

Psalms for Morning Prayer

March 24 to March 28

Monday, March 24

80 *Qui regis Israel*

1 Hear, O Shepherd of Israel, leading Joseph like a flock; *
shine forth, you that are enthroned upon the cherubim.

2 In the presence of Ephraim, Benjamin, and Manasseh, *
stir up your strength and come to help us.

3 Restore us, O God of hosts; *
show the light of your countenance, and we shall be saved.

4 O Lord God of hosts, *
how long will you be angered
despite the prayers of your people?

5 You have fed them with the bread of tears; *
you have given them bowls of tears to drink.

6 You have made us the derision of our neighbors, *
and our enemies laugh us to scorn.

7 Restore us, O God of hosts; *
show the light of your countenance, and we shall be saved.

8 You have brought a vine out of Egypt; *
you cast out the nations and planted it.

9 You prepared the ground for it; *
it took root and filled the land.

10 The mountains were covered by its shadow *
and the towering cedar trees by its boughs.

11 You stretched out its tendrils to the Sea *
and its branches to the River.

12 Why have you broken down its wall, *
so that all who pass by pluck off its grapes?

13 The wild boar of the forest has ravaged it, *
and the beasts of the field have grazed upon it.

14 Turn now, O God of hosts, look down from heaven;
behold and tend this vine; *
preserve what your right hand has planted.

15 They burn it with fire like rubbish; *
at the rebuke of your countenance let them perish.

16 Let your hand be upon the man of your right hand, *
the son of man you have made so strong for yourself.

17 And so will we never turn away from you; *
give us life, that we may call upon your Name.

18 Restore us, O Lord God of hosts; *
show the light of your countenance, and we shall be saved.

Tuesday, March 25 – Annunciation

85 *Benedixisti, Domine*

1 You have been gracious to your land, O Lord, *
you have restored the good fortune of Jacob.

2 You have forgiven the iniquity of your people *
and blotted out all their sins.

3 You have withdrawn all your fury *
and turned yourself from your wrathful indignation.

4 Restore us then, O God our Savior; *
let your anger depart from us.

5 Will you be displeased with us for ever? *
will you prolong your anger from age to age?

6 Will you not give us life again, *
that your people may rejoice in you?

7 Show us your mercy, O Lord, *
and grant us your salvation.

8 I will listen to what the Lord God is saying, *
for he is speaking peace to his faithful people
and to those who turn their hearts to him.

9 Truly, his salvation is very near to those who fear him, *
that his glory may dwell in our land.

10 Mercy and truth have met together; *
righteousness and peace have kissed each other.

11 Truth shall spring up from the earth, *
and righteousness shall look down from heaven.

12 The Lord will indeed grant prosperity, *
and our land will yield its increase.

13 Righteousness shall go before him, *
and peace shall be a pathway for his feet.

87 *Fundamenta ejus*

1 On the holy mountain stands the city he has founded; *
the Lord loves the gates of Zion
more than all the dwellings of Jacob.

2 Glorious things are spoken of you, *
O city of our God.

3 I count Egypt and Babylon among those who know me; *
behold Philistia, Tyre, and Ethiopia:
in Zion were they born.

4 Of Zion it shall be said, "Everyone was born in her, *
and the Most High himself shall sustain her."

5 The Lord will record as he enrolls the peoples, *
"These also were born there."

6 The singers and the dancers will say, *
"All my fresh springs are in you."

Wednesday, March 26

119

Mem *Quomodo dilexi!*

97 Oh, how I love your law! *
all the day long it is in my mind.

98 Your commandment has made me wiser than my enemies, *
and it is always with me.

99 I have more understanding than all my teachers, *
for your decrees are my study.

100 I am wiser than the elders, *
because I observe your commandments.

101 I restrain my feet from every evil way, *
that I may keep your word.

102 I do not shrink from your judgments, *
because you yourself have taught me.

103 How sweet are your words to my taste! *
they are sweeter than honey to my mouth.

104 Through your commandments I gain understanding; *
therefore I hate every lying way.

Nun *Lucerna pedibus meis*

105 Your word is a lantern to my feet *
and a light upon my path.

106 I have sworn and am determined *
to keep your righteous judgments.

107 I am deeply troubled; *
preserve my life, O Lord, according to your word.

108 Accept, O Lord, the willing tribute of my lips, *
and teach me your judgments.

109 My life is always in my hand, *
yet I do not forget your law.

110 The wicked have set a trap for me, *
but I have not strayed from your commandments.

111 Your decrees are my inheritance for ever; *
truly, they are the joy of my heart.

112 I have applied my heart to fulfill your statutes *
for ever and to the end.

Samekh *Iniquos odio habui*

113 I hate those who have a divided heart, *
but your law do I love.

114 You are my refuge and shield; *
my hope is in your word.

115 Away from me, you wicked! *
I will keep the commandments of my God.

116 Sustain me according to your promise, that I may live, *
and let me not be disappointed in my hope.

117 Hold me up, and I shall be safe, *
and my delight shall be ever in your statutes.

118 You spurn all who stray from your statutes; *
their deceitfulness is in vain.

119 In your sight all the wicked of the earth are but dross; *
therefore I love your decrees.

120 My flesh trembles with dread of you; *
I am afraid of your judgments.

Thursday, March 27

42 *Quemadmodum*

1 As the deer longs for the water-brooks, *
so longs my soul for you, O God.

2 My soul is athirst for God, athirst for the living God; *
when shall I come to appear before the presence of God?

3 My tears have been my food day and night, *
while all day long they say to me,
"Where now is your God?"

4 I pour out my soul when I think on these things; *
how I went with the multitude and led them into the
house of God,

5 With the voice of praise and thanksgiving, *
among those who keep holy-day.

6 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?

7 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

8 My soul is heavy within me; *
therefore I will remember you from the land of Jordan,
and from the peak of Mizar among the heights of Hermon.

9 One deep calls to another in the noise of your cataracts; *
all your rapids and floods have gone over me.

10 The Lord grants his loving-kindness in the daytime; *
in the night season his song is with me,
a prayer to the God of my life.

11 I will say to the God of my strength,
"Why have you forgotten me? *
and why do I go so heavily while the enemy
oppresses me?"

12 While my bones are being broken, *
my enemies mock me to my face;

13 All day long they mock me *
and say to me, "Where now is your God?"

14 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?

15 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

43 *Judica me, Deus*

1 Give judgment for me, O God,
and defend my cause against an ungodly people; *
deliver me from the deceitful and the wicked.

2 For you are the God of my strength;
why have you put me from you? *
and why do I go so heavily while the enemy
oppresses me?

3 Send out your light and your truth, that they may lead me, *
and bring me to your holy hill
and to your dwelling;

4 That I may go to the altar of God,
to the God of my joy and gladness; *
and on the harp I will give thanks to you, O God my God.

5 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?

6 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

Friday, March 28

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."

88 *Domine, Deus*

1 O Lord, my God, my Savior, *
by day and night I cry to you.

2 Let my prayer enter into your presence; *
incline your ear to my lamentation.

3 For I am full of trouble; *
my life is at the brink of the grave.

4 I am counted among those who go down to the Pit; *
I have become like one who has no strength;

5 Lost among the dead, *
like the slain who lie in the grave,

6 Whom you remember no more, *
for they are cut off from your hand.

7 You have laid me in the depths of the Pit, *
in dark places, and in the abyss.

8 Your anger weighs upon me heavily, *
and all your great waves overwhelm me.

9 You have put my friends far from me;
you have made me to be abhorred by them; *
I am in prison and cannot get free.

10 My sight has failed me because of trouble; *
Lord, I have called upon you daily;
I have stretched out my hands to you.

11 Do you work wonders for the dead? *
will those who have died stand up and give you thanks?

12 Will your loving-kindness be declared in the grave? *
your faithfulness in the land of destruction?

13 Will your wonders be known in the dark? *
or your righteousness in the country where all is forgotten?

14 But as for me, O Lord, I cry to you for help; *
in the morning my prayer comes before you.

15 Lord, why have you rejected me? *
why have you hidden your face from me?

16 Ever since my youth, I have been wretched and at the point of death; *
I have borne your terrors with a troubled mind.

17 Your blazing anger has swept over me; *
your terrors have destroyed me;

18 They surround me all day long like a flood; *
they encompass me on every side.

19 My friend and my neighbor you have put away from me, *
and darkness is my only companion.