

# **Psalms for Morning Prayer**

## **September 14 to September 18**

### **Monday, September 14 – Holy Cross Day**

#### **66** *Jubilate Deo*

1 Be joyful in God, all you lands; \*  
sing the glory of his Name;  
sing the glory of his praise.

2 Say to God, "How awesome are your deeds! \*  
because of your great strength your enemies  
cringe before you.

3 All the earth bows down before you, \*  
sings to you, sings out your Name."

4 Come now and see the works of God, \*  
how wonderful he is in his doing toward all people.

5 He turned the sea into dry land,  
so that they went through the water on foot, \*  
and there we rejoiced in him.

6 In his might he rules for ever;  
his eyes keep watch over the nations; \*  
let no rebel rise up against him.

7 Bless our God, you peoples; \*  
make the voice of his praise to be heard;

8 Who holds our souls in life, \*  
and will not allow our feet to slip.

9 For you, O God, have proved us; \*  
you have tried us just as silver is tried.

10 You brought us into the snare; \*  
you laid heavy burdens upon our backs.

11 You let enemies ride over our heads;  
we went through fire and water; \*  
but you brought us out into a place of refreshment.

12 I will enter your house with burnt-offerings  
and will pay you my vows, \*  
which I promised with my lips  
and spoke with my mouth when I was in trouble.

13 I will offer you sacrifices of fat beasts  
with the smoke of rams; \*  
I will give you oxen and goats.

14 Come and listen, all you who fear God, \*  
and I will tell you what he has done for me.

15 I called out to him with my mouth, \*  
and his praise was on my tongue.

16 If I had found evil in my heart, \*  
the Lord would not have heard me;

17 But in truth God has heard me; \*  
he has attended to the voice of my prayer.

18 Blessed be God, who has not rejected my prayer, \*  
nor withheld his love from me.

## Tuesday, September 15

### **61** *Exaudi, Deus*

1 Hear my cry, O God, \*  
and listen to my prayer.

2 I call upon you from the ends of the earth  
with heaviness in my heart; \*  
set me upon the rock that is higher than I.

3 For you have been my refuge, \*  
a strong tower against the enemy.

4 I will dwell in your house for ever; \*  
I will take refuge under the cover of your wings.

5 For you, O God, have heard my vows; \*  
you have granted me the heritage of those who fear your Name.

6 Add length of days to the king's life; \*  
let his years extend over many generations.

7 Let him sit enthroned before God for ever; \*  
bid love and faithfulness watch over him.

8 So will I always sing the praise of your Name, \*  
and day by day I will fulfill my vows.

### **62** *Nonne Deo?*

1 For God alone my soul in silence waits; \*  
from him comes my salvation.

2 He alone is my rock and my salvation, \*  
my stronghold, so that I shall not be greatly shaken.

3 How long will you assail me to crush me, all of you together, \*  
as if you were a leaning fence, a toppling wall?

4 They seek only to bring me down from my place of honor; \*  
lies are their chief delight.

5 They bless with their lips, \*  
but in their hearts they curse.

6 For God alone my soul in silence waits; \*  
truly, my hope is in him.

7 He alone is my rock and my salvation, \*  
my stronghold, so that I shall not be shaken.

8 In God is my safety and my honor; \*  
God is my strong rock and my refuge.

9 Put your trust in him always, O people, \*  
pour out your hearts before him, for God is our refuge.

10 Those of high degree are but a fleeting breath, \*  
even those of low estate cannot be trusted.

11 On the scales they are lighter than a breath, \*  
all of them together.

12 Put no trust in extortion;  
in robbery take no empty pride; \*  
though wealth increase, set not your heart upon it.

13 God has spoken once, twice have I heard it, \*  
that power belongs to God.

14 Steadfast love is yours, O Lord, \*  
for you repay everyone according to his deeds.

## Wednesday, September 16

### 72 *Deus, iudicium*

1 Give the King your justice, O God, \*  
and your righteousness to the King's Son;

2 That he may rule your people righteously \*  
and the poor with justice.

3 That the mountains may bring prosperity to the people, \*  
and the little hills bring righteousness.

4 He shall defend the needy among the people; \*  
he shall rescue the poor and crush the oppressor.

5 He shall live as long as the sun and moon endure, \*  
from one generation to another.

6 He shall come down like rain upon the mown field, \*  
like showers that water the earth.

7 In his time shall the righteous flourish; \*  
there shall be abundance of peace till the moon shall be no more.

8 He shall rule from sea to sea, \*  
and from the River to the ends of the earth.

9 His foes shall bow down before him, \*  
and his enemies lick the dust.

10 The kings of Tarshish and of the isles shall pay tribute, \*  
and the kings of Arabia and Saba offer gifts.

11 All kings shall bow down before him, \*  
and all the nations do him service.

12 For he shall deliver the poor who cries out in distress, \*  
and the oppressed who has no helper.

13 He shall have pity on the lowly and poor; \*  
he shall preserve the lives of the needy.

14 He shall redeem their lives from oppression and violence, \*  
and dear shall their blood be in his sight.

15 Long may he live!  
and may there be given to him gold from Arabia; \*  
may prayer be made for him always,  
and may they bless him all the day long.

16 May there be abundance of grain on the earth,  
growing thick even on the hilltops; \*  
may its fruit flourish like Lebanon,  
and its grain like grass upon the earth.

17 May his Name remain for ever  
and be established as long as the sun endures; \*  
may all the nations bless themselves in him and call him blessed.

18 Blessed be the Lord God, the God of Israel, \*  
who alone does wondrous deeds!

19 And blessed be his glorious Name for ever! \*  
and may all the earth be filled with his glory.  
Amen. Amen.

## **Thursday, September 17**

### **70** *Deus, in adjutorium*

1 Be pleased, O God, to deliver me; \*  
O Lord, make haste to help me.

2 Let those who seek my life be ashamed  
and altogether dismayed; \*  
let those who take pleasure in my misfortune  
draw back and be disgraced.

3 Let those who say to me "Aha!" and gloat over me turn back, \*  
because they are ashamed.

4 Let all who seek you rejoice and be glad in you; \*  
let those who love your salvation say for ever,  
"Great is the Lord!"

5 But as for me, I am poor and needy; \*  
come to me speedily, O God.

6 You are my helper and my deliverer; \*  
O Lord, do not tarry.

## **71** *In te, Domine, speravi*

1 In you, O Lord, have I taken refuge; \*  
let me never be ashamed.

2 In your righteousness, deliver me and set me free; \*  
incline your ear to me and save me.

3 Be my strong rock, a castle to keep me safe; \*  
you are my crag and my stronghold.

4 Deliver me, my God, from the hand of the wicked, \*  
from the clutches of the evildoer and the oppressor.

5 For you are my hope, O Lord God, \*  
my confidence since I was young.

6 I have been sustained by you ever since I was born;  
from my mother's womb you have been my strength; \*  
my praise shall be always of you.

7 I have become a portent to many; \*  
but you are my refuge and my strength.

8 Let my mouth be full of your praise \*  
and your glory all the day long.

9 Do not cast me off in my old age; \*  
forsake me not when my strength fails.

10 For my enemies are talking against me, \*  
and those who lie in wait for my life take counsel together.

11 They say, "God has forsaken him;  
go after him and seize him; \*  
because there is none who will save."

12 O God, be not far from me; \*  
come quickly to help me, O my God.

13 Let those who set themselves against me be put to shame and be disgraced; \*  
let those who seek to do me evil be covered with scorn and reproach.

14 But I shall always wait in patience, \*  
and shall praise you more and more.

15 My mouth shall recount your mighty acts  
and saving deeds all day long; \*  
though I cannot know the number of them.

16 I will begin with the mighty works of the Lord God; \*  
I will recall your righteousness, yours alone.

17 O God, you have taught me since I was young, \*  
and to this day I tell of your wonderful works.

18 And now that I am old and gray-headed, O God, do not forsake me, \*  
till I make known your strength to this generation  
and your power to all who are to come.

19 Your righteousness, O God, reaches to the heavens; \*  
you have done great things;  
who is like you, O God?

20 You have showed me great troubles and adversities, \*  
but you will restore my life  
and bring me up again from the deep places of the earth.

21 You strengthen me more and more; \*  
you enfold and comfort me,

22 Therefore I will praise you upon the lyre for your  
faithfulness, O my God; \*  
I will sing to you with the harp, O Holy One of Israel.

23 My lips will sing with joy when I play to you, \*  
and so will my soul, which you have redeemed.

24 My tongue will proclaim your righteousness all day long, \*  
for they are ashamed and disgraced who sought to do me harm.

## **Friday, September 18**

### **69** *Salvum me fac*

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.

(24 Let the table before them be a trap \*  
and their sacred feasts a snare.

25 Let their eyes be darkened, that they may not see, \*  
and give them continual trembling in their loins.

26 Pour out your indignation upon them, \*  
and let the fierceness of your anger overtake them.

27 Let their camp be desolate, \*  
and let there be none to dwell in their tents.

28 For they persecute him whom you have stricken \*  
and add to the pain of those whom you have pierced.

29 Lay to their charge guilt upon guilt, \*  
and let them not receive your vindication.

30 Let them be wiped out of the book of the living \*  
and not be written among the righteous.)

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.