

Psalms for Morning Prayer

October 4 to October 8

Monday, October 4

106

Part I *Confitemini Domino*

1 Hallelujah!

Give thanks to the Lord, for he is good, *
for his mercy endures for ever.

2 Who can declare the mighty acts of the Lord *
or show forth all his praise?

3 Happy are those who act with justice *
and always do what is right!

4 Remember me, O Lord, with the favor you have for your people, *
and visit me with your saving help;

5 That I may see the prosperity of your elect
and be glad with the gladness of your people, *
that I may glory with your inheritance.

6 We have sinned as our forebears did; *
we have done wrong and dealt wickedly.

7 In Egypt they did not consider your marvelous works,
nor remember the abundance of your love; *
they defied the Most High at the Red Sea.

8 But he saved them for his Name's sake, *
to make his power known.

9 He rebuked the Red Sea, and it dried up, *
and he led them through the deep as through a desert.

10 He saved them from the hand of those who hated them *
and redeemed them from the hand of the enemy.

11 The waters covered their oppressors; *
not one of them was left.

12 Then they believed his words *
and sang him songs of praise.

13 But they soon forgot his deeds *
and did not wait for his counsel.

14 A craving seized them in the wilderness, *
and they put God to the test in the desert.

15 He gave them what they asked, *
but sent leanness into their soul.

16 They envied Moses in the camp, *
and Aaron, the holy one of the Lord.

17 The earth opened and swallowed Dathan *
and covered the company of Abiram.

18 Fire blazed up against their company, *
and flames devoured the wicked.

Tuesday, October 5

120 *Ad Dominum*

1 When I was in trouble, I called to the Lord; *
I called to the Lord, and he answered me.

2 Deliver me, O Lord, from lying lips *
and from the deceitful tongue.

3 What shall be done to you, and what more besides, *
O you deceitful tongue?

4 The sharpened arrows of a warrior, *
along with hot glowing coals.

5 How hateful it is that I must lodge in Meshech *
and dwell among the tents of Kedar!

6 Too long have I had to live *
among the enemies of peace.

7 I am on the side of peace, *
but when I speak of it, they are for war.

121 *Levavi oculos*

1 I lift up my eyes to the hills; *
from where is my help to come?

2 My help comes from the Lord, *
the maker of heaven and earth.

3 He will not let your foot be moved *
and he who watches over you will not fall asleep.

4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;

5 The Lord himself watches over you; *
the Lord is your shade at your right hand,

6 So that the sun shall not strike you by day, *
nor the moon by night.

7 The Lord shall preserve you from all evil; *
it is he who shall keep you safe.

8 The Lord shall watch over your going out and
your coming in, *
from this time forth for evermore.

122 *Lætatus sum*

1 I was glad when they said to me, *
"Let us go to the house of the Lord."

2 Now our feet are standing *
within your gates, O Jerusalem.

3 Jerusalem is built as a city *
that is at unity with itself;

4 To which the tribes go up, the tribes of the Lord, *
the assembly of Israel, to praise the Name of the Lord.

5 For there are the thrones of judgment, *
the thrones of the house of David.

6 Pray for the peace of Jerusalem: *
"May they prosper who love you.

7 Peace be within your walls *
and quietness within your towers.

8 For my brethren and companions' sake, *
I pray for your prosperity.

9 Because of the house of the Lord our God, *
I will seek to do you good."

123 *Ad te levavi oculos meos*

1 To you I lift up my eyes, *
to you enthroned in the heavens.

2 As the eyes of servants look to the hand of their masters, *
and the eyes of a maid to the hand of her mistress,

3 So our eyes look to the Lord our God, *
until he show us his mercy.

4 Have mercy upon us, O Lord, have mercy, *
for we have had more than enough of contempt,

5 Too much of the scorn of the indolent rich, *
and of the derision of the proud.

Wednesday, October 6

119

Qoph *Clamavi in toto corde meo*

145 I call with my whole heart; *
answer me, O Lord, that I may keep your statutes.

146 I call to you;
oh, that you would save me! *
I will keep your decrees.

147 Early in the morning I cry out to you, *
for in your word is my trust.

148 My eyes are open in the night watches, *
that I may meditate upon your promise.

149 Hear my voice, O Lord, according to your loving-kindness; *
according to your judgments, give me life.

150 They draw near who in malice persecute me; *
they are very far from your law.

151 You, O Lord, are near at hand, *
and all your commandments are true.

152 Long have I known from your decrees *
that you have established them for ever.

Resh *Vide humilitatem*

153 Behold my affliction and deliver me, *
for I do not forget your law.

154 Plead my cause and redeem me; *
according to your promise, give me life.

155 Deliverance is far from the wicked, *
for they do not study your statutes.

156 Great is your compassion, O Lord; *
preserve my life, according to your judgments.

157 There are many who persecute and oppress me, *
yet I have not swerved from your decrees.

158 I look with loathing at the faithless, *
for they have not kept your word.

159 See how I love your commandments! *
O Lord, in your mercy, preserve me.

160 The heart of your word is truth; *
all your righteous judgments endure for evermore.

Shin *Principes persecuti sunt*

161 Rulers have persecuted me without a cause, *
but my heart stands in awe of your word.

162 I am as glad because of your promise *
as one who finds great spoils.

163 As for lies, I hate and abhor them, *
but your law is my love.

164 Seven times a day do I praise you, *
because of your righteous judgments.

165 Great peace have they who love your law; *
for them there is no stumbling block.

166 I have hoped for your salvation, O Lord, *
and have fulfilled your commandments.

167 I have kept your decrees *
and I have loved them deeply.

168 I have kept your commandments and decrees, *
for all my ways are before you.

Taw *Appropinquet deprecatio*

169 Let my cry come before you, O Lord; *
give me understanding, according to your word.

170 Let my supplication come before you; *
deliver me, according to your promise.

171 My lips shall pour forth your praise, *
when you teach me your statutes.

172 My tongue shall sing of your promise, *
for all your commandments are righteous.

173 Let your hand be ready to help me, *
for I have chosen your commandments.

174 I long for your salvation, O Lord, *
and your law is my delight.

175 Let me live, and I will praise you, *
and let your judgments help me.

176 I have gone astray like a sheep that is lost; *
search for your servant,
for I do not forget your commandments.

Thursday, October 7

131 *Domine, non est*

1 O Lord, I am not proud; *
I have no haughty looks.

2 I do not occupy myself with great matters, *
or with things that are too hard for me.

3 But I still my soul and make it quiet,
like a child upon its mother's breast; *
my soul is quieted within me.

4 O Israel, wait upon the Lord, *
from this time forth for evermore.

132 *Memento, Domine*

1 Lord, remember David, *
and all the hardships he endured;

2 How he swore an oath to the Lord *
and vowed a vow to the Mighty One of Jacob:

3 "I will not come under the roof of my house, *
nor climb up into my bed;

4 I will not allow my eyes to sleep, *
nor let my eyelids slumber;

5 Until I find a place for the Lord, *
a dwelling for the Mighty One of Jacob."

6 "The ark! We heard it was in Ephratah; *
we found it in the fields of Jearim.

7 Let us go to God's dwelling place; *
let us fall upon our knees before his footstool."

8 Arise, O Lord, into your resting-place, *
you and the ark of your strength.

9 Let your priests be clothed with righteousness; *
let your faithful people sing with joy.

10 For your servant David's sake, *
do not turn away the face of your Anointed.

11 The Lord has sworn an oath to David; *
in truth, he will not break it:

12 "A son, the fruit of your body *
will I set upon your throne.

13 If your children keep my covenant
and my testimonies that I shall teach them, *
their children will sit upon your throne for evermore."

14 For the Lord has chosen Zion; *
he has desired her for his habitation:

15 "This shall be my resting-place for ever; *
here will I dwell, for I delight in her.

16 I will surely bless her provisions, *
and satisfy her poor with bread.

17 I will clothe her priests with salvation, *
and her faithful people will rejoice and sing.

18 There will I make the horn of David flourish; *
I have prepared a lamp for my Anointed.

19 As for his enemies, I will clothe them with shame; *
but as for him, his crown will shine."

133 *Ecce, quam bonum!*

1 Oh, how good and pleasant it is, *
when brethren live together in unity!

2 It is like fine oil upon the head *
that runs down upon the beard,

3 Upon the beard of Aaron, *
and runs down upon the collar of his robe.

4 It is like the dew of Hermon *
that falls upon the hills of Zion.

5 For there the Lord has ordained the blessing: *
life for evermore.

Friday, October 8

140 *Eripe me, Domine*

1 Deliver me, O Lord, from evildoers; *
protect me from the violent,

2 Who devise evil in their hearts *
and stir up strife all day long.

3 They have sharpened their tongues like a serpent; *
adder's poison is under their lips.

4 Keep me, O Lord, from the hands of the wicked; *
protect me from the violent,
who are determined to trip me up.

5 The proud have hidden a snare for me
and stretched out a net of cords; *
they have set traps for me along the path.

6 I have said to the Lord, "You are my God; *
listen, O Lord, to my supplication.

7 O Lord God, the strength of my salvation, *
you have covered my head in the day of battle.

8 Do not grant the desires of the wicked, O Lord, *
nor let their evil plans prosper.

9 Let not those who surround me lift up their heads; *
let the evil of their lips overwhelm them.

10 Let hot burning coals fall upon them; *
let them be cast into the mire, never to rise up again."

11 A slanderer shall not be established on the earth, *
and evil shall hunt down the lawless.

12 I know that the Lord will maintain the cause of the poor *
and render justice to the needy.

13 Surely, the righteous will give thanks to your Name, *
and the upright shall continue in your sight.

142 *Voce mea ad Dominum*

1 I cry to the Lord with my voice; *
to the Lord I make loud supplication.

2 I pour out my complaint before him *
and tell him all my trouble.

3 When my spirit languishes within me, you know my path; *
in the way wherein I walk they have hidden a trap for me.

4 I look to my right hand and find no one who knows me; *
I have no place to flee to, and no one cares for me.

5 I cry out to you, O Lord; *
I say, "You are my refuge, my portion in the land of the living."

6 Listen to my cry for help, for I have been brought very low; *
save me from those who pursue me, for they are too strong for me.

7 Bring me out of prison, that I may give thanks to your Name; *
when you have dealt bountifully with me, the righteous will gather around me.