

Psalms for Evening Prayer

June 8 to June 12

Monday, June 8

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, June 9

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, June 10

119

Yodh Manus tuæ fecerunt me

73 Your hands have made me and fashioned me; *
give me understanding, that I may learn your commandments.

74 Those who fear you will be glad when they see me, *
because I trust in your word.

75 I know, O Lord, that your judgments are right *
and that in faithfulness you have afflicted me.

76 Let your loving-kindness be my comfort, *
as you have promised to your servant.

77 Let your compassion come to me, that I may live, *
for your law is my delight.

78 Let the arrogant be put to shame, for they wrong me with lies; *
but I will meditate on your commandments.

79 Let those who fear you turn to me, *
and also those who know your decrees.

80 Let my heart be sound in your statutes, *
that I may not be put to shame.

Kaph *Defecit in salutare*

81 My soul has longed for your salvation; *
I have put my hope in your word.

82 My eyes have failed from watching for your promise, *
and I say, "When will you comfort me?"

83 I have become like a leather flask in the smoke, *
but I have not forgotten your statutes.

84 How much longer must I wait? *
when will you give judgment against those who persecute me?

85 The proud have dug pits for me; *
they do not keep your law.

86 All your commandments are true; *
help me, for they persecute me with lies.

87 They had almost made an end of me on earth, *
but I have not forsaken your commandments.

88 In your loving-kindness, revive me, *
that I may keep the decrees of your mouth.

Lamedh *In Æternum, Domine*

89 O Lord, your word is everlasting; *
it stands firm in the heavens.

90 Your faithfulness remains from one generation to another; *
you established the earth, and it abides.

91 By your decree these continue to this day, *
for all things are your servants.

92 If my delight had not been in your law, *
I should have perished in my affliction.

93 I will never forget your commandments, *
because by them you give me life.

94 I am yours; oh, that you would save me! *
for I study your commandments.

95 Though the wicked lie in wait for me to destroy me, *
I will apply my mind to your decrees.

96 I see that all things come to an end, *
but your commandment has no bounds.

Thursday, June 11 – St. Barnabas

19 *Cœli enarrant*

1 The heavens declare the glory of God, *
and the firmament shows his handiwork.

2 One day tells its tale to another, *
and one night imparts knowledge to another.

3 Although they have no words or language, *
and their voices are not heard,

4 Their sound has gone out into all lands, *
and their message to the ends of the world.

5 In the deep has he set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.

6 It goes forth from the uttermost edge of the heavens
and runs about to the end of it again; *
nothing is hidden from its burning heat.

7 The law of the Lord is perfect
and revives the soul; *
the testimony of the Lord is sure
and gives wisdom to the innocent.

8 The statutes of the Lord are just
and rejoice the heart; *
the commandment of the Lord is clear
and gives light to the eyes.

9 The fear of the Lord is clean
and endures for ever; *
the judgments of the Lord are true and righteous altogether.

10 More to be desired are they than gold,
more than much fine gold, *
sweeter far than honey,
than honey in the comb.

11 By them also is your servant enlightened, *
and in keeping them there is great reward.

12 Who can tell how often he offends? *
cleanse me from my secret faults.

13 Above all, keep your servant from presumptuous sins;
let them not get dominion over me; *
then shall I be whole and sound,
and innocent of a great offense.

14 Let the words of my mouth and the meditation of my heart be acceptable in your
sight, *
O Lord, my strength and my redeemer.

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!

Friday, June 12

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.