

Psalms for Evening Prayer

September 29 to October 3

Monday, September 29 – St. Michael and All Angels

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.

150 *Laudate Dominum*

1 Hallelujah!
Praise God in his holy temple; *
praise him in the firmament of his power.

2 Praise him for his mighty acts; *
praise him for his excellent greatness.

3 Praise him with the blast of the ram's-horn; *
Praise him with lyre and harp.

4 Praise him with timbrel and dance; *
praise him with strings and pipe.

5 Praise him with resounding cymbals; *
praise him with loud-clanging cymbals.

6 Let everything that has breath *
praise the Lord.
Hallelujah!

Tuesday, September 30

94 *Deus ultionum*

1 O Lord God of vengeance, *
O God of vengeance, show yourself.

2 Rise up, O Judge of the world; *
give the arrogant their just deserts.

3 How long shall the wicked, O Lord, *
how long shall the wicked triumph?

4 They bluster in their insolence; *
all evildoers are full of boasting.

5 They crush your people, O Lord, *
and afflict your chosen nation.

6 They murder the widow and the stranger *
and put the orphans to death.

7 Yet they say, "The Lord does not see, *
the God of Jacob takes no notice."

8 Consider well, you dullards among the people; *
when will you fools understand?

9 He that planted the ear, does he not hear? *
he that formed the eye, does he not see?

10 He who admonishes the nations, will he not punish? *
he who teaches all the world, has he no knowledge?

11 The Lord knows our human thoughts; *
how like a puff of wind they are.

12 Happy are they whom you instruct, O Lord! *
whom you teach out of your law;

13 To give them rest in evil days, *
until a pit is dug for the wicked.

14 For the Lord will not abandon his people, *
nor will he forsake his own.

15 For judgment will again be just, *
and all the true of heart will follow it.

16 Who rose up for me against the wicked? *
who took my part against the evildoers?

17 If the Lord had not come to my help, *
I should soon have dwelt in the land of silence.

18 As often as I said, "My foot has slipped," *
your love, O Lord, upheld me.

19 When many cares fill my mind, *
your consolations cheer my soul.

20 Can a corrupt tribunal have any part with you, *
one which frames evil into law?

21 They conspire against the life of the just *
and condemn the innocent to death.

22 But the Lord has become my stronghold, *
and my God the rock of my trust.

23 He will turn their wickedness back upon them
and destroy them in their own malice; *
the Lord our God will destroy them.

95 *Venite, exultemus*

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."

Wednesday, October 1

119

Ayin Feci iudicium

121 I have done what is just and right; *
do not deliver me to my oppressors.

122 Be surety for your servant's good; *
let not the proud oppress me.

123 My eyes have failed from watching for your salvation *
and for your righteous promise.

124 Deal with your servant according to your loving-kindness *
and teach me your statutes.

125 I am your servant; grant me understanding, *
that I may know your decrees.

126 It is time for you to act, O Lord, *
for they have broken your law.

127 Truly, I love your commandments *
more than gold and precious stones.

128 I hold all your commandments to be right for me; *
all paths of falsehood I abhor.

Pe *Mirabilia*

129 Your decrees are wonderful; *
therefore I obey them with all my heart.

130 When your word goes forth it gives light; *
it gives understanding to the simple.

131 I open my mouth and pant; *
I long for your commandments.

132 Turn to me in mercy, *
as you always do to those who love your Name.

133 Steady my footsteps in your word; *
let no iniquity have dominion over me.

134 Rescue me from those who oppress me, *
and I will keep your commandments.

135 Let your countenance shine upon your servant *
and teach me your statutes.

136 My eyes shed streams of tears, *
because people do not keep your law.

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.

Thursday, October 2

105

Part II *Et intravit Israel*

23 Israel came into Egypt, *
and Jacob became a sojourner in the land of Ham.

24 The Lord made his people exceedingly fruitful; *
he made them stronger than their enemies;

25 Whose heart he turned, so that they hated his people, *
and dealt unjustly with his servants.

26 He sent Moses his servant, *
and Aaron whom he had chosen.

27 They worked his signs among them, *
and portents in the land of Ham.

28 He sent darkness, and it grew dark; *
but the Egyptians rebelled against his words.

29 He turned their waters into blood *
and caused their fish to die.

30 Their land was overrun by frogs, *
in the very chambers of their kings.

31 He spoke, and there came swarms of insects *
and gnats within all their borders.

32 He gave them hailstones instead of rain, *
and flames of fire throughout their land.

33 He blasted their vines and their fig trees *
and shattered every tree in their country.

34 He spoke, and the locust came, *
and young locusts without number,

35 Which ate up all the green plants in their land *
and devoured the fruit of their soil.

36 He struck down the firstborn of their land, *
the firstfruits of all their strength.

37 He led out his people with silver and gold; *
in all their tribes there was not one that stumbled.

38 Egypt was glad of their going, *
because they were afraid of them.

39 He spread out a cloud for a covering *
and a fire to give light in the night season.

40 They asked, and quails appeared, *
and he satisfied them with bread from heaven.

41 He opened the rock, and water flowed, *
so the river ran in the dry places.

42 For God remembered his holy word *
and Abraham his servant.

43 So he led forth his people with gladness, *
his chosen with shouts of joy.

44 He gave his people the lands of the nations, *
and they took the fruit of others' toil,

45 That they might keep his statutes *
and observe his laws.
Hallelujah!

Friday, October 3

107

Part I *Confitemini Domino*

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

2 Let all those whom the Lord has redeemed proclaim *
that he redeemed them from the hand of the foe.

3 He gathered them out of the lands; *
from the east and from the west,
from the north and from the south.

4 Some wandered in desert wastes; *
they found no way to a city where they might dwell.

5 They were hungry and thirsty; *
their spirits languished within them.

6 Then they cried to the Lord in their trouble, *
and he delivered them from their distress.

7 He put their feet on a straight path *
to go to a city where they might dwell.

8 Let them give thanks to the Lord for his mercy *
and the wonders he does for his children.

9 For he satisfies the thirsty *
and fills the hungry with good things.

10 Some sat in darkness and deep gloom, *
bound fast in misery and iron;

11 Because they rebelled against the words of God *
and despised the counsel of the Most High.

12 So he humbled their spirits with hard labor; *
they stumbled, and there was none to help.

13 Then they cried to the Lord in their trouble, *
and he delivered them from their distress.

14 He led them out of darkness and deep gloom *
and broke their bonds asunder.

15 Let them give thanks to the Lord for his mercy *
and the wonders he does for his children.

16 For he shatters the doors of bronze *
and breaks in two the iron bars.

17 Some were fools and took to rebellious ways; *
they were afflicted because of their sins.

18 They abhorred all manner of food *
and drew near to death's door.

19 Then they cried to the Lord in their trouble, *
and he delivered them from their distress.

20 He sent forth his word and healed them *
and saved them from the grave.

21 Let them give thanks to the Lord for his mercy *
and the wonders he does for his children.

22 Let them offer a sacrifice of thanksgiving *
and tell of his acts with shouts of joy.

23 Some went down to the sea in ships *
and plied their trade in deep waters;

24 They beheld the works of the Lord *
and his wonders in the deep.

25 Then he spoke, and a stormy wind arose, *
which tossed high the waves of the sea.

26 They mounted up to the heavens and fell back to the depths; *
their hearts melted because of their peril.

27 They reeled and staggered like drunkards *
and were at their wits' end.

28 Then they cried to the Lord in their trouble, *
and he delivered them from their distress.

29 He stilled the storm to a whisper *
and quieted the waves of the sea.

30 Then were they glad because of the calm, *
and he brought them to the harbor they were bound for.

31 Let them give thanks to the Lord for his mercy *
and the wonders he does for his children.

32 Let them exalt him in the congregation of the people *
and praise him in the council of the elders.