

# **Psalms for Morning Prayer**

## **January 17 to January 21**

### **Monday, January 17**

#### **25** *Ad te, Domine, levavi*

1 To you, O Lord, I lift up my soul;  
my God, I put my trust in you; \*  
let me not be humiliated,  
nor let my enemies triumph over me.

2 Let none who look to you be put to shame; \*  
let the treacherous be disappointed in their schemes.

3 Show me your ways, O Lord, \*  
and teach me your paths.

4 Lead me in your truth and teach me, \*  
for you are the God of my salvation;  
in you have I trusted all the day long.

5 Remember, O Lord, your compassion and love, \*  
for they are from everlasting.

6 Remember not the sins of my youth and my transgressions; \*  
remember me according to your love  
and for the sake of your goodness, O Lord.

7 Gracious and upright is the Lord; \*  
therefore he teaches sinners in his way.

8 He guides the humble in doing right \*  
and teaches his way to the lowly.

9 All the paths of the Lord are love and faithfulness \*  
to those who keep his covenant and his testimonies.

10 For your Name's sake, O Lord, \*  
forgive my sin, for it is great.

11 Who are they who fear the Lord? \*  
he will teach them the way that they should choose.

12 They shall dwell in prosperity, \*  
and their offspring shall inherit the land.

13 The Lord is a friend to those who fear him \*  
and will show them his covenant.

14 My eyes are ever looking to the Lord, \*  
for he shall pluck my feet out of the net.

15 Turn to me and have pity on me, \*  
for I am left alone and in misery.

16 The sorrows of my heart have increased; \*  
bring me out of my troubles.

17 Look upon my adversity and misery \*  
and forgive me all my sin.

18 Look upon my enemies, for they are many, \*  
and they bear a violent hatred against me.

19 Protect my life and deliver me; \*  
let me not be put to shame, for I have trusted in you.

20 Let integrity and uprightness preserve me, \*  
for my hope has been in you.

21 Deliver Israel, O God, \*  
out of all his troubles.

## Tuesday, January 18 – The Confession of St. Peter

### 66 *Jubilate Deo*

1 Be joyful in God, all you lands; \*  
sing the glory of his Name;  
sing the glory of his praise.

2 Say to God, "How awesome are your deeds! \*  
because of your great strength your enemies  
cringe before you.

3 All the earth bows down before you, \*  
sings to you, sings out your Name."

4 Come now and see the works of God, \*  
how wonderful he is in his doing toward all people.

5 He turned the sea into dry land,  
so that they went through the water on foot, \*  
and there we rejoiced in him.

6 In his might he rules for ever;  
his eyes keep watch over the nations; \*  
let no rebel rise up against him.

7 Bless our God, you peoples; \*  
make the voice of his praise to be heard;

8 Who holds our souls in life, \*  
and will not allow our feet to slip.

9 For you, O God, have proved us; \*  
you have tried us just as silver is tried.

10 You brought us into the snare; \*  
you laid heavy burdens upon our backs.

11 You let enemies ride over our heads;  
we went through fire and water; \*  
but you brought us out into a place of refreshment.

12 I will enter your house with burnt-offerings and will pay you my vows, \*  
which I promised with my lips  
and spoke with my mouth when I was in trouble.

13 I will offer you sacrifices of fat beasts  
with the smoke of rams; \*  
I will give you oxen and goats.

14 Come and listen, all you who fear God, \*  
and I will tell you what he has done for me.

15 I called out to him with my mouth, \*  
and his praise was on my tongue.

16 If I had found evil in my heart, \*  
the Lord would not have heard me;

17 But in truth God has heard me; \*  
he has attended to the voice of my prayer.

18 Blessed be God, who has not rejected my prayer, \*  
nor withheld his love from me.

## **67** *Deus misereatur*

1 May God be merciful to us and bless us, \*  
show us the light of his countenance and come to us.

2 Let your ways be known upon earth, \*  
your saving health among all nations.

3 Let the peoples praise you, O God; \*  
let all the peoples praise you.

4 Let the nations be glad and sing for joy, \*  
for you judge the peoples with equity  
and guide all the nations upon earth.

5 Let the peoples praise you, O God; \*  
let all the peoples praise you.

6 The earth has brought forth her increase; \*  
may God, our own God, give us his blessing.

7 May God give us his blessing, \*  
and may all the ends of the earth stand in awe of him.

## Wednesday, January 19

### **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, January 20

### 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, January 21**

### **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.