

# **Psalms for Morning Prayer**

## **September 21 to September 25**

**Monday, September 21**

**119**

**Waw** *Et veniat super me*

41 Let your loving-kindness come to me, O Lord, \*  
and your salvation, according to your promise.

42 Then shall I have a word for those who taunt me, \*  
because I trust in your words.

43 Do not take the word of truth out of my mouth, \*  
for my hope is in your judgments.

44 I shall continue to keep your law; \*  
I shall keep it for ever and ever.

45 I will walk at liberty, \*  
because I study your commandments.

46 I will tell of your decrees before kings \*  
and will not be ashamed.

47 I delight in your commandments, \*  
which I have always loved.

48 I will lift up my hands to your commandments, \*  
and I will meditate on your statutes.

**Zayin** *Memor esto verbi tui*

49 Remember your word to your servant, \*  
because you have given me hope.

50 This is my comfort in my trouble, \*  
that your promise gives me life.

51 The proud have derided me cruelly, \*  
but I have not turned from your law.

52 When I remember your judgments of old, \*  
O Lord, I take great comfort.

53 I am filled with a burning rage, \*  
because of the wicked who forsake your law.

54 Your statutes have been like songs to me \*  
wherever I have lived as a stranger.

55 I remember your Name in the night, O Lord, \*  
and dwell upon your law.

56 This is how it has been with me, \*  
because I have kept your commandments.

**Heth** *Portio mea, Domine*

57 You only are my portion, O Lord; \*  
I have promised to keep your words.

58 I entreat you with all my heart, \*  
be merciful to me according to your promise.

59 I have considered my ways \*  
and turned my feet toward your decrees.

60 I hasten and do not tarry \*  
to keep your commandments.

61 Though the cords of the wicked entangle me, \*  
I do not forget your law.

62 At midnight I will rise to give you thanks, \*  
because of your righteous judgments.

63 I am a companion of all who fear you \*  
and of those who keep your commandments.

64 The earth, O Lord, is full of your love; \*  
instruct me in your statutes.

## Tuesday, September 22

### 78

#### Part I *Attendite, popule*

1 Hear my teaching, O my people; \*  
incline your ears to the words of my mouth.

2 I will open my mouth in a parable; \*  
I will declare the mysteries of ancient times.

3 That which we have heard and known,  
and what our forefathers have told us, \*  
we will not hide from their children.

4 We will recount to generations to come  
the praiseworthy deeds and the power of the Lord, \*  
and the wonderful works he has done.

5 He gave his decrees to Jacob  
and established a law for Israel, \*  
which he commanded them to teach their children;

6 That the generations to come might know,  
and the children yet unborn; \*  
that they in their turn might tell it to their children;

7 So that they might put their trust in God, \*  
and not forget the deeds of God,  
but keep his commandments;

8 And not be like their forefathers,  
a stubborn and rebellious generation, \*  
a generation whose heart was not steadfast,  
and whose spirit was not faithful to God.

9 The people of Ephraim, armed with the bow, \*  
turned back in the day of battle;

10 They did not keep the covenant of God, \*  
and refused to walk in his law;

11 They forgot what he had done, \*  
and the wonders he had shown them.

12 He worked marvels in the sight of their forefathers, \*  
in the land of Egypt, in the field of Zoan.

13 He split open the sea and let them pass through; \*  
he made the waters stand up like walls.

14 He led them with a cloud by day, \*  
and all the night through with a glow of fire.

15 He split the hard rocks in the wilderness \*  
and gave them drink as from the great deep.

16 He brought streams out of the cliff, \*  
and the waters gushed out like rivers.

17 But they went on sinning against him, \*  
rebellious in the desert against the Most High.

18 They tested God in their hearts, \*  
demanding food for their craving.

19 They railed against God and said, \*  
"Can God set a table in the wilderness?"

20 True, he struck the rock, the waters gushed out, and the  
gullies overflowed; \*  
but is he able to give bread or to provide meat for his people?"

21 When the Lord heard this, he was full of wrath; \*  
a fire was kindled against Jacob,  
and his anger mounted against Israel;

22 For they had no faith in God, \*  
nor did they put their trust in his saving power.

23 So he commanded the clouds above \*  
and opened the doors of heaven.

24 He rained down manna upon them to eat \*  
and gave them grain from heaven.

25 So mortals ate the bread of angels; \*  
he provided for them food enough.

26 He caused the east wind to blow in the heavens \*  
and led out the south wind by his might.

27 He rained down flesh upon them like dust \*  
and wingèd birds like the sand of the sea.

28 He let it fall in the midst of their camp \*  
and round about their dwellings.

29 So they ate and were well filled, \*  
for he gave them what they craved.

30 But they did not stop their craving, \*  
though the food was still in their mouths.

31 So God's anger mounted against them; \*  
he slew their strongest men  
and laid low the youth of Israel.

32 In spite of all this, they went on sinning \*  
and had no faith in his wonderful works.

33 So he brought their days to an end like a breath \*  
and their years in sudden terror.

34 Whenever he slew them, they would seek him, \*  
and repent, and diligently search for God.

35 They would remember that God was their rock, \*  
and the Most High God their redeemer.

36 But they flattered him with their mouths \*  
and lied to him with their tongues.

37 Their heart was not steadfast toward him, \*  
and they were not faithful to his covenant.

38 But he was so merciful that he forgave their sins  
and did not destroy them; \*  
many times he held back his anger  
and did not permit his wrath to be roused.

39 For he remembered that they were but flesh, \*  
a breath that goes forth and does not return.

## **Wednesday, September 23**

### **119**

**Mem** *Quomodo dilexi!*

97 Oh, how I love your law! \*  
all the day long it is in my mind.

98 Your commandment has made me wiser than my enemies, \*  
and it is always with me.

99 I have more understanding than all my teachers, \*  
for your decrees are my study.

100 I am wiser than the elders, \*  
because I observe your commandments.

101 I restrain my feet from every evil way, \*  
that I may keep your word.

102 I do not shrink from your judgments, \*  
because you yourself have taught me.

103 How sweet are your words to my taste! \*  
they are sweeter than honey to my mouth.

104 Through your commandments I gain understanding; \*  
therefore I hate every lying way.

**Nun** *Lucerna pedibus meis*

105 Your word is a lantern to my feet \*  
and a light upon my path.

106 I have sworn and am determined \*  
to keep your righteous judgments.

107 I am deeply troubled; \*  
preserve my life, O Lord, according to your word.

108 Accept, O Lord, the willing tribute of my lips, \*  
and teach me your judgments.

109 My life is always in my hand, \*  
yet I do not forget your law.

110 The wicked have set a trap for me, \*  
but I have not strayed from your commandments.

111 Your decrees are my inheritance for ever; \*  
truly, they are the joy of my heart.

112 I have applied my heart to fulfill your statutes \*  
for ever and to the end.

**Samekh** *Iniquos odio habui*

113 I hate those who have a divided heart, \*  
but your law do I love.

114 You are my refuge and shield; \*  
my hope is in your word.

115 Away from me, you wicked! \*  
I will keep the commandments of my God.

116 Sustain me according to your promise, that I may live, \*  
and let me not be disappointed in my hope.

117 Hold me up, and I shall be safe, \*  
and my delight shall be ever in your statutes.

118 You spurn all who stray from your statutes; \*  
their deceitfulness is in vain.

119 In your sight all the wicked of the earth are but dross; \*  
therefore I love your decrees.

120 My flesh trembles with dread of you; \*  
I am afraid of your judgments.

**Thursday, September 24**

**83** *Deus, quis similis?*

1 O God, do not be silent; \*  
do not keep still nor hold your peace, O God;

2 For your enemies are in tumult, \*  
and those who hate you have lifted up their heads.

3 They take secret counsel against your people \*  
and plot against those whom you protect.



4 They have said, "Come, let us wipe them out from among the nations; \*  
let the name of Israel be remembered no more."

5 They have conspired together; \*  
they have made an alliance against you:

6 The tents of Edom and the Ishmaelites; \*  
the Moabites and the Hagarenes;

7 Gebal, and Ammon, and Amalek; \*  
the Philistines and those who dwell in Tyre.

8 The Assyrians also have joined them, \*  
and have come to help the people of Lot.

9 Do to them as you did to Midian, \*  
to Sisera, and to Jabin at the river of Kishon:

10 They were destroyed at Endor; \*  
they became like dung upon the ground.

11 Make their leaders like Oreb and Zeëb, \*  
and all their commanders like Zebah and Zalmunna,

12 Who said, "Let us take for ourselves \*  
the fields of God as our possession."

13 O my God, make them like whirling dust \*  
and like chaff before the wind;

14 Like fire that burns down a forest, \*  
like the flame that sets mountains ablaze.

15 Drive them with your tempest \*  
and terrify them with your storm;

16 Cover their faces with shame, O Lord, \*  
that they may seek your Name.

17 Let them be disgraced and terrified for ever; \*  
let them be put to confusion and perish.

18 Let them know that you, whose Name is Yahweh, \*  
you alone are the Most High over all the earth.

## Friday, September 25

### 88 *Domine, Deus*

1 O Lord, my God, my Savior, \*  
by day and night I cry to you.

2 Let my prayer enter into your presence; \*  
incline your ear to my lamentation.

3 For I am full of trouble; \*  
my life is at the brink of the grave.

4 I am counted among those who go down to the Pit; \*  
I have become like one who has no strength;

5 Lost among the dead, \*  
like the slain who lie in the grave,

6 Whom you remember no more, \*  
for they are cut off from your hand.

7 You have laid me in the depths of the Pit, \*  
in dark places, and in the abyss.

8 Your anger weighs upon me heavily, \*  
and all your great waves overwhelm me.

9 You have put my friends far from me;  
you have made me to be abhorred by them; \*  
I am in prison and cannot get free.

10 My sight has failed me because of trouble; \*  
Lord, I have called upon you daily;  
I have stretched out my hands to you.

11 Do you work wonders for the dead? \*  
will those who have died stand up and give you thanks?

12 Will your loving-kindness be declared in the grave? \*  
your faithfulness in the land of destruction?

13 Will your wonders be known in the dark? \*  
or your righteousness in the country where all is forgotten?

14 But as for me, O Lord, I cry to you for help; \*  
in the morning my prayer comes before you.

15 Lord, why have you rejected me? \*  
why have you hidden your face from me?

16 Ever since my youth, I have been wretched and at the point of death; \*  
I have borne your terrors with a troubled mind.

17 Your blazing anger has swept over me; \*  
your terrors have destroyed me;

18 They surround me all day long like a flood; \*  
they encompass me on every side.

19 My friend and my neighbor you have put away from me, \*  
and darkness is my only companion.