

# **Psalms for Evening Prayer**

## **March 17 to March 21**

### **Monday, March 17**

#### **64** *Exaudi, Deus*

1 Hear my voice, O God, when I complain; \*  
protect my life from fear of the enemy.

2 Hide me from the conspiracy of the wicked, \*  
from the mob of evildoers.

3 They sharpen their tongue like a sword, \*  
and aim their bitter words like arrows,

4 That they may shoot down the blameless from ambush; \*  
they shoot without warning and are not afraid.

5 They hold fast to their evil course; \*  
they plan how they may hide their snares.

6 They say, "Who will see us?  
who will find out our crimes? \*  
we have thought out a perfect plot."

7 The human mind and heart are a mystery; \*  
but God will loose an arrow at them,  
and suddenly they will be wounded.

8 He will make them trip over their tongues, \*  
and all who see them will shake their heads.

9 Everyone will stand in awe and declare God's deeds; \*  
they will recognize his works.

10 The righteous will rejoice in the Lord and put their trust in him, \*  
and all who are true of heart will glory.

## 65 *Te decet hymnus*

1 You are to be praised, O God, in Zion; \*  
to you shall vows be performed in Jerusalem.

2 To you that hear prayer shall all flesh come, \*  
because of their transgressions.

3 Our sins are stronger than we are, \*  
but you will blot them out.

4 Happy are they whom you choose  
and draw to your courts to dwell there! \*  
they will be satisfied by the beauty of your house,  
by the holiness of your temple.

5 Awesome things will you show us in your righteousness,  
O God of our salvation, \*  
O Hope of all the ends of the earth  
and of the seas that are far away.

6 You make fast the mountains by your power; \*  
they are girded about with might.

7 You still the roaring of the seas, \*  
the roaring of their waves,  
and the clamor of the peoples.

8 Those who dwell at the ends of the earth will tremble at your  
marvelous signs; \*  
you make the dawn and the dusk to sing for joy.

9 You visit the earth and water it abundantly;  
you make it very plenteous; \*  
the river of God is full of water.

10 You prepare the grain, \*  
for so you provide for the earth.

11 You drench the furrows and smooth out the ridges; \*  
with heavy rain you soften the ground and bless its increase.

12 You crown the year with your goodness, \*  
and your paths overflow with plenty.

13 May the fields of the wilderness be rich for grazing, \*  
and the hills be clothed with joy.

14 May the meadows cover themselves with flocks,  
and the valleys cloak themselves with grain; \*  
let them shout for joy and sing.

## Tuesday, March 18

### **68** *Exsurgat Deus*

1 Let God arise, and let his enemies be scattered; \*  
let those who hate him flee before him.

2 Let them vanish like smoke when the wind drives it away; \*  
as the wax melts at the fire, so let the wicked perish at the presence of God.

3 But let the righteous be glad and rejoice before God; \*  
let them also be merry and joyful.

4 Sing to God, sing praises to his Name;  
exalt him who rides upon the heavens; \*  
Yahweh is his Name, rejoice before him!

5 Father of orphans, defender of widows, \*  
God in his holy habitation!

6 God gives the solitary a home and brings forth prisoners into freedom; \*  
but the rebels shall live in dry places.

7 O God, when you went forth before your people, \*  
when you marched through the wilderness,

8 The earth shook, and the skies poured down rain,  
at the presence of God, the God of Sinai, \*  
at the presence of God, the God of Israel.

9 You sent a gracious rain, O God, upon your inheritance; \*  
you refreshed the land when it was weary.

10 Your people found their home in it; \*  
in your goodness, O God, you have made provision for the poor.

11 The Lord gave the word; \*  
great was the company of women who bore the tidings:

12 "Kings with their armies are fleeing away; \*  
the women at home are dividing the spoils."

13 Though you lingered among the sheepfolds, \*  
you shall be like a dove whose wings are covered with silver,  
whose feathers are like green gold.

14 When the Almighty scattered kings, \*  
it was like snow falling in Zalmon.

15 O mighty mountain, O hill of Bashan! \*  
O rugged mountain, O hill of Bashan!

16 Why do you look with envy, O rugged mountain,  
at the hill which God chose for his resting place? \*  
truly, the Lord will dwell there for ever.

17 The chariots of God are twenty thousand,  
even thousands of thousands; \*  
the Lord comes in holiness from Sinai.

18 You have gone up on high and led captivity captive;  
you have received gifts even from your enemies, \*  
that the Lord God might dwell among them.

19 Blessed be the Lord day by day, \*  
the God of our salvation, who bears our burdens.

20 He is our God, the God of our salvation; \*  
God is the Lord, by whom we escape death.

21 God shall crush the heads of his enemies, \*  
and the hairy scalp of those who go on still in their wickedness.

22 The Lord has said, "I will bring them back from Bashan; \*  
I will bring them back from the depths of the sea;

23 That your foot may be dipped in blood, \*  
the tongues of your dogs in the blood of your enemies."

24 They see your procession, O God, \*  
your procession into the sanctuary, my God and my King.

25 The singers go before, musicians follow after, \*  
in the midst of maidens playing upon the hand-drums.

26 Bless God in the congregation; \*  
bless the Lord, you that are of the fountain of Israel.

27 There is Benjamin, least of the tribes, at the head;  
the princes of Judah in a company; \*  
and the princes of Zebulon and Naphtali.

28 Send forth your strength, O God; \*  
establish, O God, what you have wrought for us.

29 Kings shall bring gifts to you, \*  
for your temple's sake at Jerusalem.

30 Rebuke the wild beast of the reeds, \*  
and the peoples, a herd of wild bulls with its calves.

31 Trample down those who lust after silver; \*  
scatter the peoples that delight in war.

32 Let tribute be brought out of Egypt; \*  
let Ethiopia stretch out her hands to God.

33 Sing to God, O kingdoms of the earth; \*  
sing praises to the Lord.

34 He rides in the heavens, the ancient heavens; \*  
he sends forth his voice, his mighty voice.

35 Ascribe power to God; \*  
his majesty is over Israel;  
his strength is in the skies.

36 How wonderful is God in his holy places! \*  
the God of Israel giving strength and power to his people!  
Blessed be God!

## **Wednesday, March 19 – St. Joseph**

### **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.

## Thursday, March 20

### 74 *Ut quid, Deus?*

1 O God, why have you utterly cast us off? \*  
why is your wrath so hot against the sheep of your pasture?

2 Remember your congregation that you purchased long ago, \*  
the tribe you redeemed to be your inheritance,  
and Mount Zion where you dwell.

3 Turn your steps toward the endless ruins; \*  
the enemy has laid waste everything in your sanctuary.

4 Your adversaries roared in your holy place; \*  
they set up their banners as tokens of victory.

5 They were like men coming up with axes to a grove of trees; \*  
they broke down all your carved work with hatchets and hammers.

6 They set fire to your holy place; \*  
they defiled the dwelling-place of your Name  
and razed it to the ground.

7 They said to themselves, "Let us destroy them altogether." \*  
They burned down all the meeting-places of God in the land.

8 There are no signs for us to see;  
there is no prophet left; \*  
there is not one among us who knows how long.

9 How long, O God, will the adversary scoff? \*  
will the enemy blaspheme your Name for ever?

10 Why do you draw back your hand? \*  
why is your right hand hidden in your bosom?

11 Yet God is my King from ancient times, \*  
victorious in the midst of the earth.

12 You divided the sea by your might \*  
and shattered the heads of the dragons upon the waters;

13 You crushed the heads of Leviathan \*  
and gave him to the people of the desert for food.

14 You split open spring and torrent; \*  
you dried up ever-flowing rivers.

15 Yours is the day, yours also the night; \*  
you established the moon and the sun.

16 You fixed all the boundaries of the earth; \*  
you made both summer and winter.

17 Remember, O Lord, how the enemy scoffed, \*  
how a foolish people despised your Name.

18 Do not hand over the life of your dove to wild beasts; \*  
never forget the lives of your poor.

19 Look upon your covenant; \*  
the dark places of the earth are haunts of violence.

20 Let not the oppressed turn away ashamed; \*  
let the poor and needy praise your Name.

21 Arise, O God, maintain your cause; \*  
remember how fools revile you all day long.

22 Forget not the clamor of your adversaries, \*  
the unending tumult of those who rise up against you.

## **Friday, March 21**

### **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