

# **Psalms for Evening Prayer**

## **August 15 to August 19**

### **Monday, August 15 – St. Mary the Virgin**

#### **45** *Eructavit cor meum*

1 My heart is stirring with a noble song;  
let me recite what I have fashioned for the king; \*  
my tongue shall be the pen of a skilled writer.

2 You are the fairest of men; \*  
grace flows from your lips,  
because God has blessed you for ever.

3 Strap your sword upon your thigh, O mighty warrior, \*  
in your pride and in your majesty.

4 Ride out and conquer in the cause of truth \*  
and for the sake of justice.

5 Your right hand will show you marvelous things; \*  
your arrows are very sharp, O mighty warrior.

6 The peoples are falling at your feet, \*  
and the king's enemies are losing heart.

7 Your throne, O God, endures for ever and ever, \*  
a scepter of righteousness is the scepter of your kingdom;  
you love righteousness and hate iniquity.

8 Therefore God, your God, has anointed you \*  
with the oil of gladness above your fellows.

9 All your garments are fragrant with myrrh, aloes, and cassia, \*  
and the music of strings from ivory palaces makes you glad.

10 Kings' daughters stand among the ladies of the court; \*  
on your right hand is the queen,  
adorned with the gold of Ophir.

11 "Hear, O daughter; consider and listen closely; \*  
forget your people and your father's house.

12 The king will have pleasure in your beauty; \*  
he is your master; therefore do him honor.

13 The people of Tyre are here with a gift; \*  
the rich among the people seek your favor."

14 All glorious is the princess as she enters; \*  
her gown is cloth-of-gold.

15 In embroidered apparel she is brought to the king; \*  
after her the bridesmaids follow in procession.

16 With joy and gladness they are brought, \*  
and enter into the palace of the king.

17 "In place of fathers, O king, you shall have sons; \*  
you shall make them princes over all the earth.

18 I will make your name to be remembered  
from one generation to another; \*  
therefore nations will praise you for ever and ever."

## **Tuesday, August 16**

### **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, August 17**

### **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, August 18

### 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, August 19

### 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.)