

Psalms for Evening Prayer

March 20 to March 24

Monday, March 20 – St. Joseph (transferred)

34 *Benedicam Dominum*

1 I will bless the Lord at all times; *
his praise shall ever be in my mouth.

2 I will glory in the Lord; *
let the humble hear and rejoice.

3 Proclaim with me the greatness of the Lord; *
let us exalt his Name together.

4 I sought the Lord, and he answered me *
and delivered me out of all my terror.

5 Look upon him and be radiant, *
and let not your faces be ashamed.

6 I called in my affliction and the Lord heard me *
and saved me from all my troubles.

7 The angel of the Lord encompasses those who fear him, *
and he will deliver them.

8 Taste and see that the Lord is good; *
happy are they who trust in him!

9 Fear the Lord, you that are his saints, *
for those who fear him lack nothing.

10 The young lions lack and suffer hunger, *
but those who seek the Lord lack nothing that is good.

11 Come, children, and listen to me; *
I will teach you the fear of the Lord.

12 Who among you loves life *
and desires long life to enjoy prosperity?

13 Keep your tongue from evil-speaking *
and your lips from lying words.

14 Turn from evil and do good; *
seek peace and pursue it.

15 The eyes of the Lord are upon the righteous, *
and his ears are open to their cry.

16 The face of the Lord is against those who do evil, *
to root out the remembrance of them from the earth.

17 The righteous cry, and the Lord hears them *
and delivers them from all their troubles.

18 The Lord is near to the brokenhearted *
and will save those whose spirits are crushed.

19 Many are the troubles of the righteous, *
but the Lord will deliver him out of them all.

20 He will keep safe all his bones; *
not one of them shall be broken.

21 Evil shall slay the wicked, *
and those who hate the righteous will be punished.

22 The Lord ransoms the life of his servants, *
and none will be punished who trust in him.

Tuesday, March 21

94 *Deus ultionum*

1 O Lord God of vengeance, *
O God of vengeance, show yourself.

2 Rise up, O Judge of the world; *
give the arrogant their just deserts.

3 How long shall the wicked, O Lord, *
how long shall the wicked triumph?

4 They bluster in their insolence; *
all evildoers are full of boasting.

5 They crush your people, O Lord, *
and afflict your chosen nation.

6 They murder the widow and the stranger *
and put the orphans to death.

7 Yet they say, "The Lord does not see, *
the God of Jacob takes no notice."

8 Consider well, you dullards among the people; *
when will you fools understand?

9 He that planted the ear, does he not hear? *
he that formed the eye, does he not see?

10 He who admonishes the nations, will he not punish? *
he who teaches all the world, has he no knowledge?

11 The Lord knows our human thoughts; *
how like a puff of wind they are.

12 Happy are they whom you instruct, O Lord! *
whom you teach out of your law;

13 To give them rest in evil days, *
until a pit is dug for the wicked.

14 For the Lord will not abandon his people, *
nor will he forsake his own.

15 For judgment will again be just, *
and all the true of heart will follow it.

16 Who rose up for me against the wicked? *
who took my part against the evildoers?

17 If the Lord had not come to my help, *
I should soon have dwelt in the land of silence.

18 As often as I said, "My foot has slipped," *
your love, O Lord, upheld me.

19 When many cares fill my mind, *
your consolations cheer my soul.

20 Can a corrupt tribunal have any part with you, *
one which frames evil into law?

21 They conspire against the life of the just *
and condemn the innocent to death.

22 But the Lord has become my stronghold, *
and my God the rock of my trust.

23 He will turn their wickedness back upon them
and destroy them in their own malice; *
the Lord our God will destroy them.

95 *Venite, exultemus*

1 Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.

2 Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.

3 For the Lord is a great God, *
and a great King above all gods.

4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.

5 The sea is his, for he made it, *
and his hands have molded the dry land.

6 Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.

7 For he is our God,
and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!

8 Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.

9 They put me to the test, *
though they had seen my works.

10 Forty years long I detested that generation and said, *
"This people are wayward in their hearts;
they do not know my ways."

11 So I swore in my wrath, *
"They shall not enter into my rest."

Wednesday, March 22

119

Ayin Feci iudicium

121 I have done what is just and right; *
do not deliver me to my oppressors.

122 Be surety for your servant's good; *
let not the proud oppress me.

123 My eyes have failed from watching for your salvation *
and for your righteous promise.

124 Deal with your servant according to your loving-kindness *
and teach me your statutes.

125 I am your servant; grant me understanding, *
that I may know your decrees.

126 It is time for you to act, O Lord, *
for they have broken your law.

127 Truly, I love your commandments *
more than gold and precious stones.

128 I hold all your commandments to be right for me; *
all paths of falsehood I abhor.

Pe Mirabilia

129 Your decrees are wonderful; *
therefore I obey them with all my heart.

130 When your word goes forth it gives light; *
it gives understanding to the simple.

131 I open my mouth and pant; *
I long for your commandments.

132 Turn to me in mercy, *
as you always do to those who love your Name.

133 Steady my footsteps in your word; *
let no iniquity have dominion over me.

134 Rescue me from those who oppress me, *
and I will keep your commandments.

135 Let your countenance shine upon your servant *
and teach me your statutes.

136 My eyes shed streams of tears, *
because people do not keep your law.

Sadhe *Justus es, Domine*

137 You are righteous, O Lord, *
and upright are your judgments.

138 You have issued your decrees *
with justice and in perfect faithfulness.

139 My indignation has consumed me, *
because my enemies forget your words.

140 Your word has been tested to the uttermost, *
and your servant holds it dear.

141 I am small and of little account, *
yet I do not forget your commandments.

142 Your justice is an everlasting justice *
and your law is the truth.

143 Trouble and distress have come upon me, *
yet your commandments are my delight.

144 The righteousness of your decrees is everlasting; *
grant me understanding, that I may live.

Thursday, March 23

73 *Quam bonus Israel!*

1 Truly, God is good to Israel, *
to those who are pure in heart.

2 But as for me, my feet had nearly slipped; *
I had almost tripped and fallen;

3 Because I envied the proud *
and saw the prosperity of the wicked:

4 For they suffer no pain, *
and their bodies are sleek and sound;

5 In the misfortunes of others they have no share; *
they are not afflicted as others are;

6 Therefore they wear their pride like a necklace *
and wrap their violence about them like a cloak.

7 Their iniquity comes from gross minds, *
and their hearts overflow with wicked thoughts.

8 They scoff and speak maliciously; *
out of their haughtiness they plan oppression.

9 They set their mouths against the heavens, *
and their evil speech runs through the world.

10 And so the people turn to them *
and find in them no fault.

11 They say, "How should God know? *
is there knowledge in the Most High?"

12 So then, these are the wicked; *
always at ease, they increase their wealth.

13 In vain have I kept my heart clean, *
and washed my hands in innocence.

14 I have been afflicted all day long, *
and punished every morning.

15 Had I gone on speaking this way, *
I should have betrayed the generation of your children.

16 When I tried to understand these things, *
it was too hard for me;

17 Until I entered the sanctuary of God *
and discerned the end of the wicked.

18 Surely, you set them in slippery places; *
you cast them down in ruin.

19 Oh, how suddenly do they come to destruction, *
come to an end, and perish from terror!

20 Like a dream when one awakens, O Lord, *
when you arise you will make their image vanish.

21 When my mind became embittered, *
I was sorely wounded in my heart.

22 I was stupid and had no understanding; *
I was like a brute beast in your presence.

23 Yet I am always with you; *
you hold me by my right hand.

24 You will guide me by your counsel, *
and afterwards receive me with glory.

25 Whom have I in heaven but you? *
and having you I desire nothing upon earth.

26 Though my flesh and my heart should waste away, *
God is the strength of my heart and my portion for ever.

27 Truly, those who forsake you will perish; *
you destroy all who are unfaithful.

28 But it is good for me to be near God; *
I have made the Lord God my refuge.

29 I will speak of all your works *
in the gates of the city of Zion.

Friday, March 24

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Part I *Confitemini Domino*

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

2 Let all those whom the Lord has redeemed proclaim *
that he redeemed them from the hand of the foe.

3 He gathered them out of the lands; *
from the east and from the west,
from the north and from the south.

4 Some wandered in desert wastes; *
they found no way to a city where they might dwell.

5 They were hungry and thirsty; *
their spirits languished within them.

6 Then they cried to the Lord in their trouble, *
and he delivered them from their distress.

7 He put their feet on a straight path *
to go to a city where they might dwell.

8 Let them give thanks to the Lord for his mercy *
and the wonders he does for his children.

9 For he satisfies the thirsty *
and fills the hungry with good things.

10 Some sat in darkness and deep gloom, *
bound fast in misery and iron;

11 Because they rebelled against the words of God *
and despised the counsel of the Most High.

12 So he humbled their spirits with hard labor; *
they stumbled, and there was none to help.

13 Then they cried to the Lord in their trouble, *
and he delivered them from their distress.

14 He led them out of darkness and deep gloom *
and broke their bonds asunder.

15 Let them give thanks to the Lord for his mercy *
and the wonders he does for his children.

16 For he shatters the doors of bronze *
and breaks in two the iron bars.

17 Some were fools and took to rebellious ways; *
they were afflicted because of their sins.

18 They abhorred all manner of food *
and drew near to death's door.

19 Then they cried to the Lord in their trouble, *
and he delivered them from their distress.

20 He sent forth his word and healed them *
and saved them from the grave.

21 Let them give thanks to the Lord for his mercy *
and the wonders he does for his children.

22 Let them offer a sacrifice of thanksgiving *
and tell of his acts with shouts of joy.

23 Some went down to the sea in ships *
and plied their trade in deep waters;

24 They beheld the works of the Lord *
and his wonders in the deep.

25 Then he spoke, and a stormy wind arose, *
which tossed high the waves of the sea.

26 They mounted up to the heavens and fell back to the depths; *
their hearts melted because of their peril.

27 They reeled and staggered like drunkards *
and were at their wits' end.

28 Then they cried to the Lord in their trouble, *
and he delivered them from their distress.

29 He stilled the storm to a whisper *
and quieted the waves of the sea.

30 Then were they glad because of the calm, *
and he brought them to the harbor they were bound for.

31 Let them give thanks to the Lord for his mercy *
and the wonders he does for his children.

32 Let them exalt him in the congregation of the people *
and praise him in the council of the elders.