

# **Psalms for Morning Prayer**

## **January 11 to January 15**

### **Monday, January 11**

#### **1** *Beatus vir qui non abiit*

1 Happy are they who have not walked in the counsel of the wicked, \*  
nor lingered in the way of sinners,  
nor sat in the seats of the scornful!

2 Their delight is in the law of the Lord, \*  
and they meditate on his law day and night.

3 They are like trees planted by streams of water,  
bearing fruit in due season, with leaves that do not wither; \*  
everything they do shall prosper.

4 It is not so with the wicked; \*  
they are like chaff which the wind blows away.

5 Therefore the wicked shall not stand upright when  
judgment comes, \*  
nor the sinner in the council of the righteous.

6 For the Lord knows the way of the righteous, \*  
but the way of the wicked is doomed.

#### **2** *Quare fremuerunt gentes?*

1 Why are the nations in an uproar? \*  
Why do the peoples mutter empty threats?

2 Why do the kings of the earth rise up in revolt,  
and the princes plot together, \*  
against the Lord and against his Anointed?

3 "Let us break their yoke," they say; \*  
"let us cast off their bonds from us."

4 He whose throne is in heaven is laughing; \*  
the Lord has them in derision.

5 Then he speaks to them in his wrath, \*  
and his rage fills them with terror.

6 "I myself have set my king \*  
upon my holy hill of Zion."

7 Let me announce the decree of the Lord: \*  
he said to me, "You are my Son;  
this day have I begotten you.

8 Ask of me, and I will give you the nations for  
your inheritance \*  
and the ends of the earth for your possession.

9 You shall crush them with an iron rod \*  
and shatter them like a piece of pottery."

10 And now, you kings, be wise; \*  
be warned, you rulers of the earth.

11 Submit to the Lord with fear, \*  
and with trembling bow before him;

12 Lest he be angry and you perish; \*  
for his wrath is quickly kindled.

13 Happy are they all \*  
who take refuge in him!

### **3** *Domine, quid multiplicati*

1 Lord, how many adversaries I have! \*  
how many there are who rise up against me!

2 How many there are who say of me, \*  
"There is no help for him in his God."

3 But you, O Lord, are a shield about me; \*  
you are my glory, the one who lifts up my head.

4 I call aloud upon the Lord, \*  
and he answers me from his holy hill;

5 I lie down and go to sleep; \*  
I wake again, because the Lord sustains me.

6 I do not fear the multitudes of people \*  
who set themselves against me all around.

7 Rise up, O Lord; set me free, O my God; \*  
surely, you will strike all my enemies across the face,  
you will break the teeth of the wicked.

8 Deliverance belongs to the Lord. \*  
Your blessing be upon your people!

## **Tuesday, January 12**

### **5** *Verba mea auribus*

1 Give ear to my words, O Lord; \*  
consider my meditation.

2 Harken to my cry for help, my King and my God, \*  
for I make my prayer to you.

3 In the morning, Lord, you hear my voice; \*  
early in the morning I make my appeal and watch for you.

4 For you are not a God who takes pleasure in wickedness, \*  
and evil cannot dwell with you.

5 Braggarts cannot stand in your sight; \*  
you hate all those who work wickedness.

6 You destroy those who speak lies; \*  
the bloodthirsty and deceitful, O Lord, you abhor.

7 But as for me, through the greatness of your mercy I will  
go into your house; \*  
I will bow down toward your holy temple in awe of you.

8 Lead me, O Lord, in your righteousness,  
because of those who lie in wait for me; \*  
make your way straight before me.

9 For there is no truth in their mouth; \*  
there is destruction in their heart;

10 Their throat is an open grave; \*  
they flatter with their tongue.

11 Declare them guilty, O God; \*  
let them fall, because of their schemes.

12 Because of their many transgressions cast them out, \*  
for they have rebelled against you.

13 But all who take refuge in you will be glad; \*  
they will sing out their joy for ever.

14 You will shelter them, \*  
so that those who love your Name may exult in you.

15 For you, O Lord, will bless the righteous; \*  
you will defend them with your favor as with a shield.

## **6** *Domine, ne in furore*

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

2 Have pity on me, Lord, for I am weak; \*  
heal me, Lord, for my bones are racked.

3 My spirit shakes with terror; \*  
how long, O Lord, how long?

4 Turn, O Lord, and deliver me; \*  
save me for your mercy's sake.

5 For in death no one remembers you; \*  
and who will give you thanks in the grave?

6 I grow weary because of my groaning; \*  
every night I drench my bed  
and flood my couch with tears.

7 My eyes are wasted with grief \*  
and worn away because of all my enemies.

8 Depart from me, all evildoers, \*  
for the Lord has heard the sound of my weeping.

9 The Lord has heard my supplication; \*  
the Lord accepts my prayer.

10 All my enemies shall be confounded and quake with fear; \*  
they shall turn back and suddenly be put to shame.

## **Wednesday, January 13**

### **119**

#### **Aleph** *Beati immaculati*

1 Happy are they whose way is blameless, \*  
who walk in the law of the Lord!

2 Happy are they who observe his decrees \*  
and seek him with all their hearts!

3 Who never do any wrong, \*  
but always walk in his ways.

4 You laid down your commandments, \*  
that we should fully keep them.

5 Oh, that my ways were made so direct \*  
that I might keep your statutes!

6 Then I should not be put to shame, \*  
when I regard all your commandments.

7 I will thank you with an unfeigned heart, \*  
when I have learned your righteous judgments.

8 I will keep your statutes; \*  
do not utterly forsake me.

**Beth** *In quo corrigi?*

9 How shall a young man cleanse his way? \*  
By keeping to your words.

10 With my whole heart I seek you; \*  
let me not stray from your commandments.

11 I treasure your promise in my heart, \*  
that I may not sin against you.

12 Blessed are you, O Lord; \*  
instruct me in your statutes.

13 With my lips will I recite \*  
all the judgments of your mouth.

14 I have taken greater delight in the way of your decrees \*  
than in all manner of riches.

15 I will meditate on your commandments \*  
and give attention to your ways.

16 My delight is in your statutes; \*  
I will not forget your word.

**Gimel** *Retribue servo tuo*

17 Deal bountifully with your servant, \*  
that I may live and keep your word.

18 Open my eyes, that I may see \*  
the wonders of your law.

19 I am a stranger here on earth; \*  
do not hide your commandments from me.

20 My soul is consumed at all times \*  
with longing for your judgments.

21 You have rebuked the insolent; \*  
cursed are they who stray from your commandments!

22 Turn from me shame and rebuke, \*  
for I have kept your decrees.

23 Even though rulers sit and plot against me, \*  
I will meditate on your statutes.

24 For your decrees are my delight, \*  
and they are my counselors.

**Thursday, January 14**

**18**

**Part I** *Diligam te, Domine.*

1 I love you, O Lord my strength, \*  
O Lord my stronghold, my crag, and my haven.

2 My God, my rock in whom I put my trust, \*  
my shield, the horn of my salvation, and my refuge;  
you are worthy of praise.

3 I will call upon the Lord, \*  
and so shall I be saved from my enemies.

4 The breakers of death rolled over me, \*  
and the torrents of oblivion made me afraid.

5 The cords of hell entangled me, \*  
and the snares of death were set for me.

6 I called upon the Lord in my distress \*  
and cried out to my God for help.

7 He heard my voice from his heavenly dwelling; \*  
my cry of anguish came to his ears.

8 The earth reeled and rocked; \*  
the roots of the mountains shook;  
they reeled because of his anger.

9 Smoke rose from his nostrils  
and a consuming fire out of his mouth; \*  
hot burning coals blazed forth from him.

10 He parted the heavens and came down \*  
with a storm cloud under his feet.

11 He mounted on cherubim and flew; \*  
he swooped on the wings of the wind.

12 He wrapped darkness about him; \*  
he made dark waters and thick clouds his pavilion.

13 From the brightness of his presence, through the clouds, \*  
burst hailstones and coals of fire.

14 The Lord thundered out of heaven; \*  
the Most High uttered his voice.

15 He loosed his arrows and scattered them; \*  
he hurled thunderbolts and routed them.

16 The beds of the seas were uncovered,  
and the foundations of the world laid bare, \*  
at your battle cry, O Lord,  
at the blast of the breath of your nostrils.

17 He reached down from on high and grasped me; \*  
he drew me out of great waters.

18 He delivered me from my strong enemies  
and from those who hated me; \*  
for they were too mighty for me.

19 They confronted me in the day of my disaster; \*  
but the Lord was my support.

20 He brought me out into an open place; \*  
he rescued me because he delighted in me.

## **Friday, January 15**

### **16** *Conserva me, Domine*

1 Protect me, O God, for I take refuge in you; \*  
I have said to the Lord, "You are my Lord,  
my good above all other."

2 All my delight is upon the godly that are in the land, \*  
upon those who are noble among the people.

3 But those who run after other gods \*  
shall have their troubles multiplied.

4 Their libations of blood I will not offer, \*  
nor take the names of their gods upon my lips.

5 O Lord, you are my portion and my cup; \*  
it is you who uphold my lot.

6 My boundaries enclose a pleasant land; \*  
indeed, I have a goodly heritage.

7 I will bless the Lord who gives me counsel; \*  
my heart teaches me, night after night.

8 I have set the Lord always before me; \*  
because he is at my right hand I shall not fall.

9 My heart, therefore, is glad, and my spirit rejoices; \*  
my body also shall rest in hope.

10 For you will not abandon me to the grave, \*  
nor let your holy one see the Pit.

11 You will show me the path of life; \*  
in your presence there is fullness of joy,  
and in your right hand are pleasures for evermore.

## **17** *Exaudi, Domine*

1 Hear my plea of innocence, O Lord;  
give heed to my cry; \*  
listen to my prayer, which does not come from lying lips.

2 Let my vindication come forth from your presence; \*  
let your eyes be fixed on justice.

3 Weigh my heart, summon me by night, \*  
melt me down; you will find no impurity in me.

4 I give no offense with my mouth as others do; \*  
I have heeded the words of your lips.

5 My footsteps hold fast to the ways of your law; \*  
in your paths my feet shall not stumble.

6 I call upon you, O God, for you will answer me; \*  
incline your ear to me and hear my words.

7 Show me your marvelous loving-kindness, \*  
O Savior of those who take refuge at your right hand  
from those who rise up against them.

8 Keep me as the apple of your eye; \*  
hide me under the shadow of your wings,

9 From the wicked who assault me, \*  
from my deadly enemies who surround me.

10 They have closed their heart to pity, \*  
and their mouth speaks proud things.

11 They press me hard,  
now they surround me, \*  
watching how they may cast me to the ground,

12 Like a lion, greedy for its prey, \*  
and like a young lion lurking in secret places.

13 Arise, O Lord; confront them and bring them down; \*  
deliver me from the wicked by your sword.

14 Deliver me, O Lord, by your hand \*  
from those whose portion in life is this world;

15 Whose bellies you fill with your treasure, \*  
who are well supplied with children  
and leave their wealth to their little ones.

16 But at my vindication I shall see your face; \*  
when I awake, I shall be satisfied, beholding  
your likeness.