

101

Misericordiam et iudicium

- 1 My song shall be of mercy and judgment; *
unto you, O LORD, will I sing.
- 2 O let me have understanding *
in the way of godliness.
- 3 When will you come to me? *
I will walk in my house with integrity of heart.
- 4 I will set no wicked thing before my eyes; *
I hate the sins of unfaithfulness; no such thing shall cleave to me.
- 5 A crooked heart shall depart from me; *
I will not know a wicked person.
- 6 Whoever secretly slanders his neighbor, *
him will I destroy.
- 7 Whoever has a proud look and an arrogant heart, *
I will not suffer him.
- 8 My eyes shall look with favor upon the faithful in the land, *
that they may dwell with me.
- 9 Whoever leads a godly life, *
he shall be my servant.
- 10 No deceitful person shall dwell in my house; *
the one who tells lies shall not tarry in my sight.
- 11 I shall soon destroy all the ungodly who are in the land, *
that I may root out all evildoers from the city of the LORD.

DAY 20 : MORNING PRAYER

102

Domine, exaudi

- 1 Hear my prayer, O LORD, *
and let my cry come unto you.
- 2 Hide not your face from me in the time of my trouble; *
incline your ear to me when I call; O hear me, and very soon.
- 3 For my days are consumed like smoke, *
and my bones are burnt up as in a furnace.
- 4 My heart is smitten and withered like grass, *
so that I forget to eat my bread.
- 5 Because of the voice of my groaning, *
my bones will scarcely cleave to my flesh.
- 6 I have become like an owl in the wilderness *
and like a screech-owl among the ruins.
- 7 I am solitary, and lie sleepless because of my groaning; *
I am like a sparrow that sits alone upon the housetop.
- 8 My enemies revile me all day long, *
and those who are enraged against me conspire to do me hurt.
- 9 For I have eaten ashes as if they were bread *
and mingled my drink with weeping,
- 10 Because of your indignation and wrath, *
for you have taken me up and cast me down.
- 11 My days are gone like a shadow, *

and I am withered like grass.
12 But you, O LORD, shall endure for ever, *
and your remembrance throughout all generations.
13 You shall arise and have mercy upon Zion, *
for it is time for you to have mercy upon her; indeed, the time has come.
14 For your servants love her very stones, *
and are moved to pity to see her in the dust.
15 The nations shall fear your Name, O LORD, *
and all the kings of the earth your majesty,
16 When the LORD shall build up Zion, *
and when his glory shall appear,
17 When he turns to the prayer of the destitute *
and despises not their plea.
18 This shall be written for those that come after, *
and a people that shall yet be born shall praise the LORD.
19 For he has looked down from his sanctuary; *
from the heavens the LORD has beheld the earth,
20 That he might hear the groanings of those who are in captivity,*
and deliver those who are condemned to die,
21 That they may declare the Name of the LORD in Zion, *
and his praises in Jerusalem;
22 When the peoples are gathered together, *
and the kingdoms also, to serve the LORD.
23 He brought down my strength before my time, *
and shortened my days.
24 But I said, "O my God, take me not away in the midst of my days; *
for your years endure throughout all generations."
25 You, LORD, in the beginning laid the foundation of the earth, *
and the heavens are the work of your hands.
26 They shall perish, but you shall endure; *
they all shall wear out, as does a garment;
27 And as a garment you shall change them, and they shall be changed; *
but you are the same, and your years shall not fail.
28 The children of your servants shall continue, *
and their seed shall stand fast in your sight.

103

Benedic, anima mea

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

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

DAY 20 : EVENING PRAYER

104

Benedic, anima mea

- 1 Praise the LORD, O my soul. *
O LORD my God, you have become exceedingly glorious; you are clothed with majesty and honor.
- 2 You clothe yourself with light as with a garment, *
and spread out the heavens like a curtain.
- 3 You lay the beams of your chambers in the waters, *
and make the clouds your chariot, and walk upon the wings of the wind.
- 4 You make winds your messengers, *
and flames of fire your ministers.
- 5 You laid the foundations of the earth, *
that it never should move at any time.
- 6 You cover it with the deep as with a garment; *
the waters stand above the hills.
- 7 At your rebuke they fled; *
at the voice of your thunder they hastened away.
- 8 They went up as high as the hills, and down to the valleys beneath, *
even to the place you had appointed for them.
- 9 You have set bounds for them which they shall not pass; *

neither shall they again cover the earth.
10 You send the springs into the rivers, *
 which run among the hills.
11 All beasts of the field drink thereof, *
 and the wild donkeys quench their thirst.
12 Beside them shall the birds of the air have their habitation *
 and sing among the branches.
13 You water the hills from above; *
 the earth is filled with the fruit of your works.
14 You bring forth grass for the cattle, *
 and plants for the service of mankind,
15 That they may bring food out of the earth, and wine that makes glad the heart, *
 and oil to make a cheerful countenance, and bread to strengthen the heart.
16 The trees of the LORD also are full of sap, *
 even the cedars of Lebanon which he planted,
17 Wherein the birds make their nests, *
 and the fir trees are a dwelling for the stork.
18 The high hills are a refuge for the wild goats, *
 and so are the stony cliffs for the rock badgers.
19 You appointed the moon to mark the seasons, *
 and the sun knows its going down.
20 You make darkness that it may be night, *
 in which all the beasts of the forest move.
21 The lions, roaring after their prey, *
 seek their meat from God.
22 The sun arises, and they go away together, *
 and lay themselves down in their dens.
23 Man goes forth to his work, *
 and to his labor until the evening.
24 O LORD, how manifold are your works; *
 in wisdom you made them all; the earth is full of your creatures.
25 So is the great and wide sea also, *
 in which are things creeping innumerable, creatures both small and great.
26 There go the ships, and there is that Leviathan, *
 whom you made to take its pleasure therein.
27 These all wait upon you, *
 that you may give them food in due season.
28 When you give it to them, they gather it, *
 and when you open your hand, they are filled with good things.
29 When you hide your face, they are troubled; *
 when you take away their breath, they die, and are turned again to their dust.
30 When you let your breath go forth, they shall be made, *
 and you shall renew the face of the earth.
31 The glorious majesty of the LORD shall endure for ever; *
 the LORD shall rejoice in his works.
32 He looks at the earth and it trembles; *
 if he even touches the hills, they shall smoke.
33 I will sing unto the LORD as long as I live; *
 I will praise my God while I have my being,
34 And so shall my words please him; *
 my joy shall be in the LORD.
35 As for sinners, they shall perish from the earth, and the ungodly shall come to an end. *
 Praise the LORD, O my soul. Praise the LORD.

DAY 21 : MORNING PRAYER

105

Confitemini Domino

- 1 Give thanks unto the LORD and call upon his Name; *
tell the peoples what things he has done.
- 2 O let your songs be of him, and praise him, *
and let your speech be of all his wondrous works.
- 3 Rejoice in his holy Name; *
let the hearts of those who seek the LORD rejoice.
- 4 Seek the LORD and his strength; *
seek his face evermore.
- 5 Remember the marvelous works that he has done, *
his wonders, and the judgments of his mouth,
- 6 O seed of Abraham his servant, *
O children of Jacob his chosen.
- 7 He is the LORD our God; *
his judgments are in all the world.
- 8 He has always been mindful of his covenant, *
and the promise that he made to a thousand generations,
- 9 Even the covenant that he made with Abraham, *
and the oath that he swore to Isaac,
- 10 Which he appointed to Jacob for a law, *
and to Israel for an everlasting testament,
- 11 Saying, "To you will I give the land of Canaan *
to be the portion of your inheritance."
- 12 When there were yet but a few of them, *
and they were strangers in the land,
- 13 And they wandered from nation to nation, *
and from one kingdom to another,
- 14 He allowed no one to do them wrong, *
but 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.

DAY 21 : EVENING PRAYER

106

Confitemini Domino

1 O give thanks unto the LORD, for he is gracious, *
 and his mercy endures for ever.
 2 Who can express the mighty acts of the LORD, *
 or show forth all his praise?
 3 Blessed are those who act with justice, *

and who always do righteousness.

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

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

6 We have sinned like our fathers; *
we have done wrong and dealt wickedly.

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

8 Nevertheless, he saved them for his Name's sake, *
that he might make his power known.

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

10 And he saved them from the adversary's hand, *
and delivered them from the hand of the enemy.

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

12 Then they believed his words *
and sang praises unto him.

13 But soon they forgot his works *
and would not wait for his counsel.

14 A craving came upon them in the wilderness, *
and they tempted God in the desert.

15 So he gave them their desire, *
and sent leanness into their soul.

16 They were envious of Moses also in the camp, *
and of Aaron the holy one of the LORD.

17 So the earth opened and swallowed up Dathan *
and covered the company of Abiram,

18 And fire was kindled in their company; *
the flame burnt up the ungodly.

19 They made a calf in Horeb *
and worshiped a molten image.

20 Thus they exchanged their glory *
for the image of a calf that feeds on hay.

21 And they forgot God their Savior, *
who had done great things in Egypt,

22 Wondrous works in the land of Ham, *
and fearful things by the Red Sea.

23 So he said he would have destroyed them, had not Moses his chosen stood before him in the gap *
to turn away his wrathful indignation, lest he should destroy them.

24 Then they scorned that pleasant land *
and gave no credence to his word,

25 But murmured in their tents *
and did not hearken to the voice of the LORD.

26 Then he lifted up his hand against them *
to overthrow them in the wilderness,

27 To cast out their seed among the nations, *
and to scatter them in all the lands.

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

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

and the plague broke out among them.
30 Then Phineas stood up and interceded, *
and so the plague was ended;
31 And that was counted to him as righteousness *
among all generations for evermore.
32 They angered him also at the waters of strife, *
so that he punished Moses for their misdeeds;
33 For they provoked him to anger, *
so that he spoke rashly with his lips.
34 Neither did they destroy the peoples *
as the LORD commanded them,
35 But intermingled among the nations *
and learned their heathen ways,
36 So that they worshiped their idols, which became a snare to them; *
they offered their sons and their daughters to demons,
37 And shed innocent blood, even the blood of their sons and of their daughters, *
whom they offered to the idols of Canaan; and the land was defiled with blood.
38 Thus were they defiled by their own works *
and went whoring with their own deeds.
39 Therefore was the wrath of the LORD kindled against his people, *
and he abhorred his own inheritance,
40 And he gave them over into the hands of the nations, *
and those who hated them were lords over them.
41 Their enemies oppressed them *
and held them in subjection.
42 Many a time did he deliver them, *
but they rebelled against him through their own devices, and were brought down in their wickedness.
43 Nevertheless, when he saw their adversity, *
when he heard their lamentation,
44 He remembered his covenant and pitied them, according to the multitude of his mercies; *
he made all those who led them away captive to pity them.
45 Deliver us, O LORD our God, and gather us from among the nations, *
that we may give thanks to your holy Name and make our boast of your praise.
46 Blessed be the LORD God of Israel from everlasting and world without end, *
and let all the people say, "Amen." Praise the LORD.

DAY 22 : MORNING PRAYER

107

Confitemini Domino

1 O give thanks unto the LORD, for he is gracious, *
and his mercy endures for ever.
2 Let those whom the LORD has redeemed give thanks, *
whom he has delivered from the hand of the enemy,
3 And gathered them out of the lands, from the east and from the west, *
from the north and from the south.
4 They went astray in the wilderness, even in the desert, *
and found no city to dwell in;
5 They were hungry and thirsty, *
and their soul fainted within them.
6 Then they cried unto the LORD in their trouble, *
and he delivered them from their distress.

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

23 Those who go down to the sea in ships, *
who carry out their business in great waters,
24 They behold the works of the LORD *
and his wonders in the deep.
25 For at his word the stormy wind arises, *
which lifts up the waves.
26 They are carried up to heaven and down again to the deep; *
their soul melts away because of the trouble.
27 They reel to and fro, and stagger like a drunken man, *
and are at their wits' end.
28 So when they cry unto the LORD in their trouble, *
he delivers them out of their distress.
29 For he makes the storm to cease, *
so that the waves are still.
30 Then they are glad, because they are at rest, *
and so he brings them into the haven where they desire to be.
31 Oh, that they would therefore praise the LORD for his goodness *
and declare the wonders that he does for the children of men!
32 That they would exalt him also in the congregation of the people *
and praise him in the seat of the elders!
33 He turns rivers into a wilderness *

and water-springs into thirsty ground,
 34 A fruitful land he makes barren, *
 because of the wickedness of those who dwell there.
 35 Again, he makes the wilderness into pools of water *
 and dry ground into water-springs;
 36 And there he sets the hungry *
 that they may build a city to dwell in,
 37 That they may sow their land and plant vineyards *
 to yield the fruits of increase.
 38 He blesses them, so that they multiply exceedingly, *
 and does not allow their cattle to decrease.
 39 And again, when they are diminished and brought low, *
 through oppression, through any plague or trouble,
 40 Though he pours contempt on princes *
 and lets them wander in the pathless wilderness,
 41 Yet he helps the poor out of misery *
 and increases their households like a flock of sheep.
 42 The righteous will consider this and rejoice, *
 and the mouth of all wickedness shall be stopped.
 43 Whoever is wise will ponder these things, *
 and shall understand the loving-kindness of the LORD.

DAY 22 : EVENING PRAYER

108

Paratum cor meum

1 O God, my heart is fixed, my heart is firmly fixed; *
 I will sing and give praise with the best that I have.
 2 Awake, my soul; awake, lute and harp; *
 I myself will awaken the dawn.
 3 I will give thanks unto you, O LORD, among the peoples, *
 and I will sing praises unto you among the nations,
 4 For the greatness of your mercy reaches to the heavens, *
 and your faithfulness to the clouds.
 5 Exalt yourself, O God, above the heavens; *
 let your glory be over all the earth.
 6 That your beloved may be delivered, *
 save me by your right hand, and answer me.
 7 God has spoken in his holiness: *
 "I will rejoice and divide Shechem, and parcel out the valley of Succoth.
 8 Gilead is mine, and Manasseh is mine; *
 Ephraim also is the helmet for my head; Judah is my scepter.
 9 Moab is my wash-pot; over Edom will I cast my shoe; *
 over Philistia will I triumph."
 10 Who will lead me into the strong city, *
 and who will bring me into Edom?
 11 Have you not forsaken us, O God? *
 And will you not, O God, go forth with our hosts?
 12 O help us against the enemy, *
 for vain is the help of man.
 13 Through God we shall do great acts, *
 for it is he who shall tread down our enemies.

- 1 Hold not your tongue, O God of my praise, *
for the mouth of the ungodly, the mouth of the deceitful is opened upon me.
- 2 They have spoken against me with false tongues; *
they encompassed me with words of hatred, and fought against me without a cause.
- 3 In return for the love that I had for them, they have become my adversaries; *
but I give myself to prayer.
- 4 Thus have they rewarded me evil for good, *
and hatred for my love.
- 5 Set an ungodly man to be ruler over him, *
and let an accuser stand at his right hand.
- 6 When judgment is given, let him be condemned, *
and let sentence be passed on him for guilt.
- 7 Let his days be few, *
and let another take his office.
- 8 Let his children be fatherless *
and his wife a widow.
- 9 Let his children be vagabonds and beg their bread; *
let them be driven out, even from desolate places.
- 10 Let the creditor consume all that he has, *
and let strangers take his labor for spoil.
- 11 Let there be no one to pity him, *
nor to have compassion upon his fatherless children.
- 12 Let his posterity be destroyed, *
and in the next generation let his name be blotted out.
- 13 Let the wickedness of his fathers be held in remembrance in the sight of the LORD, *
and let not the sin of his mother be blotted out.
- 14 Let them be always before the LORD, *
that he may root out the memorial of them from the earth,
- 15 Because he was not minded to do good, *
but persecuted to death the poor and needy, and those who were brokenhearted.
- 16 His delight was in cursing; let curses come upon him; *
he loved not blessing; therefore let it be far from him.
- 17 He clothed himself with cursing as with a garment, *
so let it soak into his body like water, and like oil into his bones.
- 18 Let it be to him as the cloak that he has on *
and as the belt that he always wears.
- 19 Let this be the recompense from the LORD to my enemies, *
and to those who speak evil against my soul.
- 20 But deal with me, O LORD God, according to your Name; *
for sweet is your mercy.
- 21 O deliver me, for I am helpless and poor, *
and my heart is wounded within me.
- 22 I disappear like the shadow that lengthens, *
and am shaken off like a grasshopper.
- 23 My knees are weak through fasting; *
my flesh is grown lean for want of nourishment.
- 24 I have become a reproach to them; *
when they look on me, they shake their heads.
- 25 Help me, O LORD my God; *

save me according to your mercy;
26 And they shall know that this is your hand, *
and that you, O LORD, have done it.
27 Though they curse, yet you bless; *
let them be confounded who rise up against me, but let your servant rejoice.
28 Let my adversaries be clothed with shame, *
and let them cover themselves with their own disgrace as with a cloak.
29 As for me, I will give great thanks unto the LORD with my mouth, *
and praise him among the multitude,
30 For he shall stand at the right hand of the poor, *
to save their souls from the unrighteous judges.

DAY 23 : MORNING PRAYER

110

Dixit Dominus

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

111

Confitebor tibi

1 Praise the LORD. I will give thanks unto the LORD with my whole heart, *
in the company of the upright, and among the congregation.
2 The works of the LORD are great, *
sought out by all who have pleasure in them.
3 His work is worthy to be praised and held in honor, *
and his righteousness endures for ever.
4 He has made his marvelous works to be had in remembrance; *
The LORD is gracious and merciful.
5 He has given food to those who fear him; *
he shall ever be mindful of his covenant.
6 He has shown his people the power of his works, *
that he may give them the heritage of the nations.
7 The works of his hands are faithfulness and justice; *
all his commandments are true.
8 They stand fast for ever and ever, *
and are done in truth and equity.
9 He sent redemption to his people; he has commanded his covenant for ever; *
holy and awesome is his Name.

- 10 The fear of the LORD is the beginning of wisdom; *
a good understanding have all those who live accordingly; his praise endures for ever.

112

Beatus vir

- 1 Praise the LORD! Blessed is the one who fears the LORD, *
who has great delight in his commandments.
2 His seed shall be mighty in the land; *
the generation of the faithful shall be blessed.
3 Riches and plenteousness shall be in his house, *
and his righteousness shall endure for ever.
4 For the upright, there rises light in the darkness; *
he is merciful, loving, and righteous.
5 It is good for him to be generous in lending *
and to guide his words with discretion.
6 For he shall never be moved, *
and the righteous shall be kept in everlasting remembrance.
7 He will not be afraid of any evil tidings, *
for his heart is steadfast and trusts in the LORD.
8 His heart is established, and will not fear; *
at the last he shall see his desire upon his enemies.
9 He has given freely to the poor, *
and his righteousness endures for ever; his horn shall be exalted with honor.
10 The ungodly shall see it, and shall be angry; *
he shall gnash his teeth, and waste away; the desire of the ungodly shall perish.

113

Laudate, pueri

- 1 Praise the LORD. Sing praises, you servants of the LORD; *
O praise the Name of the LORD.
2 Blessed be the Name of the LORD, *
from this time forth for evermore.
3 The LORD's Name be praised *
from the rising up of the sun to the going down of the same.
4 The LORD is high above all nations, *
and his glory above the heavens.
5 Who is like the LORD our God, who has his dwelling so high, *
and yet humbles himself to behold the things that are in heaven and earth?
6 He takes up the lowly out of the dust, *
and lifts the poor out of the ashes,
7 That he may set them with the princes, *
even with the princes of his people.
8 He gives the barren woman a home to dwell in, *
and makes her to be a joyful mother of children. Praise the LORD.

DAY 23 : EVENING PRAYER

114

In exitu Israel

1 When Israel came out of Egypt, *
and the house of Jacob from among a people of a foreign tongue,
2 Judah was God's sanctuary, *
and Israel his dominion.
3 The sea beheld it and fled; *
Jordan was driven back.
4 The mountains skipped like rams, *
and the little hills like young sheep.
5 What ailed you, O sea, that you fled? *
O Jordan, that you were driven back?
6 You mountains, that you skipped like rams, *
and you little hills like young sheep?
7 Tremble, O earth, at the presence of the Lord, *
at the presence of the God of Jacob,
8 Who turned the hard rock into a pool of water, *
and the flint stone into a springing well.

115

Non nobis, Domine

1 Not unto us, O LORD, not unto us, but unto your Name give the praise, *
for your loving mercy and for your truth's sake.
2 Why shall the nations say, *
"Where now is their God?"
3 As for our God, he is in heaven; *
he has done whatsoever pleased him.
4 Their idols are silver and gold, *
even the work of human hands.
5 They have mouths, but they speak not; *
eyes have they, but they see not.
6 They have ears, but they hear not; *
noses have they, but they smell not.
7 They have hands, but they feel not; feet have they, but they walk not; *
neither is there any sound in their throat.
8 Those who make them are like them, *
and so are all who put their trust in them.
9 But you, O house of Israel, trust in the LORD; *
he is their helper and defender.
10 You house of Aaron, put your trust in the LORD; *
he is their helper and defender.
11 You who fear the LORD, put your trust in the LORD; *
he is their helper and defender.
12 The LORD has been mindful of us, and he shall bless us; *
he shall bless the house of Israel; he shall bless the house of Aaron;
13 He shall bless those who fear the LORD, *
both small and great together.
14 The LORD shall increase you more and more, *
you and your children after you.
15 You are the blessed of the LORD, *
who has made heaven and earth.
16 The heavens are the LORD's; *
the earth has he given to the children of men.
17 The dead praise you not, O LORD, *

neither all those who go down into silence.
18 But we will praise the LORD, *
from this time forth for evermore. Praise the LORD.

DAY 24 : MORNING PRAYER

116

Dilexi, quoniam

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

117

Laudate Dominum

1 O praise the LORD, all you nations; *
praise him, all you peoples.
2 For great is his loving-kindness towards us, *
and the faithfulness of the LORD endures for ever.
Praise the LORD.

118

Confitemini Domino

- 1 Give thanks unto the LORD, for he is gracious; *
his mercy endures for ever.
- 2 Let Israel now confess that he is gracious, *
that his mercy endures for ever.
- 3 Let the house of Aaron now confess *
that his mercy endures for ever.
- 4 Indeed, let those who fear the LORD confess *
that his mercy endures for ever.
- 5 I called upon the LORD in trouble, *
and the LORD heard me and set me free.
- 6 The LORD is on my side; *
I will not fear what man can do to me.
- 7 The LORD takes my side with those who help me; *
therefore shall I look in triumph on my enemies.
- 8 It is better to trust in the LORD *
than to put any confidence in man.
- 9 It is better to trust in the LORD *
than to put any confidence in princes.
- 10 All the nations encompass me, *
but in the Name of the LORD will I cut them off.
- 11 They hem me in on every side; indeed, they hem me in on every side, *
but in the Name of the LORD will I cut them off.
- 12 They come about me like bees, and blaze like fire among the thorns, *
but in the Name of the LORD will I cut them off.
- 13 I was thrust aside so that I almost fell, *
but the LORD was my help.
- 14 The LORD is my strength and my song, *
and has become my salvation.
- 15 The voice of joy and deliverance is in the dwellings of the righteous; *
the right hand of the LORD brings mighty things to pass.
- 16 The right hand of the LORD is exalted; *
the right hand of the LORD brings mighty things to pass.
- 17 I shall not die, but live, *
and declare the works of the LORD.
- 18 The LORD has chastened and corrected me, *
but he has not given me over to death.
- 19 Open unto me the gates of righteousness, *
that I may go into them, and give thanks unto the LORD.
- 20 This is the gate of the LORD; *
the righteous shall enter into it.
- 21 I will thank you, for you have heard me, *
and have become my salvation.
- 22 The same stone which the builders refused *
has become the chief cornerstone.
- 23 This is the LORD's doing, *
and it is marvelous in our eyes.
- 24 This is the day that the LORD has made; *
we will rejoice and be glad in it.
- 25 Help me now, O LORD; *
O LORD, send us now prosperity.
- 26 Blessed is he who comes in the Name of the LORD; *
we bless you from the house of the LORD.

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

DAY 24 : EVENING PRAYER

119

Beati immaculati
ALEPH

- 1 Blessed are those who are undefiled in their ways, *
and walk in the law of the LORD.
- 2 Blessed are those who keep his testimonies *
and seek him with their whole heart,
- 3 Even those who do no wickedness *
and perfectly walk in his ways.
- 4 You have ordered your precepts *
that we should diligently keep them.
- 5 O that my ways were made so direct *
that I might keep your statutes!
- 6 Then would I not be put to shame *
while I give heed unto all your commandments.
- 7 I will thank you with an upright heart, *
when I have learned your righteous judgments.
- 8 I will keep your statutes; *
O do not forsake me utterly.

In quo corrigit?
BETH

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

Retribuere servo tuo
GIMEL

- 17 O do well unto your servant, *

that I may live, and keep your word.
18 Open my eyes that I may see *
the wondrous things of your law.
19 I am a sojourner on earth; *
O hide not your commandments from me.
20 My soul is consumed with the fervent desire *
that it always has for your judgments.
21 You have rebuked the proud, *
and cursed are those who stray from your commandments.
22 O turn from me shame and contempt, *
for I have kept your testimonies.
23 Though princes sit and speak against me, *
yet will your servant meditate on your statutes;
24 For your testimonies are my delight, *
and they are my counselors.

Adbasit pavimento
DALETH

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

DAY 25 : MORNING PRAYER

Legem pone
HE

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

40 Behold, my delight is in your precepts; *
O revive me in your righteousness.

Et veniat super me
WAW

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

Memor esto verbi tui
ZAYIN

49 O remember your word to your servant, *
in which you have caused me to put my trust.
50 This is my comfort in my trouble, *
for your word has given me life.
51 The proud have held me exceedingly in derision, *
yet I have not turned aside from your law.
52 For I have remembered, O LORD, your judgments from of old, *
and by them I have received comfort.
53 I am filled with indignation, *
because of the ungodly who forsake your law.
54 Your statutes have been my songs *
in the house of my pilgrimage.
55 I have thought upon your Name, O LORD, in the night season,*
and I have kept your law.
56 This has been my reward, *
because I have kept your commandments.

Portio mea, Domine
HETH

57 You are my portion, O LORD; *
I have promised to keep your law.
58 I made my humble petition in your presence with my whole heart; *
O be merciful to me, according to your word.
59 I have called my ways to remembrance *
and turned my feet to your testimonies.
60 I made haste and did not delay *
to keep your commandments.

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

Bonitatem fecisti
TETH

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

DAY 25 : EVENING PRAYER

Manus tua fecerunt me
YODH

73 Your hands have made me and fashioned me; *
O give me understanding, that I may learn your commandments.
74 Those who fear you will be glad when they see me, *
because I have put my trust in your word.
75 I know, O Lord, that your judgments are right, *
and that in your faithfulness you have caused me to be afflicted.
76 O let your merciful kindness be my comfort, *
according to your word to your servant.
77 O let your loving mercies come to me, that I may live, *
for your law is my delight.
78 Let the proud be put to shame, for they go about wickedly to destroy me; *
but I will meditate on your commandments.
79 Let those who fear you turn to me, *
even those who know your testimonies.
80 O let my heart be sound in your statutes, *
that I may never be put to shame.

Defecit anima mea
KAPH

81 My soul has longed for your salvation, *
and I have a good hope because of your word.
82 My eyes long sorely for your word, *
saying, "O when will you comfort me?"
83 For I have become like a wineskin in the smoke, *
yet I do not forget your statutes.
84 How many are the days of your servant? *
When will you execute judgment on those who persecute me?
85 The proud have dug pits for me; *
they do not walk after your law.
86 All your commandments are true. *
They persecute me falsely; O Lord, be my help.
87 They had almost made an end of me on earth, *
but I have not forsaken your commandments.
88 O revive me with your loving-kindness, *
and so shall I keep the testimonies of your mouth.

In aeternum, Domine
LAMEDH

89 O LORD, your word endures for ever; *
it stands fast in heaven.
90 Your faithfulness remains from one generation to another; *
you have laid the foundation of the earth, and it abides.
91 Surely your ordinances stand firm this day, *
for all things are your servants.
92 If my delight had not been in your law, *
I should have perished in my affliction.
93 I will never forget your commandments, *
for with them you have enlivened me.
94 I am yours; O save me! *
For I have sought your commandments.
95 The ungodly lie in wait for me to destroy me, *
but I will consider your testimonies.
96 I see that all things come to an end, *
but your commandment has no bounds.

Quomodo dilexi!
MEM

97 Lord, what love I have for your law; *
all the day long I meditate on it.
98 You, through your commandment, have made me wiser than my enemies, *
for it is always with me.
99 I have more understanding than my teachers, *
for your testimonies are my study.
100 I am wiser than the aged, *
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.

DAY 26 : MORNING PRAYER

Lucerna pedibus meis
NUN

105 Your word is a lantern to my feet *
and a light upon my path.
106 I have sworn and am steadfastly purposed *
to keep your righteous judgments.
107 I am troubled above measure; *
revive me, O LORD, according to your word.
108 Let the freewill offerings of my mouth please you, O LORD; *
and teach me your judgments.
109 My life is always in my hand, *
yet I do not forget your law.
110 The ungodly have laid a snare for me, *
yet I have not strayed from your commandments.
111 Your testimonies have I claimed as my heritage for ever, *
and why? They are the very joy of my heart.
112 I have applied my heart to fulfill your statutes always, *
even unto the end.

Iniquos odio habui
SAMEKH

113 I hate those who are double-minded, *
but your law do I love.
114 You are my defense and shield, *
and my trust is in your word.
115 Away from me, you wicked. *
I will keep the commandments of my God.
116 Establish me according to your word, that I may live, *
and let me not be disappointed in my hope.
117 Hold me up, and I shall be safe; *
indeed, my delight shall be ever in your statutes.
118 You have trodden down all those who depart from your statutes, *
for they only imagine deceit.
119 You put away all the ungodly of the earth like dross; *
therefore I love your testimonies.
120 My flesh trembles for fear of you, *
and I am afraid of your judgments.

Feci iudicium
AYIN

121 I have done that which is lawful and right; *
O give me not over to my oppressors.
122 Be surety for your servant's good; *
O let not the arrogant oppress me.
123 My eyes have wasted away with looking for your salvation, *
and for the word of your righteousness.
124 O deal with your servant according to your loving mercy, *

and teach me your statutes.
125 I am your servant; O grant me understanding, *
that I may know your testimonies.
126 It is time for you, O LORD, to act, *
for they have broken your law.
127 For I love your commandments above all things, *
more than gold and precious stones.
128 Therefore I hold all your commandments to be right, *
and all false ways I utterly abhor.

Mirabilia
PE

129 Your testimonies are wonderful; *
therefore does my soul keep them.
130 When your word goes forth it gives light *
and understanding to the simple.
131 I opened my mouth, and drew in my breath, *
for my delight was in your commandments.
132 O look upon me, and be merciful unto me, *
as you always do for those who love your Name.
133 Order my steps according to your word, *
and so shall no wickedness have dominion over me.
134 O deliver me from those who deal wrongfully, *
and so shall I keep your commandments.
135 Show the light of your countenance upon your servant, *
and teach me your statutes.
136 My eyes gush out water *
because of those who do not keep your law.

Justus es, Domine
SADHE

137 Righteous are you, O LORD, *
and true are your judgments.
138 The testimonies that you have commanded *
are exceedingly righteous and true.
139 My zeal has even consumed me, *
because my enemies have forgotten your words.
140 Your word is tested to the uttermost, *
and therefore your servant loves it.
141 I am small, and of no reputation, *
yet I do not forget your commandments.
142 Your righteousness is an everlasting righteousness, *
and your law is the truth.
143 Trouble and heaviness have taken hold of me, *
yet my delight is in your commandments.
144 The righteousness of your testimonies is everlasting; *
O grant me understanding, and I shall live.

DAY 26 : EVENING PRAYER

Clamavi in toto corde meo
QOPH

145 I call with my whole heart. *
Hear me, O LORD; I will keep your statutes.
146 Even unto you do I call; *
help me, and I shall keep your testimonies.
147 Early in the morning do I cry unto you, *
for in your word is my trust.
148 My eyes open before the night watches, *
that I may meditate on your words.
149 Hear my voice, O LORD, according to your loving-kindness; *
give me life according to your judgments.
150 They draw nigh who in malice persecute me, *
and are far from your law.
151 Be near at hand, O LORD, *
for all your commandments are true.
152 Concerning your testimonies, I have known long ago *
that you have founded them for ever.

Vide humilitatem
RESH

153 O consider my adversity and deliver me, *
for I do not forget your law.
154 Plead my cause and deliver me; *
give me life according to your word.
155 Salvation is far from the ungodly, *
for they do not regard your statutes.
156 Great is your mercy, O LORD; *
give me life according to your judgments.
157 Many there are who trouble me and persecute me, *
yet I do not swerve from your testimonies.
158 It grieves me when I see the transgressors, *
because they do not keep your law.
159 Consider, O LORD, how I love your commandments; *
O give me life according to your loving-kindness.
160 Your word is true from everlasting; *
all the judgments of your righteousness endure for evermore.

Principes persecuti sunt
SHIN

161 Princes have persecuted me without a cause, *
but my heart stands in awe of your word.
162 I am as glad of your word *
as one who finds great spoils.
163 As for lies, I hate and abhor them, *
but your law do I love.
164 Seven times a day do I praise you, *
because of your righteous judgments.
165 Great is the peace they have who love your law *
and find in it no stumbling block.
166 LORD, I have looked for your saving health *
and have done your commandments.
167 My soul has kept your testimonies, *
and I have loved them exceedingly.

168 I have kept your commandments and testimonies, *
for all my ways are before you.

Appropinquet deprecatio
TAW

169 Let my complaint come before you, O LORD; *
give me understanding, according to your word.
170 Let my supplication come before you; *
deliver me, according to your word.
171 My lips shall pour forth your praise, *
when you have taught me your statutes.
172 Surely my tongue shall sing of your word, *
for all your commandments are righteous.
173 Let your hand be strong to help me, *
for I have chosen your commandments.
174 I have longed for your saving health, O LORD, *
and in your law is my delight.
175 O let my soul live, and it shall praise you; *
and let your judgments help me.
176 I have gone astray like a sheep that is lost; *
O seek your servant, for I do not forget your commandments.

DAY 27 : MORNING PRAYER

120

Ad Dominum

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

121

Levavi oculos

1 I will lift up my eyes unto the hills; *
from whence comes my help?
2 My help comes from the LORD, *
who has made heaven and earth.
3 He will not let your foot be moved, *
and he who keeps you will not sleep.
4 Behold, he who keeps Israel *
shall neither slumber nor sleep.

- 5 The LORD himself is your keeper; *
the LORD is your defense upon your right hand,
6 So that the sun shall not burn you by day, *
neither the moon by night.
7 The LORD shall preserve you from all evil; *
indeed, it is he who shall keep your soul.
8 The LORD shall preserve your going out and your coming in, *
from this time forth for evermore.

122

Lætatus sum

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

123

Ad te levavi oculos meos

- 1 Unto you I lift up my eyes, *
you who are enthroned in the heavens.
2 Behold, as the eyes of servants look to the hand of their masters, *
and as the eyes of a maiden to the hand of her mistress,
3 Even so our eyes wait upon the LORD our God, *
until he show us his favor.
4 Have mercy upon us, O LORD, have mercy upon us, *
for we have suffered more than enough contempt.
5 Long has our soul suffered the scorn of the wealthy *
and the spitefulness of the proud.

124

Nisi quia Dominus

- 1 If the LORD himself had not been on our side, now may Israel say: *
if the LORD himself had not been on our side, when men rose up against us,
2 Then would they have swallowed us up alive, *
when they were so wrathfully displeased with us;

- 3 Then the waters would have drowned us, and the torrent gone over us; *
then the raging waters would have gone clean over us.
4 But praised be the LORD, *
who has not given us over to be prey for their teeth.
5 We escaped like a bird out of the snare of the fowler; *
the snare is broken, and we have been delivered.
6 Our help is in the Name of the LORD, *
the maker of heaven and earth.

125

Qui confidunt

- 1 Those who put their trust in the LORD shall be like Mount Zion, *
which cannot be moved, but stands fast for ever.
2 The hills stand about Jerusalem *
even as the LORD stands round about his people, from this time forth for evermore.
3 For the scepter of the ungodly shall not rest upon the land allotted to the righteous, *
lest the righteous put forth their hand to do wickedness.
4 Do good, O LORD, unto those who are good, *
unto those who are good and true of heart.
5 As for those who turn aside to their own wicked ways, the LORD shall lead them away with the evildoers; *
but peace shall be upon Israel.

DAY 27 : EVENING PRAYER

126

In convertendo

- 1 When the LORD overturned the captivity of Zion, *
then were we like those who dream.
2 Then was our mouth filled with laughter *
and our tongue with shouts of joy.
3 Then they said among the nations, *
“The LORD has done great things for them.”
4 Indeed, the LORD has done great things for us already, *
whereof we rejoice.
5 Overturn our captivity, O LORD, *
as when streams refresh the deserts of the south.
6 Those who sow in tears *
shall reap with songs of joy.
7 He who goes on his way weeping and bears good seed *
shall doubtless come again with joy, and bring his sheaves with him.

127

Nisi Dominus

- 1 Unless the LORD builds the house, *
their labor is in vain who build it.
2 Unless the LORD keeps the city, *
the watchman keeps vigil in vain.
3 It is in vain that you rise up early, and take rest so late, and eat the bread of toil, *
for he gives to his beloved sleep.

- 4 Behold, children are a heritage from the LORD, *
and the fruit of the womb is a gift that comes from him.
5 Like arrows in the hand of a warrior, *
so are the children of one's youth.
6 Happy is the man who has his quiver full of them; *
he shall not be ashamed when he speaks with his enemies in the gate.

128

Beati omnes

- 1 Blessed are all those who fear the LORD *
and walk in his ways.
2 For you shall eat of the labors of your hands; *
it shall be well with you, and happy you shall be.
3 Your wife shall be as a fruitful vine *
upon the walls of your house,
4 Your children like the olive branches *
round about your table.
5 Indeed, thus shall the man be blessed *
who fears the LORD.
6 May the LORD bless you out of Zion; *
may you see Jerusalem in prosperity all your life long.
7 May you see your children's children, *
and may there be peace upon Israel.

129

Sape expugnaverunt

- 1 "Many a time have they fought against me from my youth on," *
may Israel now say;
2 "Indeed, many a time have they afflicted me from my youth on, *
but they have not prevailed against me.
3 The plowers plowed upon my back, *
and made long furrows.
4 But the righteous LORD *
has hewn the snares of the ungodly in pieces."
5 Let them be ashamed and turned backward, *
as many as hate Zion.
6 Let them be as the grass growing upon the housetops, *
which withers before it grows up,
7 Which does not fill the hand of the reaper, *
neither the bosom of him who binds up the sheaves,
8 So that those who go by say not so much as, "The LORD prosper you. *
We bless you in the Name of the LORD."

130

De profundis

- 1 Out of the deep have I called unto you, O LORD; *
Lord, hear my voice.
2 O let your ears consider well *
the voice of my supplications.
3 If you, LORD, were to mark what is done amiss, *

- O Lord, who could abide it?
4 For there is mercy with you; *
therefore you shall be feared.
5 I wait for the LORD; my soul waits for him; *
in his word is my trust.
6 My soul waits for the Lord, *
more than watchmen for the morning, more than watchmen for the morning.
7 O Israel, trust in the LORD, for with the LORD there is mercy, *
and with him is plenteous redemption;
8 And he shall redeem Israel *
from all their sins.

131

Domine, non est

- 1 O LORD, I am not haughty; *
I have no proud looks.
2 I do not occupy myself with great matters, *
or with things that are too high for me.
3 But I have stilled and quieted my soul, like a weaned child upon his mother's breast; *
so is my soul quieted within me.
4 O Israel, trust in the LORD *
from this time forth for evermore.

DAY 28 : MORNING PRAYER

132

Memento, Domine

- 1 LORD, remember David, *
and all his tribulations,
2 How he swore unto the LORD, *
and vowed a vow unto the Almighty God of Jacob:
3 "I will not come within the tabernacle of my house, *
nor climb up into my bed,
4 I will not allow my eyes to sleep, nor my eyelids to slumber, *
neither the temples of my head to take any rest,
5 Until I find a place for the temple of the LORD, *
a habitation for the mighty God of Jacob."
6 Lo, we heard of the ark at Ephrathah *
and found it in the wood.
7 We will go into his tabernacle, *
and fall low on our knees before his footstool.
8 Arise, O LORD, into your resting-place, *
you and the ark of your strength.
9 Let your priests be clothed with righteousness, *
and let your saints sing with joy.
10 For your servant David's sake, *
turn not away the presence of your Anointed.
11 The LORD has made a faithful oath unto David, *
and he shall not shrink from it:
12 "Of the fruit of your body *
shall I set upon your throne.

- 13 If your children will keep my covenant, and my testimonies that I shall teach them, *
their children also shall sit upon your throne for evermore.”
- 14 For the LORD has chosen Zion for himself; *
he has longed for her to be his habitation:
- 15 “This shall be my rest for ever; *
here will I dwell, for I have a delight therein.
- 16 I will bless her provisions with increase, *
and will satisfy her poor with bread.
- 17 I will clothe her priests with salvation, *
and her saints shall rejoice and sing.
- 18 There shall I make the horn of David flourish; *
I have prepared a lantern for my Anointed.
- 19 As for his enemies, I shall clothe them with shame; *
but upon his head shall his crown flourish.”

133

Ecce, quam bonum!

- 1 Behold, how good and joyful a thing it is *
when brethren dwell together in unity.
- 2 It is like the precious ointment upon the head, that ran down upon the beard, *
even Aaron’s beard, and went down to the edges of his clothing,
- 3 Like the dew of Hermon, *
which falls upon the hills of Zion.
- 4 For there the LORD promised his blessing, *
even life for evermore.

134

Ecce nunc

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

135

Laudate Nomen

- 1 O praise the LORD. Praise the Name of the LORD; *
offer praise, you servants of the LORD,
- 2 You who stand in the house of the LORD, *
in the courts of the house of our God.
- 3 O praise the LORD, for the LORD is good; *
sing praises unto his Name, for it is lovely.
- 4 For the LORD has chosen Jacob for himself *
and Israel for his own possession.
- 5 For I know that the LORD is great, *
and that our LORD is above all gods.

6 Whatsoever the LORD pleases he does, in heaven and on earth, *
 in the seas and in all the deep places.
 7 He brings forth clouds from the ends of the earth *
 and sends forth lightning with the rain, bringing the wind out of his 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.

DAY 28 : EVENING PRAYER

136

Confitemini

1 O give thanks unto the LORD, for he is gracious, *
 for his mercy endures for ever.
 2 O give thanks unto the God of all gods, *
 for his mercy endures for ever.
 3 O give thanks unto the Lord of all lords, *
 for his mercy endures for ever.
 4 Who alone does great wonders, *
 for his mercy endures for ever.
 5 Who by his excellent wisdom made the heavens, *
 for his mercy endures for ever.
 6 Who laid out the earth above the waters, *
 for his mercy endures for ever.
 7 Who made the great lights, *
 for his mercy endures for ever;
 8 The sun to rule the day, *

for his mercy endures for ever;
9 The moon and the stars to govern the night, *
for his mercy endures for ever.
10 Who struck down the firstborn of Egypt, *
for his mercy endures for ever;
11 And brought out Israel from among them, *
for his mercy endures for ever;
12 With a mighty hand and an outstretched arm, *
for his mercy endures for ever.
13 Who divided the Red Sea in two parts, *
for his mercy endures for ever;
14 And made Israel to pass through the midst of it, *
for his mercy endures for ever;
15 But as for Pharaoh and his host, he overthrew them in the Red Sea, *
for his mercy endures for ever.
16 Who led his people through the wilderness, *
for his mercy endures for ever.
17 Who smote great kings, *
for his mercy endures for ever;
18 And slew mighty kings, *
for his mercy endures for ever;
19 Sihon king of the Amorites, *
for his mercy endures for ever;
20 And Og the king of Bashan, *
for his mercy endures for ever;
21 And gave away their land for an inheritance, *
for his mercy endures for ever;
22 Even for an inheritance for Israel his servant, *
for his mercy endures for ever.
23 Who remembered us when we were in trouble, *
for his mercy endures for ever;
24 And delivered us from our enemies, *
for his mercy endures for ever.
25 Who gives food to all flesh, *
for his mercy endures for ever.
26 O give thanks unto the God of heaven, *
for his mercy endures for ever.
27 O give thanks unto the Lord of lords *
for his mercy endures for ever.

137

Super flumina

1 By the waters of Babylon we sat down and wept, *
when we remembered you, O Zion.
2 As for our harps, we hung them up *
upon the trees that are therein.
3 For those who led us away captive required of us a song and melody in our heaviness: *
“Sing us one of the songs of Zion.”
4 How shall we sing the LORD’s song *
in the land of our captivity?
5 If I forget you, O Jerusalem, *
let my right hand forget its skill.

- 6 If I do not remember you, let my tongue cleave to the roof of my mouth, *
if I prefer not Jerusalem above my dearest joy.
7 Remember the children of Edom, O LORD, in the day of Jerusalem, *
how they said, "Down with it, down with it, even to the ground."
8 O daughter of Babylon, wasted with misery, *
happy shall be the one who rewards you as you have done to us.
9 Blessed shall he be who takes your children *
and throws them against the stones.

138

Confitebor tibi

- 1 I will give thanks to you, O LORD, with my whole heart; *
even before the gods will I sing praises to you.
2 I will worship toward your holy temple and praise your Name, because of your loving-kindness and
truth, *
for you have magnified your Name and your word above all things.
3 When I called upon you, you heard me *
and gave me increase of strength.
4 All the kings of the earth shall praise you, O LORD, *
for they have heard the words of your mouth.
5 They shall sing of the ways of the LORD, *
that great is the glory of the LORD.
6 For though the LORD be high, yet he has respect for the lowly; *
as for the proud, he beholds them from afar.
7 Though I walk in the midst of trouble, yet shall you refresh me; *
you shall stretch forth your hand upon the furiousness of my enemies, and your right hand shall save
me.
8 The LORD shall make good his loving-kindness toward me; *
your mercy, O LORD, endures for ever; despise not the works of your own hands.

DAY 29 : MORNING PRAYER

139

Domine, probasti

- 1 O LORD, you have searched me out and known me; *
you know my sitting down and my rising up; you understand my thoughts from afar.
2 You examine my path and my places of rest, *
and are acquainted with all my ways.
3 Indeed, there is not a word on my tongue, *
but you, O LORD, know it altogether.
4 You have enclosed me behind and before, *
and have laid your hand upon me.
5 Such knowledge is too wonderful for me, *
so excellent I cannot attain to it.
6 Where shall I go then from your Spirit, *
or where shall I flee from your presence?
7 If I climb up to heaven, you are there; *
if I make my bed in the Grave, you are there also.
8 If I take the wings of the morning *
and dwell in the uttermost parts of the sea,
9 Even there shall your hand lead me, *

and your right hand shall hold me.
10 If I say, "Surely the darkness shall cover me," *
then shall my night be turned to day.
11 Even the darkness is not dark to you, and the night is as clear as the day; *
the darkness and the light to you are both alike.
12 For you yourself made my inmost parts; *
you knit me together in my mother's womb.
13 I will give thanks to you, for I am fearfully and wonderfully made; *
marvelous are your works, and my soul knows it very well.
14 My bones were not hidden from you *
when I was made in secret and fashioned in the depths of the earth.
15 Your eyes beheld my substance, while I was yet unformed; *
and in your book were all my members written,
16 Which day by day were fashioned, *
when as yet there was none of them.
17 How dear to me are your thoughts, O God. *
How great is the sum of them!
18 If I were to count them, they would be more in number than the sand. *
When I wake up, I am present with you.
19 Oh, that you would slay the wicked, O God! *
Depart from me, you bloodthirsty men.
20 For they speak unrighteously against you; *
your enemies take your Name in vain.
21 Do I not hate those, O LORD, who hate you, *
and do I not loathe those who rise up against you?
22 Indeed, I hate them with a perfect hatred; *
they have become my own enemies.
23 Search me, O God, and know my heart; *
try me and examine my thoughts.
24 Look well if there be any way of wickedness in me, *
and lead me in the way everlasting.

140

Eripe me, Domine

1 Deliver me, O LORD, from evildoers, *
and preserve me from the violent,
2 Who imagine evil in their hearts *
and stir up strife all the day long.
3 They have sharpened their tongues like a serpent; *
adders' poison is under their lips.
4 Keep me, O LORD, from the hands of the ungodly; *
preserve me from the violent, who have purposed to overthrow my steps.
5 The proud have laid a snare for me and spread out a net with cords; *
they have set traps in my way.
6 I said unto the LORD, "You are my God; *
hear the voice of my prayers, O LORD."
7 O LORD God, the strength of my salvation, *
you have covered my head in the day of battle.
8 Let not the ungodly have their desire, O LORD; *
let not their evil imagination prosper, lest they be too proud.
9 Let not those who encompass me lift up their heads; *
let the evil of their own lips consume them.

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

DAY 29 : EVENING PRAYER

141

Domine, clamavi

- 1 LORD, I call upon you; hasten unto me, *
and hear my voice when I cry unto you.
- 2 Let my prayer be set forth in your sight as incense, *
and let the lifting up of my hands be an evening sacrifice.
- 3 Set a watch, O LORD, before my mouth, *
and keep the door of my lips.
- 4 O let not my heart be inclined to any evil thing; *
let me not be occupied in ungodly works with those who work wickedness, lest I eat of such things as
please them.
- 5 Rather, let the righteous smite me, *
and in their loving-kindness reprove me.
- 6 But let not the oil of the unrighteous anoint my head; *
while I live, I will pray against their wickedness.
- 7 Let their rulers be overthrown in stony places, *
that they may hear my words, for they are sweet.
- 8 Let their bones lie scattered at the mouth of the grave, *
as when the ploughman scatters the earth in furrows.
- 9 But my eyes look unto you, O LORD God; *
in you is my refuge; O do not cast out my soul.
- 10 Keep me from the snare which they have laid for me, *
and from the traps of the evildoers.
- 11 Let the ungodly fall into their own nets together, *
and let me ever escape them.

142

Voce mea ad Dominum

- 1 I cried unto the LORD with my voice; *
even unto the LORD I made my supplication.
- 2 I poured out my complaints before him, *
and showed him my trouble.
- 3 When my spirit was in heaviness, you knew my path; *
in the way wherein I walked they had secretly laid a snare for me.
- 4 I looked also to my right hand *
and saw there was no one who would know me.
- 5 I had no place to flee to, *
and no one cared for my soul.
- 6 I cried out to you, O LORD, and said, *

- “You are my refuge, and my portion in the land of the living.”
- 7 Consider my complaint, *
for I am brought very low.
 - 8 O deliver me from my persecutors, *
for they are too strong for me.
 - 9 Bring me out of prison, that I may give thanks unto your Name. *
When you show me your loving-kindness, then shall the righteous gather around me.

143

Domine, exaudi

- 1 Hear my prayer, O LORD, and consider my supplications; *
hearken to me, for your truth and righteousness' sake.
- 2 Enter not into judgment with your servant, *
for in your sight shall no one living be justified.
- 3 For the enemy has persecuted my soul; he has smitten my life down to the ground; *
he has laid me in the darkness, like those who have been long dead.
- 4 Therefore my spirit faints within me, *
and my heart within me is desolate.
- 5 Yet I remember the time past; I muse upon all your works; *
indeed, I meditate on the works of your hands.
- 6 I stretch forth my hands to you; *
my soul gasps for you as a thirsty land.
- 7 Hear me, O LORD, and very soon, for my spirit grows faint; *
hide not your face from me, lest I be like those who go down into the pit.
- 8 O let me hear your loving-kindness in the morning, for in you have I put my trust; *
show me the way that I should walk in, for I lift up my soul unto you.
- 9 Deliver me, O LORD, from my enemies, *
for I flee unto you to hide me.
- 10 Teach me to do the thing that pleases you, for you are my God; *
let your loving Spirit lead me forth into the land of righteousness.
- 11 Revive me, O LORD, for your Name's sake; *
and for your righteousness' sake bring my soul out of trouble.
- 12 Of your goodness slay my enemies, *
and destroy all those who afflict my soul, for I am your servant.

DAY 30 : MORNING PRAYER

144

Benedictus Dominus

- 1 Blessed be the LORD my strength, *
who teaches my hands to war and my fingers to fight,
- 2 My hope and my fortress, my stronghold and deliverer, my defender in whom I trust, *
who subdues the peoples under me.
- 3 O LORD, what is man, that you have shown such respect to him, *
or the son of man, that you so regard him?
- 4 Man is like a thing of nought; *
his time passes away like a shadow.
- 5 Bow your heavens, O LORD, and come down; *
touch the mountains, and they shall smoke.
- 6 Cast forth your lightning and scatter them; *

shoot out your arrows and consume them.
7 Send down your hand from above; *
deliver me, and take me out of the great waters, from the hand of strangers,
8 Whose mouth talks of vain things, *
and whose right hand is a right hand of falsehood.
9 I will sing a new song unto you, O God, *
and sing praises unto you upon a ten-stringed lute.
10 You have given victory to kings, *
and have delivered David your servant from the peril of the sword.
11 Save me, and deliver me from the hand of strangers, *
whose mouth talks of vain things, and whose right hand is a right hand of falsehood;
12 That our sons may grow up as young plants, *
and that our daughters may be as the polished corners of the temple,
13 That our storehouses may be full and plenteous with all manner of grain, *
that our sheep may bring forth thousands and ten thousands in our fields,
14 That our oxen may be strong to labor, that there be no decay, *
no leading into captivity, and no outcry in our streets.
15 Happy are the people of whom this is so; *
indeed, blessed are the people who have the LORD for their God.

145

Exaltabo te, Deus

1 I will magnify you, O God my King, *
and I will praise your Name for ever and ever.
2 Every day will I give thanks to you, *
and praise your Name for ever and ever.
3 Great is the LORD, and most worthy to be praised; *
there is no end of his greatness.
4 One generation shall praise your works to another, *
and shall declare your power.
5 As for me, I will be talking of the glorious splendor of your majesty, *
and of all your wondrous works.
6 They shall speak of the might of your marvelous acts, *
and I also will tell of your greatness.
7 The remembrance of your abundant goodness shall they proclaim, *
and they shall sing of your righteousness.
8 The LORD is gracious and merciful, *
long-suffering, and of great kindness.
9 The LORD is loving to everyone, *
and his mercy is over all his works.
10 All your works praise you, O LORD, *
and your faithful servants give thanks to you.
11 They speak of the glory of your kingdom *
and talk of your power,
12 That your power may be known to the children of men, *
even the glorious splendor of your kingdom.
13 Your kingdom is an everlasting kingdom, *
and your dominion endures throughout all ages.
14 The LORD upholds all those who fall *
and lifts up all those who are bowed down.
15 The eyes of all wait upon you, O LORD, *
and you give them their food in due season.

- 16 You open wide your hand, *
and fill all things living with plenteousness.
- 17 The LORD is righteous in all his ways *
and merciful in all his works.
- 18 The LORD is near to all those who call upon him, *
to all who call upon him faithfully.
- 19 He will fulfill the desire of those who fear him; *
he also will hear their cry and will help them.
- 20 The LORD preserves all those who love him, *
but he will destroy all the ungodly.
- 21 My mouth shall speak the praise of the LORD; *
and let all flesh give thanks unto his holy Name for ever and ever.

146

Lauda, anima mea

- 1 Praise the LORD, O my soul; *
while I live I will praise the LORD.
- 2 Indeed, as long as I have my being, *
I will sing praises unto my God.
- 3 Put not your trust in princes, nor in any child of man, *
for there is no help in them.
- 4 For when one breathes his last, he shall return again to the earth, *
and in that day all his thoughts perish.
- 5 Blessed is the one who has the God of Jacob for his help *
and whose hope is in the LORD his God,
- 6 Who made heaven and earth, the sea, and all that is therein; *
who keeps his promise for ever;
- 7 Who does right to those who suffer wrong; *
and who feeds the hungry.
- 8 The LORD sets prisoners free; *
the LORD gives sight to the blind.
- 9 The LORD helps those who have fallen; *
the LORD loves the righteous.
- 10 The LORD cares for the strangers in the land; he defends the fatherless and widow; *
but the way of the ungodly he makes crooked.
- 11 The LORD shall be King for evermore, *
even your God, O Zion, throughout all generations. Praise the LORD.

DAY 30 : EVENING PRAYER

147

Laudate Dominum

- 1 Praise the LORD, for it is a good thing to sing praises unto our God; *
indeed, a joyful and pleasant thing it is to be thankful.
- 2 The LORD builds up Jerusalem, *
and gathers together the outcasts of Israel.
- 3 He heals those who are broken in heart, *
and binds up their wounds.
- 4 He counts the number of the stars, *
and calls them all by their names.

5 Great is our Lord, and great is his power; *
indeed, his wisdom is infinite.
6 The LORD lifts up the meek, *
and brings the ungodly down to the ground.
7 O sing unto the LORD with thanksgiving; *
sing praises with the harp unto our God,
8 Who covers the heavens with clouds, and prepares rain for the earth, *
and makes the grass to grow upon the mountains, and plants for the use of men,
9 Who gives food to the cattle *
and feeds the young ravens that call upon him.
10 He has no pleasure in the strength of a horse; *
neither does he delight in any man's strength.
11 But the LORD's delight is in those who fear him *
and put their trust in his mercy.
12 Praise the LORD, O Jerusalem; *
praise your God, O Zion.
13 For he has made strong the bars of your gates *
and has blessed your children within you.
14 He makes peace in your borders *
and fills you with the finest of wheat.
15 He sends forth his commandment upon the earth, *
and his word runs very swiftly.
16 He gives snow like wool *
and scatters the white frost like ashes.
17 He casts forth his ice like crumbs; *
who is able to abide his frost?
18 He sends out his word and melts them; *
he blows with his wind, and the waters flow.
19 He declares his word unto Jacob, *
his statutes and ordinances unto Israel.
20 He has not dealt so with other nations; *
neither have they knowledge of his laws. Praise the LORD.

148

Laudate Dominum

1 Praise the LORD. O praise the LORD of heaven; *
praise him in the heights.
2 Praise him, all you angels of his; *
praise him, all his host.
3 Praise him, sun and moon; *
praise him, all you stars of light.
4 Praise him, all you highest heavens, *
and you waters that are above the heavens.
5 Let them praise the Name of the LORD, *
for he spoke the word, and they were made; he commanded, and they were created.
6 He has made them stand fast for ever and ever; *
he has given them a law which shall not be broken.
7 Praise the LORD upon earth, *
you sea monsters and all deeps;
8 Fire and hail, snow and fog, *
wind and storm, fulfilling his word;
9 Mountains and all hills, *

- fruitful trees and all cedars;
10 Beasts and all cattle, *
 creeping things and birds of the air;
11 Kings of the earth and all peoples, *
 princes and all rulers of the world;
12 Young men and maidens, *
 old men and children together.
13 Let them praise the Name of the LORD, *
 for his Name only is excellent, and his praise above heaven and earth.
14 He shall exalt the horn of his people; all his faithful shall praise him, *
 the children of Israel, the people who are near him. Praise the LORD.

149

Cantate Domino

- 1 Praise the LORD. O sing unto the LORD a new song; *
 let the congregation of the faithful praise him.
2 Let Israel rejoice in the one who made him, *
 and let the children of Zion be joyful in their King.
3 Let them praise his Name in the dance; *
 let them sing praises unto him with timbrel and harp.
4 For the LORD has pleasure in his people *
 and gives victory to those who are oppressed.
5 Let the faithful be joyful with glory; *
 let them rejoice upon their beds.
6 Let the praises of God be in their mouth *
 and a two-edged sword in their hands,
7 To inflict vengeance on the nations, *
 and to rebuke the peoples,
8 To bind their kings in chains, *
 and their nobles with links of iron,
9 That they may execute judgment upon them, as it is written; *
 this is the honor of all his servants. Praise the LORD.

150

Laudate Dominum

- 1 Praise the LORD. Praise God in his holiness; *
 praise him in the firmament of his power.
2 Praise him for his mighty acts; *
 praise him for his excellent greatness.
3 Praise him with the sound of the trumpet; *
 praise him upon the lute and harp.
4 Praise him with the timbrels and dances; *
 praise him upon the strings and pipe.
5 Praise him with the resounding cymbals; *
 praise him with the loud cymbals.
6 Let everything that has breath praise the LORD. *
 O praise the LORD.