showed his ways to **Moses**,\*  
his works to the children **of Israel**.



- 8 The LORD is full of compassion and **mercy**,<sup>\*</sup>  
long-suffering and **of great goodness**.
- 9 He will not always **chide** us,<sup>\*</sup>  
neither will he keep his **anger** for **ever**.
- 10 He has not dealt with us according to our **sins**,<sup>\*</sup>  
nor rewarded us according to **our wickedness**.
- 11 For as the heavens are high above the **earth**,<sup>\*</sup>  
so great is his mercy also toward **those who fear him**.
- 12 As far as the east is from the **west**,<sup>\*</sup>  
so far has he set **our sins from us**.
- 13 As a father pities his own **children**,<sup>\*</sup>  
so is the LORD merciful to **those who fear him**.
- 14 For he knows whereof we are **made**;<sup>\*</sup>  
he remembers that we **are but dust**.
- 15 The days of man are as **grass**;<sup>\*</sup>  
he flourishes as a **flower of the field**.
- 16 For as soon as the wind goes over it, it is **gone**,<sup>\*</sup>  
and its place shall know **it no more**.
- 17 But the merciful goodness of the LORD endures  
for ever and ever upon those who **fear him**,<sup>\*</sup>  
and his righteousness upon **children's children**,
- 18 Even upon those who keep his **covenant**<sup>\*</sup>  
and think upon his commandments **to do them**.
- 19 The LORD has prepared his throne in **heaven**,<sup>\*</sup>  
and his kingdom **rules over all**.
- 20 O praise the LORD, you angels of his, you that excel in **strength**,<sup>\*</sup>  
you that fulfill his commandment, and hearken unto  
the voice **of his words**.
- 21 O praise the LORD, all you his **hosts**,<sup>\*</sup>  
you servants of his that **do his pleasure**.
- 22 O speak good of the LORD, all you works of his, in all places  
of his **dominion**;<sup>\*</sup>  
praise the LORD, **O my soul**.



Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen.**



DAY 20 : EVENING PRAYER

## 104

*Benedic, anima mea | Concerning the structure of the world || For Rogations*



*raise the* **LORD**, O my soul. \*

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

- <sup>2</sup> You clothe yourself with light as **with** a **garment**, \*  
and spread out the heavens **like** a **curtain**.
- <sup>3</sup> You lay the beams of your chambers **in** the **waters**, \*  
and make the clouds your chariot,  
and walk upon the **wings** of **the** wind.
- <sup>4</sup> You make **winds** your **messengers**, \*  
and flames of **fire** your **ministers**.
- <sup>5</sup> You laid the **foundations** **of** the earth, \*  
that it never should **move** at **any** time.
- <sup>6</sup> You cover it with the deep as **with** a **garment**; \*  
the waters **stand above** **the** hills.
- <sup>7</sup> At **your** **rebuke** they fled; \*  
at the voice of your thunder they **hastened** away.
- <sup>8</sup> They went up as high as the hills,  
and down to the **valleys** **beneath**, \*  
even to the place you had **appointed** **for** them.
- <sup>9</sup> You have set bounds for them **which** they **shall** not pass; \*  
neither shall they again **cover** **the** earth.
- <sup>10</sup> You send the springs **into** the **rivers**, \*  
which **run among** **the** hills.
- <sup>11</sup> All beasts of the **field** drink **thereof**, \*  
and the wild **donkeys** **quench** **their** thirst.
- <sup>12</sup> Beside them shall the birds of the air have their **habitation** \*  
and sing **among** the **branches**.

- 13 You water the **hills** from **above**; \*  
the earth is filled with the **fruit** of **your** works.
- 14 You bring forth grass **for** the **cattle**, \*  
and plants for the **service of mankind**,
- 15 That they may bring food out of the earth,  
and wine **that** makes **glad** the heart, \*  
and oil to make a cheerful countenance,  
and bread to **strengthen the** heart.
- 16 The trees of the LORD **also** are **full** of sap, \*  
even the cedars of Lebanon **which** he **planted**,
- 17 Wherein the **birds** make **their** nests, \*  
and the fir trees are a **dwelling for the** stork.
- 18 The high hills are a **refuge** for **the** wild goats, \*  
and so are the stony cliffs for **the** rock **badgers**.
- 19 You appointed the moon to **mark** the **seasons**, \*  
and the sun **knows** its **going** down.
- 20 You make darkness **that** it **may** be night, \*  
in which all the **beasts** of the **forest** move.
- 21 The lions, roaring **after their** prey, \*  
seek **their** meat **from** God.
- 22 The sun arises, and they go **away together**, \*  
and lay themselves **down** in **their** dens.
- 23 Man goes **forth** to **his** work, \*  
and to his labor **until** the **evening**.
- 24 O LORD, how **manifold are** your works; \*  
in wisdom you made them all;  
the earth is full **of** your **creatures**.
- 25 So is the great and **wide** sea **also**, \*  
in which are things creeping innumerable,  
**creatures** both **small and** great.
- 26 There go the ships, and there is **that** Leviathan, \*  
whom you made to take its **pleasure therein**.
- 27 These all **wait upon** you, \*  
that you may give them food **in** due **season**.

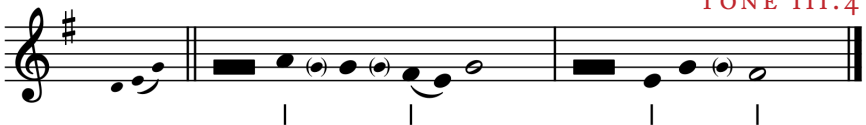
- 28 When you give it to **them**, they **gather** it,\*  
and when you open your hand, they are **filled** with **good** things.
- 29 When you hide your **face**, they are **troubled**;\*  
when you take away their breath, they die, and are turned  
**again** to **their** dust.
- 30 When you let your breath go **forth**, they **shall** be made,\*  
and you shall renew the **face** of **the** earth.
- 31 The glorious majesty of the LORD shall **endure** for **ever**;\*  
the LORD shall **rejoice** in **his** works.
- 32 He looks at the **earth** and it **trembles**;\*  
if he even touches the **hills**, they **shall** smoke.
- 33 I will sing unto the LORD as **long** as I live;\*  
I will praise my God **while** I **have** my being,
- 34 And so shall **my** words **please** him;\*  
my joy **shall** be **in the** LORD.
- 35 As for sinners, they shall perish from the earth,  
and the ungodly shall **come** to **an** end.\*  
Praise the LORD, O **my** soul. **Praise the** LORD.

Glory be to the Father, and to the Son, and to the **Holy Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



DAY 21 : MORNING PRAYER

TONE III.4



105

*Confitemini Domino | That Christ, the Lord God, pronounces his judgments*



ive *thanks* unto the LORD and **call** upon *his* Name;\*  
tell the peoples what **things** he has **done**.  
2 O let your songs be of **him**, and *praise* him,\*  
and let your speech be of all **his** wondrous **works**.



- 3 Rejoice in **his** *holy* Name; \*  
let the hearts of those who seek **the** LORD rejoice.
- 4 Seek the LORD and *his* strength; \*  
seek his face **evermore**.
- 5 Remember the marvelous **works** that he *has* done, \*  
his wonders, and the judgments of his **mouth**,
- 6 O seed of **Abraham** his *servant*, \*  
O children of Jacob **his** chosen.
- 7 He is **the** LORD *our* God; \*  
his judgments are **in** all the **world**.
- 8 He has always been mindful **of** his covenant, \*  
and the promise that he made to a thousand **generations**,
- 9 Even the covenant that he made **with** *Abraham*, \*  
and the oath that he swore **to** **Isaac**,
- 10 Which he appointed to **Jacob** for *a* law, \*  
and to Israel for an everlasting **testament**,
- 11 Saying, “To you will I give the **land** of *Canaan* \*  
to be the portion of your **inheritance**.”
- 12 When there were **yet** but a few *of* them, \*  
and they were **strangers** in the **land**,
- 13 And they wandered from **nation** to *nation*, \*  
and from one kingdom to **another**,
- 14 He allowed no **one** to do *them* wrong, \*  
but reprov'd even kings **for** their **sakes**:
- 15 “Do not touch **my** *Anointed*, \*  
and do my **prophets** no **harm**.”
- 16 Moreover, he called for a **famine** in *the* land \*  
and destroyed all the provision of **bread**.
- 17 But he had sent a **man** *before* them: \*  
Joseph, who was sold to be a **bondservant**,
- 18 Whose feet they **hurt** in *the* stocks; \*  
they put an iron collar **around** his **neck**.

- 19 Until the time came that his **sayings** were *fulfilled*, \*  
the word of the **LORD** tried **him**.
- 20 The king sent **and** *delivered* him; \*  
the ruler of the people let **him** go **free**.
- 21 He made him lord **over** *his* house, \*  
and ruler of all his **possessions**,
- 22 That he might instruct his princes **according** to *his* will \*  
and teach his **elders** **wisdom**.
- 23 Israel also came **into** *Egypt*, \*  
and Jacob was a stranger in **the** land of **Ham**.
- 24 And he increased his **people** *exceedingly*, \*  
and made them stronger than **their** **enemies**,
- 25 Whose heart he turned, so that they **hated** his *people*, \*  
and dealt deceitfully with **his** **servants**.
- 26 Then he sent **Moses** his *servant*, \*  
and Aaron whom he **had** chosen,
- 27 And they worked his **signs** *among* them, \*  
and wonders in **the** land of **Ham**.
- 28 He sent darkness, **and** it *was* dark; \*  
but they were not obedient to his **word**.
- 29 He turned their **waters** *into* blood \*  
and caused **their** fish to **die**.
- 30 Their **land** brought *forth* frogs, \*  
even in **their** kings' chambers.
- 31 He spoke the word, and there came all **manner** *of* flies, \*  
and gnats in all **their** borders.
- 32 He gave them **hailstones** *for* rain, \*  
and flames of fire **in** their **land**.
- 33 He smote their vines also, **and** their *fig* trees, \*  
and destroyed the trees that were in **their** borders.
- 34 He spoke the word, and the grasshoppers came,  
and locusts **innumerable**, \*  
which ate up all the grass in their land and devoured  
the fruit **of** their **ground**.
- 35 He smote all the **firstborn** in *their* land, \*  
even the firstfruits **of** all their **strength**.



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

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world without **end**. Amen.





## 106

Confitemini Domino | *Christ our salvation has visited us*



give thanks unto the LORD, for he **is** gracious, \*  
and his mercy endures *for ever*.

<sup>2</sup> Who can express the mighty **acts** of **the** LORD, \*  
or show **forth** *all* **his** praise?

<sup>3</sup> Blessed are those who act **with** justice, \*  
and who always **do** *righteousness*.

<sup>4</sup> Remember me, O LORD,  
according to the favor that you show to **your** people; \*  
O visit me with **your** *salvation*,

<sup>5</sup> That I may see the felicity of **your** chosen, \*  
and rejoice in the gladness of your people, and give thanks  
with **your** *inheritance*.

<sup>6</sup> We have sinned like **our** fathers; \*  
we have done wrong and **dealt** *wickedly*.

<sup>7</sup> Our fathers regarded not your wonders in Egypt,  
neither did they keep your great goodness in **remembrance**, \*  
but were disobedient at the sea, even **at** *the* **Red** Sea.

<sup>8</sup> Nevertheless, he saved them for **his** Name's sake, \*  
that he might **make** *his* power known.

<sup>9</sup> He rebuked the Red Sea, and it **was** dried up; \*  
so he led them through the deep as **through** *a* wilderness.

<sup>10</sup> And he saved them from the adversary's hand, \*  
and delivered them from the hand **of** *the* **enemy**.

<sup>11</sup> As for those who troubled them, the waters overwhelmed **them**; \*  
there was not **one** *of* **them** left.

<sup>12</sup> Then they **believed** **his** words \*  
and sang **praises** unto him.



- 13 But soon they **forgot his works** \*  
and would not wait **for his counsel**.
- 14 A craving came upon them in **the wilderness**, \*  
and they tempted God **in the desert**.
- 15 So he gave **them their desire**, \*  
and sent leanness **into their soul**.
- 16 They were envious of Moses also in **the camp**, \*  
and of Aaron the holy **one of the LORD**.
- 17 So the earth opened and swallowed **up Dathan** \*  
and covered the company **of Abiram**,
- 18 And fire was kindled in **their company**; \*  
the flame burnt up **the ungodly**.
- 19 They made a calf **in Horeb** \*  
and worshiped a **molten image**.
- 20 Thus they exchanged **their glory** \*  
for the image of a calf **that feeds on hay**.
- 21 And they forgot God **their Savior**, \*  
who had done great **things in Egypt**,
- 22 Wondrous works in **the land of Ham**, \*  
and fearful things **by the Red Sea**.
- 23 So he said he would have destroyed them,  
had not Moses his chosen stood before **him in the gap** \*  
to turn away his wrathful indignation,  
lest he **should destroy** them.
- 24 Then they scorned **that pleasant land** \*  
and gave no **credence to** his word,
- 25 But murmured in **their tents** \*  
and did not hearken to the **voice of the LORD**.
- 26 Then he lifted up his hand **against them** \*  
to overthrow them **in the wilderness**,
- 27 To cast out their seed among **the nations**, \*  
and to scatter **them in all** the lands.



28 They joined themselves **to Baal-Peor** \*  
and ate the **offerings** **to** the dead.

29 Thus they provoked him to anger with **their wanton deeds**, \*  
and the plague broke **out among** them.

30 Then Phineas stood up and **interceded**, \*  
and so the **plague** *was ended*;

31 And that was counted to him **as righteousness** \*  
among all generations **for evermore**.

32 They angered him also at the **waters of strife**, \*  
so that he punished Moses **for their misdeeds**;

33 For they provoked him **to anger**, \*  
so that he spoke **rashly** **with** his lips.

34 Neither did they destroy **the peoples** \*  
as the **LORD** *commanded* them,

35 But intermingled among **the nations** \*  
and **learned** *their heathen* ways,

36 So that they worshiped their idols,  
which became **a snare to them**; \*  
they offered their sons and their daughters *to demons*,

37 And shed innocent blood,  
even the blood of their sons and of **their daughters**, \*  
whom they offered to the idols of Canaan;  
and the land **was defiled** with blood.

38 Thus were they defiled **by their own works** \*  
and went whoring **with their own** deeds.

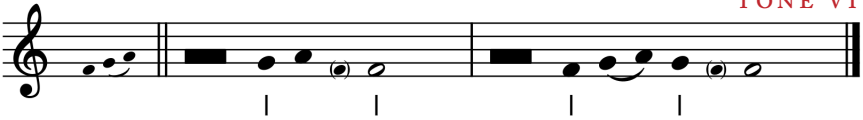
39 Therefore was the wrath of the LORD kindled against **his people**, \*  
and he abhorred his **own inheritance**,

40 And he gave them over into the hands of **the nations**, \*  
and those who hated them **were lords** over them.

41 Their enemies **oppressed them** \*  
and held them **in subjection**.

42 Many a time did he **deliver them**, \*  
but they rebelled against him through their own devices,  
and were brought down **in their wickedness**.

43 Nevertheless, when he saw their **adversity**, \*  
when he heard their **lamentation**,



- 44 He remembered his covenant and pitied them,  
according to the multitude of **his mercies**; \*  
he made all those who led them away captive **to pity** them.
- 45 Deliver us, O LORD our God,  
and gather us from among **the nations**, \*  
that we may give thanks to your holy Name  
and make our **boast of your** praise.
- 46 Blessèd be the LORD God of Israel  
from everlasting and world **without end**, \*  
and let all the people say, "**Amen.**" **Praise** the LORD.

Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
as it was in the beginning, is now, and ever shall be,  
world without **end. Amen.**



## DAY 22 : MORNING PRAYER



## 107

*Confitemini Domino | Christ the Word healed us from the destruction of death*

- D** *give* thanks unto the LORD, for **he is gracious**, \*  
and his mercy **endures for ever**.
- <sup>2</sup> Let those whom the LORD has **redeemed** give **thanks**, \*  
whom he has delivered from the **hand** of the **enemy**,
- <sup>3</sup> And gathered them out of the lands,  
from the **east** and **from** the west, \*  
from **the north** and **from the south**.
- <sup>4</sup> They went astray in the wilderness, even **in the desert**, \*  
and found no **city to dwell** in;

- 5 They were hungry and **thirsty**,\*  
and their soul **fainted** within them.
- 6 Then they cried unto the LORD **in** their **trouble**,\*  
and he delivered them from **their** **distress**.
- 7 He led them forth **by** a **straight** path\*  
until they came to a **city** where they **might** dwell.
- 8 Oh, that they would therefore praise the LORD **for** his **goodness**\*  
and declare the wonders that he does for **the** children **of** men!
- 9 For he **satisfies** the **empty** soul\*  
and fills the hungry soul with **goodness**.
- 10 Some sat in darkness, and in the **shadow** of **death**,\*  
being bound fast in **misery** and iron,
- 11 Because they rebelled **against** the **words** of God\*  
and lightly regarded the **counsel** of the **Most** High.
- 12 He also brought down their **heart** with **heaviness**;\*  
they fell down, and there **was** none to **help** them.
- 13 Then they cried unto the LORD **in** their **trouble**,\*  
and he delivered **them** out of **their** **distress**.
- 14 For he brought them out of darkness,  
and out of the **shadow** of **death**,\*  
and broke **their** bonds **asunder**.
- 15 Oh, that they would therefore praise the LORD **for** his **goodness**\*  
and declare the wonders that he does for **the** children **of** men!
- 16 For he has **broken** the **gates** of brass\*  
and shattered the bars of **iron** **asunder**.
- 17 The foolish were **plagued** for **their** offense\*  
and **because** of their **wickedness**.
- 18 Their soul abhorred all **manner** **of** food,\*  
and they were **even** close to **death's** door.
- 19 So when they cried unto the LORD **in** their **trouble**,\*  
he delivered **them** out of **their** **distress**.
- 20 He sent his **word** and **healed** them,\*  
and they were **saved** from **destruction**.
- 21 Oh, that they would therefore praise the LORD **for** his **goodness**\*  
and declare the wonders that he does for **the** children **of** men!
- 22 That they would offer unto him the sacrifice **of** **thanksgiving**\*  
and tell of **his** works with **gladness**!



- 23 Those who go down **to the sea** in ships, \*  
 who carry out their business in great **waters**,
- 24 They behold the works **of the LORD** \*  
 and **his** wonders **in the deep**.
- 25 For at his word the stormy **wind** arises, \*  
 which *lifts* up **the waves**.
- 26 They are carried up to heaven and down again **to the deep**; \*  
 their soul melts away **because** of the **trouble**.
- 27 They reel to and fro, and stagger **like a drunken man**, \*  
 and **are** at their **wits'** end.
- 28 So when they cry unto the **LORD in** their **trouble**, \*  
 he delivers **them** out of **their distress**.
- 29 For he **makes** the **storm** to cease, \*  
 so **that** the waves **are** still.
- 30 Then they are glad, **because** they **are** at rest, \*  
 and so he brings them into the haven where **they** desire **to be**.
- 31 Oh, that they would therefore praise the **LORD for** his **goodness** \*  
 and declare the wonders that he does for **the children of men!**
- 32 That they would exalt him also in the congregation **of the people** \*  
 and praise him in the **seat** of the **elders!**
- 33 He turns rivers into a **wilderness** \*  
 and water-**springs** into **thirsty** ground,
- 34 A fruitful land **he** makes **barren**, \*  
 because of the wickedness **of** those who  **dwell** there.
- 35 Again, he makes the wilderness into **pools** of **water** \*  
 and dry **ground** into **water-springs**;
- 36 And there he **sets** the **hungry** \*  
 that they may build a **city** to  **dwell** in,
- 37 That they may sow their land **and** plant **vineyards** \*  
 to yield **the** fruits of **increase**.
- 38 He blesses them, so that they multiply **exceedingly**, \*  
 and does not allow **their** cattle **to decrease**.

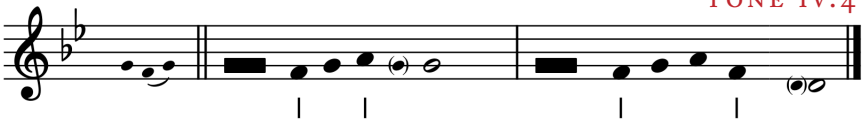
- 39 And again, when they are diminished **and** brought **low**,\*  
 through oppression, through **any** plague or **trouble**,  
 40 Though he pours **contempt** on **princes**\*  
 and lets them wander in **the** pathless **wilderness**,  
 41 Yet he helps the poor **out** of **misery**\*  
 and increases their households like a **flock of** sheep.  
 42 The righteous will consider **this** and **rejoice**,\*  
 and the mouth of all **wickedness** **shall be** stopped.  
 43 Whoever is wise will **ponder** **these** things,\*  
 and shall understand the **loving-kindness** **of the** LORD.

Glory be to the Father, and to the Son, and to the **Holy Spirit**;\*  
 as it was in the beginning, is now, and ever shall be,  
**world** without **end**. Amen.



DAY 22 : EVENING PRAYER

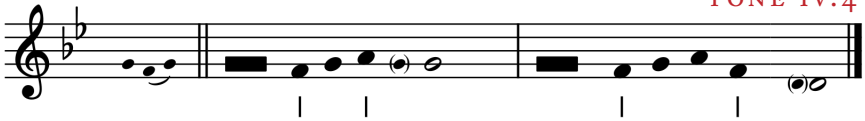
TONE IV.4



108

Paratum cor meum | *The voice of the Church at Christ's enthronement*

- D** God, my heart is fixed, my **heart** is **firmly** fixed;\*  
 I will sing and give praise with **the** best that **I** have.  
 2 Awake, my soul; awake, **lute** and **harp**;\*  
 I myself will **awaken** **the** dawn.  
 3 I will give thanks unto you, O LORD, **among** the **peoples**,\*  
 and I will sing praises unto you **among** the **nations**,  
 4 For the greatness of your mercy reaches **to** the **heavens**,\*  
 and your **faithfulness** **to** the clouds.  
 5 Exalt yourself, O God, **above** the **heavens**;\*  
 let your glory **be** over **all** the earth.  
 6 That your beloved may **be** **delivered**,\*  
 save me by your **right** hand, and **answer** me.



- 7 God has spoken **in** his **holiness**: \*  
 “I will rejoice and divide Shechem,  
 and parcel out the **valley** of **Succoth**.
- 8 Gilead is mine, and **Manasseh** is mine; \*  
 Ephraim also is the helmet for my head;  
**Judah** is my **scepter**.
- 9 Moab is my wash-pot; over Edom **will** I **cast** my shoe; \*  
 over Philistia **will** I **triumph**.”
- 10 Who will lead me into **the** strong **city**, \*  
 and who will bring **me** into **Edom**?
- 11 Have you not forsaken **us**, O **God**? \*  
 And will you not, O **God**, go forth **with** our hosts?
- 12 O help us **against** the **enemy**, \*  
 for **vain** is the **help** of man.
- 13 Through God we **shall** do **great** acts, \*  
 for it is he who shall **tread** down our **enemies**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
**world** without **end**. Amen.

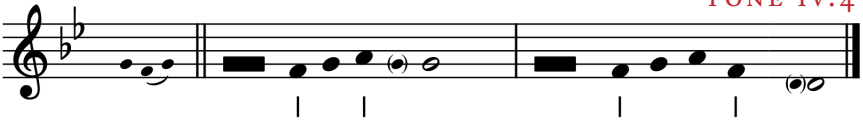
## 109

Deus, laudem | *Christ became a curse, to redeem us from the curse of the Law*

**N**old not your tongue, O **God** of **my** praise, \*  
 for the mouth of the ungodly,  
 the mouth of the deceitful is **opened upon** me.

- 2 They have spoken against **me** with **false** tongues; \*  
 they encompassed me with words of hatred,  
 and fought **against** me **without** a cause.
- 3 In return for the love that I had for them, they have become  
 my **adversaries**; \*  
 but I **give** myself **to** prayer.

- 4 Thus have they rewarded me **evil for good**,\*  
and **hatred for my love**.
- 5 Set an ungodly man to be **ruler over him**,\*  
and let an accuser **stand** at his **right hand**.
- 6 When judgment is given, **let him be condemned**,\*  
and let sentence be **passed** on him **for guilt**.
- 7 Let his **days be few**,\*  
and let another take his **office**.
- 8 Let his children be **fatherless**\*  
and **his wife a widow**.
- 9 Let his children be vagabonds and **beg their bread**;\*  
let them be driven out, even from **desolate places**.
- 10 Let the creditor consume **all** that **he has**,\*  
and let strangers take **his labor for spoil**.
- 11 Let there be no **one** to **pity him**,\*  
nor to have compassion upon his **fatherless children**.
- 12 Let his posterity **be destroyed**,\*  
and in the next generation let **his name be blotted out**.
- 13 Let the wickedness of his fathers be held in remembrance in  
the sight **of the LORD**,\*  
and let not the sin of his **mother be blotted out**.
- 14 Let them be always **before the LORD**,\*  
that he may root out the memorial of them **from the earth**,
- 15 Because he was not minded **to do good**,\*  
but persecuted to death the poor and needy,  
and those who **were brokenhearted**.
- 16 His delight was in cursing;  
let curses **come upon him**;\*  
he loved not blessing;  
therefore **let it be far** from him.
- 17 He clothed himself with cursing as **with a garment**,\*  
so let it soak into his body like water,  
and **like oil into his bones**.
- 18 Let it be to him as the cloak that **he has on**\*  
and as the **belt** that he **always wears**.
- 19 Let this be the recompense from the LORD **to my enemies**,\*  
and to those who speak **evil against my soul**.



- 20 But deal with me, O LORD God, according to your Name; \*  
for **sweet** is your **mercy**.
- 21 O deliver me, for I am **helpless** and **poor**, \*  
and my heart is **wounded** within me.
- 22 I disappear like the **shadow** that **lengthens**, \*  
and am shaken off **like** a **grasshopper**.
- 23 My knees are **weak** through **fasting**; \*  
my flesh is grown lean **for** want of **nourishment**.
- 24 I have become **a reproach** to them; \*  
when they look **on** me, they **shake** their heads.
- 25 Help me, O LORD my **God**; \*  
save me according to your **mercy**;
- 26 And they shall know that **this** is your hand, \*  
and that you, O LORD, have **done** it.
- 27 Though they curse, **yet** you **bless**; \*  
let them be confounded who rise up against me,  
but let **your** servant **rejoice**.
- 28 Let my adversaries be **clothed** with shame, \*  
and let them cover themselves with their  
own **disgrace** as **with** a cloak.
- 29 As for me,  
I will give great thanks unto the LORD with **my** mouth, \*  
and praise him **among** the **multitude**,
- 30 For he shall stand at the right hand **of** the **poor**, \*  
to save their souls from the **unrighteous judges**.

Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
as it was in the beginning, is now, and ever shall be,  
**world** without **end**. Amen.







110

Dixit Dominus | *The Son, begotten before all worlds, received the Father's promises*

- D**he LORD said unto my Lord, “Sit at my right **hand**, \*  
 until I make your **enemies** your **footstool**.”  
<sup>2</sup> The LORD shall send the scepter of your power out of **Zion**: \*  
 “Rule in the **midst** of your **enemies**.”  
<sup>3</sup> In the day of your power the people, in holy raiment, shall  
 offer you freewill **offerings**; \*  
 from the womb of the morning,  
 the dew of your **youth** **belongs** to you.  
<sup>4</sup> The LORD has sworn and will **not** recant: \*  
 “You are a priest for ever after the order **of Melchizedek**.”  
<sup>5</sup> The Lord at your right **hand** \*  
 shall smite kings in the **day** of **his** wrath.  
<sup>6</sup> He shall judge the **nations**; \*  
 he shall fill the lands with dead bodies,  
 and strike down heads over **many** **countries**.  
<sup>7</sup> He shall drink from the brook by the **way**; \*  
 therefore shall he **lift** up **his** head.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.

111

Confitebor tibi | *Christ gives the food of his word || St. Dunstan's dying words*

- D**raise the LORD.  
 I will give thanks unto the LORD with my **whole** heart, \*  
 in the company of the upright, and among the **congregation**.  
<sup>2</sup> The works of the LORD are **great**, \*  
 sought out by all who have **pleasure** **in** them.



- 3 His work is worthy to be praised and held in **honor**,<sup>\*</sup>  
and his righteousness **endures** for **ever**.
- 4 He has made his marvelous works to be had in **remembrance**;<sup>\*</sup>  
The LORD is **gracious** and **merciful**.
- 5 He has given food to those who **fear** him;<sup>\*</sup>  
he shall ever be mindful **of** his **covenant**.
- 6 He has shown his people the power of his **works**,<sup>\*</sup>  
that he may give them the heritage **of** the **nations**.
- 7 The works of his hands are faithfulness and **justice**;<sup>\*</sup>  
all his **commandments are** true.
- 8 They stand fast for ever and **ever**,<sup>\*</sup>  
and are done in **truth** and **equity**.
- 9 He sent redemption to his people;  
he has commanded his covenant for **ever**;<sup>\*</sup>  
holy and **awesome is** his Name.
- 10 The fear of the LORD is the beginning of **wisdom**;<sup>\*</sup>  
a good understanding have all those who live accordingly;  
his praise **endures** for **ever**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;<sup>\*</sup>  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

## 112

*Beatus vir | Christ gives heavenly rewards to the poor*


- D**raise the LORD! Blessed is the one who fears the LORD,<sup>\*</sup>  
who has great delight in **his** **commandments**.
- 2 His seed shall be mighty in the **land**;<sup>\*</sup>  
the generation of the **faithful shall** be blessed.
- 3 Riches and plenteousness shall be in **his** house,<sup>\*</sup>  
and his righteousness shall **endure** for **ever**.

- 4 For the upright, there rises light in the **darkness**; \*  
he is merciful, **loving**, and **righteous**.
- 5 It is good for him to be generous in **lending** \*  
and to guide his words **with** discretion.
- 6 For he shall never be **moved**, \*  
and the righteous shall be kept in ever**lasting** remembrance.
- 7 He will not be afraid of any evil **tidings**, \*  
for his heart is steadfast **and** trusts **in** the LORD.
- 8 His heart is established, and will **not** fear; \*  
at the last he shall see his desire **upon** his **enemies**.
- 9 He has given freely to the **poor**, \*  
and his righteousness endures for ever;  
his horn shall be **exalted** with **honor**.
- 10 The ungodly shall see it, and shall be **angry**; \*  
he shall gnash his teeth, and waste away;  
the desire of the **ungodly** shall **perish**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

## 113

*Laudate, pueri | Christ makes his once spiritually barren people fruitful*

- raise the LORD. Sing praises, you servants of the LORD; \*  
O praise **the** Name **of** the LORD.
- 2 Blessèd be the Name of the LORD, \*  
from this time **forth** for **evermore**.
- 3 The LORD's Name be **praised** \*  
from the rising up of the sun to the going **down** of **the** same.
- 4 The LORD is high above all **nations**, \*  
and his glory **above** the **heavens**.
- 5 Who is like the LORD our God, who has his dwelling **so** high, \*  
and yet humbles himself to behold the things that  
are in **heaven and** earth?
- 6 He takes up the lowly out of the **dust**, \*  
and lifts the poor out **of** the **ashes**,



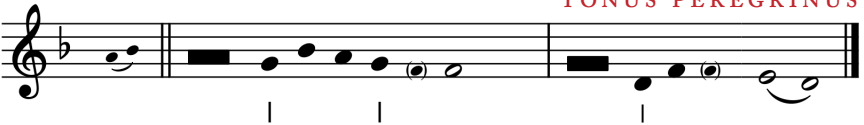
- 7 That he may set them with the **princes**,\*  
even with the princes **of his people**.
- 8 He gives the barren woman a home to **dwel**l in,\*  
and makes her to be a joyful mother of **children**.  
**Praise** the LORD.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



## DAY 23 : EVENING PRAYER

## TONUS PEREGRINUS



114

In exitu Israel | *The Apostle's narrating the wonders God did for the Jews*

- W**hen Israel **came** out of **Egypt**,\*  
and the house of Jacob from among a  
people of a foreign *tongue*,
- 2 Judah **was** God's sanctuary,\*  
and Israel his **dominion**.
- 3 The sea **beheld** it **and fled**;\*  
Jordan **was** driven *back*.
- 4 The **mountains** skipped **like** rams,\*  
and the little hills **like** young *sheep*.
- 5 What ailed you, **O** sea, that **you** fled? \*  
O Jordan, that you **were** driven *back*?
- 6 You mountains, **that** you skipped **like** rams,\*  
and you little hills **like** young *sheep*?

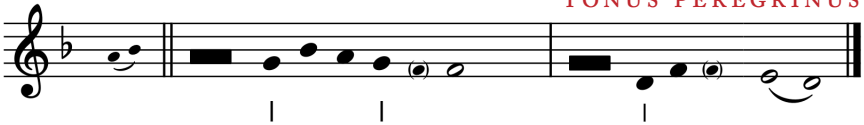
7 Tremble, O earth, at **the** presence **of** the LORD, \*  
 at the presence of the God **of** Jacob,  
 8 Who turned the hard rock into a pool of **water**, \*  
 and the flint stone into a springing *well*.  
 Glory be to the Father, and to the Son, and to **the** Holy **Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without** end. *Amen*.

## 115

Non nobis, Domine | *The rebuke of idols* || *Victory song of martyrs*

**N**ot unto us, O LORD, not unto us,  
 but unto **your** Name give **the** praise, \*  
 for your loving mercy and for **your** truth's *sake*.  
 2 Why **shall** the nations say, \*  
 "Where **now** is their *God*?"  
 3 As for our God, **he** is in **heaven**; \*  
 he has done whatsoever pleased *him*.  
 4 Their idols **are** silver **and** gold, \*  
 even the work **of** human *hands*.  
 5 They have **mouths**, but they **speak** not; \*  
 eyes have they, but **they** see *not*.  
 6 They have **ears**, but they **hear** not; \*  
 noses have they, but **they** smell *not*.  
 7 They have hands, but they feel not;  
 feet have **they**, but they **walk** not; \*  
 neither is there any sound **in** their *throat*.  
 8 Those who **make** them are **like** them, \*  
 and so are all who put **their** trust in *them*.  
 9 But you, O house of Israel, trust in **the** LORD; \*  
 he is their helper and **defender**.  
 10 You house of Aaron, put **your** trust in **the** LORD; \*  
 he is their helper and **defender**.  
 11 You who fear the LORD, put **your** trust in **the** LORD; \*  
 he is their helper and **defender**.  
 12 The LORD has been mindful of us, **and** he shall **bless** us; \*  
 he shall bless the house of Israel;  
 he shall bless the house **of** Aaron;

## TONUS PEREGRINUS



- 13 He shall **ble**ss those who **fe**ar the LORD, \*  
both small and great **to**gether.
- 14 The LORD shall **in**crease you **mo**re and more, \*  
you and your **chil**dren after *you*.
- 15 You are **th**e ble<sup>s</sup>sèd **of** the LORD, \*  
who has made **heav**en and *earth*.
- 16 The **heav**ens are **th**e LORD's; \*  
the **earth** has he given to the **chil**dren of *men*.
- 17 The **de**ad praise you **no**t, O LORD, \*  
neither all those who go down into **sil**ence.
- 18 But **we** will praise **th**e LORD, \*  
from this time forth for evermore. **P**raise the *LORD*.

Glory be to the Father, and to the Son, and to **th**e Holy **S**pirit; \*  
as it was in the beginning, is now, and ever shall be,  
world **with**out end. *Amen*.



## DAY 24 : MORNING PRAYER

## TONE VI



## 116

Dilexi, quoniam | *The voice of Christ and his members, rescued from Hades*

- D**love **th**e LORD, \*  
because he heard the **vo**ice *of my* prayer,  
2 Because he inclined **h**is ear **to** me; \*  
therefore will I call upon him as **lo**ng as **I** live.
- 3 The snares of death encompassed me,  
and the pains of the Grave **l**a<sup>i</sup>d hold **of** me; \*  
I suffered **tr**ouble *and* **so**rrow.



- 4 Then I called upon the **Name of the LORD**: \*  
“O LORD, I beseech you, **deliver** my soul.”
- 5 Gracious is the LORD **and righteous**; \*  
indeed, our God is full **of compassion**.
- 6 The Lord preserves **the simple**; \*  
I was in misery, **and he helped** me.
- 7 Turn again to your **rest**, O **my soul**, \*  
for the LORD **has rewarded** you.
- 8 You have delivered **my soul from death**, \*  
my eyes from tears, and my **feet from stumbling**.
- 9 I will walk **before the LORD** \*  
in the land **of the living**.
- 10 I believed, and therefore will I speak:  
“I am **greatly troubled**.” \*  
I said in my haste, “All **men are liars**.”
- 11 What shall I give **unto the LORD** \*  
for all the benefits that he has **done unto** me?
- 12 I will lift up the cup of **salvation** \*  
and call upon the **Name of the LORD**.
- 13 I will pay my vows unto the Lord in the presence  
of all **his people**; \*  
dear in the sight of the LORD is the **death of his** saints.
- 14 O LORD, I am **your servant**; \*  
I am your servant, and the child of your handmaid;  
you have broken my **bonds asunder**.
- 15 I will offer you the sacrifice of **thanksgiving** \*  
and will call upon the **Name of the LORD**.
- 16 I will pay my vows unto the LORD in the sight of all his **people**, \*  
in the courts of the LORD’s house,  
even in the midst of you, O **Jerusalem**. *Praise the LORD*.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



## 117

*Laudate Dominum | Christ calls forth praise from all the gentile nations*

**P**raise the LORD, all **you** nations; \*  
 praise him, **all you** peoples.  
<sup>2</sup> For great is his loving-kindness towards us, \*  
 and the faithfulness of the LORD  
 endures for ever. *Praise* **the** LORD.

Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
 as it was in the beginning, is now, and ever shall be,  
 world without end. Amen.

## 118

*Confitemini Domino | Christ is the Cornerstone, the Day, and the Gate*

**G**ive thanks unto the LORD, for he **is** gracious; \*  
 his mercy endures *for ever*.  
<sup>2</sup> Let Israel now confess that he **is** gracious, \*  
 that his mercy endures *for ever*.  
<sup>3</sup> Let the house of Aaron now **confess** \*  
 that his mercy endures *for ever*.  
<sup>4</sup> Indeed, let those who fear **the** LORD **confess** \*  
 that his mercy endures *for ever*.  
<sup>5</sup> I called upon the LORD **in** trouble, \*  
 and the LORD heard me **and** *set me* free.  
<sup>6</sup> The LORD **is** on **my** side; \*  
 I will not fear what **man** *can* do to me.  
<sup>7</sup> The LORD takes my side with those **who** help me; \*  
 therefore shall I look in triumph **on** *my* enemies.  
<sup>8</sup> It is better to **trust** in **the** LORD \*  
 than to put any **confidence** in man.  
<sup>9</sup> It is better to **trust** in **the** LORD \*  
 than to put any confidence *in* princes.



- 10 All the nations **encompass me,** \*  
but in the Name of the LORD **will I cut** them off.
- 11 They hem me in on every side;  
indeed, they hem me in **on every side,** \*  
but in the Name of the LORD **will I cut** them off.
- 12 They come about me like bees,  
and blaze like fire **among the thorns,** \*  
but in the Name of the LORD **will I cut** them off.
- 13 I was thrust aside so that **I almost fell,** \*  
but the LORD *was my* help.
- 14 The LORD is my strength **and my song,** \*  
and has become **my salvation.**
- 15 The voice of joy and deliverance is in the  
dwellings of **the righteous;** \*  
the right hand of the LORD brings **mighty things** to pass.
- 16 The right hand of the LORD is **exalted;** \*  
the right hand of the LORD brings **mighty things** to pass.
- 17 I shall not **die,** but **live,** \*  
and declare the **works of the LORD.**
- 18 The LORD has chastened and **corrected me,** \*  
but he has not given **me over** to death.
- 19 Open unto me the gates **of righteousness,** \*  
that I may go into them, and give **thanks unto** the LORD.
- 20 This is the **gate of the LORD;** \*  
the righteous shall **enter into** it.
- 21 I will thank you, for you **have heard me,** \*  
and have become **my salvation.**
- 22 The same stone which the **builders refused** \*  
has become the **chief cornerstone.**
- 23 This is the **LORD's doing,** \*  
and it is **marvelous in our** eyes.
- 24 This is the day that **the LORD has made;** \*  
we will rejoice **and be glad** in it.
- 25 Help **me now, O LORD;** \*  
O LORD, send us **now prosperity.**
- 26 Blessed is he who comes in the **Name of the LORD;** \*  
we bless you from the **house of the LORD.**



- 27 God is the LORD, who **has** shown **us** light; \*  
bind the sacrifice with cords, even to the horns of *the* altar.
- 28 You are my God, and I **will** thank you; \*  
you are my God, and I **will** *exalt* you.
- 29 O give thanks unto the LORD, for he **is** gracious; \*  
his mercy **endures** *for* ever.

Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
as it was in the beginning, is now, and ever shall be,  
world without **end**. Amen.



## DAY 24 : EVENING PRAYER



## 119 PART I

Beati immaculati | *Concerning mystical doctrine*

ALEPH

- B**lessèd are those who are undefiled in **their** ways, \*  
and walk in the **law** of **the** LORD.
- <sup>2</sup> Blessèd are those who keep his **testimonies** \*  
and seek him **with** *their* **whole** heart,
- <sup>3</sup> Even those who do **no** wickedness \*  
and perfectly **walk** in **his** ways.
- <sup>4</sup> You have ordered **your** precepts \*  
that we should diligently **keep** them.
- <sup>5</sup> O that my ways were **made** so **direct** \*  
that I might **keep** *your* statutes!
- <sup>6</sup> Then would I not **be** put **to** shame \*  
while I give heed unto all **your** *commandments*.

- 7 I will thank you with **an upright heart**, \*  
when I have learned your **righteous judgments**.  
8 I will keep **your statutes**; \*  
O do not forsake *me* **utterly**.

In quo corrigit? | *The voice of the young, recently believing*

BETH

- 9 How shall a young **man** cleanse **his way**? \*  
By ruling himself **according to** your word.  
10 With my whole heart I **have sought you**; \*  
O let me not go astray from **your commandments**.  
11 Your words have I hidden **within my heart**, \*  
that I may not **sin against** you.  
12 Blessed are **you, O LORD**; \*  
teach **me your statutes**.  
13 With my lips have I **been telling** \*  
of all the **judgments of your** mouth.  
14 I have had greater delight in the way of your **testimonies** \*  
than in all manner **of riches**.  
15 I will meditate on your **commandments** \*  
and have **respect for all** your ways.  
16 My delight will be in **your statutes**, \*  
and I will **not forget** your word.

Retribue servo tuo | *The voice of confessors*

GIMEL

- 17 O do well unto **your servant**, \*  
that I may **live, and keep** your word.  
18 Open my eyes **that I may see** \*  
the wondrous **things of your** law.  
19 I am a **sojourner on earth**; \*  
O hide not your **commandments from** me.  
20 My soul is consumed with the **fervent desire** \*  
that it always has **for your judgments**.  
21 You have **rebuked the proud**, \*  
and cursed are those who stray from **your commandments**.  
22 O turn from me **shame and contempt**, \*  
for I have kept your **testimonies**.



- 23 Though princes sit and speak **against me**,\*  
yet will your servant meditate **on your statutes**;
- 24 For your testimonies **are my delight**,\*  
and they **are my counselors**.

*Adhæsit pavimento | The voice of Christians living in the world*

DALETH

- 25 My soul **cleaves to the dust**;\*  
O revive me, **according to your word**.
- 26 I have acknowledged my ways, and **you heard me**;\*  
O teach **me your statutes**.
- 27 Make me to understand the way of your **commandments**,\*  
and so shall I meditate **on your wondrous works**.
- 28 My soul melts away **for heaviness**;\*  
comfort me **according to your word**.
- 29 Take from me the way **of lying**,\*  
and graciously **teach me your law**.
- 30 I have chosen **the way of truth**,\*  
and your judgments have I **set before me**.
- 31 I hold fast to your **testimonies**;\*  
O LORD, let me **not be put to shame**.
- 32 I will run the way of your **commandments**\*  
when you enlarge my heart with **understanding**.

Glory be to the Father, and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and ever shall be,  
world without **end. Amen.**



Legem pone | *The voice of monastics*

HE

- T**each me, O LORD, the way of **your statutes**, \*  
 and I shall **keep it to** the end.
- <sup>34</sup> Give me understanding, and I **shall keep your law**; \*  
 indeed, I shall keep it **with my whole** heart.
- <sup>35</sup> Make me go in the path of your **commandments**, \*  
 for therein **is my desire**.
- <sup>36</sup> Incline my heart to your **testimonies**, \*  
 and not to **covetous** desires.
- <sup>37</sup> O turn away my eyes, lest they **behold vanity**, \*  
 and **revive me in** your ways.
- <sup>38</sup> Confirm your word to **your servant**, \*  
 and to all **those who fear** you.
- <sup>39</sup> Take away the reproach that I am **afraid of**, \*  
 for **your judgments** are good.
- <sup>40</sup> Behold, my delight is in **your precepts**; \*  
 O revive me **in your righteousness**.

Et veniat super me | *The voice of priests*

WAW

- <sup>41</sup> Let your loving mercy come **to me, O LORD**, \*  
 even your salvation, **according to** your word.
- <sup>42</sup> So shall I answer those **who taunt me**, \*  
 for my **trust is in** your word.
- <sup>43</sup> O do not take the word of your truth utterly **out of my mouth**, \*  
 for my hope is **in your judgments**.
- <sup>44</sup> So shall I **always keep your law**, \*  
 even for **ever and ever**;
- <sup>45</sup> And I will walk **at liberty**, \*  
 for I seek **your commandments**.
- <sup>46</sup> I will speak of your testimonies also, even **before kings**, \*  
 and **will not be** ashamed;



- 61 The cords of the ungodly have **encircled me**,\*  
 but I have not **forgotten** your law.
- 62 At midnight I will rise to give **thanks** to **you**,\*  
 because of your **righteous judgments**.
- 63 I am a companion of all those **who fear you**\*  
 and keep **your commandments**.
- 64 The earth, O LORD, is full of **your mercy**;\*  
 O teach **me your statutes**.

Bonitatem fecisti | *The voice of the saints in adversity*

TETH

- 65 O LORD, you have dealt graciously with **your servant**,\*  
 according to **your word**.
- 66 O teach me true understanding **and knowledge**,\*  
 for I have believed **your commandments**.
- 67 Before I was afflicted I went **astray**,\*  
 but **now I keep** your word.
- 68 You are good **and gracious**;\*  
 O teach **me your statutes**.
- 69 The proud have slandered **me with lies**,\*  
 but I will keep your commandments **with my whole heart**.
- 70 Their heart has become gross **with fatness**,\*  
 but my delight **is in your law**.
- 71 It is good for me that I have been **afflicted**,\*  
 that I may **learn your statutes**.
- 72 The law of your mouth is dearer to **me**\*  
 than thousands in **gold and silver**.

Glory be to the Father, and to the Son, and to the Holy Spirit;\*  
 as it was in the beginning, is now, and ever shall be,  
 world without **end. Amen.**





## 119 PART III

Manus tuæ fecerunt me | *The voice of Bishops and Confessors*

YODH



our hands have made me **and fashioned me**; \*

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

74 Those who fear you will be glad when **they see me**, \*  
because I have put my **trust in your** word.

75 I know, O Lord, that your **judgments are right**, \*  
and that in your faithfulness you have caused me to **be afflicted**.

76 O let your merciful kindness be **my comfort**, \*  
according to your word **to your servant**.

77 O let your loving mercies come to me, **that I may live**, \*  
for your **law is my** delight.

78 Let the proud be put to shame, for they go about wickedly  
to **destroy me**; \*  
but I will meditate on **your commandments**.

79 Let those who fear **you turn to me**, \*  
even those who know your **testimonies**.

80 O let my heart be sound in **your statutes**, \*  
that I may never **be put** to shame.

Defecit anima mea | *The vows of the penitent*

KAPH

81 My soul has longed for your **salvation**, \*  
and I have a good hope **because of** your word.

82 My eyes long **sorely for your word**, \*  
saying, "O when **will you comfort** me?"

83 For I have become like a wineskin in **the smoke**, \*  
yet I do not **forget your** statutes.



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

When will you execute judgment on those who **persecute** me?

85 The proud have **dug pits for me;** \*  
they do not walk **after your law.**

86 All your **commandments are true.** \*  
They persecute me falsely;  
O **Lord, be my help.**

87 They had almost made an end **of me on earth,** \*  
but I have not forsaken **your commandments.**

88 O revive me with your **loving-kindness,** \*  
and so shall I keep the **testimonies of your mouth.**

In æternum, Domine | *The voice of those who serve in the Church*

LAMEDH

89 O LORD, your word endures **for ever;** \*  
it stands **fast in heaven.**

90 Your faithfulness remains from one generation to **another;** \*  
you have laid the foundation of the earth, **and it abides.**

91 Surely your ordinances **stand firm this day,** \*  
for all things **are your servants.**

92 If my delight had not **been in your law,** \*  
I should have perished in **my affliction.**

93 I will never forget your **commandments,** \*  
for with them you **have enlivened me.**

94 I am yours; O **save me!** \*  
For I have sought **your commandments.**

95 The ungodly lie in wait for me to **destroy me,** \*  
but I will consider your **testimonies.**

96 I see that all things **come to an end,** \*  
but your **commandment has no bounds.**

Quomodo dilexi! | *The voice of teachers of the Faith*

MEM

97 Lord, what love I **have for your law;** \*  
all the day long I **meditate** on it.



- 98 You, through your commandment, have made me wiser  
than **my enemies**,\*  
for it is **always with** me.
- 99 I have more understanding than **my teachers**,\*  
for your testimonies **are my study**.
- 100 I am wiser than **the agéd**,\*  
because I keep **your commandments**.
- 101 I have restrained my feet from every **evil way**,\*  
that **I may keep** your word.
- 102 I have not turned aside from **your judgments**,\*  
for you **yourself have taught** me.
- 103 Oh, how sweet are your **words to my taste**;\*  
indeed, sweeter than **honey to my mouth**.
- 104 Through your commandments I get **understanding**;\*  
therefore I **hate all** evil ways.

Glory be to the Father, and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and ever shall be,  
world **without end. Amen.**



## DAY 26 : MORNING PRAYER

## 119 PART IV

Lucerna pedibus meis | *The voice of one opposed by false teachers*

NUN

- Y**our word is a **lantern to my feet**\*  
and a **light upon** my path.
- 106 I have sworn and am **steadfastly purposed**\*  
to keep your **righteous judgments**.
- 107 I am troubled **above measure**;\*  
revive me, O LORD, **according to** your word.

- 108 Let the freewill offerings of my mouth **please** you, **O LORD**; \*  
and teach **me** *your* **judgments**.
- 109 My life is **always** in **my hand**, \*  
yet I do **not** *forget* your law.
- 110 The ungodly have laid **a snare** **for me**, \*  
yet I have not strayed from **your** *commandments*.
- 111 Your testimonies have I claimed as my heritage **for ever**, \*  
and why? They are the very **joy** *of my* heart.
- 112 I have applied my heart to fulfill your statutes **always**, \*  
even **unto the** end.

Iniquos odio habui | *The voice of the righteous in temptation*

SAMEKH

- 113 I hate those who are **double-minded**, \*  
but your **law** *do I* love.
- 114 You are my **defense** **and shield**, \*  
and my **trust** *is in* your word.
- 115 Away from me, **you** **wicked**. \*  
I will keep the **commandments** *of my* God.
- 116 Establish me according to your word, **that I may live**, \*  
and let me not be **disappointed** **in** my hope.
- 117 Hold me up, and **I shall be safe**; \*  
indeed, my delight shall be ever **in** *your* **statutes**.
- 118 You have trodden down all those who depart from **your** **statutes**, \*  
for they only **imagine** deceit.
- 119 You put away all the ungodly of **the earth** **like dross**; \*  
therefore I love your **testimonies**.
- 120 My flesh trembles **for fear** **of you**, \*  
and I am afraid **of** *your* **judgments**.

Feci iudicium | *The prayer of the faithful at the End*

AYIN

- 121 I have done that which is **lawful** **and right**, \*  
O give me not over to **my** *oppressors*.
- 122 Be surety for **your** **servant's good**, \*  
O let not the **arrogant** *oppress* me.
- 123 My eyes have wasted away with looking for your **salvation**, \*  
and for the word **of** *your* **righteousness**.



- 124 O deal with your servant according to your **loving mercy**, \*  
and teach **me your statutes**.
- 125 I am your servant; O grant me **understanding**, \*  
that I may know your **testimonies**.
- 126 It is time for you, **O LORD, to act**, \*  
for they have **broken your law**.
- 127 For I love your commandments **above all things**, \*  
more than **gold and precious stones**.
- 128 Therefore I hold all your commandments **to be right**, \*  
and all false ways I **utterly** abhor.

*Mirabilia | Thanks to God for his speaking words to the heart*  
PE

- 129 Your testimonies **are wonderful**; \*  
therefore does **my soul keep** them.
- 130 When your word goes forth **it gives light** \*  
and understanding **to the simple**.
- 131 I opened my mouth, and **drew in my breath**, \*  
for my delight was in **your commandments**.
- 132 O look upon me, and be **merciful unto me**, \*  
as you always do for **those who love** your Name.
- 133 Order my steps according **to your word**, \*  
and so shall no wickedness have **dominion** over me.
- 134 O deliver me from those who **deal wrongfully**, \*  
and so shall I keep **your commandments**.
- 135 Show the light of your countenance upon **your servant**, \*  
and teach **me your statutes**.
- 136 My eyes gush **out water** \*  
because of those who **do not keep** your law.

- <sup>137</sup> Righteous **are** you, **O LORD**,\*  
and true **are** *your* **judgments**.
- <sup>138</sup> The testimonies that you have **commanded** \*  
are exceedingly **righteous and** true.
- <sup>139</sup> My zeal has even **consumed me**,\*  
because my enemies have **forgotten** your words.
- <sup>140</sup> Your word is tested to **the uttermost**,\*  
and therefore your **servant** **loves** it.
- <sup>141</sup> I am small, and of no **reputation**,\*  
yet I do not forget **your** **commandments**.
- <sup>142</sup> Your righteousness is an everlasting righteousness,\*  
and your **law** *is* **the** truth.
- <sup>143</sup> Trouble and heaviness have **taken hold of me**,\*  
yet my delight is in **your** **commandments**.
- <sup>144</sup> The righteousness of your testimonies is **everlasting**;\*  
O grant me understanding, **and I shall** live.

Glory be to the Father, and to the Son, and to the Holy Spirit;\*  
as it was in the beginning, is now, and ever shall be,  
world without **end**. Amen.



DAY 26 : EVENING PRAYER

119 PART V

Clamavi in toto corde meo | *The voice of one confessing the faith a long time*

QOPH

- C**all with **my** whole **heart**.\*  
Hear me, O LORD;  
I will **keep** *your* **statutes**.
- <sup>146</sup> Even unto **you** do **I call**;\*  
help me, and I shall keep your **testimonies**.
- <sup>147</sup> Early in the morning do **I cry unto you**,\*  
for in your **word** *is* **my** trust.



- 148 My eyes open before the **night** watches, \*  
that I may **meditate on** your words.
- 149 Hear my voice, O LORD, according to your **loving-kindness**; \*  
give me life according **to your judgments**.
- 150 They draw nigh who in malice persecute **me**, \*  
and **are far from** your law.
- 151 Be near **at hand**, O LORD, \*  
for all your **commandments are true**.
- 152 Concerning your testimonies, I have **known long ago** \*  
that you have founded **them for ever**.

Vide humilitatem | *Supplication of the sorrowful*  
RESH

- 153 O consider my adversity and **deliver me**, \*  
for I do **not forget** your law.
- 154 Plead my cause and **deliver me**; \*  
give me life **according to** your word.
- 155 Salvation is far from the **ungodly**, \*  
for they do not **regard your statutes**.
- 156 Great is your mercy, O LORD; \*  
give me life according **to your judgments**.
- 157 Many there are who trouble me and persecute **me**, \*  
yet I do not swerve from your **testimonies**.
- 158 It grieves me when I see the **transgressors**, \*  
because they **do not keep** your law.
- 159 Consider, O LORD, how I love your **commandments**; \*  
O give me life according to your **loving-kindness**.
- 160 Your word is true from **everlasting**; \*  
all the judgments of your righteousness **endure for evermore**.

Principes persecuti sunt | *The plea of one opposed by bishops*  
SHIN

- 161 Princes have persecuted me **without a cause**, \*  
but my heart stands **in awe of** your word.

- 162 I am as glad **of your word** \*  
 as one **who finds great** spoils.
- 163 As for lies, I hate and **abhor them**, \*  
 but your **law do I** love.
- 164 Seven times a day do **I praise you**, \*  
 because of your **righteous judgments**.
- 165 Great is the peace they have **who love your law** \*  
 and find in **it no stumbling** block.
- 166 LORD, I have looked for **your saving health** \*  
 and have done **your commandments**.
- 167 My soul has kept your **testimonies**, \*  
 and I have loved **them exceedingly**.
- 168 I have kept your commandments and **testimonies**, \*  
 for all my ways **are before** you.

Appropinquet deprecatio | *The remembrance of our frailty*

TAW

- 169 Let my complaint come before **you, O LORD**; \*  
 give me understanding, **according to** your word.
- 170 Let my supplication come **before you**; \*  
 deliver me, **according to** your word.
- 171 My lips shall **pour forth your praise**, \*  
 when you have taught **me your statutes**.
- 172 Surely my tongue shall sing **of your word**, \*  
 for all your **commandments are righteous**.
- 173 Let your hand be strong **to help me**, \*  
 for I have chosen **your commandments**.
- 174 I have longed for your **saving health, O LORD**, \*  
 and in your **law is my delight**.
- 175 O let my soul live, and it **shall praise you**; \*  
 and let your **judgments help** me.
- 176 I have gone astray like a **sheep that is lost**; \*  
 O seek your servant, for I do not forget **your commandments**.

Glory be to the Father, and to the Son, and to the Holy Spirit; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end. Amen.**





120

Ad Dominum | *Step 1 of the Ascent: Weariness of worldly companionship*

- W**hen I was in trouble I **called** upon the LORD, \*  
 and he hearkened **to** my **calling**.  
 2 Deliver my soul, O LORD, from **lying** lips \*  
 and from a **deceitful** tongue.  
 3 What reward shall be given or done unto **you**, O **false** tongue? \*  
 Even mighty and sharp arrows, **with** hot **burning** coals.  
 4 Woe is me, that I am constrained to  **dwell** in **Meshech**, \*  
 and to have my habitation among the **tents** of **Kedar**.  
 5 My soul has long **dwelt** among those \*  
 who are **enemies** of peace.  
 6 I labor for peace, but when I speak **to** them **of** it, \*  
 they make themselves **ready** for **battle**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.

121

Levavi oculos | *Step 2 of the Ascent: Hope in the promised life everlasting*

- L** will lift up my **eyes** unto the hills; \*  
 from **whence** comes **my** help?  
 2 My help **comes** from **the** LORD, \*  
 who has made **heaven** and earth.  
 3 He will not **let** your **foot** be moved, \*  
 and he who **keeps** you **will not** sleep.  
 4 Behold, **he** who keeps **Israel** \*  
 shall neither **slumber** nor sleep.  
 5 The LORD **himself** is your **keeper**; \*  
 the LORD is your defense upon your **right** hand,



- 6 So that the sun shall not **burn** you **by** day, \*  
neither the **moon** **by** night.  
7 The LORD shall preserve you **from** all evil; \*  
indeed, it is he **who** shall **keep your** soul.  
8 The LORD shall preserve your going **out** and your **coming in**, \*  
from this time **forth** for **evermore**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

## 122

*Lætatus sum | Step 3 of the Ascent: Love for the People of God*

- I** was glad when they **said** unto me, \*  
“We will go into the **house** of the LORD.”  
2 Now our **feet** are **standing** \*  
within your gates, **O Jerusalem**.  
3 Jerusalem is built **as a city** \*  
that is at **unity** in **itself**.  
4 For there the tribes go up, even the **tribes** of the LORD, \*  
as was decreed for Israel,  
to give thanks unto the **Name** of the LORD.  
5 For there is the **throne** of **judgment**, \*  
even the throne of the **house** of **David**.  
6 O pray for the peace **of Jerusalem**; \*  
they shall **prosper** that **love** you.  
7 Peace **be** **within** your walls \*  
and plenteousness **within** your **palaces**.  
8 For my brethren **and companions**’ sakes, \*  
I will wish **you** **prosperity**.  
9 Indeed, because of the house **of** the LORD our God, \*  
I will **seek** to **do you** good.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



## 123

*Ad te levavi oculos meos* | *Step 4 of the Ascent: Perseverance in prayer*

- I**nto you I **lift up my eyes**,\*  
 you who are enthroned **in the heavens**.  
<sup>2</sup> Behold, as the eyes of servants look to the hand  
**of their masters**,\*  
 and as the eyes of a maiden to the hand **of her mistress**,  
<sup>3</sup> Even so our eyes wait **upon the LORD** our God,\*  
 until he **show us his favor**.  
<sup>4</sup> Have mercy upon us, O **LORD**, have **mercy upon us**,\*  
 for we have suffered more **than enough contempt**.  
<sup>5</sup> Long has our soul suffered the **scorn** of the **wealthy**\*  
 and the **spitefulness** of **the proud**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**;  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.

## 124

*Nisi quia Dominus* | *Step 5 of the Ascent: Gratitude for deliverance*

- I**f 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**,  
<sup>2</sup> Then would they have **swallowed us up alive**,\*  
 when they were so wrathfully **displeased with us**;  
<sup>3</sup> Then the waters would have drowned us,  
 and the **torrent gone over us**;  
 then the raging waters would have **gone clean over us**.  
<sup>4</sup> But **praised be the LORD**,\*  
 who has not given us over to be **prey for their teeth**.

- <sup>5</sup> We escaped like a bird out of the **snare** of the **fowler**; \*  
 the snare is broken, and we have **been delivered**.
- <sup>6</sup> Our help is in the **Name** of **the LORD**, \*  
 the maker of **heaven and earth**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.

## 125

*Qui confidunt | Step 6 of the Ascent: Remanining faithful in suffering*



Those who put their trust in the **LORD**  
 shall be **like Mount Zion**, \*  
 which cannot be moved, but stands **fast** for **ever**.

- <sup>2</sup> The hills stand **about Jerusalem** \*  
 even as the **LORD** stands round about his people,  
 from this time **forth** for **evermore**.
- <sup>3</sup> For the scepter of the ungodly shall not rest upon the land  
 allotted **to the righteous**, \*  
 lest the righteous put forth their hand **to do wickedness**.
- <sup>4</sup> Do good, O **LORD**, unto **those who are good**, \*  
 unto those who are **good and true of heart**.
- <sup>5</sup> As for those who turn aside to their own wicked ways,  
 the **LORD** shall lead them away with the **evildoers**; \*  
 but peace shall **be** upon **Israel**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.





## 126

In convertendo | *Step 7 of the Ascent: The hope of the reward of eternal joys*

**W**hen the LORD overturned the captivity of **Zion**,<sup>\*</sup>  
then were we like **those** who **dream**.

<sup>2</sup> Then was our mouth filled with **laughter**<sup>\*</sup>

and our tongue **with** shouts **of joy**.

<sup>3</sup> Then they said among the **nations**,<sup>\*</sup>

“The LORD has done **great** things **for them**.”

<sup>4</sup> Indeed, the LORD has done great things for us **already**,<sup>\*</sup>  
whereof we **rejoice**.

<sup>5</sup> Overturn our captivity, O **LORD**,<sup>\*</sup>

as when streams refresh the deserts of **the south**.

<sup>6</sup> Those who sow in **tears**<sup>\*</sup>

shall reap **with** songs **of joy**.

<sup>7</sup> He who goes on his way weeping and bears **good** seed<sup>\*</sup>

shall doubtless come again with joy, and bring

**his** sheaves **with him**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**,<sup>\*</sup>  
as it was in the beginning, is now, and ever shall be,  
world **without** end. **Amen**.

## 127

Nisi Dominus | *Step 8 of the Ascent: Trust in Christ alone to build up his Church*

**U**nless the LORD builds the **house**,<sup>\*</sup>  
their labor is in **vain** who **build it**.

<sup>2</sup> Unless the LORD keeps the **city**,<sup>\*</sup>

the watchman keeps **vigil in vain**.

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

for he gives to his **belovèd** **sleep**.

- 4 Behold, children are a heritage from the **LORD**,\*  
and the fruit of the womb is a gift **that** comes **from him**.
- 5 Like arrows in the hand of a **warrior**,\*  
so are the **children** of **one's youth**.
- 6 Happy is the man who has his quiver **full** of them;\*  
he shall not be ashamed when he speaks with his  
**enemies** in **the gate**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world without end. **Amen**.

## 128

*Beati omnes | Step 9 of the Ascent: Help in prayer by those who fear the Lord*

- B**lessèd are all those who fear the **LORD**\*  
and **walk** in **his ways**.
- 2 For you shall eat of the labors of your **hands**;\*  
it shall be well with you, and happy you **shall be**.
- 3 Your wife shall be as a fruitful **vine**\*  
upon the **walls** of **your house**,
- 4 Your children like the olive **branches**\*  
round **about** your **table**.
- 5 Indeed, thus shall the man be **blessed**\*  
who **fears** the **LORD**.
- 6 May the **LORD** bless you out of **Zion**;\*  
may you see Jerusalem in prosperity all **your life long**.
- 7 May you see your children's **children**,\*  
and may there be peace upon **Israel**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world without end. **Amen**.



## 129

Sæpe expugnauerunt | *Step 10 of the Ascent: Christ will fight for you*



any a time have they fought against me from  
my youth **on**,”\*

may Israel **now say**;

<sup>2</sup> “Indeed, many a time have they afflicted me from my youth **on**,\*  
but they have not prevailed **against me**.

<sup>3</sup> The plowers plowed **upon** my back,\*  
and **made** long **furrows**.

<sup>4</sup> But the righteous **LORD**\*  
has hewn the snares of the ungodly in **pieces**.”

<sup>5</sup> Let them be ashamed and turned **backward**,\*  
as many **as** hate **Zion**.

<sup>6</sup> Let them be as the grass growing upon the **housetops**,\*  
which withers before **it** grows **up**,

<sup>7</sup> Which does not fill the hand of the **reaper**,\*  
neither the bosom of him who **binds up** **the sheaves**,

<sup>8</sup> So that those who go by say not so much as,  
“The **LORD prosper** you.\*

We bless you in the Name **of** the **LORD**.”

Glory be to the Father, and to the Son, and to the Holy **Spirit**;  
as it was in the beginning, is now, and ever shall be,  
world **without end. Amen**.

## 130

De profundis | *Step 11 of the Ascent: Continual repentance || Penitence for envy*



ut of the deep have I called unto you, O **LORD**;  
Lord, **hear** my **voice**.


<sup>2</sup> O let your ears consider **well**\*  
the voice of my **supplications**.

- <sup>3</sup> If you, LORD, were to mark what is done **amiss**,\*  
 O Lord, who **could abide it?**  
<sup>4</sup> For there is mercy with **you**;\*  
 therefore **you shall be feared**.  
<sup>5</sup> I wait for the LORD; my soul waits for **him**;\*  
 in his word **is my trust**.  
<sup>6</sup> My soul waits for the **Lord**,\*  
 more than watchmen for the morning,  
 more than watchmen **for the morning**.  
<sup>7</sup> O Israel, trust in the LORD, for with the LORD there is **mercy**,\*  
 and with him is plenteous **redemption**;  
<sup>8</sup> And he shall redeem **Israel**\*  
 from **all their sins**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;\*  
 as it was in the beginning, is now, and ever shall be,  
 world without end. **Amen**.

## 131

Domine, non est | *Step 12 of the Ascent: Marian reverence from humility*

- 
 LORD, I am not **haughty**;\*  
 I have **no proud looks**.  
<sup>2</sup> I do not occupy myself with great **matters**,\*  
 or with things that are **too high for me**.  
<sup>3</sup> But I have stilled and quieted my soul,  
 like a weaned child upon his mother's **breast**;\*  
 so is my soul **quieted within me**.  
<sup>4</sup> O Israel, trust in the **LORD**\*  
 from this time forth for **evermore**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;\*  
 as it was in the beginning, is now, and ever shall be,  
 world without end. **Amen**.





## 132

Memento, Domine | *Step 13 of the Ascent: A glimpse of the Vision Glorious*



**L**ORD, remember **David**, \*

and all his **tribulations**,

<sup>2</sup> How he swore unto the **LORD**, \*

and vowed a vow unto the Almighty **God** of **Jacob**:

<sup>3</sup> “I will not come within the tabernacle of **my** house, \*

nor climb up **into my** bed,

<sup>4</sup> I will not allow my eyes to sleep, nor my eyelids to **slumber**, \*

neither the temples of my head **to** take **any** rest,

<sup>5</sup> Until I find a place for the temple of the **LORD**, \*

a habitation for the mighty **God** of **Jacob**.”

<sup>6</sup> Lo, we heard of the ark at **Ephrathah** \*

and **found** it **in** the wood.

<sup>7</sup> We will go into his tabernacle, \*

and fall low on our knees **before** his **footstool**.

<sup>8</sup> Arise, O **LORD**, into your **resting**-place, \*

you and the **ark** of **your** strength.

<sup>9</sup> Let your priests be clothed with **righteousness**, \*

and let **your** saints **sing** with joy.

<sup>10</sup> For your servant **David**'s sake, \*

turn not away the presence of **your** **Anointed**.

<sup>11</sup> The **LORD** has made a faithful oath unto **David**, \*

and he **shall** not **shrink** from it:

<sup>12</sup> “Of the fruit of your **body** \*

shall I **set** upon your throne.

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

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



- 14 For the LORD has chosen Zion **for** himself; \*  
 he has longed for her to be his **habitation**:  
 15 “This shall be my rest for **ever**; \*  
 here will I dwell, for I have **a delight** therein.  
 16 I will bless her provisions with **increase**, \*  
 and will satisfy **her** poor **with** bread.  
 17 I will clothe her priests with **salvation**, \*  
 and her saints **shall rejoice** and sing.  
 18 There shall I make the horn of David **flourish**; \*  
 I have prepared a lantern for **my Anointed**.  
 19 As for his enemies, I shall clothe them with **shame**; \*  
 but upon his head shall **his** crown **flourish**.”

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.

## 133

*Ecce, quam bonum! | Step 14 of the Ascent: Delight in the gifts of the Church*

- B**ehold, how good and joyful a thing it is \*  
 when brethren dwell **together** in **unity**.  
 2 It is like the precious ointment upon the head,  
 that ran down upon the **beard**, \*  
 even Aaron’s beard,  
 and went down to the edges **of** his **clothing**,  
 3 Like the dew of **Hermon**, \*  
 which falls upon the **hills** of **Zion**.  
 4 For there the LORD promised his **blessing**, \*  
 even **life** for **evermore**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.



## 134

Ecce nunc | *Step 15: Entering the Church Triumphant* || *St. Oswald's last song*

- B**ehold now, praise the **LORD**, \*  
 all you **servants of the LORD**,  
 2 You that stand by night in the house of the **LORD**, \*  
 even in the courts of the **house of our God**.  
 3 Lift up your hands in the sanctuary \*  
 and sing praises **unto the LORD**.  
 4 The **LORD** who made heaven and **earth** \*  
 give you blessing **out of Zion**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.

## 135

Laudate Nomen | *Christ, by his Name, turns us from heathen idolatry*

- O** praise the **LORD**. Praise the Name of the **LORD**; \*  
 offer praise, you **servants of the LORD**,  
 2 You who stand in the house of the **LORD**, \*  
 in the courts of the **house of our God**.  
 3 O praise the **LORD**, for the **LORD** is **good**; \*  
 sing praises unto his Name, for **it is lovely**.  
 4 For the **LORD** has chosen **Jacob for himself** \*  
 and Israel for his **own possession**.  
 5 For I know that the **LORD** is **great**, \*  
 and that our Lord **is above** all gods.  
 6 Whatsoever the **LORD** pleases he does, in heaven and on **earth**, \*  
 in the seas and in all **the deep places**.  
 7 He brings forth clouds from the ends of the **earth** \*  
 and sends forth lightning with the rain,  
 bringing the wind out **of his treasures**.

- 8 It was he who struck down the firstborn of **Egypt**,\*  
both **of** man **and** beast.
- 9 He sent signs and wonders into the midst of you,  
O land of **Egypt**,\*  
against Pharaoh and **all** his **servants**.
- 10 He smote many **nations**,\*  
and **slew** mighty kings:
- 11 Sihon king of the Amorites, and Og the king of **Bashan**,\*  
and all the **kingdoms** of **Canaan**.
- 12 And he gave their land to be an **inheritance**,\*  
an inheritance for **Israel** his **people**.
- 13 Your Name, O **LORD**, endures for **ever**;\*  
so does your renown, O **LORD**, from one generation **to another**.
- 14 For the **LORD** will avenge his **people**\*  
and have compassion upon his **servants**.
- 15 As for the idols of the nations, they are but silver and **gold**,\*  
the **work** of **human** hands.
- 16 They have mouths, but they **speak** not;\*  
eyes have they, **but** they **see** not;
- 17 They have ears, and yet they **hear** not,\*  
neither is there any **breath** in **their** mouths.
- 18 Those who make them are **like** them,\*  
and so are all who **put** their **trust** in them.
- 19 Praise the **LORD**, O house of **Israel**;\*  
praise the **LORD**, O **house** of **Aaron**.
- 20 Praise the **LORD**, O house of **Levi**;\*  
you who fear **the** **LORD**, **praise** the **LORD**.
- 21 Praised be the **LORD** from **Zion**,\*  
who dwells in **Jerusalem**. **Praise** the **LORD**.

Glory be to the Father, and to the Son, and to the Holy **Spirit**;\*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.





## 136

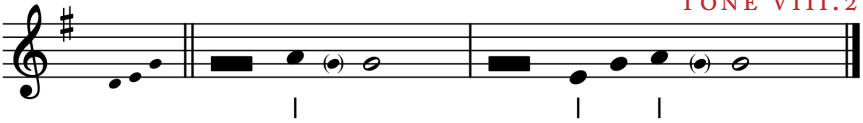
**Confitemini** | *The voice of the Holy Spirit, calling the Church to thanksgiving*

This psalm is best sung antiphonally by half-verse.

- D** give thanks unto the LORD, for he is **gracious**,<sup>\*</sup>  
for his mercy **endures** for **ever**.
- <sup>2</sup> O give thanks unto the God of **all** gods,<sup>\*</sup>  
for his mercy **endures** for **ever**.
- <sup>3</sup> O give thanks unto the Lord of **all** lords,<sup>\*</sup>  
for his mercy **endures** for **ever**.
- <sup>4</sup> Who alone does great **wonders**,<sup>\*</sup>  
for his mercy **endures** for **ever**.
- <sup>5</sup> Who by his excellent wisdom made the **heavens**,<sup>\*</sup>  
for his mercy **endures** for **ever**.
- <sup>6</sup> Who laid out the earth above the **waters**,<sup>\*</sup>  
for his mercy **endures** for **ever**.
- <sup>7</sup> Who made the great **lights**,<sup>\*</sup>  
for his mercy **endures** for **ever**.
- <sup>8</sup> The sun to rule the **day**,<sup>\*</sup>  
for his mercy **endures** for **ever**.
- <sup>9</sup> The moon and the stars to govern the **night**,<sup>\*</sup>  
for his mercy **endures** for **ever**.
- <sup>10</sup> Who struck down the firstborn of **Egypt**,<sup>\*</sup>  
for his mercy **endures** for **ever**.
- <sup>11</sup> And brought out Israel from **among** them,<sup>\*</sup>  
for his mercy **endures** for **ever**.
- <sup>12</sup> With a mighty hand and an outstretched **arm**,<sup>\*</sup>  
for his mercy **endures** for **ever**.
- <sup>13</sup> Who divided the Red Sea in **two** parts,<sup>\*</sup>  
for his mercy **endures** for **ever**.

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

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



## 137

*Super flumina* | *That Christ may bring us out of the corruption of this flesh*

**B**y the waters of Babylon we sat down and **wept**, \*  
when we remembered **you**, O **Zion**.

<sup>2</sup> As for our harps, we hung **them** up \*  
upon the **trees** that **are** therein.

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

“Sing us one of the **songs** of **Zion**.”

<sup>4</sup> How shall we sing the **LORD’s** song \*  
in the land of **our** captivity?

<sup>5</sup> If I forget you, O **Jerusalem**, \*  
let my right **hand** forget its skill.

<sup>6</sup> If I do not remember you, let my tongue cleave to the  
roof of my **mouth**, \*  
if I prefer not **Jerusalem** **above** my **dearest** joy.

<sup>7</sup> 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.”

<sup>8</sup> O daughter of **Babylon**, wasted with **misery**, \*  
happy shall be the one who rewards  
you as **you** have **done** to us.

<sup>9</sup> Blessèd shall he be who takes your **children** \*  
and throws **them** **against** the stones.

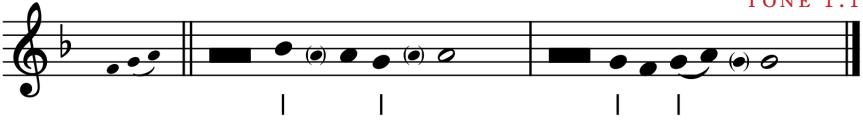
Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

Confitebor tibi | *The Church promises to sing to the Lord in the sight of the angels*

- I** will give thanks to you, O LORD, with my **whole** heart; \*  
 even before the gods will I sing **praises to** you.  
<sup>2</sup> I will worship toward your holy temple and praise your  
 Name, because of your loving-kindness and **truth**, \*  
 for you have magnified your Name  
 and your **word above** all things.
- <sup>3</sup> When I called upon you, you **heard** me \*  
 and gave me **increase of** strength.
- <sup>4</sup> All the kings of the earth shall praise you, O LORD, \*  
 for they have heard the **words of your** mouth.
- <sup>5</sup> They shall sing of the ways of the LORD, \*  
 that great is the **glory of** the LORD.
- <sup>6</sup> For though the LORD be high, yet he has respect for the **lowly**; \*  
 as for the proud, he **beholds** them **from** afar.
- <sup>7</sup> Though I walk in the midst of trouble, yet shall you **refresh** me; \*  
 you shall stretch forth your hand upon the furiousness  
 of my enemies, and your right **hand** shall **save** me.
- <sup>8</sup> The LORD shall make good his loving-kindness **toward** me; \*  
 your mercy, O LORD, endures for ever;  
 despise not the **works of your** own hands.

Glory be to the Father, and to the Son, and to the Holy **Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world **without end**. Amen.





## 139

Domine, probasti | *Christ, conquering hell, has made the night as day* || *In Labor*



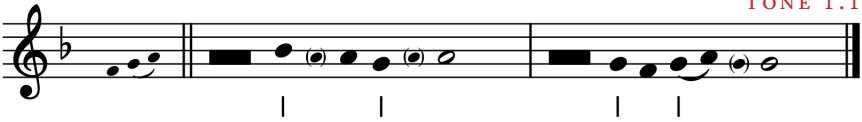
**L**ORD, you have searched me **out** and **known** me; \*  
 you know my sitting down and my rising up;  
 you understand **my** thoughts *from afar*.

- <sup>2</sup> You examine my path and my **places of rest**, \*  
 and are acquainted with *all* my ways.
- <sup>3</sup> Indeed, there is not a **word** on **my** tongue, \*  
 but you, O LORD, know it **altogether**.
- <sup>4</sup> You have enclosed me **behind** and **before**, \*  
 and have laid your **hand** upon me.
- <sup>5</sup> Such knowledge is too **wonderful** for me, \*  
 so excellent I **cannot** *attain* to it.
- <sup>6</sup> Where shall I go then **from** your **Spirit**, \*  
 or where shall I flee **from** your *presence*?
- <sup>7</sup> If I climb up to **heaven**, **you** are there; \*  
 if I make my bed in the Grave, **you are** there *also*.
- <sup>8</sup> If I take the wings **of** the **morning** \*  
 and dwell in the uttermost parts *of* the sea,
- <sup>9</sup> Even there shall **your** hand **lead** me, \*  
 and your right **hand** shall *hold* me.
- <sup>10</sup> If I say, "Surely the **darkness** shall **cover** me," \*  
 then shall my **night** be *turned* to day.
- <sup>11</sup> Even the darkness is not dark to you,  
 and the night is as **clear** as **the day**; \*  
 the darkness and the light to **you** are *both* alike.
- <sup>12</sup> For you yourself **made** my **inmost** parts; \*  
 you knit me together **in** my *mother's* womb.



- 13 I will give thanks to you,  
for I am fearfully and **wonderfully** made; \*  
marvelous are your works, and my soul **knows** it *very* well.
- 14 My bones were not **hidden from** you \*  
when I was made in secret and fashioned in  
the **depths** of *the* earth.
- 15 Your eyes beheld my substance, while **I** was **yet** unformed; \*  
and in your book were all my **members** *written*,
- 16 Which day by **day** were **fashioned**, \*  
when as yet **there** was *none* of them.
- 17 How dear to me **are** your **thoughts**, O God. \*  
How great **is** the *sum* of them!
- 18 If I were to count them,  
they would be more in **number than** the sand. \*  
When I wake up, I am **present** *with* you.
- 19 Oh, that you would slay the **wicked**, O God! \*  
Depart from me, **you** *bloodthirsty* men.
- 20 For they speak unrighteously **against** you; \*  
your enemies **take** your *Name* in vain.
- 21 Do I not hate those, O **LORD**, who **hate** you, \*  
and do I not loathe those who rise **up** *against* you?
- 22 Indeed, I hate them with a **perfect hatred**; \*  
they have become **my** own *enemies*.
- 23 Search me, O **God**, and **know** my heart; \*  
try me and **examine** *my* thoughts.
- 24 Look well if there be any way of **wickedness in** me, \*  
and lead me in the way **everlasting**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



## 140

Eripe me, Domine | *That Christ may deliver us from the poison of evil thoughts*

- D**eliver me, O LORD, from **evildoers**,\*  
 and preserve me **from** the *violent*,  
<sup>2</sup> Who imagine **evil in** their hearts\*  
 and stir up strife **all** the *day* long.
- <sup>3</sup> They have sharpened their tongues **like a serpent**;  
 adders' poison is **under** *their* lips.
- <sup>4</sup> Keep me, O LORD, from the hands **of** the **ungodly**;  
 preserve me from the violent,  
 who have purposed to **overthrow** *my* steps.
- <sup>5</sup> The proud have laid a snare for me  
 and spread **out** a **net** with cords;  
 they have set **traps** in *my* way.
- <sup>6</sup> I said unto the LORD, "**You** are **my** God;  
 hear the voice **of** my *prayers*, O LORD."
- <sup>7</sup> O LORD God, the strength of **my** salvation,  
 you have covered my head in the **day** of *battle*.
- <sup>8</sup> Let not the ungodly have **their** desire, O LORD;  
 let not their evil imagination prosper, **lest** they *be* too proud.
- <sup>9</sup> Let not those who encompass me **lift** up **their** heads;  
 let the evil of their own **lips** *consume* them.
- <sup>10</sup> Let hot burning coals **fall** upon them;  
 let them be cast into the fire and into the pit,  
 that they may **never** rise *up* again.
- <sup>11</sup> A slanderer shall not **prosper** upon the earth;  
 evil shall hunt the wicked person to **overthrow** him.
- <sup>12</sup> I am sure that the LORD **will** **avenge** the poor\*  
 and maintain the cause **of** the *helpless*.
- <sup>13</sup> Surely, the righteous shall give thanks **unto** **your** Name,\*  
 and the just shall **continue** *in* your sight.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.



DAY 29 : EVENING PRAYER

TONE III.4



141

Domine, clamavi | *The voice of the Church against false teachers*



**L**ORD, I call upon you; **hasten unto me**, \*

and hear my voice when I **cry unto you**.

<sup>2</sup> Let my prayer be set forth in your **sight** as *incense*, \*

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

<sup>3</sup> Set a watch, O **LORD**, before *my* mouth, \*

and keep the door **of my lips**.

<sup>4</sup> O let not my heart be inclined to **any evil thing**; \*

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

<sup>5</sup> Rather, let the **righteous smite me**, \*

and in their loving-kindness **reprove me**.

<sup>6</sup> But let not the oil of the **unrighteous** anoint *my* head; \*

while I live, I will pray against **their wickedness**.

<sup>7</sup> Let their rulers be overthrown in **stony places**, \*

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

<sup>8</sup> Let their bones lie scattered at the **mouth of the grave**, \*

as when the ploughman scatters the earth **in furrows**.

<sup>9</sup> But my eyes look unto **you**, O *LORD* God; \*

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

<sup>10</sup> Keep me from the snare which **they** have laid *for me*, \*

and from the traps of the **evildoers**.

<sup>11</sup> Let the ungodly fall into their own **nets together**, \*

and let me ever **escape them**.



Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world without **end. Amen.**

## 142

*Voce mea ad Dominum | Christ to the Father, in his passion || St. Francis' last*

- I** cried unto the **LORD** with *my* voice; \*  
 even unto the **LORD** I made my supplication.  
<sup>2</sup> I poured out my complaints before him, \*  
 and showed him **my** trouble.
- <sup>3</sup> When my spirit was in heaviness, **you** knew *my* path; \*  
 in the way wherein I walked they had secretly laid **a** snare for **me**.
- <sup>4</sup> I looked also **to** my *right* hand \*  
 and saw there was no one who **would** know **me**.
- <sup>5</sup> I had no **place** to *flee* to, \*  
 and no one cared **for** my **soul**.
- <sup>6</sup> I cried out to you, **O LORD**, and said, \*  
 “You are my refuge, and my portion in the land of **the** living.”
- <sup>7</sup> Consider my complaint, \*  
 for I am **brought** very **low**.
- <sup>8</sup> O deliver me from my persecutors, \*  
 for they are **too** strong for **me**.
- <sup>9</sup> Bring me out of prison, that I may give **thanks** unto *your* Name. \*  
 When you show me your loving-kindness,  
 then shall the righteous gather **around** **me**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world without **end. Amen.**

Domine, exaudi | *The voice of Christ to the Father* || *Penitence: Sloth*

- H**ear my prayer, O LORD, and consider my **supplications**; \*  
 hearken to me, for your truth and righteousness' **sake**.  
 2 Enter not into judgment **with** your *servant*, \*  
 for in your sight shall no one living **be justified**.  
 3 For the enemy has persecuted my soul;  
 he has smitten my **life** down to *the* ground; \*  
 he has laid me in the darkness,  
 like those who **have** been long **dead**.  
 4 Therefore my spirit **faints** *within* me, \*  
 and my heart within me **is desolate**.  
 5 Yet I remember the time past; I muse **upon** all *your* works; \*  
 indeed, I meditate on the works **of** your **hands**.  
 6 I stretch forth **my** hands *to* you; \*  
 my soul gasps for you as **a** thirsty **land**.  
 7 Hear me, O LORD, and very soon, for my **spirit** *grows* faint; \*  
 hide not your face from me,  
 lest I be like those who go down **into** the **pit**.  
 8 O let me hear your loving-kindness in the morning,  
 for in you **have** I put *my* trust; \*  
 show me the way that I should walk in,  
 for I lift up my **soul** unto **you**.  
 9 Deliver me, O LORD, **from** my *enemies*, \*  
 for I flee unto you **to** hide **me**.  
 10 Teach me to do the thing that pleases you, for **you** are *my* God; \*  
 let your loving Spirit lead me forth  
 into the land **of** righteousness.  
 11 Revive me, O LORD, **for** your *Name's* sake; \*  
 and for your righteousness' sake bring my soul out **of** trouble.  
 12 Of your goodness **slay** my *enemies*, \*  
 and destroy all those who afflict my soul, for I am **your** **servant**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
 world without **end**. **Amen**.





## 144

Benedictus Dominus | *Christ, teach us how to defeat spiritual wickedness*

- B**lessèd be the **LORD** my **strength**, \*  
 who teaches my hands to war and **my fingers to fight**,  
<sup>2</sup> My hope and my fortress, my stronghold and deliverer,  
 my defender in **whom I trust**, \*  
 who subdues **the peoples under me**.
- <sup>3</sup> O **LORD**, what is man, that you have shown such respect to **him**, \*  
 or the son of man, that **you** so regard him?
- <sup>4</sup> Man is like a **thing of nought**; \*  
 his time passes **away** like a **shadow**.
- <sup>5</sup> Bow your heavens, O **LORD**, and **come down**; \*  
 touch the **mountains**, and they **shall smoke**.
- <sup>6</sup> Cast forth your **lightning** and **scatter them**; \*  
 shoot out your **arrows** and **consume them**.
- <sup>7</sup> Send down your hand **from above**; \*  
 deliver me, and take me out of the great waters,  
 from **the hand of strangers**,
- <sup>8</sup> Whose mouth **talks of vain things**, \*  
 and whose right hand is a **right hand of falsehood**.
- <sup>9</sup> I will sing a new song unto **you, O God**, \*  
 and sing praises unto you **upon a ten-stringed lute**.
- <sup>10</sup> You have given victory to **kings**, \*  
 and have delivered David your servant  
 from **the peril of the sword**.
- <sup>11</sup> Save me, and deliver me from the **hand of strangers**, \*  
 whose mouth talks of vain things,  
 and whose right hand is a **right hand of falsehood**;
- <sup>12</sup> That our sons may grow **up as young plants**, \*  
 and that our daughters may be as the  
 polished **corners of the temple**,

- 13 That our storehouses may be full and plenteous with  
all **manner of** grain, \*  
that our sheep may bring forth thousands  
and **ten** thousands **in our** fields,
- 14 That our oxen may be strong to labor, that there be **no decay**, \*  
no leading into captivity, and **no** outcry **in our** streets.
- 15 Happy are the people of whom **this** is **so**; \*  
indeed, blessed are the people  
who have **the** LORD for **their** God.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
**world** without **end**. Amen.

## 145

*Exaltabo te, Deus | The Christ may give us spiritual sustenance in due season*

- I** will magnify you, O **God** my **King**, \*  
and I will praise your Name for **ever** and **ever**.  
2 Every day will I give **thanks** to **you**, \*  
and praise your Name for **ever** and **ever**.
- 3 Great is the **LORD**, and most worthy to be **praised**; \*  
there is no **end** of his **greatness**.
- 4 One generation shall praise your works **to another**, \*  
and shall **declare** your **power**.
- 5 As for me, I will be talking of the glorious  
splendor **of** your **majesty**, \*  
and **of** all your **wondrous** works.
- 6 They shall speak of the might of your marvelous **acts**, \*  
and I also will **tell** of your **greatness**.
- 7 The remembrance of your abundant  
goodness **shall** they **proclaim**, \*  
and they shall **sing** of your **righteousness**.
- 8 The **LORD** is **gracious** and **merciful**, \*  
long-suffering, **and** of great **kindness**.
- 9 The **LORD** is **loving** to **everyone**, \*  
and his mercy **is** over **all his** works.



- 10 All your works praise **you**, O LORD, \*  
and your faithful servants give thanks **to** you.
- 11 They speak of the glory **of** your **kingdom** \*  
and **talk** of your **power**,
- 12 That your power may be known to the **children of** men, \*  
even the glorious **splendor** of your **kingdom**.
- 13 Your kingdom is an **everlasting kingdom**, \*  
and your dominion endures **throughout** all **ages**.
- 14 The LORD upholds **all** those **who** fall \*  
and lifts up all **those** who are **bowed** down.
- 15 The eyes of all wait upon **you**, O Lord, \*  
and you give them their **food** in due **season**.
- 16 You open **wide** your **hand**, \*  
and fill all things living **with** plenteousness.
- 17 The LORD is righteous in **all** his **ways** \*  
and **merciful** in **all** his works.
- 18 The LORD is near to all those who **call** upon him, \*  
to all who call **upon** him **faithfully**.
- 19 He will fulfill the desire of **those** who **fear** him; \*  
he also will hear their **cry** and will **help** them.
- 20 The LORD preserves all **those** who **love** him, \*  
but he will destroy **all** the **ungodly**.
- 21 My mouth shall speak the praise **of** the LORD; \*  
and let all flesh give thanks unto his holy Name  
for **ever** and **ever**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
**world** without **end**. Amen.



Lauda, anima mea | *The voice of Christ, that the Church may always give praise*



raise the LORD, **O** my soul; \*  
 while I **live** I will **praise the LORD**.  
<sup>2</sup> Indeed, as long as I **have** my being, \*

I will sing praises unto **my** God.

- <sup>3</sup> Put not your trust in princes, nor in **any child** of man, \*  
 for **there** is no **help in** them.
- <sup>4</sup> For when one breathes his last, he shall return again **to the earth**, \*  
 and in that day **all** his thoughts **perish**.
- <sup>5</sup> Blessèd is the one who has the God of Jacob **for his help** \*  
 and whose hope is **in the LORD his** God,
- <sup>6</sup> Who made heaven and earth, the sea, and all that **is therein**; \*  
 who keeps his **promise** for **ever**;
- <sup>7</sup> Who does right to **those** who **suffer** wrong; \*  
 and **who** feeds the **hungry**.
- <sup>8</sup> The LORD sets **prisoners** free; \*  
 the LORD **gives** sight to **the** blind.
- <sup>9</sup> The LORD helps those **who** have **fallen**; \*  
 the **LORD** loves the **righteous**.
- <sup>10</sup> The LORD cares for the strangers in the land;  
 he defends the father**less** and **widow**; \*  
 but the way of the ungodly he makes **crooked**.
- <sup>11</sup> The LORD shall be **King** for **evermore**, \*  
 even your God, O Zion, throughout all **generations**.  
**Praise the LORD**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
 as it was in the beginning, is now, and ever shall be,  
**world** without **end**. Amen.





147

Laudate Dominum | *The voice of Christ, creator of the stars, to the Church*



raise the LORD,

for it is a good thing to sing praises **unto our God**; \*  
indeed, a joyful and pleasant thing it **is** to be **thankful**.


- 2 The LORD builds **up Jerusalem**, \*  
and gathers together the **outcasts of Israel**.
- 3 He heals those who are **broken in heart**, \*  
and **binds up their** wounds.
- 4 He counts the **number of the stars**, \*  
and calls them **all by their** names.
- 5 Great is our LORD, and **great** is his **power**; \*  
indeed, his **wisdom** is **infinite**.
- 6 The LORD **lifts up the meek**, \*  
and brings the ungodly **down to the** ground.
- 7 O sing unto the LORD with **thanksgiving**; \*  
sing praises with the harp **unto our God**,
- 8 Who covers the heavens with clouds,  
and prepares **rain for the** earth, \*  
and makes the grass to grow upon the mountains,  
and plants **for the use of men**,
- 9 Who gives **food** to the **cattle** \*  
and feeds the young ravens that **call upon him**.
- 10 He has no pleasure in the **strength of a horse**; \*  
neither does he delight in **any man's** strength.
- 11 But the LORD's delight is in **those who fear him** \*  
and put their **trust** in his **mercy**.
- 12 Praise the LORD, O Jerusalem; \*  
praise your **God, O Zion**.

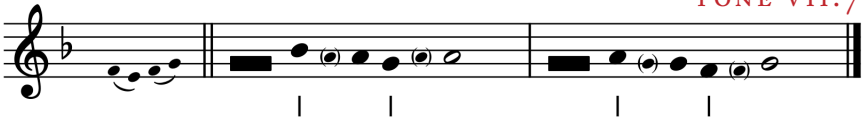
- 13 For he has made strong the **bars** of **your** gates \*  
and has blessed your **children** within you.
- 14 He makes **peace** in your **borders** \*  
and fills you with the **finest of** wheat.
- 15 He sends forth his **commandment** upon the earth, \*  
and his word runs **very swiftly**.
- 16 He **gives** snow **like** wool \*  
and scatters the white **frost** like **ashes**.
- 17 He casts **forth** his **ice** like crumbs; \*  
who is able **to abide his** frost?
- 18 He sends out his **word** and **melts** them; \*  
he blows with his wind, **and** the **waters** flow.
- 19 He declares his word **unto** **Jacob**, \*  
his statutes and ordinances **unto** **Israel**.
- 20 He has not dealt so with **other nations**; \*  
neither have they knowledge of **his** laws. **Praise the** LORD.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

## 148

*Laudate Dominum | That all things were made through Christ and for Christ*

- raise the LORD. O praise the **LORD** of **heaven**; \*  
praise **him** in **the** heights.
- <sup>2</sup> Praise him, all you **angels of** his; \*  
praise **him**, all **his** host.
- <sup>3</sup> Praise **him**, sun **and** moon; \*  
praise him, **all** you **stars of** light.
- <sup>4</sup> Praise him, all you **highest heavens**, \*  
and you waters that are **above** the **heavens**.
- <sup>5</sup> Let them praise the **Name** of **the** LORD, \*  
for he spoke the word, and they were made;  
he commanded, and they **were** created.
- <sup>6</sup> He has made them stand fast for **ever** and **ever**; \*  
he has given them a law which shall **not** be **broken**.



- 7 Praise the **LORD** upon earth, \*  
you sea **monsters and all** deeps;
- 8 Fire **and** hail, **snow** and fog, \*  
wind and storm, fulfilling **his** word;
- 9 **Mountains** and **all** hills, \*  
fruitful trees **and** all cedars;
- 10 Beasts **and** all **cattle**, \*  
creeping things and **birds** of **the** air;
- 11 Kings of the earth **and** all **peoples**, \*  
princes and all **rulers** of **the** world;
- 12 Young **men** and **maidens**, \*  
old men and children **together**.
- 13 Let them praise the **Name** of **the** **LORD**, \*  
for his Name only is excellent,  
and his praise above **heaven and** earth.
- 14 He shall exalt the horn of his people;  
all his **faithful** shall **praise** him, \*  
the children of Israel,  
the people who are **near** him. **Praise the** **LORD**.  
Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

## 149

*Cantate Domino | The voice of Christ to the Faithful, of future consolation*


- P**raise the **LORD**. O sing unto the **LORD** a **new** song; \*  
let the congregation of the **faithful** **praise** him.
- <sup>2</sup> Let Israel rejoice in the **one** who **made** him, \*  
and let the children of Zion be **joyful in their** King.
- <sup>3</sup> Let them praise **his** Name **in** the dance; \*  
let them sing praises unto him with **timbrel and** harp.

- 4 For the LORD has pleasure **in his people** \*  
and gives victory to **those** who **are oppressed**.
- 5 Let the faithful be **joyful with glory**; \*  
let them **rejoice upon their beds**.
- 6 Let the praises of **God** be **in their mouth** \*  
and a two-edged **sword** in **their hands**,
- 7 To inflict vengeance **on the nations**, \*  
and to **rebuke the peoples**,
- 8 To **bind their kings** in chains, \*  
and their nobles with **links of iron**,
- 9 That they may execute judgment upon them, **as it is written**; \*  
this is the honor of all his **servants**. **Praise the LORD**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

## 150

*Laudate Dominum | That Christ is to be praised in spiritual harmony*

- raise the LORD. Praise God **in his holiness**; \*  
praise him in the **firmament of his power**.
- 2 Praise him **for his mighty acts**; \*  
praise him for his **excellent greatness**.
- 3 Praise him with the **sound of the trumpet**; \*  
praise him **upon the lute and harp**.
- 4 Praise him with the **timbrels and dances**; \*  
praise him **upon the strings and pipe**.
- 5 Praise him with the **resounding cymbals**; \*  
praise him with **the loud cymbals**.
- 6 Let everything that **has breath praise the LORD**. \*  
**O praise the LORD**.

Glory be to the Father, and to the Son, and to the **Holy Spirit**; \*  
as it was in the beginning, is now, and ever shall be,  
world **without end**. Amen.

The Psalms appointed for Day 31 are the same as Day 27

PSALMS FOR PENANCE  
ACCORDING TO THE COMMANDMENT VIOLATED

*from H.H. Bogert's 'Confessor's Handy Guide' (1909)*

**I: OTHER GODS**

11, 14, 16, 25, 53, 57, 61, 63, 65, 84, 96

**II: IDOLS**

4, 5, 6, 9, 19, 20, 27, 44, 46, 55, 61, 76,  
85, 86, 95, 111, 122, 132, 145

**III: LORD'S NAME IN VAIN**

4, 9, 16, 20, 30, 32, 34, 36, 39, 44, 50, 52,  
63, 66, 72, 86, 111, 139, 145

**IV: SABBATH**

5, 11, 23, 25, 26, 27, 29, 38, 42, 43, 50, 61, 66, 73,  
80, 85, 95, 103, 116, 118, 132, 141

**V: FATHER AND MOTHER**

1, 6, 7, 15, 19, 24, 25, 28, 34, 37, 39, 51, 52,  
62, 101, 112, 119:1-8, 139

**VI: MURDER**

6, 7, 10, 12, 15, 19, 24, 32, 36, 37, 50, 52,  
101, 107, 116, 120, 130, 133, 141

**VII: ADULTERY**

1, 15, 19, 24, 25, 34, 37, 38, 51, 73, 139, 141

**VIII: THEFT**

7, 10, 11, 15, 25, 37, 38, 49, 50, 62, 73, 102, 112

**IX: FALSE WITNESS**

4, 5, 10, 12, 15, 24, 31, 34, 35, 36, 52, 55, 62, 64, 101, 112, 120

**X: COVETOUSNESS**

15, 16, 19, 24, 25, 30, 34, 37, 49, 50, 52, 62, 102, 112, 143

## SELECTIONS OF PSALMS

*from The Book of Common Prayer*

*God the Creator:* 8, 19, 33, 65, 111, 104, 145, 147

*God the Redeemer:* 33, 103, 111, 126, 113, 114, 130, 138

*God the Judge:* 1, 11, 7, 46, 97, 50, 62, 82, 75, 76, 90, 96, 98

*God's Glory:* 18, 29, 99, 46, 148, 150

*God's Sovereignty:* 24, 93, 46, 47, 72, 89, 96, 97, 98, 99, 112, 145, 146

*God's Wisdom:* 33, 104 111, 113, 139, 145, 147

*God's Law:* 19, 50, 62, 111, 119, 147

*God's Providence:* 23, 121, 33, 34, 124, 89, 139, 145, 146, 147

*God's Mercy:* 23, 100, 32, 130, 57, 61, 62, 63, 73, 77, 85, 86, 103,  
118, 145

*The Incarnation:* 2, 110, 8, 113, 85, 111, 89, 132

*The Passion:* 22, 40, 42, 54, 130, 69, 88, 116

*The Church:* 46, 111, 48, 84, 122, 133, 147

*Worship:* 5, 26, 43, 63, 65, 66, 67, 122, 84, 138, 96, 100, 116

*Thanksgiving:* 30, 67, 65, 92, 100, 98, 111, 103, 107, 116, 134, 138,  
145, 147, 148, 150

*Prayer:* 4, 5, 17, 20, 28, 31, 54, 61, 84, 86, 141, 142

*Trust in God:* 27, 31, 57, 146, 62, 63, 71, 73, 77, 91, 118, 121, 124,  
125, 123, 143

*God our Refuge:* 4, 20, 17, 37, 46, 49, 54, 61, 71, 91, 103, 121, 146

*Divine Guidance:* 25, 43, 85, 80, 111, 112

*In Time of Trouble:* 3, 11, 12, 13, 18, 20, 46, 30, 146, 40, 49, 57, 85,  
62, 63, 80, 86, 90, 107, 118, 144

*Righteousness:* 1, 15, 11, 12, 18:21-35, 19, 26, 34, 40, 92, 111, 112

*Peace:* 29, 46, 76, 85, 98, 100, 124, 125, 126

*The Transitoriness of Life:* 39, 49, 90

*The Hope of Immortality:* 16, 146, 30, 121, 42, 49, 66, 73, 103, 116, 139

*Morning:* 3, 20, 5, 63, 90, 143

*Evening:* 4, 31, 91, 134, 13, 121 16, 17, 77

*Penitential Psalms:* 6, 32, 38, 51, 102, 130, 143

*Preparation for Holy Communion:* 23, 25, 26, 43, 41, 63, 84, 122, 85,  
86, 130, 133, 139

*Thanksgiving after Holy Communion:* 8, 15, 19, 27, 29, 30, 34, 100,  
110, 103, 118, 145, 150





## PSALMS IN THE EUCHARIST

**T**he Sunday Lectionary of the *Book of Common Prayer* (2019), in keeping with the Revised Common Lectionary, provides a Psalm between the Old Testament and Epistle lessons. This is the ancient place of the 'Gradual' psalm, and it may be recited by the congregation, or sung by a choir. This 'Gradual' Lectionary has been here reproduced, together with the addition of a suggested Introit psalm. This arrangement of Introits is adapted from the Introit table created by Thomas Cranmer for the first Prayerbook of 1549. Special thanks to Brandon LeTourneau for discovering and proposing this collection of Introits.

INTROITYEAR AGRADUALYEAR BYEAR C

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**ADVENT**

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THE FIRST SUNDAY IN ADVENT	I	I 22	80 or 80:I-7	50 or 50:I-6
THE SECOND SUNDAY IN ADVENT	I 20	72:I-15 (I6-I9)	85	I 26
THE THIRD SUNDAY IN ADVENT	4	I 46	I 26	85
THE FOURTH SUNDAY IN ADVENT	5	24	I 32:(I-7) 8-I9	80:I-7

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**CHRISTMAS**

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CHRISTMAS DAY I	98		96	
CHRISTMAS DAY II	8		97	
CHRISTMAS DAY III	8		98	
THE FIRST SUNDAY OF CHRISTMAS	I I I		I 47:I 2-20	
THE CIRCUMCISION & HOLY NAME	I 22		8	
THE SECOND SUNDAY OF CHRISTMAS	I I I		84	

INTROITYEAR AGRADUALYEAR BYEAR C

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EPIPHANY

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THE EPIPHANY	96		72 <i>or</i> 72:I-II	
THE FIRST SUNDAY OF EPIPHANY	13		89:I-29 <i>or</i> 89:20-29	
THE SECOND SUNDAY OF EPIPHANY	14	40:I-II	63:I-9 (10-12)	96
THE THIRD SUNDAY OF EPIPHANY	15	139:I-18	130	113
THE FOURTH SUNDAY OF EPIPHANY	2	37:I-II	111	71:11-20
PRESENTATION OF CHRIST IN THE TEMPLE	134		84	
THE FIFTH SUNDAY OF EPIPHANY	20	27	142	85
THE SIXTH SUNDAY OF EPIPHANY	23	119:(1-8) 9-16	42:I-7 (8-15)	1
THE SEVENTH SUNDAY OF EPIPHANY	3	71 <i>or</i> 71:11-23	32	37:(1-7) 8-17
THE EIGHTH SUNDAY OF EPIPHANY	23	62	103 <i>or</i> 103:I-14	92

	<u>INTROIT</u>		<u>GRADUAL</u>	
		<u>YEAR A</u>	<u>YEAR B</u>	<u>YEAR C</u>
THE SECOND TO LAST SUNDAY OF EPIPHANY	24	67	86:8-13	96
THE LAST SUNDAY OF EPIPHANY	26	99	27	99

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### LENT

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ASH WEDNESDAY	6		103 or 103:8-14	
THE FIRST SUNDAY IN LENT	32	51 or 51:1-12	25 or 25:3-9	91 or 91:9-16
THE SECOND SUNDAY IN LENT	130	33:12-21	16 or 16:6-12	27 or 27:9-17
THE THIRD SUNDAY IN LENT	43	95	19:7-14	103 or 103:1-12
THE FOURTH SUNDAY IN LENT	46	23	122	34 or 34:1-8
THE FIFTH SUNDAY IN LENT	54	130	51 or 51:10-15	126

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### HOLY WEEK

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PALM SUNDAY: LITURGY OF THE PALMS	-		118:19-29	
PALM SUNDAY	-		22:1-21 or 22:1-11	

	<u>INTROIT</u>		<u>GRADUAL</u>
		<u>YEAR A</u>	<u>YEAR B</u> <u>YEAR C</u>
MONDAY OF HOLY WEEK	-		36:5-10
TUESDAY OF HOLY WEEK	-		71:1-11
WEDNESDAY OF HOLY WEEK	-		69:6-14, 21-22
MAUNDY THURSDAY	-		78:15-26
GOOD FRIDAY	22		22:1-11 <b>or</b> 40:1-16 <b>or</b> 69:1-22
HOLY SATURDAY	88		130 <b>or</b> 31:1-6

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### EASTER

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THE GREAT VIGIL OF EASTER	-		
EASTER DAY: EARLY SERVICE	16		114
EASTER DAY: PRINCIPAL SERVICE	3		118:14-17, 22-24
EASTER DAY: EVENING SERVICE	-		136
MONDAY OF EASTER WEEK	62		16
TUESDAY OF EASTER WEEK	113		33:17-21

INTROITGRADUALYEAR AYEAR BYEAR C

WEDNESDAY OF EASTER WEEK	-		105:1-8	
THURSDAY OF EASTER WEEK	-		8	
FRIDAY OF EASTER WEEK	-		116:1-9	
SATURDAY OF EASTER WEEK	-		118:14-18	
THE SECOND SUNDAY OF EASTER	112		111	
THE THIRD SUNDAY OF EASTER	70	116:11-16	98 <i>or</i> 98:1-5	33 <i>or</i> 33:1-11
THE FOURTH SUNDAY OF EASTER	75	23	23	100
THE FIFTH SUNDAY OF EASTER	82	66:1-11 <i>or</i> 66:1-8	66:1-11 <i>or</i> 66:1-8	145 <i>or</i> 145:1-9
THE SIXTH SUNDAY OF EASTER	84	148 <i>or</i> 148:7-14	33 <i>or</i> 33:1-8, 18-22	67
ASCENSION DAY	47		47 <i>or</i> 110:1-5	
THE SUNDAY AFTER ASCENSION DAY	93		68:1-20 <i>or</i> 47	
PENTECOST	145		104:24-35	

INTROITYEAR AGRADUALYEAR BYEAR C

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THE SEASON AFTER PENTECOST

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TRINITY SUNDAY	67	150	93	29
PROPER 1	-	119:1-16	42	1
PROPER 2	-	71 <i>or</i> 71:11-23	32	37:(1-6) 7-17
PROPER 3	-	62	103 <i>or</i> 103:1-14	92
PROPER 4	-	31 <i>or</i> 31:18-27	81:1-10 (11-16)	96
PROPER 5	119 ALEPH	50	130	30
PROPER 6	119 BETH	100	92	32:1-6 (7-12)
PROPER 7	119 GIMEL	69:1-15 (16-18)	107:1-3 (4-22) 23-32	63
PROPER 8	119 DALETH	89:1-18	112	16
PROPER 9	119 HE	145:1-13 (14-21)	123	66 <i>or</i> 66:1-8
PROPER 10	119 WAW	65	85	25:1-14 (15-21)

	<u>INTROIT</u>	<u>YEAR A</u>	<u>GRADUAL</u>	<u>YEAR C</u>
			<u>YEAR B</u>	
PROPER 11	119 ZAYIN	86	22:23-31	15
PROPER 12	119 HETH	119:121- 136	114	138
PROPER 13	119 TETH	78:(1-13) 14-26	78:(1-13) 14-26	49:1-12 (13-21)
PROPER 14	119 YODH	29	34:(1-7) 8-15 (16-22)	33(1-9) 10-21
PROPER 15	119 KAPH	67	147	82
PROPER 16	119 LAMEDH	138	16	46
PROPER 17	119 MEM	26	15	112
PROPER 18	119 NUN	119:33-48	146	1
PROPER 19	119 SAMEKH	103 <b>or</b> 103:1-14	116:1-9 (10-16)	51:1-17
PROPER 20	119 AYIN	145:(1- 13) 14-21	54	138
PROPER 21	119 PE	25:1-14 (15-21)	19:(1-6) 7-14	146
PROPER 22	119 SADHE	80:(1-6)7- 19	8	37:1-17
PROPER 23	119 QOPH	23	90:1-12 (13-17)	113



	<u>INTROIT</u>	<u>YEAR A</u>	<u>GRADUAL</u>	<u>YEAR C</u>
			<u>YEAR B</u>	
PROPER 24	I I9 RESH	96	9I	I2I
PROPER 25	I I9 SHIN	I	I3	84
ALL SAINTS' DAY	I49		I49	
PROPER 26	I I9 TAW	43	I I9:I-I6	32
PROPER 27	I24	70	I46	I7
PROPER 28	I25	90:I-I2 (I3-I7)	I6	98
PROPER 29	I27	95	93	46

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### HOLY DAYS

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ST. ANDREW	I29		I9	
ST. THOMAS	I28		I26	

ST. STEPHEN	52	31
ST. JOHN	11	92
HOLY INNOCENTS	79	124
HOLY NAME	122	8
CONFESSION OF ST. PETER	-	23
CONVERSION OF ST. PAUL	138	67
THE PRESENT- ATION	134	84
ST. MATTHIAS	140	15

ST. JOSEPH	-	89
THE ANNUN- CIATION	131	40
ST. MARK	141	2
STS. PHILIP & JAMES	133	119:33-40
THE VISITATION	-	113
ST. BARNABAS	142	112
THE NATIVITY OF ST. JOHN THE BAPTIST	143	85
ST.S PETER & PAUL	144	87

ST. MARY MAGDALENE	146	42
ST. JAMES	148	7
THE TRANS- FIGURATION	-	99
ST. MARY THE VIRGIN	-	34
ST. BARTH- OLOMEW	115	91
HOLY CROSS DAY	-	98
ST. MATTHEW	117	119:33-40
HOLY MICHAEL & ALL ANGELS	113	103

ST. LUKE	137	147
ST. JAMES OF JERUSALEM	-	I
STS. SIMON & JUDE	150	119:89-96
ALL SAINTS	149	149





THE  
**EIGHT VERSES**  
OF ST. BERNARD

A Daily Prayer for a Good Death



Give light to my eyes, that I sleep not in death

13:3B

Into your hands I commend my spirit,  
for you have redeemed me, O LORD, O God of truth.

31:5

I spoke with my tongue: “LORD, let me know my end.”

39:4B-5A

What is the number of my days?  
That I may learn how short my life is.

39:5B

Show me some token of your favor,  
that those who hate me may see it and be ashamed,  
because you, LORD, have been my helper and comforter.

86:17

You have broken my bonds asunder.  
I will offer you the sacrifice of thanksgiving  
and will call upon the Name of the LORD.

116:14

I had no place to flee to, and no one cared for my soul.

142:5

I cried out to you, O LORD, and said, “You are my refuge, and my  
portion in the land of the living.”

142:6