

Psalms for Morning Prayer

October 19 to October 23

Monday, October 19 – St. Luke (Transferred)

103 *Benedic, anima mea*

1 Bless the Lord, O my soul, *
and all that is within me, bless his holy Name.

2 Bless the Lord, O my soul, *
and forget not all his benefits.

3 He forgives all your sins *
and heals all your infirmities;

4 He redeems your life from the grave *
and crowns you with mercy and loving-kindness;

5 He satisfies you with good things, *
and your youth is renewed like an eagle's.

6 The Lord executes righteousness *
and judgment for all who are oppressed.

7 He made his ways known to Moses *
and his works to the children of Israel.

8 The Lord is full of compassion and mercy, *
slow to anger and of great kindness.

9 He will not always accuse us, *
nor 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 is his mercy great upon those who fear him.

12 As far as the east is from the west, *
so far has he removed our sins from us.

13 As a father cares for his children, *
so does the Lord care for those who fear him.

14 For he himself knows whereof we are made; *
he remembers that we are but dust.

15 Our days are like the grass; *
we flourish like a flower of the field;

16 When 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
on those who fear him, *
and his righteousness on children's children;

18 On those who keep his covenant *
and remember his commandments and do them.

19 The Lord has set his throne in heaven, *
and his kingship has dominion over all.

20 Bless the Lord, you angels of his,
you mighty ones who do his bidding, *
and hearken to the voice of his word.

21 Bless the Lord, all you his hosts, *
you ministers of his who do his will.

22 Bless the Lord, all you works of his,
in all places of his dominion; *
bless the Lord, O my soul.

Tuesday, October 20

26 *Judica me, Domine*

1 Give judgment for me, O Lord,
for I have lived with integrity; *
I have trusted in the Lord and have not faltered.

2 Test me, O Lord, and try me; *
examine my heart and my mind.

3 For your love is before my eyes; *
I have walked faithfully with you.

4 I have not sat with the worthless, *
nor do I consort with the deceitful.

5 I have hated the company of evildoers; *
I will not sit down with the wicked.

6 I will wash my hands in innocence, O Lord, *
that I may go in procession round your altar,

7 Singing aloud a song of thanksgiving *
and recounting all your wonderful deeds.

8 Lord, I love the house in which you dwell *
and the place where your glory abides.

9 Do not sweep me away with sinners, *
nor my life with those who thirst for blood,

10 Whose hands are full of evil plots, *
and their right hand full of bribes.

11 As for me, I will live with integrity; *
redeem me, O Lord, and have pity on me.

12 My foot stands on level ground; *
in the full assembly I will bless the Lord.

28 *Ad te, Domine*

1 O Lord, I call to you;
my Rock, do not be deaf to my cry; *
lest, if you do not hear me,
I become like those who go down to the Pit.

2 Hear the voice of my prayer when I cry out to you, *
when I lift up my hands to your holy of holies.

3 Do not snatch me away with the wicked or with the
evildoers, *
who speak peaceably with their neighbors,
while strife is in their hearts.

4 Repay them according to their deeds, *
and according to the wickedness of their actions.

5 According to the work of their hands repay them, *
and give them their just deserts.

6 They have no understanding of the Lord's doings,
nor of the works of his hands; *
therefore he will break them down and not
build them up.

7 Blessed is the Lord! *
for he has heard the voice of my prayer.

8 The Lord is my strength and my shield; *
my heart trusts in him, and I have been helped;

9 Therefore my heart dances for joy, *
and in my song will I praise him.

10 The Lord is the strength of his people, *
a safe refuge for his anointed.

11 Save your people and bless your inheritance; *
shepherd them and carry them for ever.

Wednesday, October 21

38 *Domine, ne in furore*

1 O Lord, do not rebuke me in your anger; *
do not punish me in your wrath.

2 For your arrows have already pierced me, *
and your hand presses hard upon me.

3 There is no health in my flesh,
because of your indignation; *
there is no soundness in my body, because of my sin.

4 For my iniquities overwhelm me; *
like a heavy burden they are too much for me to bear.

5 My wounds stink and fester *
by reason of my foolishness.

6 I am utterly bowed down and prostrate; *
I go about in mourning all the day long.

7 My loins are filled with searing pain; *
there is no health in my body.

8 I am utterly numb and crushed; *
I wail, because of the groaning of my heart.

9 O Lord, you know all my desires, *
and my sighing is not hidden from you.

10 My heart is pounding, my strength has failed me, *
and the brightness of my eyes is gone from me.

11 My friends and companions draw back from my affliction; *
my neighbors stand afar off.

12 Those who seek after my life lay snares for me; *
those who strive to hurt me speak of my ruin
and plot treachery all the day long.

13 But I am like the deaf who do not hear, *
like those who are mute and do not open their mouth.

14 I have become like one who does not hear *
and from whose mouth comes no defense.

15 For in you, O Lord, have I fixed my hope; *
you will answer me, O Lord my God.

16 For I said, "Do not let them rejoice at my expense, *
those who gloat over me when my foot slips."

17 Truly, I am on the verge of falling, *
and my pain is always with me.

18 I will confess my iniquity *
and be sorry for my sin.

19 Those who are my enemies without cause are mighty, *
and many in number are those who wrongfully hate me.

20 Those who repay evil for good slander me, *
because I follow the course that is right.

21 O Lord, do not forsake me; *
be not far from me, O my God.

22 Make haste to help me, *
O Lord of my salvation.

Thursday, October 22

37

Part I *Noli æmulari*

1 Do not fret yourself because of evildoers; *
do not be jealous of those who do wrong.

2 For they shall soon wither like the grass, *
and like the green grass fade away.

3 Put your trust in the Lord and do good; *
dwell in the land and feed on its riches.

4 Take delight in the Lord, *
and he shall give you your heart's desire.

5 Commit your way to the Lord and put your trust in him, *
and he will bring it to pass.

6 He will make your righteousness as clear as the light *
and your just dealing as the noonday.

7 Be still before the Lord *
and wait patiently for him.

8 Do not fret yourself over the one who prospers, *
the one who succeeds in evil schemes.

9 Refrain from anger, leave rage alone; *
do not fret yourself; it leads only to evil.

10 For evildoers shall be cut off, *
but those who wait upon the Lord shall possess the land.

11 In a little while the wicked shall be no more; *
you shall search out their place, but they will not be there.

12 But the lowly shall possess the land; *
they will delight in abundance of peace.

13 The wicked plot against the righteous *
and gnash at them with their teeth.

14 The Lord laughs at the wicked, *
because he sees that their day will come.

15 The wicked draw their sword and bend their bow
to strike down the poor and needy, *
to slaughter those who are upright in their ways.

16 Their sword shall go through their own heart, *
and their bow shall be broken.

17 The little that the righteous has *
is better than great riches of the wicked.

18 For the power of the wicked shall be broken, *
but the Lord upholds the righteous.

Friday, October 23

31 *In te, Domine, speravi*

1 In you, O Lord, have I taken refuge;
let me never be put to shame; *
deliver me in your righteousness.

2 Incline your ear to me; *
make haste to deliver me.

3 Be my strong rock, a castle to keep me safe,
for you are my crag and my stronghold; *
for the sake of your Name, lead me and guide me.

4 Take me out of the net that they have secretly set for me, *
for you are my tower of strength.

5 Into your hands I commend my spirit, *
for you have redeemed me,
O Lord, O God of truth.

6 I hate those who cling to worthless idols, *
and I put my trust in the Lord.

7 I will rejoice and be glad because of your mercy; *
for you have seen my affliction;
you know my distress.

8 You have not shut me up in the power of the enemy; *
you have set my feet in an open place.

9 Have mercy on me, O Lord, for I am in trouble; *
my eye is consumed with sorrow,
and also my throat and my belly.

10 For my life is wasted with grief,
and my years with sighing; *
my strength fails me because of affliction,
and my bones are consumed.

11 I have become a reproach to all my enemies and
even to my neighbors,
a dismay to those of my acquaintance; *
when they see me in the street they avoid me.

12 I am forgotten like a dead man, out of mind; *
I am as useless as a broken pot.

13 For I have heard the whispering of the crowd;
fear is all around; *
they put their heads together against me;
they plot to take my life.

14 But as for me, I have trusted in you, O Lord. *
I have said, "You are my God.

15 My times are in your hand; *
rescue me from the hand of my enemies,
and from those who persecute me.

16 Make your face to shine upon your servant, *
and in your loving-kindness save me."

17 Lord, let me not be ashamed for having called upon you; *
rather, let the wicked be put to shame;
let them be silent in the grave.

18 Let the lying lips be silenced which speak against
the righteous, *
haughtily, disdainfully, and with contempt.

19 How great is your goodness, O Lord!
which you have laid up for those who fear you; *
which you have done in the sight of all
for those who put their trust in you.

20 You hide them in the covert of your presence from those
who slander them; *
you keep them in your shelter from the strife of tongues.

21 Blessed be the Lord! *
for he has shown me the wonders of his love in a
besieged city.

22 Yet I said in my alarm,
"I have been cut off from the sight of your eyes." *
Nevertheless, you heard the sound of my entreaty
when I cried out to you.

23 Love the Lord, all you who worship him; *
the Lord protects the faithful,
but repays to the full those who act haughtily.

24 Be strong and let your heart take courage, *
all you who wait for the Lord.