

Psalms for Evening Prayer

June 1 to June 5

Monday, June 1 – Visitation of the Blessed Virgin Mary (tr.)

146 *Lauda, anima mea*

1 Hallelujah!

Praise the Lord, O my soul! *

I will praise the Lord as long as I live;

I will sing praises to my God while I have my being.

2 Put not your trust in rulers, nor in any child of earth, *
for there is no help in them.

3 When they breathe their last, they return to earth, *
and in that day their thoughts perish.

4 Happy are they who have the God of Jacob for their help! *
whose hope is in the Lord their God;

5 Who made heaven and earth, the seas, and all that is in them; *
who keeps his promise for ever;

6 Who gives justice to those who are oppressed, *
and food to those who hunger.

7 The Lord sets the prisoners free;
the Lord opens the eyes of the blind; *
the Lord lifts up those who are bowed down;

8 The Lord loves the righteous;
the Lord cares for the stranger; *
he sustains the orphan and widow,
but frustrates the way of the wicked.

9 The Lord shall reign for ever, *
your God, O Zion, throughout all generations.
Hallelujah!

147 *Laudate Dominum*

1 Hallelujah!

How good it is to sing praises to our God! *
how pleasant it is to honor him with praise!

2 The Lord rebuilds Jerusalem; *
he gathers the exiles of Israel.

3 He heals the brokenhearted *
and binds up their wounds.

4 He counts the number of the stars *
and calls them all by their names.

5 Great is our Lord and mighty in power; *
there is no limit to his wisdom.

6 The Lord lifts up the lowly, *
but casts the wicked to the ground.

7 Sing to the Lord with thanksgiving; *
make music to our God upon the harp.

8 He covers the heavens with clouds *
and prepares rain for the earth;

9 He makes grass to grow upon the mountains *
and green plants to serve mankind.

10 He provides food for flocks and herds *
and for the young ravens when they cry.

11 He is not impressed by the might of a horse; *
he has no pleasure in the strength of a man;

12 But the Lord has pleasure in those who fear him, *
in those who await his gracious favor.

13 Worship the Lord, O Jerusalem; *
praise your God, O Zion;

14 For he has strengthened the bars of your gates; *
he has blessed your children within you.

15 He has established peace on your borders; *
he satisfies you with the finest wheat.

16 He sends out his command to the earth, *
and his word runs very swiftly.

17 He gives snow like wool; *
he scatters hoarfrost like ashes.

18 He scatters his hail like bread crumbs; *
who can stand against his cold?

19 He sends forth his word and melts them; *
he blows with his wind, and the waters flow.

20 He declares his word to Jacob, *
his statutes and his judgments to Israel.

21 He has not done so to any other nation; *
to them he has not revealed his judgments.
Hallelujah!

Tuesday, June 2

47 *Omnnes gentes, plaudite*

1 Clap your hands, all you peoples; *
shout to God with a cry of joy.

2 For the Lord Most High is to be feared; *
he is the great King over all the earth.

3 He subdues the peoples under us, *
and the nations under our feet.

4 He chooses our inheritance for us, *
the pride of Jacob whom he loves.

5 God has gone up with a shout, *
the Lord with the sound of the ram's-horn.

6 Sing praises to God, sing praises; *
sing praises to our King, sing praises.

7 For God is King of all the earth; *
sing praises with all your skill.

8 God reigns over the nations; *
God sits upon his holy throne.

9 The nobles of the peoples have gathered together *
with the people of the God of Abraham.

10 The rulers of the earth belong to God, *
and he is highly exalted.

48 *Magnus Dominus*

1 Great is the Lord, and highly to be praised; *
in the city of our God is his holy hill.

2 Beautiful and lofty, the joy of all the earth, is the hill of Zion, *
the very center of the world and the city of the great King.

3 God is in her citadels; *
he is known to be her sure refuge.

4 Behold, the kings of the earth assembled *
and marched forward together.

5 They looked and were astounded; *
they retreated and fled in terror.

6 Trembling seized them there; *
they writhed like a woman in childbirth,
like ships of the sea when the east wind shatters them.

7 As we have heard, so have we seen,
in the city of the Lord of hosts, in the city of our God; *
God has established her for ever.

8 We have waited in silence on your loving-kindness, O God, *
in the midst of your temple.

9 Your praise, like your Name, O God, reaches to the world's end; *
your right hand is full of justice.

10 Let Mount Zion be glad and the cities of Judah rejoice, *
because of your judgments.

11 Make the circuit of Zion;
walk round about her; *
count the number of her towers.

12 Consider well her bulwarks;
examine her strongholds; *
that you may tell those who come after.

13 This God is our God for ever and ever; *
he shall be our guide for evermore.

Wednesday, June 3

49 *Audite hæc, omnes*

1 Hear this, all you peoples;
hearken, all you who dwell in the world, *
you of high degree and low, rich and poor together.

2 My mouth shall speak of wisdom, *
and my heart shall meditate on understanding.

3 I will incline my ear to a proverb *
and set forth my riddle upon the harp.

4 Why should I be afraid in evil days, *
when the wickedness of those at my heels surrounds me,

5 The wickedness of those who put their trust in their goods, *
and boast of their great riches?

6 We can never ransom ourselves, *
or deliver to God the price of our life;

7 For the ransom of our life is so great, *
that we should never have enough to pay it,

8 In order to live for ever and ever, *
and never see the grave.

9 For we see that the wise die also;
like the dull and stupid they perish *
and leave their wealth to those who come after them.

10 Their graves shall be their homes for ever,
their dwelling places from generation to generation, *
though they call the lands after their own names.

11 Even though honored, they cannot live for ever; *
they are like the beasts that perish.

12 Such is the way of those who foolishly trust in themselves, *
and the end of those who delight in their own words.

13 Like a flock of sheep they are destined to die;
Death is their shepherd; *
they go down straightway to the grave.

14 Their form shall waste away, *
and the land of the dead shall be their home.

15 But God will ransom my life; *
he will snatch me from the grasp of death.

16 Do not be envious when some become rich, *
or when the grandeur of their house increases;

17 For they will carry nothing away at their death, *
nor will their grandeur follow them.

18 Though they thought highly of themselves while they lived, *
and were praised for their success,

19 They shall join the company of their forebears, *
who will never see the light again.

20 Those who are honored, but have no understanding, *
are like the beasts that perish.

53 *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 God 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, those evildoers *
who eat up my people like bread and do not call upon God?

5 See how greatly they tremble,
such trembling as never was; *
for God has scattered the bones of the enemy;
they are put to shame, because God has rejected them.

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

Thursday, June 4

8 *Domine, Dominus noster*

1 O Lord our Governor, *
how exalted is your Name in all the world!

2 Out of the mouths of infants and children *
your majesty is praised above the heavens.

3 You have set up a stronghold against your adversaries, *
to quell the enemy and the avenger.

4 When I consider your heavens, the work of your fingers, *
the moon and the stars you have set in their courses,

5 What is man that you should be mindful of him? *
the son of man that you should seek him out?

6 You have made him but little lower than the angels; *
you adorn him with glory and honor;

7 You give him mastery over the works of your hands; *
you put all things under his feet:

8 All sheep and oxen, *
even the wild beasts of the field,

9 The birds of the air, the fish of the sea, *
and whatsoever walks in the paths of the sea.

10 O Lord our Governor, *
how exalted is your Name in all the world!

84 *Quam dilecta!*

1 How dear to me is your dwelling, O Lord of hosts! *
My soul has a desire and longing for the courts of the Lord;
my heart and my flesh rejoice in the living God.

2 The sparrow has found her a house
and the swallow a nest where she may lay her young; *
by the side of your altars, O Lord of hosts,
my King and my God.

3 Happy are they who dwell in your house! *
they will always be praising you.

4 Happy are the people whose strength is in you! *
whose hearts are set on the pilgrims' way.

5 Those who go through the desolate valley will find it a place of springs, *
for the early rains have covered it with pools of water.

6 They will climb from height to height, *
and the God of gods will reveal himself in Zion.

7 Lord God of hosts, hear my prayer; *
hearken, O God of Jacob.

8 Behold our defender, O God; *
and look upon the face of your Anointed.

9 For one day in your courts is better than a thousand in my own room, *
and to stand at the threshold of the house of my God
than to dwell in the tents of the wicked.

10 For the Lord God is both sun and shield; *
he will give grace and glory;

11 No good thing will the Lord withhold *
from those who walk with integrity.

12 O Lord of hosts, *
happy are they who put their trust in you!

Friday, June 5

51 *Miserere mei, Deus*

1 Have mercy on me, O God, according to your loving-kindness; *
in your great compassion blot out my offenses.

2 Wash me through and through from my wickedness *
and cleanse me from my sin.

3 For I know my transgressions, *
and my sin is ever before me.

4 Against you only have I sinned *
and done what is evil in your sight.

5 And so you are justified when you speak *
and upright in your judgment.

6 Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.

7 For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.

8 Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.

9 Make me hear of joy and gladness, *
that the body you have broken may rejoice.

10 Hide your face from my sins *
and blot out all my iniquities.

11 Create in me a clean heart, O God, *
and renew a right spirit within me.

12 Cast me not away from your presence *
and take not your holy Spirit from me.

13 Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.

14 I shall teach your ways to the wicked, *
and sinners shall return to you.

15 Deliver me from death, O God, *
and my tongue shall sing of your righteousness,
O God of my salvation.

16 Open my lips, O Lord, *
and my mouth shall proclaim your praise.

17 Had you desired it, I would have offered sacrifice, *
but you take no delight in burnt-offerings.

18 The sacrifice of God is a troubled spirit; *
a broken and contrite heart, O God, you will not despise.

19 Be favorable and gracious to Zion, *
and rebuild the walls of Jerusalem.

20 Then you will be pleased with the appointed sacrifices,
with burnt-offerings and oblations; *
then shall they offer young bullocks upon your altar.