

Psalms for Morning Prayer

February 12 to February 16

Monday, February 12

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, February 13

26 *Judica me, Domine*

1 Give judgment for me, O Lord,
for I have lived with integrity; *
I have trusted in the Lord and have not faltered.

2 Test me, O Lord, and try me; *
examine my heart and my mind.

3 For your love is before my eyes; *
I have walked faithfully with you.

4 I have not sat with the worthless, *
nor do I consort with the deceitful.

5 I have hated the company of evildoers; *
I will not sit down with the wicked.

6 I will wash my hands in innocence, O Lord, *
that I may go in procession round your altar,

7 Singing aloud a song of thanksgiving *
and recounting all your wonderful deeds.

8 Lord, I love the house in which you dwell *
and the place where your glory abides.

9 Do not sweep me away with sinners, *
nor my life with those who thirst for blood,

10 Whose hands are full of evil plots, *
and their right hand full of bribes.

11 As for me, I will live with integrity; *
redeem me, O Lord, and have pity on me.

12 My foot stands on level ground; *
in the full assembly I will bless the Lord.

28 *Ad te, Domine*

1 O Lord, I call to you;
my Rock, do not be deaf to my cry; *
lest, if you do not hear me,
I become like those who go down to the Pit.

2 Hear the voice of my prayer when I cry out to you, *
when I lift up my hands to your holy of holies.

3 Do not snatch me away with the wicked or with the evildoers, *
who speak peaceably with their neighbors,
while strife is in their hearts.

4 Repay them according to their deeds, *
and according to the wickedness of their actions.

5 According to the work of their hands repay them, *
and give them their just deserts.

6 They have no understanding of the Lord's doings,
nor of the works of his hands; *
therefore he will break them down and not
build them up.

7 Blessed is the Lord! *
for he has heard the voice of my prayer.

8 The Lord is my strength and my shield; *
my heart trusts in him, and I have been helped;

9 Therefore my heart dances for joy, *
and in my song will I praise him.

10 The Lord is the strength of his people, *
a safe refuge for his anointed.

11 Save your people and bless your inheritance; *
shepherd them and carry them for ever.

Wednesday, February 14 – Ash Wednesday

95 *Venite, exultemus* (Invitatory Psalm)

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."

32 *Beati quorum*

1 Happy are they whose transgressions are forgiven, *
and whose sin is put away!

2 Happy are they to whom the Lord imputes no guilt, *
and in whose spirit there is no guile!

3 While I held my tongue, my bones withered away, *
because of my groaning all day long.

4 For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.

5 Then I acknowledged my sin to you, *
and did not conceal my guilt.

6 I said, "I will confess my transgressions to the Lord." *
Then you forgave me the guilt of my sin.

7 Therefore all the faithful will make their prayers to you in
time of trouble; *
when the great waters overflow, they shall not reach them.

8 You are my hiding-place;
you preserve me from trouble; *
you surround me with shouts of deliverance.

9 "I will instruct you and teach you in the way that you should go; *
I will guide you with my eye.

10 Do not be like horse or mule, which have no understanding; *
who must be fitted with bit and bridle,
or else they will not stay near you."

11 Great are the tribulations of the wicked; *
but mercy embraces those who trust in the Lord.

12 Be glad, you righteous, and rejoice in the Lord; *
shout for joy, all who are true of heart.

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.)

Thursday, February 15

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, February 16

95 *Venite, exultemus* (Invitatory Psalm)

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."

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.