

# **Psalms for Evening Prayer**

## **January 13 to January 17**

### **Monday, January 13**

#### **4** *Cum invocarem*

1 Answer me when I call, O God, defender of my cause; \*  
you set me free when I am hard-pressed;  
have mercy on me and hear my prayer.

2 "You mortals, how long will you dishonor my glory; \*  
how long will you worship dumb idols  
and run after false gods?"

3 Know that the Lord does wonders for the faithful; \*  
when I call upon the Lord, he will hear me.

4 Tremble, then, and do not sin; \*  
speak to your heart in silence upon your bed.

5 Offer the appointed sacrifices \*  
and put your trust in the Lord.

6 Many are saying, "Oh, that we might see better times!" \*  
Lift up the light of your countenance upon us, O Lord.

7 You have put gladness in my heart, \*  
more than when grain and wine and oil increase.

8 I lie down in peace; at once I fall asleep; \*  
for only you, Lord, make me dwell in safety.

#### **7** *Domine, Deus meus*

1 O Lord my God, I take refuge in you; \*  
save and deliver me from all who pursue me;

2 Lest like a lion they tear me in pieces \*  
and snatch me away with none to deliver me.

3 O Lord my God, if I have done these things: \*  
if there is any wickedness in my hands,

4 If I have repaid my friend with evil, \*  
or plundered him who without cause is my enemy;

5 Then let my enemy pursue and overtake me, \*  
trample my life into the ground,  
and lay my honor in the dust.

6 Stand up, O Lord, in your wrath; \*  
rise up against the fury of my enemies.

7 Awake, O my God, decree justice; \*  
let the assembly of the peoples gather round you.

8 Be seated on your lofty throne, O Most High; \*  
O Lord, judge the nations.

9 Give judgment for me according to my  
righteousness, O Lord, \*  
and according to my innocence, O Most High.

10 Let the malice of the wicked come to an end,  
but establish the righteous; \*  
for you test the mind and heart, O righteous God.

11 God is my shield and defense; \*  
he is the savior of the true in heart.

12 God is a righteous judge; \*  
God sits in judgment every day.

13 If they will not repent, God will whet his sword; \*  
he will bend his bow and make it ready.

14 He has prepared his weapons of death; \*  
he makes his arrows shafts of fire.

15 Look at those who are in labor with wickedness, \*  
who conceive evil, and give birth to a lie.

16 They dig a pit and make it deep \*  
and fall into the hole that they have made.

17 Their malice turns back upon their own head; \*  
their violence falls on their own scalp.

18 I will bear witness that the Lord is righteous; \*  
I will praise the Name of the Lord Most High.

## **Tuesday, January 14**

### **10** *Ut quid, Domine?*

1 Why do you stand so far off, O Lord, \*  
and hide yourself in time of trouble?

2 The wicked arrogantly persecute the poor, \*  
but they are trapped in the schemes they have devised.

3 The wicked boast of their heart's desire; \*  
the covetous curse and revile the Lord.

4 The wicked are so proud that they care not for God; \*  
their only thought is, "God does not matter."

5 Their ways are devious at all times;  
your judgments are far above out of their sight; \*  
they defy all their enemies.

6 They say in their heart, "I shall not be shaken; \*  
no harm shall happen to me ever."

7 Their mouth is full of cursing, deceit, and oppression; \*  
under their tongue are mischief and wrong.

8 They lurk in ambush in public squares  
and in secret places they murder the innocent; \*  
they spy out the helpless.

9 They lie in wait, like a lion in a covert;  
they lie in wait to seize upon the lowly; \*  
they seize the lowly and drag them away in their net.

10 The innocent are broken and humbled before them; \*  
the helpless fall before their power.

11 They say in their heart, "God has forgotten; \*  
he hides his face; he will never notice."

12 Rise up, O Lord;  
lift up your hand, O God; \*  
do not forget the afflicted.

13 Why should the wicked revile God? \*  
why should they say in their heart, "You do not care"?

14 Surely, you behold trouble and misery; \*  
you see it and take it into your own hand.

15 The helpless commit themselves to you, \*  
for you are the helper of orphans.

16 Break the power of the wicked and evil; \*  
search out their wickedness until you find none.

17 The Lord is King for ever and ever; \*  
the ungodly shall perish from his land.

18 The Lord will hear the desire of the humble; \*  
you will strengthen their heart and your ears shall hear;

19 To give justice to the orphan and oppressed, \*  
so that mere mortals may strike terror no more.

## **11** *In Domino confido*

1 In the Lord have I taken refuge; \*  
how then can you say to me,  
"Fly away like a bird to the hilltop;

2 For see how the wicked bend the bow  
and fit their arrows to the string, \*  
to shoot from ambush at the true of heart.

3 When the foundations are being destroyed, \*  
what can the righteous do?"

4 The Lord is in his holy temple; \*  
the Lord's throne is in heaven.

5 His eyes behold the inhabited world; \*  
his piercing eye weighs our worth.

6 The Lord weighs the righteous as well as the wicked, \*  
but those who delight in violence he abhors.

7 Upon the wicked he shall rain coals of fire and  
burning sulphur; \*  
a scorching wind shall be their lot.

8 For the Lord is righteous;  
he delights in righteous deeds; \*  
and the just shall see his face.

## **Wednesday, January 15**

### **12** *Salvum me fac*

1 Help me, Lord, for there is no godly one left; \*  
the faithful have vanished from among us.

2 Everyone speaks falsely with his neighbor; \*  
with a smooth tongue they speak from a double heart.

3 Oh, that the Lord would cut off all smooth tongues, \*  
and close the lips that utter proud boasts!

4 Those who say, "With our tongue will we prevail; \*  
our lips are our own; who is lord over us?"

5 "Because the needy are oppressed,  
and the poor cry out in misery, "  
I will rise up," says the Lord,  
"and give them the help they long for."

6 The words of the Lord are pure words, \*  
like silver refined from ore  
and purified seven times in the fire.

7 O Lord, watch over us \*  
and save us from this generation for ever.

8 The wicked prowl on every side, \*  
and that which is worthless is highly prized by everyone.

### **13** *Usquequo, Domine?*

1 How long, O Lord?  
will you forget me for ever? \*  
how long will you hide your face from me?

2 How long shall I have perplexity in my mind,  
and grief in my heart, day after day? \*  
how long shall my enemy triumph over me?

3 Look upon me and answer me, O Lord my God; \*  
give light to my eyes, lest I sleep in death;

4 Lest my enemy say, "I have prevailed over him," \*  
and my foes rejoice that I have fallen.

5 But I put my trust in your mercy; \*  
my heart is joyful because of your saving help.

6 I will sing to the Lord, for he has dealt with me richly; \*  
I will praise the Name of the Lord Most High.

## **14** *Dixit insipiens*

1 The fool has said in his heart, "There is no God." \*  
All are corrupt and commit abominable acts;  
there is none who does any good.

2 The Lord looks down from heaven upon us all, \*  
to see if there is any who is wise,  
if there is one who seeks after God.

3 Every one has proved faithless;  
all alike have turned bad; \*  
there is none who does good; no, not one.

4 Have they no knowledge, all those evildoers \*  
who eat up my people like bread  
and do not call upon the Lord?

5 See how they tremble with fear, \*  
because God is in the company of the righteous.

6 Their aim is to confound the plans of the afflicted, \*  
but the Lord is their refuge.

7 Oh, that Israel's deliverance would come out of Zion! \*  
when the Lord restores the fortunes of his people,  
Jacob will rejoice and Israel be glad.

## Thursday, January 16

### 18

#### Part II *Et retribuet mihi*

21 The Lord rewarded me because of my righteous dealing; \*  
because my hands were clean he rewarded me;

22 For I have kept the ways of the Lord \*  
and have not offended against my God;

23 For all his judgments are before my eyes, \*  
and his decrees I have not put away from me;

24 For I have been blameless with him \*  
and have kept myself from iniquity;

25 Therefore the Lord rewarded me according to my  
righteous dealing, \*  
because of the cleanness of my hands in his sight.

26 With the faithful you show yourself faithful, O God; \*  
with the forthright you show yourself forthright.

27 With the pure you show yourself pure, \*  
but with the crooked you are wily.

28 You will save a lowly people, \*  
but you will humble the haughty eyes.

29 You, O Lord, are my lamp; \*  
my God, you make my darkness bright.

30 With you I will break down an enclosure; \*  
with the help of my God I will scale any wall.

31 As for God, his ways are perfect;  
the words of the Lord are tried in the fire; \*  
he is a shield to all who trust in him.



32 For who is God, but the Lord? \*  
who is the Rock, except our God?

33 It is God who girds me about with strength \*  
and makes my way secure.

34 He makes me sure-footed like a deer \*  
and lets me stand firm on the heights.

35 He trains my hands for battle \*  
and my arms for bending even a bow of bronze.

36 You have given me your shield of victory; \*  
your right hand also sustains me;  
your loving care makes me great.

37 You lengthen my stride beneath me, \*  
and my ankles do not give way.

38 I pursue my enemies and overtake them; \*  
I will not turn back till I have destroyed them.

39 I strike them down, and they cannot rise; \*  
they fall defeated at my feet.

40 You have girded me with strength for the battle; \*  
you have cast down my adversaries beneath me;  
you have put my enemies to flight.

41 I destroy those who hate me;  
they cry out, but there is none to help them; \*  
they cry to the Lord, but he does not answer.

42 I beat them small like dust before the wind; \*  
I trample them like mud in the streets.

43 You deliver me from the strife of the peoples; \*  
you put me at the head of the nations.

44 A people I have not known shall serve me;  
no sooner shall they hear than they shall obey me; \*  
strangers will cringe before me.

45 The foreign peoples will lose heart; \*  
they shall come trembling out of their strongholds.

46 The Lord lives! Blessed is my Rock! \*  
Exalted is the God of my salvation!

47 He is the God who gave me victory \*  
and cast down the peoples beneath me.

48 You rescued me from the fury of my enemies;  
you exalted me above those who rose against me; \*  
you saved me from my deadly foe.

49 Therefore will I extol you among the nations, O Lord, \*  
and sing praises to your Name.

50 He multiplies the victories of his king; \*  
he shows loving-kindness to his anointed,  
to David and his descendants for ever.

## **Friday, January 17**

### **22** *Deus, Deus meus*

1 My God, my God, why have you forsaken me? \*  
and are so far from my cry  
and from the words of my distress?

2 O my God, I cry in the daytime, but you do not answer; \*  
by night as well, but I find no rest.

3 Yet you are the Holy One, \*  
enthroned upon the praises of Israel.

4 Our forefathers put their trust in you; \*  
they trusted, and you delivered them.

5 They cried out to you and were delivered; \*  
they trusted in you and were not put to shame.

6 But as for me, I am a worm and no man, \*  
scorned by all and despised by the people.

7 All who see me laugh me to scorn; \*  
they curl their lips and wag their heads, saying,

8 "He trusted in the Lord; let him deliver him; \*  
let him rescue him, if he delights in him."

9 Yet you are he who took me out of the womb, \*  
and kept me safe upon my mother's breast.

10 I have been entrusted to you ever since I was born; \*  
you were my God when I was still in my  
mother's womb.

11 Be not far from me, for trouble is near, \*  
and there is none to help.

12 Many young bulls encircle me; \*  
strong bulls of Bashan surround me.

13 They open wide their jaws at me, \*  
like a ravening and a roaring lion.

14 I am poured out like water;  
all my bones are out of joint; \*  
my heart within my breast is melting wax.

15 My mouth is dried out like a pot-sherd;  
my tongue sticks to the roof of my mouth; \*  
and you have laid me in the dust of the grave.

16 Packs of dogs close me in, and gangs of evildoers circle around me; \*  
they pierce my hands and my feet; I can count all my bones.

17 They stare and gloat over me; \*  
they divide my garments among them;  
they cast lots for my clothing.

18 Be not far away, O Lord; \*  
you are my strength; hasten to help me.

19 Save me from the sword, \*  
my life from the power of the dog.

20 Save me from the lion's mouth, \*  
my wretched body from the horns of wild bulls.

21 I will declare your Name to my brethren; \*  
in the midst of the congregation I will praise you.

22 Praise the Lord, you that fear him; \*  
stand in awe of him, O offspring of Israel;  
all you of Jacob's line, give glory.

23 For he does not despise nor abhor the poor in their poverty;  
neither does he hide his face from them; \*  
but when they cry to him he hears them.

24 My praise is of him in the great assembly; \*  
I will perform my vows in the presence of those who  
worship him.

25 The poor shall eat and be satisfied,  
and those who seek the Lord shall praise him: \*  
"May your heart live for ever!"

26 All the ends of the earth shall remember and turn to  
the Lord, \*  
and all the families of the nations shall bow before him.

27 For kingship belongs to the Lord; \*  
he rules over the nations.

28 To him alone all who sleep in the earth bow down in worship; \*  
all who go down to the dust fall before him.

29 My soul shall live for him;  
my descendants shall serve him; \*  
they shall be known as the Lord's for ever.

30 They shall come and make known to a people yet unborn \*  
the saving deeds that he has done.