

# Psalms for Morning Prayer

## April 29 to May 3

### Monday, April 29

#### **56** *Miserere mei, Deus*

1 Have mercy on me, O God,  
for my enemies are hounding me; \*  
all day long they assault and oppress me.

2 They hound me all the day long; \*  
truly there are many who fight against me, O Most High.

3 Whenever I am afraid, \*  
I will put my trust in you.

4 In God, whose word I praise,  
In God I trust and will not be afraid, \*  
for what can flesh do to me?

5 All day long they damage my cause; \*  
their only thought is to do me evil.

6 They band together; they lie in wait; \*  
they spy upon my footsteps;  
because they seek my life.

7 Shall they escape despite their wickedness? \*  
O God, in your anger, cast down the peoples.

8 You have noted my lamentation;  
put my tears into your bottle; \*  
are they not recorded in your book?

9 Whenever I call upon you, my enemies will be put to flight; \*  
this I know, for God is on my side.

10 In God the Lord, whose word I praise,  
in God I trust and will not be afraid, \*  
for what can mortals do to me?

11 I am bound by the vow I made to you, O God; \*  
I will present to you thank-offerings;

12 For you have rescued my soul from death and my feet from stumbling, \*  
that I may walk before God in the light of the living.

## **57** *Miserere mei, Deus*

1 Be merciful to me, O God, be merciful,  
for I have taken refuge in you; \*  
in the shadow of your wings will I take refuge  
until this time of trouble has gone by.

2 I will call upon the Most High God, \*  
the God who maintains my cause.

3 He will send from heaven and save me;  
he will confound those who trample upon me; \*  
God will send forth his love and his faithfulness.

4 I lie in the midst of lions that devour the people; \*  
their teeth are spears and arrows,  
their tongue a sharp sword.

5 They have laid a net for my feet,  
and I am bowed low; \*  
they have dug a pit before me,  
but have fallen into it themselves.

6 Exalt yourself above the heavens, O God, \*  
and your glory over all the earth.

7 My heart is firmly fixed, O God, my heart is fixed; \*  
I will sing and make melody.

8 Wake up, my spirit;  
awake, lute and harp; \*  
I myself will waken the dawn.

9 I will confess you among the peoples, O Lord; \*  
I will sing praise to you among the nations.

10 For your loving-kindness is greater than the heavens, \*  
and your faithfulness reaches to the clouds.

11 Exalt yourself above the heavens, O God, \*  
and your glory over all the earth.

## **58** *Si vere utique*

1 Do you indeed decree righteousness, you rulers? \*  
do you judge the peoples with equity?

2 No; you devise evil in your hearts, \*  
and your hands deal out violence in the land.

3 The wicked are perverse from the womb; \*  
liars go astray from their birth.

4 They are as venomous as a serpent, \*  
they are like the deaf adder which stops its ears,

5 Which does not heed the voice of the charmer, \*  
no matter how skillful his charming.

6 O God, break their teeth in their mouths; \*  
pull the fangs of the young lions, O Lord.

7 Let them vanish like water that runs off; \*  
let them wither like trodden grass.

8 Let them be like the snail that melts away, \*  
like a stillborn child that never sees the sun.

9 Before they bear fruit, let them be cut down like a brier; \*  
like thorns and thistles let them be swept away.

10 The righteous will be glad when they see the vengeance; \*  
they will bathe their feet in the blood of the wicked.

11 And they will say,  
"Surely, there is a reward for the righteous; \*  
surely, there is a God who rules in the earth."

## Tuesday, April 30

### **61** *Exaudi, Deus*

1 Hear my cry, O God, \*  
and listen to my prayer.

2 I call upon you from the ends of the earth  
with heaviness in my heart; \*  
set me upon the rock that is higher than I.

3 For you have been my refuge, \*  
a strong tower against the enemy.

4 I will dwell in your house for ever; \*  
I will take refuge under the cover of your wings.

5 For you, O God, have heard my vows; \*  
you have granted me the heritage of those who fear your Name.

6 Add length of days to the king's life; \*  
let his years extend over many generations.

7 Let him sit enthroned before God for ever; \*  
bid love and faithfulness watch over him.

8 So will I always sing the praise of your Name, \*  
and day by day I will fulfill my vows.

## 62 *Nonne Deo?*

1 For God alone my soul in silence waits; \*  
from him comes my salvation.

2 He alone is my rock and my salvation, \*  
my stronghold, so that I shall not be greatly shaken.

3 How long will you assail me to crush me,  
all of you together, \*  
as if you were a leaning fence, a toppling wall?

4 They seek only to bring me down from my place of honor; \*  
lies are their chief delight.

5 They bless with their lips, \*  
but in their hearts they curse.

6 For God alone my soul in silence waits; \*  
truly, my hope is in him.

7 He alone is my rock and my salvation, \*  
my stronghold, so that I shall not be shaken.

8 In God is my safety and my honor; \*  
God is my strong rock and my refuge.

9 Put your trust in him always, O people, \*  
pour out your hearts before him, for God is our refuge.

10 Those of high degree are but a fleeting breath, \*  
even those of low estate cannot be trusted.

11 On the scales they are lighter than a breath, \*  
all of them together.

12 Put no trust in extortion;  
in robbery take no empty pride; \*  
though wealth increase, set not your heart upon it.

13 God has spoken once, twice have I heard it, \*  
that power belongs to God.

14 Steadfast love is yours, O Lord, \*  
for you repay everyone according to his deeds.

## **Wednesday, May 1 – St. Philip & St. James**

### **119**

**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.

**Qoph** *Clamavi in toto corde meo*

145 I call with my whole heart; \*  
answer me, O Lord, that I may keep your statutes.

146 I call to you;  
oh, that you would save me! \*  
I will keep your decrees.

147 Early in the morning I cry out to you, \*  
for in your word is my trust.

148 My eyes are open in the night watches, \*  
that I may meditate upon your promise.

149 Hear my voice, O Lord, according to your loving-kindness; \*  
according to your judgments, give me life.

150 They draw near who in malice persecute me; \*  
they are very far from your law.

151 You, O Lord, are near at hand, \*  
and all your commandments are true.

152 Long have I known from your decrees \*  
that you have established them for ever.

**Resh** *Vide humilitatem*

153 Behold my affliction and deliver me, \*  
for I do not forget your law.

154 Plead my cause and redeem me; \*  
according to your promise, give me life.

155 Deliverance is far from the wicked, \*  
for they do not study your statutes.

156 Great is your compassion, O Lord; \*  
preserve my life, according to your judgments.

157 There are many who persecute and oppress me, \*  
yet I have not swerved from your decrees.

158 I look with loathing at the faithless, \*  
for they have not kept your word.

159 See how I love your commandments! \*  
O Lord, in your mercy, preserve me.

160 The heart of your word is truth; \*  
all your righteous judgments endure for evermore.

## Thursday, May 2

### **70** *Deus, in adjutorium*

1 Be pleased, O God, to deliver me; \*  
O Lord, make haste to help me.

2 Let those who seek my life be ashamed  
and altogether dismayed; \*  
let those who take pleasure in my misfortune  
draw back and be disgraced.

3 Let those who say to me "Aha!" and gloat over me turn back, \*  
because they are ashamed.

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

5 But as for me, I am poor and needy; \*  
come to me speedily, O God.

6 You are my helper and my deliverer; \*  
O Lord, do not tarry.



**71** *In te, Domine, speravi*

1 In you, O Lord, have I taken refuge; \*  
let me never be ashamed.

2 In your righteousness, deliver me and set me free; \*  
incline your ear to me and save me.

3 Be my strong rock, a castle to keep me safe; \*  
you are my crag and my stronghold.

4 Deliver me, my God, from the hand of the wicked, \*  
from the clutches of the evildoer and the oppressor.

5 For you are my hope, O Lord God, \*  
my confidence since I was young.

6 I have been sustained by you ever since I was born;  
from my mother's womb you have been my strength; \*  
my praise shall be always of you.

7 I have become a portent to many; \*  
but you are my refuge and my strength.

8 Let my mouth be full of your praise \*  
and your glory all the day long.

9 Do not cast me off in my old age; \*  
forsake me not when my strength fails.

10 For my enemies are talking against me, \*  
and those who lie in wait for my life take counsel together.

11 They say, "God has forsaken him;  
go after him and seize him; \*  
because there is none who will save."

12 O God, be not far from me; \*  
come quickly to help me, O my God.

13 Let those who set themselves against me be put to shame and be disgraced; \*  
let those who seek to do me evil be covered with scorn and reproach.

14 But I shall always wait in patience, \*  
and shall praise you more and more.

15 My mouth shall recount your mighty acts  
and saving deeds all day long; \*  
though I cannot know the number of them.

16 I will begin with the mighty works of the Lord God; \*  
I will recall your righteousness, yours alone.

17 O God, you have taught me since I was young, \*  
and to this day I tell of your wonderful works.

18 And now that I am old and gray-headed, O God, do not forsake me, \*  
till I make known your strength to this generation  
and your power to all who are to come.

19 Your righteousness, O God, reaches to the heavens; \*  
you have done great things;  
who is like you, O God?

20 You have showed me great troubles and adversities, \*  
but you will restore my life  
and bring me up again from the deep places of the earth.

21 You strengthen me more and more; \*  
you enfold and comfort me,

22 Therefore I will praise you upon the lyre for your  
faithfulness, O my God; \*  
I will sing to you with the harp, O Holy One of Israel.

23 My lips will sing with joy when I play to you, \*  
and so will my soul, which you have redeemed.

24 My tongue will proclaim your righteousness all day long, \*  
for they are ashamed and disgraced who sought to do me harm.

## Friday, May 3

### 106

#### Part I *Confitemini Domino*

1 Hallelujah!

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

2 Who can declare the mighty acts of the Lord \*  
or show forth all his praise?

3 Happy are those who act with justice \*  
and always do what is right!

4 Remember me, O Lord, with the favor you have for your people, \*  
and visit me with your saving help;

5 That I may see the prosperity of your elect  
and be glad with the gladness of your people, \*  
that I may glory with your inheritance.

6 We have sinned as our forebears did; \*  
we have done wrong and dealt wickedly.

7 In Egypt they did not consider your marvelous works,  
nor remember the abundance of your love; \*  
they defied the Most High at the Red Sea.

8 But he saved them for his Name's sake, \*  
to make his power known.

9 He rebuked the Red Sea, and it dried up, \*  
and he led them through the deep as through a desert.

10 He saved them from the hand of those who hated them \*  
and redeemed them from the hand of the enemy.

11 The waters covered their oppressors; \*  
not one of them was left.

12 Then they believed his words \*  
and sang him songs of praise.

13 But they soon forgot his deeds \*  
and did not wait for his counsel.

14 A craving seized them in the wilderness, \*  
and they put God to the test in the desert.

15 He gave them what they asked, \*  
but sent leanness into their soul.

16 They envied Moses in the camp, \*  
and Aaron, the holy one of the Lord.

17 The earth opened and swallowed Dathan \*  
and covered the company of Abiram.

18 Fire blazed up against their company, \*  
and flames devoured the wicked.