

Psalms for Morning Prayer, Week of March 22-28

Monday, March 23: Psalm 89:1-18

¹Your love, O Lord, for ever will I sing; *
from age to age my mouth will proclaim your faithfulness.
²For I am persuaded that your love is established for ever; *
you have set your faithfulness firmly in the heavens.
³"I have made a covenant with my chosen one; *
I have sworn an oath to David my servant:
⁴"I will establish your line for ever, *
and preserve your throne for all generations."
⁵The heavens bear witness to your wonders, O Lord, *
and to your faithfulness in the assembly of the holy ones;
⁶For who in the skies can be compared to the Lord? *
who is like the Lord among the gods?
⁷God is much to be feared in the council of the holy ones, *
great and terrible to all those round about him.
⁸Who is like you, Lord God of hosts? *
O mighty Lord, your faithfulness is all around you.
⁹You rule the raging of the sea *
and still the surging of its waves.
¹⁰You have crushed Rahab of the deep with a deadly wound; *
you have scattered your enemies with your mighty arm.
¹¹Yours are the heavens; the earth also is yours; *
you laid the foundations of the world and all that is in it.
¹²You have made the north and the south; *
Tabor and Hermon rejoice in your Name.
¹³You have a mighty arm; *
strong is your hand and high is your right hand.
¹⁴Righteousness and justice are the foundations of your throne; *
love and truth go before your face.
¹⁵Happy are the people who know the festal shout! *
they walk, O Lord, in the light of your presence.
¹⁶They rejoice daily in your Name; *
they are jubilant in your righteousness.
¹⁷For you are the glory of their strength, *
and by your favor our might is exalted.
¹⁸Truly, the Lord is our ruler; *
the Holy One of Israel is our King.

Tuesday, March 24: Psalm 31 (Commemoration of Archbishop Oscar Romero)

¹ In you, O LORD, I seek refuge;
do not let me ever be put to shame;*
in your righteousness deliver me.

² Incline your ear to me;
rescue me speedily.*

Be a rock of refuge for me,
a strong fortress to save me.

³ You are indeed my rock and my fortress;*
for your name's sake lead me and guide me,

⁴ take me out of the net that is hidden for me,*
for you are my refuge.

⁵ Into your hand I commit my spirit;*
you have redeemed me, O LORD, faithful God.

⁶ You hate those who pay regard to worthless idols,*
but I trust in the LORD.

⁷ I will exult and rejoice in your steadfast love,
because you have seen my affliction;*
you have taken heed of my adversities,

⁸ and have not delivered me into the hand of the enemy;*
you have set my feet in a broad place.

⁹ Be gracious to me, O LORD, for I am in distress;*
my eye wastes away from grief,
my soul and body also.

¹⁰ For my life is spent with sorrow,
and my years with sighing;*
my strength fails because of my misery,
and my bones waste away.

¹¹ I am the scorn of all my adversaries,
a horror to my neighbors,*
an object of dread to my acquaintances;
those who see me in the street flee from me.

¹² I have passed out of mind like one who is dead;*
I have become like a broken vessel.

¹³ For I hear the whispering of many—
terror all around!—*
as they scheme together against me,
as they plot to take my life.

¹⁴ But I trust in you, O LORD;*
I say, "You are my God."

¹⁵ My times are in your hand;*
deliver me from the hand of my enemies and persecutors.

¹⁶ Let your face shine upon your servant;*
save me in your steadfast love.

¹⁷ Do not let me be put to shame, O LORD,

for I call on you;*
let the wicked be put to shame;
let them go dumbfounded to Sheol.
18 Let the lying lips be stilled*
that speak insolently against the righteous
with pride and contempt.
19 O how abundant is your goodness
that you have laid up for those who fear you,*
and accomplished for those who take refuge in you,
in the sight of everyone!
20 In the shelter of your presence you hide them
from human plots;*
you hold them safe under your shelter
from contentious tongues.
21 Blessed be the LORD,*
for he has wondrously shown his steadfast love to me
when I was beset as a city under siege.
22 I had said in my alarm,
“I am driven far from your sight.”*
But you heard my supplications
when I cried out to you for help.
23 Love the LORD, all you his saints.*
The LORD preserves the faithful,
but abundantly repays the one who acts haughtily.
24 Be strong, and let your heart take courage,*
all you who wait for the LORD.

Wednesday, March 25: Cantic 15 (The Annunciation)

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior; *
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed: *
the Almighty has done great things for me, and holy is his Name.
He has mercy on those who fear him *
in every generation.
He has shown the strength of his arm, *
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones, *
and has lifted up the lowly.
He has filled the hungry with good things, *
and the rich he has sent away empty.

He has come to the help of his servant Israel, *
for he has remembered his promise of mercy,
The promise he made to our fathers, *
to Abraham and his children for ever.

Thursday, March 26: Psalm 69:1-23, 31-38

¹ Save me, O God, *
for the waters have risen up to my neck.
² I am sinking in deep mire, *
and there is no firm ground for my feet.
³ I have come into deep waters, *
and the torrent washes over me.
⁴ I have grown weary with my crying;
my throat is inflamed; *
my eyes have failed from looking for my God.
⁵ Those who hate me without a cause are more than the hairs
of my head;
my lying foes who would destroy me are mighty. *
Must I then give back what I never stole?
⁶ O God, you know my foolishness, *
and my faults are not hidden from you.
⁷ Let not those who hope in you be put to shame through me,
Lord God of hosts; *
let not those who seek you be disgraced because of me,
O God of Israel.
⁸ Surely, for your sake have I suffered reproach, *
and shame has covered my face.
⁹ I have become a stranger to my own kindred, *
an alien to my mother's children.
¹⁰ Zeal for your house has eaten me up; *
the scorn of those who scorn you has fallen upon me.
¹¹ I humbled myself with fasting, *
but that was turned to my reproach.
¹² I put on sack-cloth also, *
and became a byword among them.
¹³ Those who sit at the gate murmur against me, *
and the drunkards make songs about me.
¹⁴ But as for me, this is my prayer to you, *
at the time you have set, O Lord:
¹⁵ "In your great mercy, O God, *
answer me with your unfailing help.
¹⁶ Save me from the mire; do not let me sink; *

let me be rescued from those who hate me
and out of the deep waters.

¹⁷ Let not the torrent of waters wash over me,
neither let the deep swallow me up; *
do not let the Pit shut its mouth upon me.

¹⁸ Answer me, O Lord, for your love is kind; *
in your great compassion, turn to me."

¹⁹ "Hide not your face from your servant; *
be swift and answer me, for I am in distress.

²⁰ Draw near to me and redeem me; *
because of my enemies deliver me.

²¹ You know my reproach, my shame, and my dishonor; *
my adversaries are all in your sight."

²² Reproach has broken my heart, and it cannot be healed; *
I looked for sympathy, but there was none,
for comforters, but I could find no one.

²³ They gave me gall to eat, *
and when I was thirsty, they gave me vinegar to drink.

³¹ As for me, I am afflicted and in pain; *
your help, O God, will lift me up on high.

³² I will praise the Name of God in song; *
I will proclaim his greatness with thanksgiving.

³³ This will please the Lord more than an offering of oxen, *
more than bullocks with horns and hoofs.

³⁴ The afflicted shall see and be glad; *
you who seek God, your heart shall live.

³⁵ For the Lord listens to the needy, *
and his prisoners he does not despise.

³⁶ Let the heavens and the earth praise him, *
the seas and all that moves in them;

³⁷ For God will save Zion and rebuild the cities of Judah; *
they shall live there and have it in possession.

³⁸ The children of his servants will inherit it, *
and those who love his Name will dwell therein.

Friday, March 27: Psalm 102

¹Lord, hear my prayer, and let my cry come before you; *
hide not your face from me in the day of my trouble.

²Incline your ear to me; *
when I call, make haste to answer me,

³For my days drift away like smoke, *
and my bones are hot as burning coals.

⁴My heart is smitten like grass and withered, *
so that I forget to eat my bread.
⁵Because of the voice of my groaning *
I am but skin and bones.
⁶I have become like a vulture in the wilderness, *
like an owl among the ruins.
⁷I lie awake and groan; *
I am like a sparrow, lonely on a house-top.
⁸My enemies revile me all day long, *
and those who scoff at me have taken an oath against me.
⁹For I have eaten ashes for bread *
and mingled my drink with weeping.
¹⁰Because of your indignation and wrath *
you have lifted me up and thrown me away.
¹¹My days pass away like a shadow, *
and I wither like the grass.
¹²But you, O Lord, endure for ever, *
and your Name from age to age.
¹³You will arise and have compassion on Zion,
for it is time to have mercy upon her; *
indeed, the appointed time has come.
¹⁴For your servants love her very rubble, *
and are moved to pity even for her dust.
¹⁵The nations shall fear your Name, O Lord, *
and all the kings of the earth your glory.
¹⁶For the Lord will build up Zion, *
and his glory will appear.
¹⁷He will look with favor on the prayer of the homeless; *
he will not despise their plea.
¹⁸Let this be written for a future generation, *
so that a people yet unborn may praise the Lord.
¹⁹For the Lord looked down from his holy place on high; *
from the heavens he beheld the earth;
²⁰That he might hear the groan of the captive *
and set free those condemned to die;
²¹That they may declare in Zion the Name of the Lord, *
and his praise in Jerusalem;
²²When the peoples are gathered together, *
and the kingdoms also, to serve the Lord.
²³He has brought down my strength before my time; *
he has shortened the number of my days;
²⁴And I said, "O my God,
do not take me away in the midst of my days; *
your years endure throughout all generations.

²⁵In the beginning, O Lord, you laid the foundations
of the earth, *

and the heavens are the work of your hands;

²⁶They shall perish, but you will endure;

they all shall wear out like a garment; *

as clothing you will change them,

and they shall be changed;

²⁷But you are always the same, *

and your years will never end.

²⁸The children of your servants shall continue, *

and their offspring shall stand fast in your sight."