

Psalms for Morning Prayer

January 23 to January 27

Monday, January 23

41 *Beatus qui intelligit*

1 Happy are they who consider the poor and needy! *
the Lord will deliver them in the time of trouble.

2 The Lord preserves them and keeps them alive,
so that they may be happy in the land; *
he does not hand them over to the will of their enemies.

3 The Lord sustains them on their sickbed *
and ministers to them in their illness.

4 I said, "Lord, be merciful to me; *
heal me, for I have sinned against you."

5 My enemies are saying wicked things about me: *
"When will he die, and his name perish?"

6 Even if they come to see me, they speak empty words; *
their heart collects false rumors;
they go outside and spread them.

7 All my enemies whisper together about me *
and devise evil against me.

8 "A deadly thing," they say, "has fastened on him; *
he has taken to his bed and will never get up again."

9 Even my best friend, whom I trusted,
who broke bread with me, *
has lifted up his heel and turned against me.

10 But you, O Lord, be merciful to me and raise me up, *
and I shall repay them.

11 By this I know you are pleased with me, *
that my enemy does not triumph over me.

12 In my integrity you hold me fast, *
and shall set me before your face for ever.

13 Blessed be the Lord God of Israel, *
from age to age. Amen. Amen.

52 *Quid gloriaris?*

1 You tyrant, why do you boast of wickedness *
against the godly all day long?

2 You plot ruin;
your tongue is like a sharpened razor, *
O worker of deception.

3 You love evil more than good *
and lying more than speaking the truth.

4 You love all words that hurt, *
O you deceitful tongue.

5 Oh, that God would demolish you utterly, *
topple you, and snatch you from your dwelling,
and root you out of the land of the living!

6 The righteous shall see and tremble, *
and they shall laugh at him, saying,

7 "This is the one who did not take God for a refuge, *
but trusted in great wealth and relied upon wickedness."

8 But I am like a green olive tree in the house of God; *
I trust in the mercy of God for ever and ever.

9 I will give you thanks for what you have done *
and declare the goodness of your Name in the presence
of the godly.

Tuesday, January 24

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."

Wednesday, January 25 – The Conversion of St. Paul

19 *Coeli enarrant*

1 The heavens declare the glory of God, *
and the firmament shows his handiwork.

2 One day tells its tale to another, *
and one night imparts knowledge to another.

3 Although they have no words or language, *
and their voices are not heard,

4 Their sound has gone out into all lands, *
and their message to the ends of the world.

5 In the deep has he set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.

6 It goes forth from the uttermost edge of the heavens
and runs about to the end of it again; *
nothing is hidden from its burning heat.

7 The law of the Lord is perfect
and revives the soul; *
the testimony of the Lord is sure
and gives wisdom to the innocent.

8 The statutes of the Lord are just
and rejoice the heart; *
the commandment of the Lord is clear
and gives light to the eyes.

9 The fear of the Lord is clean and endures for ever; *
the judgments of the Lord are true and righteous altogether.

10 More to be desired are they than gold,
more than much fine gold, *
sweeter far than honey,
than honey in the comb.

11 By them also is your servant enlightened, *
and in keeping them there is great reward.

12 Who can tell how often he offends? *
cleanse me from my secret faults.

13 Above all, keep your servant from presumptuous sins;
let them not get dominion over me; *
then shall I be whole and sound,
and innocent of a great offense.

14 Let the words of my mouth and the meditation of my heart be acceptable in your
sight, *
O Lord, my strength and my redeemer.

Thursday, January 26

50 *Deus deorum*

1 The Lord, the God of gods, has spoken; *
he has called the earth from the rising of the sun to its setting.

2 Out of Zion, perfect in its beauty, *
God reveals himself in glory.

3 Our God will come and will not keep silence; *
before him there is a consuming flame,
and round about him a raging storm.

4 He calls the heavens and the earth from above *
to witness the judgment of his people.

5 "Gather before me my loyal followers, *
those who have made a covenant with me and sealed it with sacrifice."

6 Let the heavens declare the rightness of his cause; *
for God himself is judge.

7 Hear, O my people, and I will speak:
"O Israel, I will bear witness against you; *
for I am God, your God.

8 I do not accuse you because of your sacrifices; *
your offerings are always before me.

9 I will take no bull-calf from your stalls, *
nor he-goats out of your pens;

10 For all the beasts of the forest are mine, *
the herds in their thousands upon the hills.

11 I know every bird in the sky, *
and the creatures of the fields are in my sight.

12 If I were hungry, I would not tell you, *
for the whole world is mine and all that is in it.

13 Do you think I eat the flesh of bulls, *
or drink the blood of goats?

14 Offer to God a sacrifice of thanksgiving *
and make good your vows to the Most High.

15 Call upon me in the day of trouble; *
I will deliver you, and you shall honor me."

16 But to the wicked God says: *
"Why do you recite my statutes,
and take my covenant upon your lips;

17 Since you refuse discipline, *
and toss my words behind your back?

18 When you see a thief, you make him your friend, *
and you cast in your lot with adulterers.

19 You have loosed your lips for evil, *
and harnessed your tongue to a lie.

20 You are always speaking evil of your brother *
and slandering your own mother's son.

21 These things you have done, and I kept still, *
and you thought that I am like you."

22 "I have made my accusation; *
I have put my case in order before your eyes.

23 Consider this well, you who forget God, *
lest I rend you and there be none to deliver you.

24 Whoever offers me the sacrifice of thanksgiving honors me; *
but to those who keep in my way will I show the salvation of God."

Friday, January 27

40 *Expectans, expectavi*

1 I waited patiently upon the Lord; *
he stooped to me and heard my cry.

2 He lifted me out of the desolate pit, out of the mire and clay; *
he set my feet upon a high cliff and made my footing sure.

3 He put a new song in my mouth,
a song of praise to our God; *
many shall see, and stand in awe,
and put their trust in the Lord.

4 Happy are they who trust in the Lord! *
they do not resort to evil spirits or turn to false gods.

5 Great things are they that you have done, O Lord my God!
how great your wonders and your plans for us! *
there is none who can be compared with you.

6 Oh, that I could make them known and tell them! *
but they are more than I can count.

7 In sacrifice and offering you take no pleasure *
(you have given me ears to hear you);

8 Burnt-offering and sin-offering you have not required, *
and so I said, "Behold, I come.

9 In the roll of the book it is written concerning me: *
'I love to do your will, O my God;
your law is deep in my heart.'"

10 I proclaimed righteousness in the great congregation; *
behold, I did not restrain my lips;
and that, O Lord, you know.

11 Your righteousness have I not hidden in my heart;
I have spoken of your faithfulness and your deliverance; *
I have not concealed your love and faithfulness from the great congregation.

12 You are the Lord;
do not withhold your compassion from me; *
let your love and your faithfulness keep me safe for ever,

13 For innumerable troubles have crowded upon me;
my sins have overtaken me, and I cannot see; *
they are more in number than the hairs of my head,
and my heart fails me.

14 Be pleased, O Lord, to deliver me; *
O Lord, make haste to help me.

15 Let them be ashamed and altogether dismayed
who seek after my life to destroy it; *
let them draw back and be disgraced who take pleasure in my misfortune.

16 Let those who say "Aha!" and gloat over me be confounded, *
because they are ashamed.

17 Let all who seek you rejoice in you and be glad; *
let those who love your salvation continually say,
"Great is the Lord!"

18 Though I am poor and afflicted, *
the Lord will have regard for me.

19 You are my helper and my deliverer; *
do not tarry, O my God.

54 *Deus, in nomine*

1 Save me, O God, by your Name; *
in your might, defend my cause.

2 Hear my prayer, O God; *
give ear to the words of my mouth.

3 For the arrogant have risen up against me,
and the ruthless have sought my life, *
those who have no regard for God.

4 Behold, God is my helper; *
it is the Lord who sustains my life.

5 Render evil to those who spy on me; *
in your faithfulness, destroy them.

6 I will offer you a freewill sacrifice *
and praise your Name, O Lord, for it is good.

7 For you have rescued me from every trouble, *
and my eye has seen the ruin of my foes.