

Psalms for Evening Prayer

October 4 to October 8

Monday, October 4

106

Part II *Et fecerunt vitulum*

19 Israel made a bull-calf at Horeb *
and worshiped a molten image;

20 And so they exchanged their Glory *
for the image of an ox that feeds on grass.

21 They forgot God their Savior, *
who had done great things in Egypt,

22 Wonderful deeds in the land of Ham, *
and fearful things at the Red Sea.

23 So he would have destroyed them,
had not Moses his chosen stood before him in the breach, *
to turn away his wrath from consuming them.

24 They refused the pleasant land *
and would not believe his promise.

25 They grumbled in their tents *
and would not listen to the voice of the Lord.

26 So he lifted his hand against them, *
to overthrow them in the wilderness,

27 To cast out their seed among the nations, *
and to scatter them throughout the lands.

28 They joined themselves to Baal-Peor *
and ate sacrifices offered to the dead.

29 They provoked him to anger with their actions, *
and a plague broke out among them.

30 Then Phinehas stood up and interceded, *
and the plague came to an end.

31 This was reckoned to him as righteousness *
throughout all generations for ever.

32 Again they provoked his anger at the waters of Meribah, *
so that he punished Moses because of them;

33 For they so embittered his spirit *
that he spoke rash words with his lips.

34 They did not destroy the peoples *
as the Lord had commanded them.

35 They intermingled with the heathen *
and learned their pagan ways,

36 So that they worshiped their idols, *
which became a snare to them.

37 They sacrificed their sons *
and their daughters to evil spirits.

38 They shed innocent blood,
the blood of their sons and daughters, *
which they offered to the idols of Canaan,
and the land was defiled with blood.

39 Thus they were polluted by their actions *
and went whoring in their evil deeds.

40 Therefore the wrath of the Lord was kindled against
his people *
and he abhorred his inheritance.

41 He gave them over to the hand of the heathen, *
and those who hated them ruled over them.

42 Their enemies oppressed them, *
and they were humbled under their hand.

43 Many a time did he deliver them,
but they rebelled through their own devices, *
and were brought down in their iniquity.

44 Nevertheless, he saw their distress, *
when he heard their lamentation.

45 He remembered his covenant with them *
and relented in accordance with his great mercy.

46 He caused them to be pitied *
by those who held them captive.

47 Save us, O Lord our God,
and gather us from among the nations, *
that we may give thanks to your holy Name
and glory in your praise.

48 Blessed be the Lord, the God of Israel,
from everlasting and to everlasting; *
and let all the people say, "Amen!"
Hallelujah!

Tuesday, October 5

124 *Nisi quia Dominus*

1 If the Lord had not been on our side, *
let Israel now say;

2 If the Lord had not been on our side, *
when enemies rose up against us;

3 Then would they have swallowed us up alive *
in their fierce anger toward us;

4 Then would the waters have overwhelmed us *
and the torrent gone over us;

5 Then would the raging waters *
have gone right over us.

6 Blessed be the Lord! *
he has not given us over to be a prey for their teeth.

7 We have escaped like a bird from the snare of the fowler; *
the snare is broken, and we have escaped.

8 Our help is in the Name of the Lord, *
the maker of heaven and earth.

125 *Qui confidunt*

1 Those who trust in the Lord are like Mount Zion, *
which cannot be moved, but stands fast for ever.

2 The hills stand about Jerusalem; *
so does the Lord stand round about his people,
from this time forth for evermore.

3 The scepter of the wicked shall not hold sway over the land allotted to the just, *
so that the just shall not put their hands to evil.

4 Show your goodness, O Lord, to those who are good *
and to those who are true of heart.

5 As for those who turn aside to crooked ways,
the Lord will lead them away with the evildoers; *
but peace be upon Israel.

126 *In convertendo*

1 When the Lord restored the fortunes of Zion, *
then were we like those who dream.

2 Then was our mouth filled with laughter, *
and our tongue with shouts of joy.

3 Then they said among the nations, *
"The Lord has done great things for them."

4 The Lord has done great things for us, *
and we are glad indeed.

5 Restore our fortunes, O Lord, *
like the watercourses of the Negev.

6 Those who sowed with tears *
will reap with songs of joy.

7 Those who go out weeping, carrying the seed, *
will come again with joy, shouldering their sheaves.

127 *Nisi Dominus*

1 Unless the Lord builds the house, *
their labor is in vain who build it.

2 Unless the Lord watches over the city, *
in vain the watchman keeps his vigil.

3 It is in vain that you rise so early and go to bed so late; *
vain, too, to eat the bread of toil,
for he gives to his beloved sleep.

4 Children are a heritage from the Lord, *
and the fruit of the womb is a gift.

5 Like arrows in the hand of a warrior *
are the children of one's youth.

6 Happy is the man who has his quiver full of them! *
he shall not be put to shame
when he contends with his enemies in the gate.

Wednesday, October 6

128 *Beati omnes*

1 Happy are they all who fear the Lord, *
and who follow in his ways!

2 You shall eat the fruit of your labor; *
happiness and prosperity shall be yours.

3 Your wife shall be like a fruitful vine within your house, *
your children like olive shoots round about your table.

4 The man who fears the Lord *
shall thus indeed be blessed.

5 The Lord bless you from Zion, *
and may you see the prosperity of Jerusalem all the days
of your life.

6 May you live to see your children's children; *
may peace be upon Israel.

129 *Sæpe expugnaverunt*

1 "Greatly have they oppressed me since my youth," *
let Israel now say;

2 "Greatly have they oppressed me since my youth, *
but they have not prevailed against me."

3 The plowmen plowed upon my back *
and made their furrows long.

4 The Lord, the Righteous One, *
has cut the cords of the wicked.

5 Let them be put to shame and thrown back, *
all those who are enemies of Zion.

6 Let them be like grass upon the housetops, *
which withers before it can be plucked;

7 Which does not fill the hand of the reaper, *
nor the bosom of him who binds the sheaves;

8 So that those who go by say not so much as,
"The Lord prosper you. *
We wish you well in the Name of the Lord."

130 *De profundis*

1 Out of the depths have I called to you, O Lord;
Lord, hear my voice; *
let your ears consider well the voice of my supplication.

2 If you, Lord, were to note what is done amiss, *
O Lord, who could stand?

3 For there is forgiveness with you; *
therefore you shall be feared.

4 I wait for the Lord; my soul waits for him; *
in his word is my hope.

5 My soul waits for the Lord,
more than watchmen for the morning, *
more than watchmen for the morning.

6 O Israel, wait for the Lord, *
for with the Lord there is mercy;

7 With him there is plenteous redemption, *
and he shall redeem Israel from all their sins

Thursday, October 7

134 *Ecce nunc*

1 Behold now, bless the Lord, all you servants of the Lord, *
you that stand by night in the house of the Lord.

2 Lift up your hands in the holy place and bless the Lord; *
the Lord who made heaven and earth bless you out of Zion.

135 *Laudate nomen*

1 Hallelujah!
Praise the Name of the Lord; *
give praise, you servants of the Lord.

2 You who stand in the house of the Lord, *
in the courts of the house of our God.

3 Praise the Lord, for the Lord is good; *
sing praises to his Name, for it is lovely.

4 For the Lord has chosen Jacob for himself *
and Israel for his own possession.

5 For I know that the Lord is great, *
and that our Lord is above all gods.

6 The Lord does whatever pleases him, in heaven and on earth, *
in the seas and all the deeps.

7 He brings up rain clouds from the ends of the earth; *
he sends out lightning with the rain,
and brings the winds out of his storehouse.

8 It was he who struck down the firstborn of Egypt, *
the firstborn both of man and beast.

9 He sent signs and wonders into the midst of you, O Egypt, *
against Pharaoh and all his servants.

10 He overthrew many nations *
and put mighty kings to death:

11 Sihon, king of the Amorites,
and Og, the king of Bashan, *
and all the kingdoms of Canaan.

12 He gave their land to be an inheritance, *
an inheritance for Israel his people.

13 O Lord, your Name is everlasting; *
your renown, O Lord, endures from age to age.

14 For the Lord gives his people justice *
and shows compassion to his servants.

15 The idols of the heathen are silver and gold, *
the work of human hands.

16 They have mouths, but they cannot speak; *
eyes have they, but they cannot see.

17 They have ears, but they cannot hear; *
neither is there any breath in their mouth.

18 Those who make them are like them, *
and so are all who put their trust in them.

19 Bless the Lord, O house of Israel; *
O house of Aaron, bless the Lord.

20 Bless the Lord, O house of Levi; *
you who fear the Lord, bless the Lord.

21 Blessed be the Lord out of Zion, *
who dwells in Jerusalem.
Hallelujah!

Friday, October 8

141 *Domine, clamavi*

1 O Lord, I call to you; come to me quickly; *
hear my voice when I cry to you.

2 Let my prayer be set forth in your sight as incense, *
the lifting up of my hands as the evening sacrifice.

3 Set a watch before my mouth, O Lord,
and guard the door of my lips; *
let not my heart incline to any evil thing.

4 Let me not be occupied in wickedness with evildoers, *
nor eat of their choice foods.

5 Let the righteous smite me in friendly rebuke;
let not the oil of the unrighteous anoint my head; *
for my prayer is continually against their wicked deeds.

6 Let their rulers be overthrown in stony places, *
that they may know my words are true.

7 As when a plowman turns over the earth in furrows, *
let their bones be scattered at the mouth of the grave.

8 But my eyes are turned to you, Lord God; *
in you I take refuge;
do not strip me of my life.

9 Protect me from the snare which they have laid for me *
and from the traps of the evildoers.

10 Let the wicked fall into their own nets, *
while I myself escape.

143 *Domine, exaudi*

1 Lord, hear my prayer,
and in your faithfulness heed my supplications; *
answer me in your righteousness.

2 Enter not into judgment with your servant, *
for in your sight shall no one living be justified.

3 For my enemy has sought my life;
he has crushed me to the ground; *
he has made me live in dark places like those who are long dead.

4 My spirit faints within me; *
my heart within me is desolate.

5 I remember the time past;
I muse upon all your deeds; *
I consider the works of your hands.

6 I spread out my hands to you; *
my soul gasps to you like a thirsty land.

7 O Lord, make haste to answer me; my spirit fails me; *
do not hide your face from me
or I shall be like those who go down to the Pit.

8 Let me hear of your loving-kindness in the morning, for I put my trust in you; *
show me the road that I must walk, for I lift up my soul to you.

9 Deliver me from my enemies, O Lord, *
for I flee to you for refuge.

10 Teach me to do what pleases you, for you are my God; *
let your good Spirit lead me on level ground.

11 Revive me, O Lord, for your Name's sake; *
for your righteousness' sake, bring me out of trouble.

(12 Of your goodness, destroy my enemies and bring all my foes to naught, *
for truly I am your servant.)