

# **Psalms for Morning Prayer**

## **November 22 to November 26**

**Monday, November 22**

**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, November 23**

### **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, November 24**

### **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, November 25 – Thanksgiving Day

### 147 *Laudate Dominum*

1 Hallelujah!

How good it is to sing praises to our God! \*  
how pleasant it is to honor him with praise!

2 The Lord rebuilds Jerusalem; \*  
he gathers the exiles of Israel.

3 He heals the brokenhearted \*  
and binds up their wounds.

4 He counts the number of the stars \*  
and calls them all by their names.

5 Great is our Lord and mighty in power; \*  
there is no limit to his wisdom.

6 The Lord lifts up the lowly, \*  
but casts the wicked to the ground.

7 Sing to the Lord with thanksgiving; \*  
make music to our God upon the harp.

8 He covers the heavens with clouds \*  
and prepares rain for the earth;

9 He makes grass to grow upon the mountains \*  
and green plants to serve mankind.

10 He provides food for flocks and herds \*  
and for the young ravens when they cry.

11 He is not impressed by the might of a horse; \*  
he has no pleasure in the strength of a man;

12 But the Lord has pleasure in those who fear him, \*  
in those who await his gracious favor.



13 Worship the Lord, O Jerusalem; \*  
praise your God, O Zion;

14 For he has strengthened the bars of your gates; \*  
he has blessed your children within you.

15 He has established peace on your borders; \*  
he satisfies you with the finest wheat.

16 He sends out his command to the earth, \*  
and his word runs very swiftly.

17 He gives snow like wool; \*  
he scatters hoarfrost like ashes.

18 He scatters his hail like bread crumbs; \*  
who can stand against his cold?

19 He sends forth his word and melts them; \*  
he blows with his wind, and the waters flow.

20 He declares his word to Jacob, \*  
his statutes and his judgments to Israel.

21 He has not done so to any other nation; \*  
to them he has not revealed his judgments.  
Hallelujah!

## **Friday, November 26**

### **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.