

# BENEDICTINE Weekly Psalter

ACCORDING TO SCHEMA A  
OF *THESAURUS LITURGIAE HORARUM MONASTICAE*  
WITH THE FORMER PSALMS OF PRIME  
DISTRIBUTED AMONG TERCE, SEXT, AND NONE  
AS INDICATED IN TLHM APPENDIX 1, TABLE II  
WITH FESTAL (C1) AND FERIAL (C2) CANTICLES AT LAUDS  
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## SATURDAY: FIRST VESPERS OF SUNDAY

### 145b *Confiteantur tibi*

- 10 All your works praise you, O LORD, \*  
and your faithful servants bless you.
- 11 They make known the glory of your kingdom \*  
and speak of your power;
- 12 That the peoples may know of your power \*  
and the glorious splendor of your kingdom.
- 13 Your kingdom is an everlasting kingdom; \*  
your dominion endures throughout all ages.
- 14 The LORD is faithful in all his words \*  
and merciful in all his deeds.
- 15 The LORD upholds all those who fall; \*  
he lifts up those who are bowed down.
- 16 The eyes of all wait upon you, O LORD, \*  
and you give them their food in due season.
- 17 You open wide your hand \*  
and satisfy the needs of every living creature.
- 18 The LORD is righteous in all his ways \*  
and loving in all his works.
- 19 The LORD is near to those who call upon him, \*  
to all who call upon him faithfully.
- 20 He fulfills the desire of those who fear him; \*  
he hears their cry and helps them.
- 21 The LORD preserves all those who love him, \*  
but he destroys all the wicked.
- 22 My mouth shall speak the praise of the LORD; \*  
let all flesh bless his holy Name for ever and ever.

- 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!

147a *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.

147b *Lauda, Jerusalem*

- 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!



## SATURDAY: COMPLINE

### 4 *Cum invocarem*

- 1 Answer me when I call, O God, defender of my cause; \*  
you set me free when I am hard-pressed;  
have mercy on me and hear my prayer.
- 2 “You mortals, how long will you dishonor my glory; \*  
how long will you worship dumb idols  
and run after false gods?”
- 3 Know that the LORD does wonders for the faithful; \*  
when I call upon the LORD, he will hear me.
- 4 Tremble, then, and do not sin; \*  
speak to your heart in silence upon your bed.
- 5 Offer the appointed sacrifices \*  
and put your trust in the LORD.
- 6 Many are saying,  
“Oh, that we might see better times!” \*  
Lift up the light of your countenance upon us, O LORD.
- 7 You have put gladness in my heart, \*  
more than when grain and wine and oil increase.
- 8 I lie down in peace; at once I fall asleep; \*  
for only you, LORD, make me dwell in safety.

91 *Qui habitat*

- 1 He who dwells in the shelter of the Most High, \*  
abides under the shadow of the Almighty.
- 2 He shall say to the LORD,  
“You are my refuge and my stronghold, \*  
my God in whom I put my trust.”
- 3 He shall deliver you from the snare of the hunter \*  
and from the deadly pestilence.
- 4 He shall cover you with his pinions,  
and you shall find refuge under his wings; \*  
his faithfulness shall be a shield and buckler.
- 5 You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;
- 6 Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.
- 7 A thousand shall fall at your side  
and ten thousand at your right hand, \*  
but it shall not come near you.
- 8 Your eyes have only to behold \*  
to see the reward of the wicked.
- 9 Because you have made the LORD your refuge, \*  
and the Most High your habitation,
- 10 There shall no evil happen to you, \*  
neither shall any plague come near your dwelling.
- 11 For he shall give his angels charge over you, \*  
to keep you in all your ways.
- 12 They shall bear you in their hands, \*  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; \*  
you shall trample the young lion and the serpent  
under your feet.

- 14 Because he is bound to me in love,  
therefore will I deliver him; \*  
I will protect him, because he knows my Name.
- 15 He shall call upon me, and I will answer him; \*  
I am with him in trouble;  
I will rescue him and bring him to honor.
- 16 With long life will I satisfy him, \*  
and show him my salvation.

134 *Ecce nunc*

- 1 Behold now, bless the LORD,  
all you servants of the LORD, \*  
you that stand by night in the house of the LORD.
- 2 Lift up your hands in the holy place  
and bless the LORD; \*  
the LORD who made heaven and earth  
bless you out of Zion.

## SUNDAY: VIGILS

### 3 *Domine, quid multiplicati*

- 1 LORD, how many adversaries I have! \*  
how many there are who rise up against me!
- 2 How many there are who say of me, \*  
“There is no help for him in his God.”
- 3 But you, O LORD, are a shield about me; \*  
you are my glory, the one who lifts up my head.
- 4 I call aloud upon the LORD, \*  
and he answers me from his holy hill;
- 5 I lie down and go to sleep; \*  
I wake again, because the LORD sustains me.
- 6 I do not fear the multitudes of people \*  
who set themselves against me all around.
- 7 Rise up, O LORD; set me free, O my God; \*  
surely, you will strike all my enemies across the face,  
you will break the teeth of the wicked.
- 8 Deliverance belongs to the LORD. \*  
Your blessing be upon your people!

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.”

## SUNDAY: FIRST NOCTURN

### 21 *Domine, in virtute tua*

- 1 The king rejoices in your strength, O LORD; \*  
how greatly he exults in your victory!
- 2 You have given him his heart's desire; \*  
you have not denied him the request of his lips.
- 3 For you meet him with blessings of prosperity, \*  
and set a crown of fine gold upon his head.
- 4 He asked you for life, and you gave it to him: \*  
length of days, for ever and ever.
- 5 His honor is great, because of your victory; \*  
splendor and majesty have you bestowed upon him.
- 6 For you will give him everlasting felicity \*  
and will make him glad with the joy of your presence.
- 7 For the king puts his trust in the LORD; \*  
because of the loving-kindness of the Most High, he  
will not fall.
- 8 Your hand will lay hold upon all your enemies; \*  
your right hand will seize all those who hate you.
- 9 You will make them like a fiery furnace \*  
at the time of your appearing, O LORD;
- 10 You will swallow them up in your wrath, \*  
and fire shall consume them.
- 11 You will destroy their offspring from the land \*  
and their descendants from among the peoples of the earth.
- 12 Though they intend evil against you  
and devise wicked schemes, \*  
yet they shall not prevail.
- 13 For you will put them to flight \*  
and aim your arrows at them.
- 14 Be exalted, O LORD, in your might; \*  
we will sing and praise your power.

22 *Deus, Deus meus*

- 1 My God, my God, why have you forsaken me? \*  
and are so far from my cry  
and from the words of my distress?
- 2 O my God, I cry in the daytime, but you do not answer; \*  
by night as well, but I find no rest.
- 3 Yet you are the Holy One, \*  
enthroned upon the praises of Israel.
- 4 Our forefathers put their trust in you; \*  
they trusted, and you delivered them.
- 5 They cried out to you and were delivered; \*  
they trusted in you and were not put to shame.
- 6 But as for me, I am a worm and no man, \*  
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; \*  
they curl their lips and wag their heads, saying,
- 8 “He trusted in the LORD; let him deliver him; \*  
let him rescue him, if he delights in him.”
- 9 Yet you are he who took me out of the womb, \*  
and kept me safe upon my mother’s breast.
- 10 I have been entrusted to you ever since I was born; \*  
you were my God when I was still in my  
mother’s womb.
- 11 Be not far from me, for trouble is near, \*  
and there is none to help.
- 12 Many young bulls encircle me; \*  
strong bulls of Bashan surround me.
- 13 They open wide their jaws at me, \*  
like a ravening and a roaring lion.
- 14 I am poured out like water;  
all my bones are out of joint; \*  
my heart within my breast is melting wax.



- 15 My mouth is dried out like a pot-herd;  
my tongue sticks to the roof of my mouth; \*  
and you have laid me in the dust of the grave.
- 16 Packs of dogs close me in,  
and gangs of evildoers circle around me; \*  
they pierce my hands and my feet;  
I can count all my bones.
- 17 They stare and gloat over me; \*  
they divide my garments among them;  
they cast lots for my clothing.
- 18 Be not far away, O LORD; \*  
you are my strength; hasten to help me.
- 19 Save me from the sword, \*  
my life from the power of the dog.
- 20 Save me from the lion's mouth, \*  
my wretched body from the horns of wild bulls.
- 21 I will declare your Name to my brethren; \*  
in the midst of the congregation I will praise you.
- 22 Praise the LORD, you that fear him; \*  
stand in awe of him, O offspring of Israel;  
all you of Jacob's line, give glory.
- 23 For he does not despise nor abhor the poor in their poverty;  
neither does he hide his face from them; \*  
but when they cry to him he hears them.
- 24 My praise is of him in the great assembly; \*  
I will perform my vows in the presence of those who  
worship him.
- 25 The poor shall eat and be satisfied,  
and those who seek the LORD shall praise him: \*  
"May your heart live for ever!"
- 26 All the ends of the earth shall remember and turn to  
the LORD, \*  
and all the families of the nations shall bow before him.
- 27 For kingship belongs to the LORD; \*  
he rules over the nations.

- 28 To him alone all who sleep in the earth bow down  
in worship; \*  
all who go down to the dust fall before him.
- 29 My soul shall live for him;  
my descendants shall serve him; \*  
they shall be known as the LORD'S for ever.
- 30 They shall come and make known to a people yet unborn \*  
the saving deeds that he has done.

23 *Dominus regit me*

- 1 The LORD is my shepherd; \*  
I shall not be in want.
- 2 He makes me lie down in green pastures \*  
and leads me beside still waters.
- 3 He revives my soul \*  
and guides me along right pathways for his Name's sake.
- 4 Though I walk through the valley of the shadow of death,  
I shall fear no evil; \*  
for you are with me;  
your rod and your staff, they comfort me.
- 5 You spread a table before me  
in the presence of those who trouble me; \*  
you have anointed my head with oil,  
and my cup is running over.
- 6 Surely your goodness and mercy shall follow me  
all the days of my life, \*  
and I will dwell in the house of the LORD for ever.

24 *Domini est terra*

- 1 The earth is the LORD'S and all that is in it, \*  
the world and all who dwell therein.
- 2 For it is he who founded it upon the seas \*  
and made it firm upon the rivers of the deep.
- 3 "Who can ascend the hill of the LORD? \*  
and who can stand in his holy place?"
- 4 "Those who have clean hands and a pure heart, \*  
who have not pledged themselves to falsehood,  
nor sworn by what is a fraud.
- 5 They shall receive a blessing from the Lord \*  
and a just reward from the God of their salvation."
- 6 Such is the generation of those who seek him, \*  
of those who seek your face, O God of Jacob.
- 7 Lift up your heads, O gates;  
lift them high, O everlasting doors; \*  
and the King of glory shall come in.
- 8 "Who is this King of glory?" \*  
"The LORD, strong and mighty,  
the LORD, mighty in battle."
- 9 Lift up your heads, O gates;  
lift them high, O everlasting doors; \*  
and the King of glory shall come in.
- 10 "Who is he, this King of glory?" \*  
"The LORD of hosts,  
he is the King of glory."

25 *Ad te, Domine, levavi*

- 1 To you, O LORD, I lift up my soul;  
my God, I put my trust in you; \*  
let me not be humiliated,  
nor let my enemies triumph over me.
- 2 Let none who look to you be put to shame; \*  
let the treacherous be disappointed in their schemes.
- 3 Show me your ways, O LORD, \*  
and teach me your paths.
- 4 Lead me in your truth and teach me, \*  
for you are the God of my salvation;  
in you have I trusted all the day long.
- 5 Remember, O LORD, your compassion and love, \*  
for they are from everlasting.
- 6 Remember not the sins of my youth and my transgressions; \*  
remember me according to your love  
and for the sake of your goodness, O LORD.
- 7 Gracious and upright is the LORD; \*  
therefore he teaches sinners in his way.
- 8 He guides the humble in doing right \*  
and teaches his way to the lowly.
- 9 All the paths of the LORD are love and faithfulness \*  
to those who keep his covenant and his testimonies.
- 10 For your Name's sake, O LORD, \*  
forgive my sin, for it is great.
- 11 Who are they who fear the LORD? \*  
he will teach them the way that they should choose.
- 12 They shall dwell in prosperity, \*  
and their offspring shall inherit the land.
- 13 The LORD is a friend to those who fear him \*  
and will show them his covenant.
- 14 My eyes are ever looking to the LORD, \*  
for he shall pluck my feet out of the net.

- 15 Turn to me and have pity on me, \*  
for I am left alone and in misery.
- 16 The sorrows of my heart have increased; \*  
bring me out of my troubles.
- 17 Look upon my adversity and misery \*  
and forgive me all my sin.
- 18 Look upon my enemies, for they are many, \*  
and they bear a violent hatred against me.
- 19 Protect my life and deliver me; \*  
let me not be put to shame, for I have trusted in you.
- 20 Let integrity and uprightness preserve me, \*  
for my hope has been in you.
- 21 Deliver Israel, O God, \*  
out of all his troubles.

26 *Judica me, Domine*

- 1 Give judgment for me, O LORD,  
for I have lived with integrity; \*  
I have trusted in the Lord and have not faltered.
- 2 Test me, O LORD, and try me; \*  
examine my heart and my mind.
- 3 For your love is before my eyes; \*  
I have walked faithfully with you.
- 4 I have not sat with the worthless, \*  
nor do I consort with the deceitful.
- 5 I have hated the company of evildoers; \*  
I will not sit down with the wicked.
- 6 I will wash my hands in innocence, O LORD, \*  
that I may go in procession round your altar,
- 7 Singing aloud a song of thanksgiving \*  
and recounting all your wonderful deeds.
- 8 LORD, I love the house in which you dwell \*  
and the place where your glory abides.
- 9 Do not sweep me away with sinners, \*  
nor my life with those who thirst for blood,
- 10 Whose hands are full of evil plots, \*  
and their right hand full of bribes.
- 11 As for me, I will live with integrity; \*  
redeem me, O LORD, and have pity on me.
- 12 My foot stands on level ground; \*  
in the full assembly I will bless the LORD.

## SUNDAY: SECOND NOCTURN

### 27 *Dominus illuminatio*

- 1 The LORD is my light and my salvation;  
whom then shall I fear? \*  
the LORD is the strength of my life;  
of whom then shall I be afraid?
- 2 When evildoers came upon me to eat up my flesh, \*  
it was they, my foes and my adversaries, who  
stumbled and fell.
- 3 Though an army should encamp against me, \*  
yet my heart shall not be afraid;
- 4 And though war should rise up against me, \*  
yet will I put my trust in him.
- 5 One thing have I asked of the LORD;  
one thing I seek; \*  
that I may dwell in the house of the LORD  
all the days of my life;
- 6 To behold the fair beauty of the LORD \*  
and to seek him in his temple.
- 7 For in the day of trouble he shall keep me safe  
in his shelter; \*  
he shall hide me in the secrecy of his dwelling  
and set me high upon a rock.
- 8 Even now he lifts up my head \*  
above my enemies round about me.
- 9 Therefore I will offer in his dwelling an oblation  
with sounds of great gladness; \*  
I will sing and make music to the LORD.
- 10 Hearken to my voice, O LORD, when I call; \*  
have mercy on me and answer me.
- 11 You speak in my heart and say, "Seek my face." \*  
Your face, LORD, will I seek.



- 12 Hide not your face from me, \*  
nor turn away your servant in displeasure.
- 13 You have been my helper;  
cast me not away; \*  
do not forsake me, O God of my salvation.
- 14 Though my father and my mother forsake me, \*  
the LORD will sustain me.
- 15 Show me your way, O LORD; \*  
lead me on a level path, because of my enemies.
- 16 Deliver me not into the hand of my adversaries, \*  
for false witnesses have risen up against me,  
and also those who speak malice.
- 17 What if I had not believed  
that I should see the goodness of the LORD \*  
in the land of the living!
- 18 O tarry and await the LORD'S pleasure;  
be strong, and he shall comfort your heart; \*  
wait patiently for the LORD.

28 *Ad te, Domine*

- 1 O LORD, I call to you;  
my Rock, do not be deaf to my cry; \*  
lest, if you do not hear me,  
I become like those who go down to the Pit.
- 2 Hear the voice of my prayer when I cry out to you, \*  
when I lift up my hands to your holy of holies.
- 3 Do not snatch me away with the wicked or with the  
evildoers, \*  
who speak peaceably with their neighbors,  
while strife is in their hearts.
- 4 Repay them according to their deeds, \*  
and according to the wickedness of their actions.
- 5 According to the work of their hands repay them, \*  
and give them their just deserts.
- 6 They have no understanding of the LORD'S doings,  
nor of the works of his hands; \*  
therefore he will break them down  
and not build them up.
- 7 Blessed is the LORD! \*  
for he has heard the voice of my prayer.
- 8 The LORD is my strength and my shield; \*  
my heart trusts in him, and I have been helped;
- 9 Therefore my heart dances for joy, \*  
and in my song will I praise him.
- 10 The LORD is the strength of his people, \*  
a safe refuge for his anointed.
- 11 Save your people and bless your inheritance; \*  
shepherd them and carry them for ever.

29 *Afferte Domino*

- 1 Ascribe to the LORD, you gods, \*  
ascribe to the LORD glory and strength.
- 2 Ascribe to the LORD the glory due his Name; \*  
worship the LORD in the beauty of holiness.
- 3 The voice of the LORD is upon the waters;  
the God of glory thunders; \*  
the LORD is upon the mighty waters.
- 4 The voice of the LORD is a powerful voice; \*  
the voice of the LORD is a voice of splendor.
- 5 The voice of the LORD breaks the cedar trees; \*  
the LORD breaks the cedars of Lebanon;
- 6 He makes Lebanon skip like a calf, \*  
and Mount Hermon like a young wild ox.
- 7 The voice of the LORD splits the flames of fire;  
the voice of the LORD shakes the wilderness; \*  
the LORD shakes the wilderness of Kadesh.
- 8 The voice of the LORD makes the oak trees writhe \*  
and strips the forests bare.
- 9 And in the temple of the LORD \*  
all are crying, "Glory!"
- 10 The LORD sits enthroned above the flood; \*  
the LORD sits enthroned as King for evermore.
- 11 The LORD shall give strength to his people; \*  
the LORD shall give his people the blessing of peace.

30 *Exaltabo te, Domine*

- 1 I will exalt you, O LORD,  
because you have lifted me up \*  
and have not let my enemies triumph over me.
- 2 O LORD my God, I cried out to you, \*  
and you restored me to health.
- 3 You brought me up, O LORD, from the dead; \*  
you restored my life as I was going down to the grave.
- 4 Sing to the LORD, you servants of his; \*  
give thanks for the remembrance of his holiness.
- 5 For his wrath endures but the twinkling of an eye, \*  
his favor for a lifetime.
- 6 Weeping may spend the night, \*  
but joy comes in the morning.
- 7 While I felt secure, I said,  
“I shall never be disturbed. \*  
You, LORD, with your favor,  
made me as strong as the mountains.”
- 8 Then you hid your face, \*  
and I was filled with fear.
- 9 I cried to you, O LORD; \*  
I pleaded with the Lord, saying,
- 10 “What profit is there in my blood, if I go down to the Pit? \*  
will the dust praise you or declare your faithfulness?
- 11 Hear, O LORD, and have mercy upon me; \*  
O LORD, be my helper.”
- 12 You have turned my wailing into dancing; \*  
you have put off my sack-cloth and clothed me with joy.
- 13 Therefore my heart sings to you without ceasing; \*  
O LORD my God, I will give you thanks for ever.

31 *In te, Domine, speravi*

- 1 In you, O LORD, have I taken refuge;  
let me never be put to shame; \*  
deliver me in your righteousness.
- 2 Incline your ear to me; \*  
make haste to deliver me.
- 3 Be my strong rock, a castle to keep me safe,  
for you are my crag and my stronghold; \*  
for the sake of your Name, lead me and guide me.
- 4 Take me out of the net that they have secretly set for me, \*  
for you are my tower of strength.
- 5 Into your hands I commend my spirit, \*  
for you have redeemed me,  
O LORD, O God of truth.
- 6 I hate those who cling to worthless idols, \*  
and I put my trust in the LORD.
- 7 I will rejoice and be glad because of your mercy; \*  
for you have seen my affliction;  
you know my distress.
- 8 You have not shut me up in the power of the enemy; \*  
you have set my feet in an open place.
- 9 Have mercy on me, O LORD, for I am in trouble; \*  
my eye is consumed with sorrow,  
and also my throat and my belly.
- 10 For my life is wasted with grief,  
and my years with sighing; \*  
my strength fails me because of affliction,  
and my bones are consumed.
- 11 I have become a reproach to all my enemies and  
even to my neighbors,  
a dismay to those of my acquaintance; \*  
when they see me in the street they avoid me.
- 12 I am forgotten like a dead man, out of mind; \*  
I am as useless as a broken pot.

- 13 For I have heard the whispering of the crowd;  
fear is all around; \*  
they put their heads together against me;  
they plot to take my life.
- 14 But as for me, I have trusted in you, O LORD. \*  
I have said, "You are my God.
- 15 My times are in your hand; \*  
rescue me from the hand of my enemies,  
and from those who persecute me.
- 16 Make your face to shine upon your servant, \*  
and in your loving-kindness save me."
- 17 LORD, let me not be ashamed for having called upon you; \*  
rather, let the wicked be put to shame;  
let them be silent in the grave.
- 18 Let the lying lips be silenced which speak against  
the righteous, \*  
haughtily, disdainfully, and with contempt.
- 19 How great is your goodness, O LORD!  
which you have laid up for those who fear you; \*  
which you have done in the sight of all  
for those who put their trust in you.
- 20 You hide them in the covert of your presence from those  
who slander them; \*  
you keep them in your shelter from the strife of tongues.
- 21 Blessed be the LORD! \*  
for he has shown me the wonders of his love  
in a besieged city.
- 22 Yet I said in my alarm,  
"I have been cut off from the sight of your eyes." \*  
Nevertheless, you heard the sound of my entreaty  
when I cried out to you.
- 23 Love the LORD, all you who worship him; \*  
the LORD protects the faithful,  
but repays to the full those who act haughtily.
- 24 Be strong and let your heart take courage, \*  
all you who wait for the LORD.

32 *Beati quorum*

- 1 Happy are they whose transgressions are forgiven, \*  
and whose sin is put away!
- 2 Happy are they to whom the LORD imputes no guilt, \*  
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away, \*  
because of my groaning all day long.
- 4 For your hand was heavy upon me day and night; \*  
my moisture was dried up as in the heat of summer.
- 5 Then I acknowledged my sin to you, \*  
and did not conceal my guilt.
- 6 I said, "I will confess my transgressions to the LORD." \*  
Then you forgave me the guilt of my sin.
- 7 Therefore all the faithful will make their prayers to you in  
time of trouble; \*  
when the great waters overflow, they shall not reach them.
- 8 You are my hiding-place;  
you preserve me from trouble; \*  
you surround me with shouts of deliverance.
- 9 "I will instruct you and teach you in the way that you  
should go; \*  
I will guide you with my eye.
- 10 Do not be like horse or mule, which have no understanding; \*  
who must be fitted with bit and bridle,  
or else they will not stay near you."
- 11 Great are the tribulations of the wicked; \*  
but mercy embraces those who trust in the LORD.
- 12 Be glad, you righteous, and rejoice in the LORD; \*  
shout for joy, all who are true of heart.

## SUNDAY: LAUDS

67 *Deus misereatur*

- 1 May God be merciful to us and bless us, \*  
show us the light of his countenance and come to us.
- 2 Let your ways be known upon earth, \*  
your saving health among all nations.
- 3 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 4 Let the nations be glad and sing for joy, \*  
for you judge the peoples with equity  
and guide all the nations upon earth.
- 5 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 6 The earth has brought forth her increase; \*  
may God, our own God, give us his blessing.
- 7 May God give us his blessing, \*  
and may all the ends of the earth stand in awe of him.



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.

118 *Confitemini Domino*

- 1 Give thanks to the LORD, for he is good; \*  
his mercy endures for ever.
- 2 Let Israel now proclaim, \*  
“His mercy endures for ever.”
- 3 Let the house of Aaron now proclaim, \*  
“His mercy endures for ever.”
- 4 Let those who fear the LORD now proclaim, \*  
“His mercy endures for ever.”
- 5 I called to the LORD in my distress; \*  
the LORD answered by setting me free.
- 6 The LORD is at my side, therefore I will not fear; \*  
what can anyone do to me?
- 7 The LORD is at my side to help me; \*  
I will triumph over those who hate me.
- 8 It is better to rely on the LORD \*  
than to put any trust in flesh.
- 9 It is better to rely on the LORD \*  
than to put any trust in rulers.
- 10 All the ungodly encompass me; \*  
in the name of the LORD I will repel them.
- 11 They hem me in, they hem me in on every side; \*  
in the name of the LORD I will repel them.
- 12 They swarm about me like bees;  
they blaze like a fire of thorns; \*  
in the name of the LORD I will repel them.
- 13 I was pressed so hard that I almost fell, \*  
but the LORD came to my help.
- 14 The LORD is my strength and my song, \*  
and he has become my salvation.
- 15 There is a sound of exultation and victory \*  
in the tents of the righteous:

- 16 “The right hand of the LORD has triumphed! \*  
the right hand of the LORD is exalted!  
the right hand of the LORD has triumphed!”
- 17 I shall not die, but live, \*  
and declare the works of the LORD.
- 18 The LORD has punished me sorely, \*  
but he did not hand me over to death.
- 19 Open for me the gates of righteousness; \*  
I will enter them;  
I will offer thanks to the LORD.
- 20 “This is the gate of the LORD; \*  
he who is righteous may enter.”
- 21 I will give thanks to you, for you answered me \*  
and have become my salvation.
- 22 The same stone which the builders rejected \*  
has become the chief cornerstone.
- 23 This is the LORD’S doing, \*  
and it is marvelous in our eyes.
- 24 On this day the LORD has acted; \*  
we will rejoice and be glad in it.
- 25 Hosannah, LORD, hosannah! \*  
LORD, send us now success.
- 26 Blessed is he who comes in the name of the Lord; \*  
we bless you from the house of the LORD.
- 27 God is the LORD; he has shined upon us; \*  
form a procession with branches  
up to the horns of the altar.
- 28 “You are my God, and I will thank you; \*  
you are my God, and I will exalt you.”
- 29 Give thanks to the LORD, for he is good; \*  
his mercy endures for ever.

63 *Deus, Deus meus*

- 1 O God, you are my God; eagerly I seek you; \*  
my soul thirsts for you, my flesh faints for you,  
as in a barren and dry land where there is no water.
- 2 Therefore I have gazed upon you in your holy place, \*  
that I might behold your power and your glory.
- 3 For your loving-kindness is better than life itself; \*  
my lips shall give you praise.
- 4 So will I bless you as long as I live \*  
and lift up my hands in your Name.
- 5 My soul is content, as with marrow and fatness, \*  
and my mouth praises you with joyful lips,
- 6 When I remember you upon my bed, \*  
and meditate on you in the night watches.
- 7 For you have been my helper, \*  
and under the shadow of your wings I will rejoice.
- 8 My soul clings to you; \*  
your right hand holds me fast.
- 9 May those who seek my life to destroy it \*  
go down into the depths of the earth;
- 10 Let them fall upon the edge of the sword, \*  
and let them be food for jackals.
- 11 But the king will rejoice in God;  
all those who swear by him will be glad; \*  
for the mouth of those who speak lies shall be stopped.

**C1 A Song of Praise** *Benedictus es, Domine* BCP  
*Song of the Three Young Men, 29-34*

Glory to you, Lord God of our fathers; \*  
you are worthy of praise; glory to you.  
Glory to you for the radiance of your holy Name; \*  
we will praise you and highly exalt you for ever.

Glory to you in the splendor of your temple; \*  
on the throne of your majesty, glory to you.  
Glory to you, seated between the Cherubim; \*  
we will praise you and highly exalt you for ever.

Glory to you, beholding the depths; \*  
in the high vault of heaven, glory to you.  
Glory to you, Father, Son, and Holy Spirit; \*  
we will praise you and highly exalt you for ever.

**C2 A Song of Creation** *Benedicite, omnia opera Domini* BCP  
*Song of the Three Young Men, 35-65*

*Invocation*

Glorify the Lord, all you works of the Lord, \*  
praise him and highly exalt him for ever.  
In the firmament of his power, glorify the Lord, \*  
praise him and highly exalt him for ever.

*I The Cosmic Order*

Glorify the Lord, you angels and all powers of the Lord, \*  
O heavens and all waters above the heavens.  
Sun and moon and stars of the sky, glorify the Lord, \*  
praise him and highly exalt him for ever.

Glorify the Lord, every shower of rain and fall of dew, \*  
all winds and fire and heat.  
Winter and summer, glorify the Lord, \*  
praise him and highly exalt him for ever.

Glorify the Lord, O chill and cold, \*  
drops of dew and flakes of snow.  
Frost and cold, ice and sleet, glorify the Lord, \*  
praise him and highly exalt him for ever.

Glorify the Lord, O nights and days, \*  
O shining light and enfolding dark.  
Storm clouds and thunderbolts, glorify the Lord, \*  
praise him and highly exalt him for ever.

*II The Earth and its Creatures*

Let the earth glorify the Lord, \*  
praise him and highly exalt him for ever.  
Glorify the Lord, O mountains and hills,  
and all that grows upon the earth, \*  
praise him and highly exalt him for ever.

Glorify the Lord, O springs of water, seas, and streams, \*  
O whales and all that move in the waters.  
All birds of the air, glorify the Lord, \*  
praise him and highly exalt him for ever.

Glorify the Lord, O beasts of the wild, \*  
and all you flocks and herds.  
O men and women everywhere, glorify the Lord, \*  
praise him and highly exalt him for ever.

### *III The People of God*

Let the people of God glorify the Lord, \*  
praise him and highly exalt him for ever.  
Glorify the Lord, O priests and servants of the Lord, \*  
praise him and highly exalt him for ever.  
Glorify the Lord, O spirits and souls of the righteous, \*  
praise him and highly exalt him for ever.  
You that are holy and humble of heart, glorify the Lord, \*  
praise him and highly exalt him for ever.

### *Doxology*

Let us glorify the Lord: Father, Son, and Holy Spirit; \*  
praise him and highly exalt him for ever.  
In the firmament of his power, glorify the Lord, \*  
praise him and highly exalt him for ever.



148 *Laudate Dominum*

- 1 Hallelujah!  
Praise the LORD from the heavens; \*  
praise him in the heights.
- 2 Praise him, all you angels of his; \*  
praise him, all his host.
- 3 Praise him, sun and moon; \*  
praise him, all you shining stars.
- 4 Praise him, heaven of heavens, \*  
and you waters above the heavens.
- 5 Let them praise the Name of the LORD; \*  
for he commanded, and they were created.
- 6 He made them stand fast for ever and ever; \*  
he gave them a law which shall not pass away.
- 7 Praise the LORD from the earth, \*  
you sea-monsters and all deeps;
- 8 Fire and hail, snow and fog, \*  
tempestuous wind, doing his will;
- 9 Mountains and all hills, \*  
fruit trees and all cedars;
- 10 Wild beasts and all cattle, \*  
creeping things and wingèd birds;
- 11 Kings of the earth and all peoples, \*  
princes and all rulers of the world;
- 12 Young men and maidens, \*  
old and young together.
- 13 Let them praise the Name of the LORD, \*  
for his Name only is exalted,  
his splendor is over earth and heaven.
- 14 He has raised up strength for his people  
and praise for all his loyal servants, \*  
the children of Israel, a people who are near him.  
Hallelujah!

149 *Cantate Domino*

- 1 Hallelujah!  
Sing to the LORD a new song; \*  
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in his Maker; \*  
let the children of Zion be joyful in their King.
- 3 Let them praise his Name in the dance; \*  
let them sing praise to him with timbrel and harp.
- 4 For the LORD takes pleasure in his people \*  
and adorns the poor with victory.
- 5 Let the faithful rejoice in triumph; \*  
let them be joyful on their beds.
- 6 Let the praises of God be in their throat \*  
and a two-edged sword in their hand;
- 7 To wreak vengeance on the nations \*  
and punishment on the peoples;
- 8 To bind their kings in chains \*  
and their nobles with links of iron;
- 9 To inflict on them the judgment decreed; \*  
this is glory for all his faithful people.  
Hallelujah!

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!

SUNDAY: TERCE

119a Aleph *Beati immaculati*

- 1 Happy are they whose way is blameless, \*  
who walk in the law of the LORD!
- 2 Happy are they who observe his decrees \*  
and seek him with all their hearts!
- 3 Who never do any wrong, \*  
but always walk in his ways.
- 4 You laid down your commandments, \*  
that we should fully keep them.
- 5 Oh, that my ways were made so direct \*  
that I might keep your statutes!
- 6 Then I should not be put to shame, \*  
when I regard all your commandments.
- 7 I will thank you with an unfeigned heart, \*  
when I have learned your righteous judgments.
- 8 I will keep your statutes; \*  
do not utterly forsake me.

119b **Beth** *In quo corrigi?*

- 9 How shall a young man cleanse his way? \*  
By keeping to your words.
- 10 With my whole heart I seek you; \*  
let me not stray from your commandments.
- 11 I treasure your promise in my heart, \*  
that I may not sin against you.
- 12 Blessed are you, O LORD; \*  
instruct me in your statutes.
- 13 With my lips will I recite \*  
all the judgments of your mouth.
- 14 I have taken greater delight in the way of your decrees \*  
than in all manner of riches.
- 15 I will meditate on your commandments \*  
and give attention to your ways.
- 16 My delight is in your statutes; \*  
I will not forget your word.

119c **Gimel** *Retribuere servo tuo*

- 17 Deal bountifully with your servant, \*  
that I may live and keep your word.
- 18 Open my eyes, that I may see \*  
the wonders of your law.
- 19 I am a stranger here on earth; \*  
do not hide your commandments from me.
- 20 My soul is consumed at all times \*  
with longing for your judgments.
- 21 You have rebuked the insolent; \*  
cursed are they who stray from your commandments!
- 22 Turn from me shame and rebuke, \*  
for I have kept your decrees.
- 23 Even though rulers sit and plot against me, \*  
I will meditate on your statutes.
- 24 For your decrees are my delight, \*  
and they are my counselors.

119d Daleth *Adhæsit pavimento*

- 25 My soul cleaves to the dust; \*  
give me life according to your word.
- 26 I have confessed my ways, and you answered me; \*  
instruct me in your statutes.
- 27 Make me understand the way of your commandments, \*  
that I may meditate on your marvelous works.
- 28 My soul melts away for sorrow; \*  
strengthen me according to your word.
- 29 Take from me the way of lying; \*  
let me find grace through your law.
- 30 I have chosen the way of faithfulness; \*  
I have set your judgments before me.
- 31 I hold fast to your decrees; \*  
O LORD, let me not be put to shame.
- 32 I will run the way of your commandments, \*  
for you have set my heart at liberty.

SUNDAY: SEXT

119e He *Legem pone*

- 33 Teach me, O LORD, the way of your statutes, \*  
and I shall keep it to the end.
- 34 Give me understanding, and I shall keep your law; \*  
I shall keep it with all my heart.
- 35 Make me go in the path of your commandments, \*  
for that is my desire.
- 36 Incline my heart to your decrees \*  
and not to unjust gain.
- 37 Turn my eyes from watching what is worthless; \*  
give me life in your ways.
- 38 Fulfill your promise to your servant, \*  
which you make to those who fear you.
- 39 Turn away the reproach which I dread, \*  
because your judgments are good.
- 40 Behold, I long for your commandments; \*  
in your righteousness preserve my life.



119f **Waw** *Et veniat super me*

- 41 Let your loving-kindness come to me, O LORD, \*  
and your salvation, according to your promise.
- 42 Then shall I have a word for those who taunt me, \*  
because I trust in your words.
- 43 Do not take the word of truth out of my mouth, \*  
for my hope is in your judgments.
- 44 I shall continue to keep your law; \*  
I shall keep it for ever and ever.
- 45 I will walk at liberty, \*  
because I study your commandments.
- 46 I will tell of your decrees before kings \*  
and will not be ashamed.
- 47 I delight in your commandments, \*  
which I have always loved.
- 48 I will lift up my hands to your commandments, \*  
and I will meditate on your statutes.

119g Zayin *Memor esto verbi tui*

- 49 Remember your word to your servant, \*  
because you have given me hope.
- 50 This is my comfort in my trouble, \*  
that your promise gives me life.
- 51 The proud have derided me cruelly, \*  
but I have not turned from your law.
- 52 When I remember your judgments of old, \*  
O LORD, I take great comfort.
- 53 I am filled with a burning rage, \*  
because of the wicked who forsake your law.
- 54 Your statutes have been like songs to me \*  
wherever I have lived as a stranger.
- 55 I remember your Name in the night, O LORD, \*  
and dwell upon your law.
- 56 This is how it has been with me, \*  
because I have kept your commandments.

SUNDAY: NONE

119h **Heth** *Portio mea, Domine*

- 57 You only are my portion, O LORD; \*  
I have promised to keep your words.
- 58 I entreat you with all my heart, \*  
be merciful to me according to your promise.
- 59 I have considered my ways \*  
and turned my feet toward your decrees.
- 60 I hasten and do not tarry \*  
to keep your commandments.
- 61 Though the cords of the wicked entangle me, \*  
I do not forget your law.
- 62 At midnight I will rise to give you thanks, \*  
because of your righteous judgments.
- 63 I am a companion of all who fear you \*  
and of those who keep your commandments.
- 64 The earth, O LORD, is full of your love; \*  
instruct me in your statutes.

119i Teth *Bonitatem fecisti*

- 65 O LORD, you have dealt graciously with your servant, \*  
according to your word.
- 66 Teach me discernment and knowledge, \*  
for I have believed in your commandments.
- 67 Before I was afflicted I went astray, \*  
but now I keep your word.
- 68 You are good and you bring forth good; \*  
instruct me in your statutes.
- 69 The proud have smeared me with lies, \*  
but I will keep your commandments with my whole heart.
- 70 Their heart is gross and fat, \*  
but my delight is in your law.
- 71 It is good for me that I have been afflicted, \*  
that I might learn your statutes.
- 72 The law of your mouth is dearer to me \*  
than thousands in gold and silver.

119j 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.

## SUNDAY: SECOND VESPERS

### 110 *Dixit Dominus*

- 1 The LORD said to my Lord, “Sit at my right hand, \*  
until I make your enemies your footstool.”
- 2 The LORD will send the scepter of your power out of Zion, \*  
saying, “Rule over your enemies round about you.
- 3 Princely state has been yours from the day of your birth; \*  
in the beauty of holiness have I begotten you,  
like dew from the womb of the morning.”
- 4 The LORD has sworn and he will not recant: \*  
“You are a priest for ever after the order of Melchizedek.”
- 5 The Lord who is at your right hand  
will smite kings in the day of his wrath; \*  
he will rule over the nations.
- 6 He will heap high the corpses; \*  
he will smash heads over the wide earth.
- 7 He will drink from the brook beside the road; \*  
therefore he will lift high his head.

111 *Confitebor tibi*

- 1 Hallelujah!  
I will give thanks to the LORD with my whole heart, \*  
in the assembly of the upright, in the congregation.
- 2 Great are the deeds of the LORD! \*  
they are studied by all who delight in them.
- 3 His work is full of majesty and splendor, \*  
and his righteousness endures for ever.
- 4 He makes his marvelous works to be remembered; \*  
the LORD is gracious and full of compassion.
- 5 He gives food to those who fear him; \*  
he is ever mindful of his covenant.
- 6 He has shown his people the power of his works \*  
in giving them the lands of the nations.
- 7 The works of his hands are faithfulness and justice; \*  
all his commandments are sure.
- 8 They stand fast for ever and ever, \*  
because they are done in truth and equity.
- 9 He sent redemption to his people;  
he commanded his covenant for ever; \*  
holy and awesome is his Name.
- 10 The fear of the LORD is the beginning of wisdom; \*  
those who act accordingly have a good understanding;  
his praise endures for ever.

112 *Beatus vir*

- 1 Hallelujah!  
Happy are they who fear the Lord \*  
and have great delight in his commandments!
- 2 Their descendants will be mighty in the land; \*  
the generation of the upright will be blessed.
- 3 Wealth and riches will be in their house, \*  
and their righteousness will last for ever.
- 4 Light shines in the darkness for the upright; \*  
the righteous are merciful and full of compassion.
- 5 It is good for them to be generous in lending \*  
and to manage their affairs with justice.
- 6 For they will never be shaken; \*  
the righteous will be kept in everlasting remembrance.
- 7 They will not be afraid of any evil rumors; \*  
their heart is right;  
they put their trust in the Lord.
- 8 Their heart is established and will not shrink, \*  
until they see their desire upon their enemies.
- 9 They have given freely to the poor, \*  
and their righteousness stands fast for ever;  
they will hold up their head with honor.
- 10 The wicked will see it and be angry;  
they will gnash their teeth and pine away; \*  
the desires of the wicked will perish.



113 *Laudate, pueri*

- 1 Hallelujah!  
Give praise, you servants of the LORD; \*  
praise the Name of the LORD.
- 2 Let the Name of the LORD be blessed, \*  
from this time forth for evermore.
- 3 From the rising of the sun to its going down \*  
let the Name of the LORD be praised.
- 4 The LORD is high above all nations, \*  
and his glory above the heavens.
- 5 Who is like the LORD our God, who sits enthroned on high, \*  
but stoops to behold the heavens and the earth?
- 6 He takes up the weak out of the dust \*  
and lifts up the poor from the ashes.
- 7 He sets them with the princes, \*  
with the princes of his people.
- 8 He makes the woman of a childless house \*  
to be a joyful mother of children.

## SUNDAY: COMPLINE

### 4 *Cum invocarem*

- 1 Answer me when I call, O God, defender of my cause; \*  
you set me free when I am hard-pressed;  
have mercy on me and hear my prayer.
- 2 “You mortals, how long will you dishonor my glory; \*  
how long will you worship dumb idols  
and run after false gods?”
- 3 Know that the LORD does wonders for the faithful; \*  
when I call upon the LORD, he will hear me.
- 4 Tremble, then, and do not sin; \*  
speak to your heart in silence upon your bed.
- 5 Offer the appointed sacrifices \*  
and put your trust in the LORD.
- 6 Many are saying, “Oh, that we might see better times!” \*  
Lift up the light of your countenance upon us, O LORD.
- 7 You have put gladness in my heart, \*  
more than when grain and wine and oil increase.
- 8 I lie down in peace; at once I fall asleep; \*  
for only you, LORD, make me dwell in safety.

91 *Qui habitat*

- 1 He who dwells in the shelter of the Most High, \*  
abides under the shadow of the Almighty.
- 2 He shall say to the LORD,  
“You are my refuge and my stronghold, \*  
my God in whom I put my trust.”
- 3 He shall deliver you from the snare of the hunter \*  
and from the deadly pestilence.
- 4 He shall cover you with his pinions,  
and you shall find refuge under his wings; \*  
his faithfulness shall be a shield and buckler.
- 5 You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;
- 6 Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.
- 7 A thousand shall fall at your side  
and ten thousand at your right hand, \*  
but it shall not come near you.
- 8 Your eyes have only to behold \*  
to see the reward of the wicked.
- 9 Because you have made the LORD your refuge, \*  
and the Most High your habitation,
- 10 There shall no evil happen to you, \*  
neither shall any plague come near your dwelling.
- 11 For he shall give his angels charge over you, \*  
to keep you in all your ways.
- 12 They shall bear you in their hands, \*  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; \*  
you shall trample the young lion and the serpent  
under your feet.

- 14 Because he is bound to me in love,  
therefore will I deliver him; \*  
I will protect him, because he knows my Name.
- 15 He shall call upon me, and I will answer him; \*  
I am with him in trouble;  
I will rescue him and bring him to honor.
- 16 With long life will I satisfy him, \*  
and show him my salvation.

134 *Ecce nunc*

- 1 Behold now, bless the LORD, all you servants of the LORD, \*  
you that stand by night in the house of the LORD.
- 2 Lift up your hands in the holy place and bless the LORD; \*  
the LORD who made heaven and earth  
bless you out of Zion.

## MONDAY: VIGILS

### 3 *Domine, quid multiplicati*

- 1 LORD, how many adversaries I have! \*  
how many there are who rise up against me!
- 2 How many there are who say of me, \*  
“There is no help for him in his God.”
- 3 But you, O LORD, are a shield about me; \*  
you are my glory, the one who lifts up my head.
- 4 I call aloud upon the LORD, \*  
and he answers me from his holy hill;
- 5 I lie down and go to sleep; \*  
I wake again, because the LORD sustains me.
- 6 I do not fear the multitudes of people \*  
who set themselves against me all around.
- 7 Rise up, O LORD; set me free, O my God; \*  
surely, you will strike all my enemies across the face,  
you will break the teeth of the wicked.
- 8 Deliverance belongs to the LORD. \*  
Your blessing be upon your people!

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.”

## MONDAY: FIRST NOCTURN

### 33 *Exultate, justi*

- 1 Rejoice in the LORD, you righteous; \*  
it is good for the just to sing praises.
- 2 Praise the LORD with the harp; \*  
play to him upon the psaltery and lyre.
- 3 Sing for him a new song; \*  
sound a fanfare with all your skill upon the trumpet.
- 4 For the word of the LORD is right, \*  
and all his works are sure.
- 5 He loves righteousness and justice; \*  
the loving-kindness of the LORD fills the whole earth.
- 6 By the word of the LORD were the heavens made, \*  
by the breath of his mouth all the heavenly hosts.
- 7 He gathers up the waters of the ocean as in a water-skin \*  
and stores up the depths of the sea.
- 8 Let all the earth fear the LORD; \*  
let all who dwell in the world stand in awe of him.
- 9 For he spoke, and it came to pass; \*  
he commanded, and it stood fast.
- 10 The LORD brings the will of the nations to naught; \*  
he thwarts the designs of the peoples.
- 11 But the LORD'S will stands fast for ever, \*  
and the designs of his heart from age to age.
- 12 Happy is the nation whose God is the LORD! \*  
happy the people he has chosen to be his own!
- 13 The LORD looks down from heaven, \*  
and beholds all the people in the world.
- 14 From where he sits enthroned he turns his gaze \*  
on all who dwell on the earth.
- 15 He fashions all the hearts of them \*  
and understands all their works.



- 16 There is no king that can be saved by a mighty army; \*  
a strong man is not delivered by his great strength.
- 17 The horse is a vain hope for deliverance; \*  
for all its strength it cannot save.
- 18 Behold, the eye of the LORD is upon those who fear him, \*  
on those who wait upon his love,
- 19 To pluck their lives from death, \*  
and to feed them in time of famine.
- 20 Our soul waits for the LORD; \*  
he is our help and our shield.
- 21 Indeed, our heart rejoices in him, \*  
for in his holy Name we put our trust.
- 22 Let your loving-kindness, O LORD, be upon us, \*  
as we have put our trust in you.

## 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.

35 *Judica, Domine*

- 1 Fight those who fight me, O LORD; \*  
attack those who are attacking me.
- 2 Take up shield and armor \*  
and rise up to help me.
- 3 Draw the sword and bar the way against those  
who pursue me; \*  
say to my soul, "I am your salvation."
- 4 Let those who seek after my life be shamed and humbled; \*  
let those who plot my ruin fall back and be dismayed.
- 5 Let them be like chaff before the wind, \*  
and let the angel of the LORD drive them away.
- 6 Let their way be dark and slippery, \*  
and let the angel of the LORD pursue them.
- 7 For they have secretly spread a net for me without a cause; \*  
without a cause they have dug a pit to take me alive.
- 8 Let ruin come upon them unawares; \*  
let them be caught in the net they hid;  
let them fall into the pit they dug.
- 9 Then I will be joyful in the LORD; \*  
I will glory in his victory.
- 10 My very bones will say, "LORD, who is like you? \*  
You deliver the poor  
from those who are too strong for them,  
the poor and needy from those who rob them."
- 11 Malicious witnesses rise up against me; \*  
they charge me with matters I know nothing about.
- 12 They pay me evil in exchange for good; \*  
my soul is full of despair.
- 13 But when they were sick I dressed in sack-cloth \*  
and humbled myself by fasting;

- 14 I prayed with my whole heart,  
as one would for a friend or a brother; \*  
I behaved like one who mourns for his mother,  
bowed down and grieving.
- 15 But when I stumbled, they were glad and gathered together;  
they gathered against me; \*  
strangers whom I did not know tore me to pieces and  
would not stop.
- 16 They put me to the test and mocked me; \*  
they gnashed at me with their teeth.
- 17 O Lord, how long will you look on? \*  
rescue me from the roaring beasts,  
and my life from the young lions.
- 18 I will give you thanks in the great congregation; \*  
I will praise you in the mighty throng.
- 19 Do not let my treacherous foes rejoice over me, \*  
nor let those who hate me without a cause  
wink at each other.
- 20 For they do not plan for peace, \*  
but invent deceitful schemes against the  
quiet in the land.
- 21 They opened their mouths at me and said, \*  
“Aha! we saw it with our own eyes.”
- 22 You saw it, O LORD; do not be silent; \*  
O Lord, be not far from me.
- 23 Awake, arise, to my cause! \*  
to my defense, my God and my Lord!
- 24 Give me justice, O LORD my God,  
according to your righteousness; \*  
do not let them triumph over me.
- 25 Do not let them say in their hearts,  
“Aha! just what we want!” \*  
Do not let them say, “We have swallowed him up.”

- 26 Let all who rejoice at my ruin be ashamed and disgraced; \*  
let those who boast against me be clothed with  
dismay and shame.
- 27 Let those who favor my cause sing out with joy and be glad; \*  
let them say always, "Great is the LORD,  
who desires the prosperity of his servant."
- 28 And my tongue shall be talking of your righteousness \*  
and of your praise all the day long.

37a *Noli æmulari*

- 1 Do not fret yourself because of evildoers; \*  
do not be jealous of those who do wrong.
- 2 For they shall soon wither like the grass, \*  
and like the green grass fade away.
- 3 Put your trust in the LORD and do good; \*  
dwell in the land and feed on its riches.
- 4 Take delight in the LORD, \*  
and he shall give you your heart's desire.
- 5 Commit your way to the LORD and put your trust in him, \*  
and he will bring it to pass.
- 6 He will make your righteousness as clear as the light \*  
and your just dealing as the noonday.
- 7 Be still before the LORD \*  
and wait patiently for him.
- 8 Do not fret yourself over the one who prospers, \*  
the one who succeeds in evil schemes.
- 9 Refrain from anger, leave rage alone; \*  
do not fret yourself; it leads only to evil.
- 10 For evildoers shall be cut off, \*  
but those who wait upon the LORD shall possess the land.
- 11 In a little while the wicked shall be no more; \*  
you shall search out their place, but they will not be there.
- 12 But the lowly shall possess the land; \*  
they will delight in abundance of peace.
- 13 The wicked plot against the righteous \*  
and gnash at them with their teeth.
- 14 The Lord laughs at the wicked, \*  
because he sees that their day will come.
- 15 The wicked draw their sword and bend their bow  
to strike down the poor and needy, \*  
to slaughter those who are upright in their ways.

- 16 Their sword shall go through their own heart, \*  
and their bow shall be broken.
- 17 The little that the righteous has \*  
is better than great riches of the wicked.
- 18 For the power of the wicked shall be broken, \*  
but the LORD upholds the righteous.



## 37b *Novit Dominus*

- 19 The LORD cares for the lives of the godly, \*  
and their inheritance shall last for ever.
- 20 They shall not be ashamed in bad times, \*  
and in days of famine they shall have enough.
- 21 As for the wicked, they shall perish, \*  
and the enemies of the LORD,  
like the glory of the meadows, shall vanish;  
they shall vanish like smoke.
- 22 The wicked borrow and do not repay, \*  
but the righteous are generous in giving.
- 23 Those who are blessed by God shall possess the land, \*  
but those who are cursed by him shall be destroyed.
- 24 Our steps are directed by the LORD; \*  
he strengthens those in whose way he delights.
- 25 If they stumble, they shall not fall headlong, \*  
for the LORD holds them by the hand.
- 26 I have been young and now I am old, \*  
but never have I seen the righteous forsaken,  
or their children begging bread.
- 27 The righteous are always generous in their lending, \*  
and their children shall be a blessing.
- 28 Turn from evil, and do good, \*  
and dwell in the land for ever.
- 29 For the LORD loves justice; \*  
he does not forsake his faithful ones.
- 30 They shall be kept safe for ever, \*  
but the offspring of the wicked shall be destroyed.
- 31 The righteous shall possess the land \*  
and dwell in it for ever.
- 32 The mouth of the righteous utters wisdom, \*  
and their tongue speaks what is right.

- 33 The law of their God is in their heart, \*  
and their footsteps shall not falter.
- 34 The wicked spy on the righteous \*  
and seek occasion to kill them.
- 35 The LORD will not abandon them to their hand, \*  
nor let them be found guilty when brought to trial.
- 36 Wait upon the LORD and keep his way; \*  
he will raise you up to possess the land,  
and when the wicked are cut off, you will see it.
- 37 I have seen the wicked in their arrogance, \*  
flourishing like a tree in full leaf.
- 38 I went by, and behold, they were not there; \*  
I searched for them, but they could not be found.
- 39 Mark those who are honest;  
observe the upright; \*  
for there is a future for the peaceable.
- 40 Transgressors shall be destroyed, one and all; \*  
the future of the wicked is cut off.
- 41 But the deliverance of the righteous comes from the LORD; \*  
he is their stronghold in time of trouble.
- 42 The LORD will help them and rescue them; \*  
he will rescue them from the wicked and deliver them,  
because they seek refuge in him.

38 *Domine, ne in furore*

- 1 O LORD, do not rebuke me in your anger; \*  
do not punish me in your wrath.
- 2 For your arrows have already pierced me, \*  
and your hand presses hard upon me.
- 3 There is no health in my flesh,  
because of your indignation; \*  
there is no soundness in my body, because of my sin.
- 4 For my iniquities overwhelm me; \*  
like a heavy burden they are too much for me to bear.
- 5 My wounds stink and fester \*  
by reason of my foolishness.
- 6 I am utterly bowed down and prostrate; \*  
I go about in mourning all the day long.
- 7 My loins are filled with searing pain; \*  
there is no health in my body.
- 8 I am utterly numb and crushed; \*  
I wail, because of the groaning of my heart.
- 9 O Lord, you know all my desires, \*  
and my sighing is not hidden from you.
- 10 My heart is pounding, my strength has failed me, \*  
and the brightness of my eyes is gone from me.
- 11 My friends and companions draw back from my affliction; \*  
my neighbors stand afar off.
- 12 Those who seek after my life lay snares for me; \*  
those who strive to hurt me speak of my ruin  
and plot treachery all the day long.
- 13 But I am like the deaf who do not hear, \*  
like those who are mute and do not open their mouth.
- 14 I have become like one who does not hear \*  
and from whose mouth comes no defense.
- 15 For in you, O LORD, have I fixed my hope; \*  
you will answer me, O Lord my God.

- 16 For I said, “Do not let them rejoice at my expense, \*  
those who gloat over me when my foot slips.”
- 17 Truly, I am on the verge of falling, \*  
and my pain is always with me.
- 18 I will confess my iniquity \*  
and be sorry for my sin.
- 19 Those who are my enemies without cause are mighty, \*  
and many in number are those who wrongfully hate me.
- 20 Those who repay evil for good slander me, \*  
because I follow the course that is right.
- 21 O LORD, do not forsake me; \*  
be not far from me, O my God.
- 22 Make haste to help me, \*  
O Lord of my salvation.

## MONDAY: SECOND NOCTURN

### 39 *Dixi, Custodiam*

- 1 I said, "I will keep watch upon my ways, \*  
so that I do not offend with my tongue.
- 2 I will put a muzzle on my mouth \*  
while the wicked are in my presence."
- 3 So I held my tongue and said nothing; \*  
I refrained from rash words;  
but my pain became unbearable.
- 4 My heart was hot within me;  
while I pondered, the fire burst into flame; \*  
I spoke out with my tongue:
- 5 LORD, let me know my end and the number of my days, \*  
so that I may know how short my life is.
- 6 You have given me a mere handful of days,  
and my lifetime is as nothing in your sight; \*  
truly, even those who stand erect are but a puff of wind.
- 7 We walk about like a shadow,  
and in vain we are in turmoil; \*  
we heap up riches and cannot tell who will gather them.
- 8 And now, what is my hope? \*  
O Lord, my hope is in you.
- 9 Deliver me from all my transgressions \*  
and do not make me the taunt of the fool.
- 10 I fell silent and did not open my mouth, \*  
for surely it was you that did it.
- 11 Take your affliction from me; \*  
I am worn down by the blows of your hand.
- 12 With rebukes for sin you punish us;  
like a moth you eat away all that is dear to us; \*  
truly, everyone is but a puff of wind.
- 13 Hear my prayer, O LORD, and give ear to my cry; \*  
hold not your peace at my tears.

- 14 For I am but a sojourner with you, \*  
a wayfarer, as all my forebears were.
- 15 Turn your gaze from me, that I may be glad again, \*  
before I go my way and am no more.

40 *Expectans, expectavi*

- 1 I waited patiently upon the LORD; \*  
he stooped to me and heard my cry.
- 2 He lifted me out of the desolate pit, out of the mire and clay; \*  
he set my feet upon a high cliff and made my footing sure.
- 3 He put a new song in my mouth,  
a song of praise to our God; \*  
many shall see, and stand in awe,  
and put their trust in the LORD.
- 4 Happy are they who trust in the LORD! \*  
they do not resort to evil spirits or turn to false gods.
- 5 Great things are they that you have done, O LORD my God!  
how great your wonders and your plans for us! \*  
there is none who can be compared with you.
- 6 Oh, that I could make them known and tell them! \*  
but they are more than I can count.
- 7 In sacrifice and offering you take no pleasure \*  
(you have given me ears to hear you);
- 8 Burnt-offering and sin-offering you have not required, \*  
and so I said, "Behold, I come.
- 9 In the roll of the book it is written concerning me: \*  
'I love to do your will, O my God;  
your law is deep in my heart.'
- 10 I proclaimed righteousness in the great congregation; \*  
behold, I did not restrain my lips;  
and that, O LORD, you know.
- 11 Your righteousness have I not hidden in my heart;  
I have spoken of your faithfulness and your deliverance; \*  
I have not concealed your love and faithfulness from the  
great congregation.
- 12 You are the LORD;  
do not withhold your compassion from me; \*  
let your love and your faithfulness keep me safe for ever,

- 13 For innumerable troubles have crowded upon me;  
my sins have overtaken me, and I cannot see; \*  
they are more in number than the hairs of my head,  
and my heart fails me.
- 14 Be pleased, O LORD, to deliver me; \*  
O LORD, make haste to help me.
- 15 Let them be ashamed and altogether dismayed  
who seek after my life to destroy it; \*  
let them draw back and be disgraced  
who take pleasure in my misfortune.
- 16 Let those who say “Aha!” and gloat over me be confounded, \*  
because they are ashamed.
- 17 Let all who seek you rejoice in you and be glad; \*  
let those who love your salvation continually say,  
“Great is the LORD!”
- 18 Though I am poor and afflicted, \*  
the Lord will have regard for me.
- 19 You are my helper and my deliverer; \*  
do not tarry, O my God.



41 *Beatus qui intelligit*

- 1 Happy are they who consider the poor and needy! \*  
the LORD will deliver them in the time of trouble.
- 2 The LORD preserves them and keeps them alive,  
so that they may be happy in the land; \*  
he does not hand them over to the will of their enemies.
- 3 The LORD sustains them on their sickbed \*  
and ministers to them in their illness.
- 4 I said, "LORD, be merciful to me; \*  
heal me, for I have sinned against you."
- 5 My enemies are saying wicked things about me: \*  
"When will he die, and his name perish?"
- 6 Even if they come to see me, they speak empty words; \*  
their heart collects false rumors;  
they go outside and spread them.
- 7 All my enemies whisper together about me \*  
and devise evil against me.
- 8 "A deadly thing," they say, "has fastened on him; \*  
he has taken to his bed and will never get up again."
- 9 Even my best friend, whom I trusted,  
who broke bread with me, \*  
has lifted up his heel and turned against me.
- 10 But you, O LORD, be merciful to me and raise me up, \*  
and I shall repay them.
- 11 By this I know you are pleased with me, \*  
that my enemy does not triumph over me.
- 12 In my integrity you hold me fast, \*  
and shall set me before your face for ever.
- 13 Blessed be the LORD God of Israel, \*  
from age to age. Amen. Amen.

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.

44 *Deus, auribus*

- 1 We have heard with our ears, O God,  
our forefathers have told us, \*  
the deeds you did in their days,  
in the days of old.
- 2 How with your hand you drove the peoples out  
and planted our forefathers in the land; \*  
how you destroyed nations and made your people flourish.
- 3 For they did not take the land by their sword,  
nor did their arm win the victory for them; \*  
but your right hand, your arm,  
and the light of your countenance,  
because you favored them.
- 4 You are my King and my God; \*  
you command victories for Jacob.
- 5 Through you we pushed back our adversaries; \*  
through your Name we trampled on those who  
rose up against us.
- 6 For I do not rely on my bow, \*  
and my sword does not give me the victory.
- 7 Surely, you gave us victory over our adversaries \*  
and put those who hate us to shame.
- 8 Every day we gloried in God, \*  
and we will praise your Name for ever.
- 9 Nevertheless, you have rejected and humbled us \*  
and do not go forth with our armies.
- 10 You have made us fall back before our adversary, \*  
and our enemies have plundered us.
- 11 You have made us like sheep to be eaten \*  
and have scattered us among the nations.
- 12 You are selling your people for a trifle \*  
and are making no profit on the sale of them.
- 13 You have made us the scorn of our neighbors, \*  
a mockery and derision to those around us.

- 14 You have made us a byword among the nations, \*  
a laughing-stock among the peoples.
- 15 My humiliation is daily before me, \*  
and shame has covered my face;
- 16 Because of the taunts of the mockers and blasphemers, \*  
because of the enemy and avenger.
- 17 All this has come upon us; \*  
yet we have not forgotten you,  
nor have we betrayed your covenant.
- 18 Our heart never turned back, \*  
nor did our footsteps stray from your path;
- 19 Though you thrust us down into a place of misery, \*  
and covered us over with deep darkness.
- 20 If we have forgotten the Name of our God, \*  
or stretched out our hands to some strange god,
- 21 Will not God find it out? \*  
for he knows the secrets of the heart.
- 22 Indeed, for your sake we are killed all the day long; \*  
we are accounted as sheep for the slaughter.
- 23 Awake, O Lord! why are you sleeping? \*  
Arise! do not reject us for ever.
- 24 Why have you hidden your face \*  
and forgotten our affliction and oppression?
- 25 We sink down into the dust; \*  
our body cleaves to the ground.
- 26 Rise up, and help us, \*  
and save us, for the sake of your steadfast love.

45 *Eructavit cor meum*

- 1 My heart is stirring with a noble song;  
let me recite what I have fashioned for the king; \*  
my tongue shall be the pen of a skilled writer.
- 2 You are the fairest of men; \*  
grace flows from your lips,  
because God has blessed you for ever.
- 3 Strap your sword upon your thigh, O mighty warrior, \*  
in your pride and in your majesty.
- 4 Ride out and conquer in the cause of truth \*  
and for the sake of justice.
- 5 Your right hand will show you marvelous things; \*  
your arrows are very sharp, O mighty warrior.
- 6 The peoples are falling at your feet, \*  
and the king's enemies are losing heart.
- 7 Your throne, O God, endures for ever and ever, \*  
a scepter of righteousness is the scepter of your kingdom;  
you love righteousness and hate iniquity.
- 8 Therefore God, your God, has anointed you \*  
with the oil of gladness above your fellows.
- 9 All your garments are fragrant with myrrh, aloes, and cassia, \*  
and the music of strings from ivory palaces makes you glad.
- 10 Kings' daughters stand among the ladies of the court; \*  
on your right hand is the queen,  
adorned with the gold of Ophir.
- 11 "Hear, O daughter; consider and listen closely; \*  
forget your people and your father's house.
- 12 The king will have pleasure in your beauty; \*  
he is your master; therefore do him honor.
- 13 The people of Tyre are here with a gift; \*  
the rich among the people seek your favor."
- 14 All glorious is the princess as she enters; \*  
her gown is cloth-of-gold.

- 15 In embroidered apparel she is brought to the king; \*  
after her the bridesmaids follow in procession.
- 16 With joy and gladness they are brought, \*  
and enter into the palace of the king.
- 17 “In place of fathers, O king, you shall have sons; \*  
you shall make them princes over all the earth.
- 18 I will make your name to be remembered  
from one generation to another; \*  
therefore nations will praise you for ever and ever.”

## MONDAY: LAUDS

67 *Deus misereatur*

- 1 May God be merciful to us and bless us, \*  
show us the light of his countenance and come to us.
- 2 Let your ways be known upon earth, \*  
your saving health among all nations.
- 3 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 4 Let the nations be glad and sing for joy, \*  
for you judge the peoples with equity  
and guide all the nations upon earth.
- 5 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 6 The earth has brought forth her increase; \*  
may God, our own God, give us his blessing.
- 7 May God give us his blessing, \*  
and may all the ends of the earth stand in awe of him.



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.

5 *Verba mea auribus*

- 1 Give ear to my words, O LORD; \*  
consider my meditation.
- 2 Harken to my cry for help, my King and my God, \*  
for I make my prayer to you.
- 3 In the morning, LORD, you hear my voice; \*  
early in the morning I make my appeal and watch for you.
- 4 For you are not a God who takes pleasure in wickedness, \*  
and evil cannot dwell with you.
- 5 Braggarts cannot stand in your sight; \*  
you hate all those who work wickedness.
- 6 You destroy those who speak lies; \*  
the bloodthirsty and deceitful, O Lord, you abhor.
- 7 But as for me, through the greatness of your mercy I will  
go into your house; \*  
I will bow down toward your holy temple in awe of you.
- 8 Lead me, O LORD, in your righteousness,  
because of those who lie in wait for me; \*  
make your way straight before me.
- 9 For there is no truth in their mouth; \*  
there is destruction in their heart;
- 10 Their throat is an open grave; \*  
they flatter with their tongue.
- 11 Declare them guilty, O God; \*  
let them fall, because of their schemes.
- 12 Because of their many transgressions cast them out, \*  
for they have rebelled against you.
- 13 But all who take refuge in you will be glad; \*  
they will sing out their joy for ever.
- 14 You will shelter them, \*  
so that those who love your Name may exult in you.
- 15 For you, O LORD, will bless the righteous; \*  
you will defend them with your favor as with a shield.

36 *Dixit injustus*

- 1 There is a voice of rebellion deep in the heart of the wicked; \*  
there is no fear of God before his eyes.
- 2 He flatters himself in his own eyes \*  
that his hateful sin will not be found out.
- 3 The words of his mouth are wicked and deceitful; \*  
he has left off acting wisely and doing good.
- 4 He thinks up wickedness upon his bed  
and has set himself in no good way; \*  
he does not abhor that which is evil.
- 5 Your love, O LORD, reaches to the heavens, \*  
and your faithfulness to the clouds.
- 6 Your righteousness is like the strong mountains,  
your justice like the great deep; \*  
you save both man and beast, O LORD.
- 7 How priceless is your love, O God! \*  
your people take refuge under the  
shadow of your wings.
- 8 They feast upon the abundance of your house; \*  
you give them drink from the river of your delights.
- 9 For with you is the well of life, \*  
and in your light we see light.
- 10 Continue your loving-kindness to those who know you, \*  
and your favor to those who are true of heart.
- 11 Let not the foot of the proud come near me, \*  
nor the hand of the wicked push me aside.
- 12 See how they are fallen, those who work wickedness! \*  
they are cast down and shall not be able to rise.

**C1 A Song of David** *Benedictus es, Domine* OHC  
*1 Chronicles 29*

Blessed are you, O Lord,  
O God of Israel, our Father, \*  
from everlasting and to everlasting.

Yours, O Lord, are the greatness and the power, \*  
the glory, the majesty, and the splendor.

For all that is in the heavens and on the earth is yours; \*  
yours, O Lord, is the kingdom, and you are exalted  
as head above all.

Both riches and honor from you proceed, \*  
and over all that is you have dominion.

In your hand are power and strength; \*  
fame and courage are likewise yours to give to all.

And now, our God, we give you thanks, \*  
and praise the glory of your name.

## C2 The First Song of Isaiah *Ecce, Deus* BCP

*Isaiah 12:2-6*

Surely, it is God who saves me; \*

I will trust in him and not be afraid.

For the Lord is my stronghold and my sure defense, \*  
and he will be my Savior.

Therefore you shall draw water with rejoicing \*  
from the springs of salvation.

And on that day you shall say, \*

Give thanks to the Lord and call upon his Name;

Make his deeds known among the peoples; \*  
see that they remember that his Name is exalted.

Sing the praises of the Lord, for he has done great things, \*  
and this is known in all the world.

Cry aloud, inhabitants of Zion, ring out your joy, \*  
for the great one in the midst of you is the Holy One of Israel.

148 *Laudate Dominum*

- 1 Hallelujah!  
Praise the LORD from the heavens; \*  
praise him in the heights.
- 2 Praise him, all you angels of his; \*  
praise him, all his host.
- 3 Praise him, sun and moon; \*  
praise him, all you shining stars.
- 4 Praise him, heaven of heavens, \*  
and you waters above the heavens.
- 5 Let them praise the Name of the LORD; \*  
for he commanded, and they were created.
- 6 He made them stand fast for ever and ever; \*  
he gave them a law which shall not pass away.
- 7 Praise the LORD from the earth, \*  
you sea-monsters and all deeps;
- 8 Fire and hail, snow and fog, \*  
tempestuous wind, doing his will;
- 9 Mountains and all hills, \*  
fruit trees and all cedars;
- 10 Wild beasts and all cattle, \*  
creeping things and wingèd birds;
- 11 Kings of the earth and all peoples, \*  
princes and all rulers of the world;
- 12 Young men and maidens, \*  
old and young together.
- 13 Let them praise the Name of the LORD, \*  
for his Name only is exalted,  
his splendor is over earth and heaven.
- 14 He has raised up strength for his people  
and praise for all his loyal servants, \*  
the children of Israel, a people who are near him.  
Hallelujah!

149 *Cantate Domino*

- 1 Hallelujah!  
Sing to the LORD a new song; \*  
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in his Maker; \*  
let the children of Zion be joyful in their King.
- 3 Let them praise his Name in the dance; \*  
let them sing praise to him with timbrel and harp.
- 4 For the LORD takes pleasure in his people \*  
and adorns the poor with victory.
- 5 Let the faithful rejoice in triumph; \*  
let them be joyful on their beds.
- 6 Let the praises of God be in their throat \*  
and a two-edged sword in their hand;
- 7 To wreak vengeance on the nations \*  
and punishment on the peoples;
- 8 To bind their kings in chains \*  
and their nobles with links of iron;
- 9 To inflict on them the judgment decreed; \*  
this is glory for all his faithful people.  
Hallelujah!



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!

## MONDAY: TERCE

### 119k 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.

1191 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.

119m 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.

MONDAY: SEXT

119n 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.

1190 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.

119p *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.

MONDAY: NONE

119q 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.



119r *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.

119s Qoph *Clamavi in toto corde meo*

- 145 I call with my whole heart; \*  
answer me, O LORD, that I may keep your statutes.
- 146 I call to you;  
oh, that you would save me! \*  
I will keep your decrees.
- 147 Early in the morning I cry out to you, \*  
for in your word is my trust.
- 148 My eyes are open in the night watches, \*  
that I may meditate upon your promise.
- 149 Hear my voice, O LORD, according to your loving-kindness; \*  
according to your judgments, give me life.
- 150 They draw near who in malice persecute me; \*  
they are very far from your law.
- 151 You, O LORD, are near at hand, \*  
and all your commandments are true.
- 152 Long have I known from your decrees \*  
that you have established them for ever.

## MONDAY: VESPERS

### 114–115 *In exitu Israel*

- 1 Hallelujah!  
When Israel came out of Egypt, \*  
the house of Jacob from a people of strange speech,
- 2 Judah became God's sanctuary \*  
and Israel his dominion.
- 3 The sea beheld it and fled; \*  
Jordan turned and went back.
- 4 The mountains skipped like rams, \*  
and the little hills like young sheep.
- 5 What ailed you, O sea, that you fled? \*  
O Jordan, that you turned back?
- 6 You mountains, that you skipped like rams? \*  
you little hills like young sheep?
- 7 Tremble, O earth, at the presence of the Lord, \*  
at the presence of the God of Jacob,
- 8 Who turned the hard rock into a pool of water \*  
and flint-stone into a flowing spring.
- 1 Not to us, O LORD, not to us,  
but to your Name give glory; \*  
because of your love and because of your faithfulness.
- 2 Why should the heathen say, \*  
"Where then is their God?"
- 3 Our God is in heaven; \*  
whatever he wills to do he does.
- 4 Their idols are silver and gold, \*  
the work of human hands.
- 5 They have mouths, but they cannot speak; \*  
eyes have they, but they cannot see;
- 6 They have ears, but they cannot hear; \*  
noses, but they cannot smell;

- 7 They have hands, but they cannot feel;  
feet, but they cannot walk; \*  
they make no sound with their throat.
- 8 Those who make them are like them, \*  
and so are all who put their trust in them.
- 9 O Israel, trust in the LORD; \*  
he is their help and their shield.
- 10 O house of Aaron, trust in the LORD; \*  
he is their help and their shield.
- 11 You who fear the LORD, trust in the LORD; \*  
he is their help and their shield.
- 12 The LORD has been mindful of us, and he will bless us; \*  
he will bless the house of Israel;  
he will bless the house of Aaron;
- 13 He will bless those who fear the LORD, \*  
both small and great together.
- 14 May the LORD increase you more and more, \*  
you and your children after you.
- 15 May you be blessed by the LORD, \*  
the maker of heaven and earth.
- 16 The heaven of heavens is the LORD'S, \*  
but he entrusted the earth to its peoples.
- 17 The dead do not praise the LORD, \*  
nor all those who go down into silence;
- 18 But we will bless the LORD, \*  
from this time forth for evermore.  
Hallelujah!

116a *Dilexi, quoniam*

- 1 I love the LORD, because he has heard the voice of  
my supplication, \*  
because he has inclined his ear to me whenever  
I called upon him.
- 2 The cords of death entangled me;  
the grip of the grave took hold of me; \*  
I came to grief and sorrow.
- 3 Then I called upon the Name of the LORD: \*  
“O LORD, I pray you, save my life.”
- 4 Gracious is the LORD and righteous; \*  
our God is full of compassion.
- 5 The LORD watches over the innocent; \*  
I was brought very low, and he helped me.
- 6 Turn again to your rest, O my soul, \*  
for the LORD has treated you well.
- 7 For you have rescued my life from death, \*  
my eyes from tears, and my feet from stumbling.
- 8 I will walk in the presence of the LORD \*  
in the land of the living.

116b–117 *Credidi*

- 9 I believed, even when I said,  
“I have been brought very low.” \*  
In my distress I said, “No one can be trusted.”
- 10 How shall I repay the LORD \*  
for all the good things he has done for me?
- 11 I will lift up the cup of salvation \*  
and call upon the Name of the LORD.
- 12 I will fulfill my vows to the LORD \*  
in the presence of all his people.
- 13 Precious in the sight of the LORD \*  
is the death of his servants.
- 14 O LORD, I am your servant; \*  
I am your servant and the child of your handmaid;  
you have freed me from my bonds.
- 15 I will offer you the sacrifice of thanksgiving \*  
and call upon the Name of the LORD.
- 16 I will fulfill my vows to the LORD \*  
in the presence of all his people,
- 17 In the courts of the LORD’S house, \*  
in the midst of you, O Jerusalem.  
Hallelujah!
- 1 Praise the LORD, all you nations; \*  
laud him, all you peoples.
- 2 For his loving-kindness toward us is great, \*  
and the faithfulness of the LORD endures for ever.  
Hallelujah!

129 *Sæpe expugnaverunt*

- 1 “Greatly have they oppressed me since my youth,” \*  
let Israel now say;
- 2 “Greatly have they oppressed me since my youth, \*  
but they have not prevailed against me.”
- 3 The plowmen plowed upon my back \*  
and made their furrows long.
- 4 The LORD, the Righteous One, \*  
has cut the cords of the wicked.
- 5 Let them be put to shame and thrown back, \*  
all those who are enemies of Zion.
- 6 Let them be like grass upon the housetops, \*  
which withers before it can be plucked;
- 7 Which does not fill the hand of the reaper, \*  
nor the bosom of him who binds the sheaves;
- 8 So that those who go by say not so much as,  
“The LORD prosper you. \*  
We wish you well in the Name of the LORD.”

## MONDAY: COMPLINE

### 4 *Cum invocarem*

- 1 Answer me when I call, O God, defender of my cause; \*  
you set me free when I am hard-pressed;  
have mercy on me and hear my prayer.
- 2 “You mortals, how long will you dishonor my glory; \*  
how long will you worship dumb idols  
and run after false gods?”
- 3 Know that the LORD does wonders for the faithful; \*  
when I call upon the LORD, he will hear me.
- 4 Tremble, then, and do not sin; \*  
speak to your heart in silence upon your bed.
- 5 Offer the appointed sacrifices \*  
and put your trust in the LORD.
- 6 Many are saying, “Oh, that we might see better times!” \*  
Lift up the light of your countenance upon us, O LORD.
- 7 You have put gladness in my heart, \*  
more than when grain and wine and oil increase.
- 8 I lie down in peace; at once I fall asleep; \*  
for only you, LORD, make me dwell in safety.



91 *Qui habitat*

- 1 He who dwells in the shelter of the Most High, \*  
abides under the shadow of the Almighty.
- 2 He shall say to the LORD,  
“You are my refuge and my stronghold, \*  
my God in whom I put my trust.”
- 3 He shall deliver you from the snare of the hunter \*  
and from the deadly pestilence.
- 4 He shall cover you with his pinions,  
and you shall find refuge under his wings; \*  
his faithfulness shall be a shield and buckler.
- 5 You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;
- 6 Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.
- 7 A thousand shall fall at your side  
and ten thousand at your right hand, \*  
but it shall not come near you.
- 8 Your eyes have only to behold \*  
to see the reward of the wicked.
- 9 Because you have made the LORD your refuge, \*  
and the Most High your habitation,
- 10 There shall no evil happen to you, \*  
neither shall any plague come near your dwelling.
- 11 For he shall give his angels charge over you, \*  
to keep you in all your ways.
- 12 They shall bear you in their hands, \*  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; \*  
you shall trample the young lion and the serpent  
under your feet.

- 14 Because he is bound to me in love,  
therefore will I deliver him; \*  
I will protect him, because he knows my Name.
- 15 He shall call upon me, and I will answer him; \*  
I am with him in trouble;  
I will rescue him and bring him to honor.
- 16 With long life will I satisfy him, \*  
and show him my salvation.

134 *Ecce nunc*

- 1 Behold now, bless the LORD, all you servants of the LORD, \*  
you that stand by night in the house of the LORD.
- 2 Lift up your hands in the holy place and bless the LORD; \*  
the LORD who made heaven and earth  
bless you out of Zion.

## TUESDAY: VIGILS

### 3 *Domine, quid multiplicati*

- 1 LORD, how many adversaries I have! \*  
how many there are who rise up against me!
- 2 How many there are who say of me, \*  
“There is no help for him in his God.”
- 3 But you, O LORD, are a shield about me; \*  
you are my glory, the one who lifts up my head.
- 4 I call aloud upon the LORD, \*  
and he answers me from his holy hill;
- 5 I lie down and go to sleep; \*  
I wake again, because the LORD sustains me.
- 6 I do not fear the multitudes of people \*  
who set themselves against me all around.
- 7 Rise up, O LORD; set me free, O my God; \*  
surely, you will strike all my enemies across the face,  
you will break the teeth of the wicked.
- 8 Deliverance belongs to the LORD. \*  
Your blessing be upon your people!

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.”

## TUESDAY: FIRST NOCTURN

### 46 *Deus noster refugium*

- 1 God is our refuge and strength, \*  
a very present help in trouble.
- 2 Therefore we will not fear, though the earth be moved, \*  
and though the mountains be toppled into the  
depths of the sea;
- 3 Though its waters rage and foam, \*  
and though the mountains tremble at its tumult.
- 4 The LORD of hosts is with us; \*  
the God of Jacob is our stronghold.
- 5 There is a river whose streams make glad the city of God, \*  
the holy habitation of the Most High.
- 6 God is in the midst of her;  
she shall not be overthrown; \*  
God shall help her at the break of day.
- 7 The nations make much ado, and the kingdoms are shaken; \*  
God has spoken, and the earth shall melt away.
- 8 The LORD of hosts is with us; \*  
the God of Jacob is our stronghold.
- 9 Come now and look upon the works of the LORD, \*  
what awesome things he has done on earth.
- 10 It is he who makes war to cease in all the world; \*  
he breaks the bow, and shatters the spear,  
and burns the shields with fire.
- 11 “Be still, then, and know that I am God; \*  
I will be exalted among the nations;  
I will be exalted in the earth.”
- 12 The LORD of hosts is with us; \*  
the God of Jacob is our stronghold.

47 *Omnes 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.



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.

50 *Deus deorum*

- 1 The LORD, the God of gods, has spoken; \*  
he has called the earth from the rising of the sun to  
its setting.
- 2 Out of Zion, perfect in its beauty, \*  
God reveals himself in glory.
- 3 Our God will come and will not keep silence; \*  
before him there is a consuming flame,  
and round about him a raging storm.
- 4 He calls the heavens and the earth from above \*  
to witness the judgment of his people.
- 5 “Gather before me my loyal followers, \*  
those who have made a covenant with me  
and sealed it with sacrifice.”
- 6 Let the heavens declare the rightness of his cause; \*  
for God himself is judge.
- 7 Hear, O my people, and I will speak:  
“O Israel, I will bear witness against you; \*  
for I am God, your God.
- 8 I do not accuse you because of your sacrifices; \*  
your offerings are always before me.
- 9 I will take no bull-calf from your stalls, \*  
nor he-goats out of your pens;
- 10 For all the beasts of the forest are mine, \*  
the herds in their thousands upon the hills.
- 11 I know every bird in the sky, \*  
and the creatures of the fields are in my sight.
- 12 If I were hungry, I would not tell you, \*  
for the whole world is mine and all that is in it.
- 13 Do you think I eat the flesh of bulls, \*  
or drink the blood of goats?
- 14 Offer to God a sacrifice of thanksgiving \*  
and make good your vows to the Most High.

- 15 Call upon me in the day of trouble; \*  
I will deliver you, and you shall honor me.”
- 16 But to the wicked God says: \*  
“Why do you recite my statutes,  
and take my covenant upon your lips;
- 17 Since you refuse discipline, \*  
and toss my words behind your back?
- 18 When you see a thief, you make him your friend, \*  
and you cast in your lot with adulterers.
- 19 You have loosed your lips for evil, \*  
and harnessed your tongue to a lie.
- 20 You are always speaking evil of your brother \*  
and slandering your own mother’s son.
- 21 These things you have done, and I kept still, \*  
and you thought that I am like you.”
- 22 “I have made my accusation; \*  
I have put my case in order before your eyes.
- 23 Consider this well, you who forget God, \*  
lest I rend you and there be none to deliver you.
- 24 Whoever offers me the sacrifice of thanksgiving  
honors me; \*  
but to those who keep in my way will I show  
the salvation of God.”

52 *Quid gloriaris?*

- 1 You tyrant, why do you boast of wickedness \*  
against the godly all day long?
- 2 You plot ruin;  
your tongue is like a sharpened razor, \*  
O worker of deception.
- 3 You love evil more than good \*  
and lying more than speaking the truth.
- 4 You love all words that hurt, \*  
O you deceitful tongue.
- 5 Oh, that God would demolish you utterly, \*  
topple you, and snatch you from your dwelling,  
and root you out of the land of the living!
- 6 The righteous shall see and tremble, \*  
and they shall laugh at him, saying,
- 7 “This is the one who did not take God for a refuge, \*  
but trusted in great wealth  
and relied upon wickedness.”
- 8 But I am like a green olive tree in the house of God; \*  
I trust in the mercy of God for ever and ever.
- 9 I will give you thanks for what you have done \*  
and declare the goodness of your Name in the presence  
of the godly.

## TUESDAY: SECOND NOCTURN

### 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.

54 *Deus, in nomine*

- 1 Save me, O God, by your Name; \*  
in your might, defend my cause.
- 2 Hear my prayer, O God; \*  
give ear to the words of my mouth.
- 3 For the arrogant have risen up against me,  
and the ruthless have sought my life, \*  
those who have no regard for God.
- 4 Behold, God is my helper; \*  
it is the Lord who sustains my life.
- 5 Render evil to those who spy on me; \*  
in your faithfulness, destroy them.
- 6 I will offer you a freewill sacrifice \*  
and praise your Name, O LORD, for it is good.
- 7 For you have rescued me from every trouble, \*  
and my eye has seen the ruin of my foes.

55 *Exaudi, Deus*

- 1 Hear my prayer, O God; \*  
do not hide yourself from my petition.
- 2 Listen to me and answer me; \*  
I have no peace, because of my cares.
- 3 I am shaken by the noise of the enemy \*  
and by the pressure of the wicked;
- 4 For they have cast an evil spell upon me \*  
and are set against me in fury.
- 5 My heart quakes within me, \*  
and the terrors of death have fallen upon me.
- 6 Fear and trembling have come over me, \*  
and horror overwhelms me.
- 7 And I said, "Oh, that I had wings like a dove! \*  
I would fly away and be at rest.
- 8 I would flee to a far-off place \*  
and make my lodging in the wilderness.
- 9 I would hasten to escape \*  
from the stormy wind and tempest."
- 10 Swallow them up, O Lord;  
confound their speech; \*  
for I have seen violence and strife in the city.
- 11 Day and night the watchmen make their rounds  
upon her walls, \*  
but trouble and misery are in the midst of her.
- 12 There is corruption at her heart; \*  
her streets are never free of oppression and deceit.
- 13 For had it been an adversary who taunted me,  
then I could have borne it; \*  
or had it been an enemy who vaunted himself against me,  
then I could have hidden from him.
- 14 But it was you, a man after my own heart, \*  
my companion, my own familiar friend.



- 15 We took sweet counsel together, \*  
and walked with the throng in the house of God.
- 16 Let death come upon them suddenly;  
let them go down alive into the grave; \*  
for wickedness is in their dwellings, in their very midst.
- 17 But I will call upon God, \*  
and the LORD will deliver me.
- 18 In the evening, in the morning, and at noonday,  
I will complain and lament, \*  
and he will hear my voice.
- 19 He will bring me safely back from the battle  
waged against me; \*  
for there are many who fight me.
- 20 God, who is enthroned of old, will hear me and  
bring them down; \*  
they never change; they do not fear God.
- 21 My companion stretched forth his hand against his comrade; \*  
he has broken his covenant.
- 22 His speech is softer than butter, \*  
but war is in his heart.
- 23 His words are smoother than oil, \*  
but they are drawn swords.
- 24 Cast your burden upon the LORD,  
and he will sustain you; \*  
he will never let the righteous stumble.
- 25 For you will bring the bloodthirsty and deceitful \*  
down to the pit of destruction, O God.
- 26 They shall not live out half their days, \*  
but I will put my trust in you.

56 *Miserere mei, Deus*

- 1 Have mercy on me, O God,  
for my enemies are hounding me; \*  
all day long they assault and oppress me.
- 2 They hound me all the day long; \*  
truly there are many who fight against me, O Most High.
- 3 Whenever I am afraid, \*  
I will put my trust in you.
- 4 In God, whose word I praise,  
In God I trust and will not be afraid, \*  
for what can flesh do to me?
- 5 All day long they damage my cause; \*  
their only thought is to do me evil.
- 6 They band together; they lie in wait; \*  
they spy upon my footsteps;  
because they seek my life.
- 7 Shall they escape despite their wickedness? \*  
O God, in your anger, cast down the peoples.
- 8 You have noted my lamentation;  
put my tears into your bottle; \*  
are they not recorded in your book?
- 9 Whenever I call upon you, my enemies will be put to flight; \*  
this I know, for God is on my side.
- 10 In God the LORD, whose word I praise,  
in God I trust and will not be afraid, \*  
for what can mortals do to me?
- 11 I am bound by the vow I made to you, O God; \*  
I will present to you thank-offerings;
- 12 For you have rescued my soul from death and my feet  
from stumbling, \*  
that I may walk before God in the light of the living.

58 *Si vere utique*

- 1 Do you indeed decree righteousness, you rulers? \*  
do you judge the peoples with equity?
- 2 No; you devise evil in your hearts, \*  
and your hands deal out violence in the land.
- 3 The wicked are perverse from the womb; \*  
liars go astray from their birth.
- 4 They are as venomous as a serpent, \*  
they are like the deaf adder which stops its ears,
- 5 Which does not heed the voice of the charmer, \*  
no matter how skillful his charming.
- 6 O God, break their teeth in their mouths; \*  
pull the fangs of the young lions, O LORD.
- 7 Let them vanish like water that runs off; \*  
let them wither like trodden grass.
- 8 Let them be like the snail that melts away, \*  
like a stillborn child that never sees the sun.
- 9 Before they bear fruit, let them be cut down like a brier; \*  
like thorns and thistles let them be swept away.
- 10 The righteous will be glad when they see the vengeance; \*  
they will bathe their feet in the blood of the wicked.
- 11 And they will say,  
“Surely, there is a reward for the righteous; \*  
surely, there is a God who rules in the earth.”

59 *Eripe me de inimicis*

- 1 Rescue me from my enemies, O God; \*  
protect me from those who rise up against me.
- 2 Rescue me from evildoers \*  
and save me from those who thirst for my blood.
- 3 See how they lie in wait for my life,  
how the mighty gather together against me; \*  
not for any offense or fault of mine, O LORD.
- 4 Not because of any guilt of mine \*  
they run and prepare themselves for battle.
- 5 Rouse yourself, come to my side, and see; \*  
for you, LORD God of hosts, are Israel's God.
- 6 Awake, and punish all the ungodly; \*  
show no mercy to those who are faithless and evil.
- 7 They go to and fro in the evening; \*  
they snarl like dogs and run about the city.
- 8 Behold, they boast with their mouths,  
and taunts are on their lips; \*  
"For who." they say, "will hear us?"
- 9 But you, O LORD, you laugh at them; \*  
you laugh all the ungodly to scorn.
- 10 My eyes are fixed on you, O my Strength; \*  
for you, O God, are my stronghold.
- 11 My merciful God comes to meet me; \*  
God will let me look in triumph on my enemies.
- 12 Slay them, O God, lest my people forget; \*  
send them reeling by your might  
and put them down, O Lord our shield.
- 13 For the sins of their mouths, for the words of their lips,  
for the cursing and lies that they utter, \*  
let them be caught in their pride.
- 14 Make an end of them in your wrath; \*  
make an end of them, and they shall be no more.

- 15 Let everyone know that God rules in Jacob, \*  
and to the ends of the earth.
- 16 They go to and fro in the evening; \*  
they snarl like dogs and run about the city.
- 17 They forage for food, \*  
and if they are not filled, they howl.
- 18 For my part, I will sing of your strength; \*  
I will celebrate your love in the morning;
- 19 For you have become my stronghold, \*  
a refuge in the day of my trouble.
- 20 To you, O my Strength, will I sing; \*  
for you, O God, are my stronghold and my merciful God.

## TUESDAY: LAUDS

### 67 *Deus misereatur*

- 1 May God be merciful to us and bless us, \*  
show us the light of his countenance and come to us.
- 2 Let your ways be known upon earth, \*  
your saving health among all nations.
- 3 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 4 Let the nations be glad and sing for joy, \*  
for you judge the peoples with equity  
and guide all the nations upon earth.
- 5 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 6 The earth has brought forth her increase; \*  
may God, our own God, give us his blessing.
- 7 May God give us his blessing, \*  
and may all the ends of the earth stand in awe of him.

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.



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.

57 *Miserere mei, Deus*

- 1 Be merciful to me, O God, be merciful,  
for I have taken refuge in you; \*  
in the shadow of your wings will I take refuge  
until this time of trouble has gone by.
- 2 I will call upon the Most High God, \*  
the God who maintains my cause.
- 3 He will send from heaven and save me;  
he will confound those who trample upon me; \*  
God will send forth his love and his faithfulness.
- 4 I lie in the midst of lions that devour the people; \*  
their teeth are spears and arrows,  
their tongue a sharp sword.
- 5 They have laid a net for my feet,  
and I am bowed low; \*  
they have dug a pit before me,  
but have fallen into it themselves.
- 6 Exalt yourself above the heavens, O God, \*  
and your glory over all the earth.
- 7 My heart is firmly fixed, O God, my heart is fixed; \*  
I will sing and make melody.
- 8 Wake up, my spirit;  
awake, lute and harp; \*  
I myself will waken the dawn.
- 9 I will confess you among the peoples, O LORD; \*  
I will sing praise to you among the nations.
- 10 For your loving-kindness is greater than the heavens, \*  
and your faithfulness reaches to the clouds.
- 11 Exalt yourself above the heavens, O God, \*  
and your glory over all the earth.

**C1 The Song of Tobit** *Magnus es, Domine* OHC  
*Tobit 13*

Blessed be God who lives for ever, \*  
for his reign endures throughout all ages.

Declare his praise before the nations, \*  
you who are the children of Israel.

for if he has scattered you among them, \*  
there too he has shown you his greatness.

Extol him before all the living; \*  
he is our God and our Father for ever.

Though he punishes you for your iniquities, \*  
he will take pity on you;

he will gather you from every nation, \*  
wherever you have been scattered.

If you return to him with all your heart and all your soul, \*  
behaving honestly toward him,

then he will return to you \*  
and hide his face from you no longer.

C2 The Song of Hezekiah *Ego dixi* NRSV  
*Isaiah 38*

In the noontide of my days I must depart; \*  
I am consigned to the gates of Sheol for the rest of my years.

I said, I shall not see the Lord in the land of the living; \*  
I shall look upon mortals no more  
among the inhabitants of the world.

My dwelling is plucked up and removed from me like a  
shepherd's tent; \*  
like a weaver I have rolled up my life;  
he cuts me off from the loom.

From day to night you bring me to an end; \*  
I cry for help until morning.

Like a lion he breaks all my bones; \*  
from day to night you bring me to an end.

Like a swallow or a crane I clamor, \*  
I moan like a dove.

My eyes are weary with looking upward; \*  
O Lord, I am oppressed; be my security!

But what can I say? For he has spoken to me, \*  
and he himself has done it.

All my sleep has fled \*  
because of the bitterness of my soul.

O Lord, by these things people live, \*  
and in all these is the life of my spirit.

Oh, restore me to health and make me live! \*  
Surely it was for my welfare that I had great bitterness.

But you have held back my life from the pit of destruction, \*  
for you have cast all my sins behind your back.

For Sheol cannot thank you, death cannot praise you; \*  
those who go down to the Pit  
cannot hope for your faithfulness.

The living, the living, they thank you, as I do this day; \*  
fathers make known to children your faithfulness.

The Lord will save me, \*  
and we will sing to stringed instruments  
all the days of our lives, at the house of the Lord.

148 *Laudate Dominum*

- 1 Hallelujah!  
Praise the LORD from the heavens; \*  
praise him in the heights.
- 2 Praise him, all you angels of his; \*  
praise him, all his host.
- 3 Praise him, sun and moon; \*  
praise him, all you shining stars.
- 4 Praise him, heaven of heavens, \*  
and you waters above the heavens.
- 5 Let them praise the Name of the LORD; \*  
for he commanded, and they were created.
- 6 He made them stand fast for ever and ever; \*  
he gave them a law which shall not pass away.
- 7 Praise the LORD from the earth, \*  
you sea-monsters and all deeps;
- 8 Fire and hail, snow and fog, \*  
tempestuous wind, doing his will;
- 9 Mountains and all hills, \*  
fruit trees and all cedars;
- 10 Wild beasts and all cattle, \*  
creeping things and wingèd birds;
- 11 Kings of the earth and all peoples, \*  
princes and all rulers of the world;
- 12 Young men and maidens, \*  
old and young together.
- 13 Let them praise the Name of the LORD, \*  
for his Name only is exalted,  
his splendor is over earth and heaven.
- 14 He has raised up strength for his people  
and praise for all his loyal servants, \*  
the children of Israel, a people who are near him.  
Hallelujah!

149 *Cantate Domino*

- 1 Hallelujah!  
Sing to the LORD a new song; \*  
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in his Maker; \*  
let the children of Zion be joyful in their King.
- 3 Let them praise his Name in the dance; \*  
let them sing praise to him with timbrel and harp.
- 4 For the LORD takes pleasure in his people \*  
and adorns the poor with victory.
- 5 Let the faithful rejoice in triumph; \*  
let them be joyful on their beds.
- 6 Let the praises of God be in their throat \*  
and a two-edged sword in their hand;
- 7 To wreak vengeance on the nations \*  
and punishment on the peoples;
- 8 To bind their kings in chains \*  
and their nobles with links of iron;
- 9 To inflict on them the judgment decreed; \*  
this is glory for all his faithful people.  
Hallelujah!

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: TERCE

119t Resh *Vide humilitatem*

- 153 Behold my affliction and deliver me, \*  
for I do not forget your law.
- 154 Plead my cause and redeem me; \*  
according to your promise, give me life.
- 155 Deliverance is far from the wicked, \*  
for they do not study your statutes.
- 156 Great is your compassion, O LORD; \*  
preserve my life, according to your judgments.
- 157 There are many who persecute and oppress me, \*  
yet I have not swerved from your decrees.
- 158 I look with loathing at the faithless, \*  
for they have not kept your word.
- 159 See how I love your commandments! \*  
O LORD, in your mercy, preserve me.
- 160 The heart of your word is truth; \*  
all your righteous judgments endure for evermore.

119u Shin *Principes persecuti sunt*

- 161 Rulers have persecuted me without a cause, \*  
but my heart stands in awe of your word.
- 162 I am as glad because of your promise \*  
as one who finds great spoils.
- 163 As for lies, I hate and abhor them, \*  
but your law is my love.
- 164 Seven times a day do I praise you, \*  
because of your righteous judgments.
- 165 Great peace have they who love your law; \*  
for them there is no stumbling block.
- 166 I have hoped for your salvation, O LORD, \*  
and have fulfilled your commandments.
- 167 I have kept your decrees \*  
and I have loved them deeply.
- 168 I have kept your commandments and decrees, \*  
for all my ways are before you.

119v **Taw** *Appropinquet deprecatio*

- 169 Let my cry come before you, O LORD; \*  
give me understanding, according to your word.
- 170 Let my supplication come before you; \*  
deliver me, according to your promise.
- 171 My lips shall pour forth your praise, \*  
when you teach me your statutes.
- 172 My tongue shall sing of your promise, \*  
for all your commandments are righteous.
- 173 Let your hand be ready to help me, \*  
for I have chosen your commandments.
- 174 I long for your salvation, O LORD, \*  
and your law is my delight.
- 175 Let me live, and I will praise you, \*  
and let your judgments help me.
- 176 I have gone astray like a sheep that is lost; \*  
search for your servant,  
for I do not forget your commandments.

## TUESDAY: SEXT

### 1 *Beatus vir qui non abiit*

- 1 Happy are they who have not walked  
in the counsel of the wicked, \*  
nor lingered in the way of sinners,  
nor sat in the seats of the scornful!
- 2 Their delight is in the law of the LORD, \*  
and they meditate on his law day and night.
- 3 They are like trees planted by streams of water,  
bearing fruit in due season, with leaves that do not wither; \*  
everything they do shall prosper.
- 4 It is not so with the wicked; \*  
they are like chaff which the wind blows away.
- 5 Therefore the wicked shall not stand upright  
when judgment comes, \*  
nor the sinner in the council of the righteous.
- 6 For the LORD knows the way of the righteous, \*  
but the way of the wicked is doomed.

## 2 *Quare fremuerunt gentes?*

- 1 Why are the nations in an uproar? \*  
Why do the peoples mutter empty threats?
- 2 Why do the kings of the earth rise up in revolt,  
and the princes plot together, \*  
against the LORD and against his Anointed?
- 3 “Let us break their yoke,” they say; \*  
“let us cast off their bonds from us.”
- 4 He whose throne is in heaven is laughing; \*  
the Lord has them in derision.
- 5 Then he speaks to them in his wrath, \*  
and his rage fills them with terror.
- 6 “I myself have set my king \*  
upon my holy hill of Zion.”
- 7 Let me announce the decree of the LORD: \*  
he said to me, “You are my Son;  
this day have I begotten you.
- 8 Ask of me, and I will give you the nations for  
your inheritance \*  
and the ends of the earth for your possession.
- 9 You shall crush them with an iron rod \*  
and shatter them like a piece of pottery.”
- 10 And now, you kings, be wise; \*  
be warned, you rulers of the earth.
- 11 Submit to the LORD with fear, \*  
and with trembling bow before him;
- 12 Lest he be angry and you perish; \*  
for his wrath is quickly kindled.
- 13 Happy are they all \*  
who take refuge in him!

6 *Domine, ne in furore*

- 1 LORD, do not rebuke me in your anger; \*  
do not punish me in your wrath.
- 2 Have pity on me, LORD, for I am weak; \*  
heal me, LORD, for my bones are racked.
- 3 My spirit shakes with terror; \*  
how long, O LORD, how long?
- 4 Turn, O LORD, and deliver me; \*  
save me for your mercy's sake.
- 5 For in death no one remembers you; \*  
and who will give you thanks in the grave?
- 6 I grow weary because of my groaning; \*  
every night I drench my bed  
and flood my couch with tears.
- 7 My eyes are wasted with grief \*  
and worn away because of all my enemies.
- 8 Depart from me, all evildoers, \*  
for the LORD has heard the sound of my weeping.
- 9 The LORD has heard my supplication; \*  
the LORD accepts my prayer.
- 10 All my enemies shall be confounded and quake with fear; \*  
they shall turn back and suddenly be put to shame.

## TUESDAY: NONE

### 7a *Domine, Deus meus*

- 1 O LORD my God, I take refuge in you; \*  
save and deliver me from all who pursue me;
- 2 Lest like a lion they tear me in pieces \*  
and snatch me away with none to deliver me.
- 3 O LORD my God, if I have done these things: \*  
if there is any wickedness in my hands,
- 4 If I have repaid my friend with evil, \*  
or plundered him who without cause is my enemy;
- 5 Then let my enemy pursue and overtake me, \*  
trample my life into the ground,  
and lay my honor in the dust.

7b *Exsurge, Domine*

- 6 Stand up, O LORD, in your wrath; \*  
rise up against the fury of my enemies.
- 7 Awake, O my God, decree justice; \*  
let the assembly of the peoples gather round you.
- 8 Be seated on your lofty throne, O Most High; \*  
O LORD, judge the nations.
- 9 Give judgment for me according to my  
righteousness, O LORD, \*  
and according to my innocence, O Most High.
- 10 Let the malice of the wicked come to an end,  
but establish the righteous; \*  
for you test the mind and heart, O righteous God.



7c *Adiutorium meum apud Deum*

- 11 God is my shield and defense; \*  
he is the savior of the true in heart.
- 12 God is a righteous judge; \*  
God sits in judgment every day.
- 13 If they will not repent, God will whet his sword; \*  
he will bend his bow and make it ready.
- 14 He has prepared his weapons of death; \*  
he makes his arrows shafts of fire.
- 15 Look at those who are in labor with wickedness, \*  
who conceive evil, and give birth to a lie.
- 16 They dig a pit and make it deep \*  
and fall into the hole that they have made.
- 17 Their malice turns back upon their own head; \*  
their violence falls on their own scalp.
- 18 I will bear witness that the LORD is righteous; \*  
I will praise the Name of the LORD Most High.

## TUESDAY: VESPERS

### 130 *De profundis*

- 1 Out of the depths have I called to you, O LORD;  
LORD, hear my voice; \*  
let your ears consider well the voice of my supplication.
- 2 If you, LORD, were to note what is done amiss, \*  
O LORD, who could stand?
- 3 For there is forgiveness with you; \*  
therefore you shall be feared.
- 4 I wait for the LORD; my soul waits for him; \*  
in his word is my hope.
- 5 My soul waits for the LORD,  
more than watchmen for the morning, \*  
more than watchmen for the morning.
- 6 O Israel, wait for the LORD, \*  
for with the LORD there is mercy;
- 7 With him there is plenteous redemption, \*  
and he shall redeem Israel from all their sins.

131 *Domine, non est*

- 1 O LORD, I am not proud; \*  
I have no haughty looks.
- 2 I do not occupy myself with great matters, \*  
or with things that are too hard for me.
- 3 But I still my soul and make it quiet,  
like a child upon its mother's breast; \*  
my soul is quieted within me.
- 4 O Israel, wait upon the LORD, \*  
from this time forth for evermore.

132 *Memento, Domine*

- 1 LORD, remember David, \*  
and all the hardships he endured;
- 2 How he swore an oath to the LORD \*  
and vowed a vow to the Mighty One of Jacob:
- 3 “I will not come under the roof of my house, \*  
nor climb up into my bed;
- 4 I will not allow my eyes to sleep, \*  
nor let my eyelids slumber;
- 5 Until I find a place for the LORD, \*  
a dwelling for the Mighty One of Jacob.”
- 6 “The ark! We heard it was in Ephratah; \*  
we found it in the fields of Jearim.
- 7 Let us go to God’s dwelling place; \*  
let us fall upon our knees before his footstool.”
- 8 Arise, O LORD, into your resting-place, \*  
you and the ark of your strength.
- 9 Let your priests be clothed with righteousness; \*  
let your faithful people sing with joy.
- 10 For your servant David’s sake, \*  
do not turn away the face of your Anointed.
- 11 The LORD has sworn an oath to David; \*  
in truth, he will not break it:
- 12 “A son, the fruit of your body \*  
will I set upon your throne.
- 13 If your children keep my covenant  
and my testimonies that I shall teach them, \*  
their children will sit upon your throne for evermore.”
- 14 For the LORD has chosen Zion; \*  
he has desired her for his habitation:
- 15 “This shall be my resting-place for ever; \*  
here will I dwell, for I delight in her.

- 16 I will surely bless her provisions, \*  
and satisfy her poor with bread.
- 17 I will clothe her priests with salvation, \*  
and her faithful people will rejoice and sing.
- 18 There will I make the horn of David flourish; \*  
I have prepared a lamp for my Anointed.
- 19 As for his enemies, I will clothe them with shame; \*  
but as for him, his crown will shine.”

133 *Ecce, quam bonum!*

- 1 Oh, how good and pleasant it is, \*  
when brethren live together in unity!
- 2 It is like fine oil upon the head \*  
that runs down upon the beard,
- 3 Upon the beard of Aaron, \*  
and runs down upon the collar of his robe.
- 4 It is like the dew of Hermon \*  
that falls upon the hills of Zion.
- 5 For there the LORD has ordained the blessing: \*  
life for evermore.

## TUESDAY: COMPLINE

### 4 *Cum invocarem*

- 1 Answer me when I call, O God, defender of my cause; \*  
you set me free when I am hard-pressed;  
have mercy on me and hear my prayer.
- 2 “You mortals, how long will you dishonor my glory; \*  
how long will you worship dumb idols  
and run after false gods?”
- 3 Know that the LORD does wonders for the faithful; \*  
when I call upon the LORD, he will hear me.
- 4 Tremble, then, and do not sin; \*  
speak to your heart in silence upon your bed.
- 5 Offer the appointed sacrifices \*  
and put your trust in the LORD.
- 6 Many are saying, “Oh, that we might see better times!” \*  
Lift up the light of your countenance upon us, O LORD.
- 7 You have put gladness in my heart, \*  
more than when grain and wine and oil increase.
- 8 I lie down in peace; at once I fall asleep; \*  
for only you, LORD, make me dwell in safety.

91 *Qui habitat*

- 1 He who dwells in the shelter of the Most High, \*  
abides under the shadow of the Almighty.
- 2 He shall say to the LORD,  
“You are my refuge and my stronghold, \*  
my God in whom I put my trust.”
- 3 He shall deliver you from the snare of the hunter \*  
and from the deadly pestilence.
- 4 He shall cover you with his pinions,  
and you shall find refuge under his wings; \*  
his faithfulness shall be a shield and buckler.
- 5 You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;
- 6 Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.
- 7 A thousand shall fall at your side  
and ten thousand at your right hand, \*  
but it shall not come near you.
- 8 Your eyes have only to behold \*  
to see the reward of the wicked.
- 9 Because you have made the LORD your refuge, \*  
and the Most High your habitation,
- 10 There shall no evil happen to you, \*  
neither shall any plague come near your dwelling.
- 11 For he shall give his angels charge over you, \*  
to keep you in all your ways.
- 12 They shall bear you in their hands, \*  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; \*  
you shall trample the young lion and the serpent  
under your feet.



- 14 Because he is bound to me in love,  
therefore will I deliver him; \*  
I will protect him, because he knows my Name.
- 15 He shall call upon me, and I will answer him; \*  
I am with him in trouble;  
I will rescue him and bring him to honor.
- 16 With long life will I satisfy him, \*  
and show him my salvation.

134 *Ecce nunc*

- 1 Behold now, bless the LORD, all you servants of the LORD, \*  
you that stand by night in the house of the LORD.
- 2 Lift up your hands in the holy place and bless the LORD; \*  
the LORD who made heaven and earth  
bless you out of Zion.

## WEDNESDAY: VIGILS

### 3 *Domine, quid multiplicati*

- 1 LORD, how many adversaries I have! \*  
how many there are who rise up against me!
- 2 How many there are who say of me, \*  
“There is no help for him in his God.”
- 3 But you, O LORD, are a shield about me; \*  
you are my glory, the one who lifts up my head.
- 4 I call aloud upon the LORD, \*  
and he answers me from his holy hill;
- 5 I lie down and go to sleep; \*  
I wake again, because the LORD sustains me.
- 6 I do not fear the multitudes of people \*  
who set themselves against me all around.
- 7 Rise up, O LORD; set me free, O my God; \*  
surely, you will strike all my enemies across the face,  
you will break the teeth of the wicked.
- 8 Deliverance belongs to the LORD. \*  
Your blessing be upon your people!

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: FIRST NOCTURN

60 *Deus, repulisti nos*

- 1 O God, you have cast us off and broken us; \*  
you have been angry;  
oh, take us back to you again.
- 2 You have shaken the earth and split it open; \*  
repair the cracks in it, for it totters.
- 3 You have made your people know hardship; \*  
you have given us wine that makes us stagger.
- 4 You have set up a banner for those who fear you, \*  
to be a refuge from the power of the bow.
- 5 Save us by your right hand and answer us, \*  
that those who are dear to you may be delivered.
- 6 God spoke from his holy place and said: \*  
“I will exult and parcel out Shechem;  
I will divide the valley of Succoth.
- 7 Gilead is mine and Manasseh is mine; \*  
Ephraim is my helmet and Judah my scepter.
- 8 Moab is my wash-basin,  
on Edom I throw down my sandal to claim it, \*  
and over Philistia will I shout in triumph.”
- 9 Who will lead me into the strong city? \*  
who will bring me into Edom?
- 10 Have you not cast us off, O God? \*  
you no longer go out, O God, with our armies.
- 11 Grant us your help against the enemy, \*  
for vain is the help of man.
- 12 With God we will do valiant deeds, \*  
and he shall tread our enemies under foot.

61 *Exaudi, Deus*

- 1 Hear my cry, O God, \*  
and listen to my prayer.
- 2 I call upon you from the ends of the earth  
with heaviness in my heart; \*  
set me upon the rock that is higher than I.
- 3 For you have been my refuge, \*  
a strong tower against the enemy.
- 4 I will dwell in your house for ever; \*  
I will take refuge under the cover of your wings.
- 5 For you, O God, have heard my vows; \*  
you have granted me the heritage of those  
who fear your Name.
- 6 Add length of days to the king's life; \*  
let his years extend over many generations.
- 7 Let him sit enthroned before God for ever; \*  
bid love and faithfulness watch over him.
- 8 So will I always sing the praise of your Name, \*  
and day by day I will fulfill my vows.

62 *Nonne Deo?*

- 1 For God alone my soul in silence waits; \*  
from him comes my salvation.
- 2 He alone is my rock and my salvation, \*  
my stronghold, so that I shall not be greatly shaken.
- 3 How long will you assail me to crush me,  
all of you together, \*  
as if you were a leaning fence, a toppling wall?
- 4 They seek only to bring me down from my place of honor; \*  
lies are their chief delight.
- 5 They bless with their lips, \*  
but in their hearts they curse.
- 6 For God alone my soul in silence waits; \*  
truly, my hope is in him.
- 7 He alone is my rock and my salvation, \*  
my stronghold, so that I shall not be shaken.
- 8 In God is my safety and my honor; \*  
God is my strong rock and my refuge.
- 9 Put your trust in him always, O people, \*  
pour out your hearts before him, for God is our refuge.
- 10 Those of high degree are but a fleeting breath, \*  
even those of low estate cannot be trusted.
- 11 On the scales they are lighter than a breath, \*  
all of them together.
- 12 Put no trust in extortion;  
in robbery take no empty pride; \*  
though wealth increase, set not your heart upon it.
- 13 God has spoken once, twice have I heard it, \*  
that power belongs to God.
- 14 Steadfast love is yours, O Lord, \*  
for you repay everyone according to his deeds.

66 *Jubilate Deo*

- 1 Be joyful in God, all you lands; \*  
sing the glory of his Name;  
sing the glory of his praise.
- 2 Say to God, "How awesome are your deeds! \*  
because of your great strength your enemies  
cringe before you.
- 3 All the earth bows down before you, \*  
sings to you, sings out your Name."
- 4 Come now and see the works of God, \*  
how wonderful he is in his doing toward all people.
- 5 He turned the sea into dry land,  
so that they went through the water on foot, \*  
and there we rejoiced in him.
- 6 In his might he rules for ever;  
his eyes keep watch over the nations; \*  
let no rebel rise up against him.
- 7 Bless our God, you peoples; \*  
make the voice of his praise to be heard;
- 8 Who holds our souls in life, \*  
and will not allow our feet to slip.
- 9 For you, O God, have proved us; \*  
you have tried us just as silver is tried.
- 10 You brought us into the snare; \*  
you laid heavy burdens upon our backs.
- 11 You let enemies ride over our heads;  
we went through fire and water; \*  
but you brought us out into a place of refreshment.
- 12 I will enter your house with burnt-offerings  
and will pay you my vows, \*  
which I promised with my lips  
and spoke with my mouth when I was in trouble.



- 13 I will offer you sacrifices of fat beasts  
with the smoke of rams; \*  
I will give you oxen and goats.
- 14 Come and listen, all you who fear God, \*  
and I will tell you what he has done for me.
- 15 I called out to him with my mouth, \*  
and his praise was on my tongue.
- 16 If I had found evil in my heart, \*  
the Lord would not have heard me;
- 17 But in truth God has heard me; \*  
he has attended to the voice of my prayer.
- 18 Blessed be God, who has not rejected my prayer, \*  
nor withheld his love from me.

68a *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.

68b *Benedictus Dominus die quotidie*

- 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: SECOND NOCTURN

69a *Salvum me fac*

- 1 Save me, O God, \*  
for the waters have risen up to my neck.
- 2 I am sinking in deep mire, \*  
and there is no firm ground for my feet.
- 3 I have come into deep waters, \*  
and the torrent washes over me.
- 4 I have grown weary with my crying;  
my throat is inflamed; \*  
my eyes have failed from looking for my God.
- 5 Those who hate me without a cause are more than the hairs  
of my head;  
my lying foes who would destroy me are mighty. \*  
Must I then give back what I never stole?
- 6 O God, you know my foolishness, \*  
and my faults are not hidden from you.
- 7 Let not those who hope in you be put to shame through me,  
Lord GOD of hosts; \*  
let not those who seek you be disgraced because of me,  
O God of Israel.
- 8 Surely, for your sake have I suffered reproach, \*  
and shame has covered my face.
- 9 I have become a stranger to my own kindred, \*  
an alien to my mother's children.
- 10 Zeal for your house has eaten me up; \*  
the scorn of those who scorn you has fallen upon me.
- 11 I humbled myself with fasting, \*  
but that was turned to my reproach.
- 12 I put on sack-cloth also, \*  
and became a byword among them.

- 13 Those who sit at the gate murmur against me, \*  
and the drunkards make songs about me.
- 14 But as for me, this is my prayer to you, \*  
at the time you have set, O LORD:
- 15 “In your great mercy, O God, \*  
answer me with your unfailing help.
- 16 Save me from the mire; do not let me sink; \*  
let me be rescued from those who hate me  
and out of the deep waters.
- 17 Let not the torrent of waters wash over me,  
neither let the deep swallow me up; \*  
do not let the Pit shut its mouth upon me.

69b *Exaudi me, Domine*

- 18 Answer me, O LORD, for your love is kind; \*  
in your great compassion, turn to me.”
- 19 “Hide not your face from your servant; \*  
be swift and answer me, for I am in distress.
- 20 Draw near to me and redeem me; \*  
because of my enemies deliver me.
- 21 You know my reproach, my shame, and my dishonor; \*  
my adversaries are all in your sight.”
- 22 Reproach has broken my heart, and it cannot be healed; \*  
I looked for sympathy, but there was none,  
for comforters, but I could find no one.
- 23 They gave me gall to eat, \*  
and when I was thirsty, they gave me vinegar to drink.
- 24 Let the table before them be a trap \*  
and their sacred feasts a snare.
- 25 Let their eyes be darkened, that they may not see, \*  
and give them continual trembling in their loins.
- 26 Pour out your indignation upon them, \*  
and let the fierceness of your anger overtake them.
- 27 Let their camp be desolate, \*  
and let there be none to dwell in their tents.
- 28 For they persecute him whom you have stricken \*  
and add to the pain of those whom you have pierced.
- 29 Lay to their charge guilt upon guilt, \*  
and let them not receive your vindication.
- 30 Let them be wiped out of the book of the living \*  
and not be written among the righteous.
- 31 As for me, I am afflicted and in pain; \*  
your help, O God, will lift me up on high.
- 32 I will praise the Name of God in song; \*  
I will proclaim his greatness with thanksgiving.



- 33 This will please the LORD more than an offering of oxen, \*  
more than bullocks with horns and hoofs.
- 34 The afflicted shall see and be glad; \*  
you who seek God, your heart shall live.
- 35 For the LORD listens to the needy, \*  
and his prisoners he does not despise.
- 36 Let the heavens and the earth praise him, \*  
the seas and all that moves in them;
- 37 For God will save Zion and rebuild the cities of Judah; \*  
they shall live there and have it in possession.
- 38 The children of his servants will inherit it, \*  
and those who love his Name will dwell therein.

70 *Deus, in adjutorium*

- 1 Be pleased, O God, to deliver me; \*  
O LORD, make haste to help me.
- 2 Let those who seek my life be ashamed  
and altogether dismayed; \*  
let those who take pleasure in my misfortune  
draw back and be disgraced.
- 3 Let those who say to me “Aha!”  
and gloat over me turn back, \*  
because they are ashamed.
- 4 Let all who seek you rejoice and be glad in you; \*  
let those who love your salvation say for ever,  
“Great is the LORD!”
- 5 But as for me, I am poor and needy; \*  
come to me speedily, O God.
- 6 You are my helper and my deliverer; \*  
O LORD, do not tarry.

71 *In te, Domine, speravi*

- 1 In you, O LORD, have I taken refuge; \*  
let me never be ashamed.
- 2 In your righteousness, deliver me and set me free; \*  
incline your ear to me and save me.
- 3 Be my strong rock, a castle to keep me safe; \*  
you are my crag and my stronghold.
- 4 Deliver me, my God, from the hand of the wicked, \*  
from the clutches of the evildoer and the oppressor.
- 5 For you are my hope, O LORD God, \*  
my confidence since I was young.
- 6 I have been sustained by you ever since I was born;  
from my mother's womb you have been my strength; \*  
my praise shall be always of you.
- 7 I have become a portent to many; \*  
but you are my refuge and my strength.
- 8 Let my mouth be full of your praise \*  
and your glory all the day long.
- 9 Do not cast me off in my old age; \*  
forsake me not when my strength fails.
- 10 For my enemies are talking against me, \*  
and those who lie in wait for my life take counsel together.
- 11 They say, "God has forsaken him;  
go after him and seize him; \*  
because there is none who will save."
- 12 O God, be not far from me; \*  
come quickly to help me, O my God.
- 13 Let those who set themselves against me be put to shame and  
be disgraced; \*  
let those who seek to do me evil be covered with scorn  
and reproach.
- 14 But I shall always wait in patience, \*  
and shall praise you more and more.

- 15 My mouth shall recount your mighty acts  
and saving deeds all day long; \*  
though I cannot know the number of them.
- 16 I will begin with the mighty works of the Lord GOD; \*  
I will recall your righteousness, yours alone.
- 17 O God, you have taught me since I was young, \*  
and to this day I tell of your wonderful works.
- 18 And now that I am old and gray-headed, O God, do not  
forsake me, \*  
till I make known your strength to this generation  
and your power to all who are to come.
- 19 Your righteousness, O God, reaches to the heavens; \*  
you have done great things;  
who is like you, O God?
- 20 You have showed me great troubles and adversities, \*  
but you will restore my life  
and bring me up again from the deep places of the earth.
- 21 You strengthen me more and more; \*  
you enfold and comfort me,
- 22 Therefore I will praise you upon the lyre for your  
faithfulness, O my God; \*  
I will sing to you with the harp, O Holy One of Israel.
- 23 My lips will sing with joy when I play to you, \*  
and so will my soul, which you have redeemed.
- 24 My tongue will proclaim your righteousness all day long, \*  
for they are ashamed and disgraced who sought  
to do me harm.

- 1 Give the King your justice, O God, \*  
and your righteousness to the King's Son;
- 2 That he may rule your people righteously \*  
and the poor with justice;
- 3 That the mountains may bring prosperity to the people, \*  
and the little hills bring righteousness.
- 4 He shall defend the needy among the people; \*  
he shall rescue the poor and crush the oppressor.
- 5 He shall live as long as the sun and moon endure, \*  
from one generation to another.
- 6 He shall come down like rain upon the mown field, \*  
like showers that water the earth.
- 7 In his time shall the righteous flourish; \*  
there shall be abundance of peace till the moon shall  
be no more.
- 8 He shall rule from sea to sea, \*  
and from the River to the ends of the earth.
- 9 His foes shall bow down before him, \*  
and his enemies lick the dust.
- 10 The kings of Tarshish and of the isles shall pay tribute, \*  
and the kings of Arabia and Saba offer gifts.
- 11 All kings shall bow down before him, \*  
and all the nations do him service.
- 12 For he shall deliver the poor who cries out in distress, \*  
and the oppressed who has no helper.
- 13 He shall have pity on the lowly and poor; \*  
he shall preserve the lives of the needy.
- 14 He shall redeem their lives from oppression and violence, \*  
and dear shall their blood be in his sight.
- 15 Long may he live!  
and may there be given to him gold from Arabia; \*  
may prayer be made for him always,  
and may they bless him all the day long.

- 16 May there be abundance of grain on the earth,  
growing thick even on the hilltops; \*  
may its fruit flourish like Lebanon,  
and its grain like grass upon the earth.
- 17 May his Name remain for ever  
and be established as long as the sun endures; \*  
may all the nations bless themselves in him and  
call him blessed.
- 18 Blessed be the Lord GOD, the God of Israel, \*  
who alone does wondrous deeds!
- 19 And blessed be his glorious Name for ever! \*  
and may all the earth be filled with his glory.  
Amen. Amen.

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.



## WEDNESDAY: LAUDS

### 67 *Deus misereatur*

- 1 May God be merciful to us and bless us, \*  
show us the light of his countenance and come to us.
- 2 Let your ways be known upon earth, \*  
your saving health among all nations.
- 3 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 4 Let the nations be glad and sing for joy, \*  
for you judge the peoples with equity  
and guide all the nations upon earth.
- 5 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 6 The earth has brought forth her increase; \*  
may God, our own God, give us his blessing.
- 7 May God give us his blessing, \*  
and may all the ends of the earth stand in awe of him.

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.

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.

**C1 A Song of God's Mercy** *Incipite Domino* OHC  
*Judith 16*

Lord, you are great, you are glorious, \*  
wonderfully strong, unconquerable.

May your whole creation serve you; \*  
for you spoke, and things came into being.

You sent your breath, and they were put together, \*  
and no one can resist your voice.

Should mountains topple to mingle with the waves,  
should rocks melt like wax before your face, \*  
to those who fear you, you would still be merciful.

A sweet-smelling sacrifice is a little thing indeed, \*  
but whoever fears the Lord is great for ever.

**C2 The Song of Hannah** *Exsultavit cor meum* CCP  
*1 Samuel 2*

My heart exults in the Lord;\*  
my strength is exalted in my God.

My mouth derides my enemies,\*  
because I rejoice in your salvation.

There is no Holy One like you, O Lord,\*  
nor any Rock like you, our God.

For you are a God of knowledge\*  
and by you our actions are weighed.

The bows of the mighty are broken,\*  
but the feeble gird on strength.

Those who were full now search for bread,\*  
but those who were hungry are well fed.

The barren woman has borne sevenfold,\*  
but she who has many children is forlorn.

Both the poor and the rich are of your making;\*  
you bring low and you also exalt.

You raise up the poor from the dust,\*  
and lift the needy from the ash heap.

You make them sit with the rulers\*  
and inherit a place of honor.

For the pillars of the earth are yours\*  
and on them you have set the world.



148 *Laudate Dominum*

- 1 Hallelujah!  
Praise the LORD from the heavens; \*  
praise him in the heights.
- 2 Praise him, all you angels of his; \*  
praise him, all his host.
- 3 Praise him, sun and moon; \*  
praise him, all you shining stars.
- 4 Praise him, heaven of heavens, \*  
and you waters above the heavens.
- 5 Let them praise the Name of the LORD; \*  
for he commanded, and they were created.
- 6 He made them stand fast for ever and ever; \*  
he gave them a law which shall not pass away.
- 7 Praise the LORD from the earth, \*  
you sea-monsters and all deeps;
- 8 Fire and hail, snow and fog, \*  
tempestuous wind, doing his will;
- 9 Mountains and all hills, \*  
fruit trees and all cedars;
- 10 Wild beasts and all cattle, \*  
creeping things and wingèd birds;
- 11 Kings of the earth and all peoples, \*  
princes and all rulers of the world;
- 12 Young men and maidens, \*  
old and young together.
- 13 Let them praise the Name of the LORD, \*  
for his Name only is exalted,  
his splendor is over earth and heaven.
- 14 He has raised up strength for his people  
and praise for all his loyal servants, \*  
the children of Israel, a people who are near him.  
Hallelujah!

149 *Cantate Domino*

- 1 Hallelujah!  
Sing to the LORD a new song; \*  
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in his Maker; \*  
let the children of Zion be joyful in their King.
- 3 Let them praise his Name in the dance; \*  
let them sing praise to him with timbrel and harp.
- 4 For the LORD takes pleasure in his people \*  
and adorns the poor with victory.
- 5 Let the faithful rejoice in triumph; \*  
let them be joyful on their beds.
- 6 Let the praises of God be in their throat \*  
and a two-edged sword in their hand;
- 7 To wreak vengeance on the nations \*  
and punishment on the peoples;
- 8 To bind their kings in chains \*  
and their nobles with links of iron;
- 9 To inflict on them the judgment decreed; \*  
this is glory for all his faithful people.  
Hallelujah!

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!

## WEDNESDAY: TERCE

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!

9a *Confitebor tibi*

- 1 I will give thanks to you, O LORD, with my whole heart; \*  
I will tell of all your marvelous works.
- 2 I will be glad and rejoice in you; \*  
I will sing to your Name, O Most High.
- 3 When my enemies are driven back, \*  
they will stumble and perish at your presence.
- 4 For you have maintained my right and my cause; \*  
you sit upon your throne judging right.
- 5 You have rebuked the ungodly and destroyed the wicked; \*  
you have blotted out their name for ever and ever.
- 6 As for the enemy, they are finished, in perpetual ruin, \*  
their cities ploughed under, the memory of them perished.

9b *Dominus autem in aeternum*

- 7 But the LORD is enthroned for ever; \*  
he has set up his throne for judgment.
- 8 It is he who rules the world with righteousness; \*  
he judges the peoples with equity.
- 9 The LORD will be a refuge for the oppressed, \*  
a refuge in time of trouble.
- 10 Those who know your Name will put their trust in you, \*  
for you never forsake those who seek you, O LORD.
- 11 Sing praise to the LORD who dwells in Zion; \*  
proclaim to the peoples the things he has done.
- 12 The Avenger of blood will remember them; \*  
he will not forget the cry of the afflicted.

WEDNESDAY: SEXT

9c *Miserere mei, Domine*

- 13 Have pity on me, O LORD; \*  
see the misery I suffer from those who hate me,  
O you who lift me up from the gate of death;
- 14 So that I may tell of all your praises  
and rejoice in your salvation \*  
in the gates of the city of Zion.
- 15 The ungodly have fallen into the pit they dug, \*  
and in the snare they set is their own foot caught.
- 16 The LORD is known by his acts of justice; \*  
the wicked are trapped in the works of their own hands.
- 17 The wicked shall be given over to the grave, \*  
and also all the peoples that forget God.
- 18 For the needy shall not always be forgotten, \*  
and the hope of the poor shall not perish for ever.
- 19 Rise up, O LORD, let not the ungodly have the upper hand; \*  
let them be judged before you.
- 20 Put fear upon them, O LORD; \*  
let the ungodly know they are but mortal.

10a *Ut quid, Domine?*

- 1 Why do you stand so far off, O LORD, \*  
and hide yourself in time of trouble?
- 2 The wicked arrogantly persecute the poor, \*  
but they are trapped in the schemes they have devised.
- 3 The wicked boast of their heart's desire; \*  
the covetous curse and revile the LORD.
- 4 The wicked are so proud that they care not for God; \*  
their only thought is, "God does not matter."
- 5 Their ways are devious at all times;  
your judgments are far above out of their sight; \*  
they defy all their enemies.
- 6 They say in their heart, "I shall not be shaken; \*  
no harm shall happen to me ever."
- 7 Their mouth is full of cursing, deceit, and oppression; \*  
under their tongue are mischief and wrong.
- 8 They lurk in ambush in public squares  
and in secret places they murder the innocent; \*  
they spy out the helpless.
- 9 They lie in wait, like a lion in a covert;  
they lie in wait to seize upon the lowly; \*  
they seize the lowly and drag them away in their net.
- 10 The innocent are broken and humbled before them; \*  
the helpless fall before their power.
- 11 They say in their heart, "God has forgotten; \*  
he hides his face; he will never notice."



10b *Exsurge, Domine Deus*

- 12 Rise up, O LORD;  
lift up your hand, O God; \*  
do not forget the afflicted.
- 13 Why should the wicked revile God? \*  
why should they say in their heart, “You do not care”?
- 14 Surely, you behold trouble and misery; \*  
you see it and take it into your own hand.
- 15 The helpless commit themselves to you, \*  
for you are the helper of orphans.
- 16 Break the power of the wicked and evil; \*  
search out their wickedness until you find none.
- 17 The LORD is King for ever and ever; \*  
the ungodly shall perish from his land.
- 18 The LORD will hear the desire of the humble; \*  
you will strengthen their heart and your ears shall hear;
- 19 To give justice to the orphan and oppressed, \*  
so that mere mortals may strike terror no more.

## WEDNESDAY: NONE

### 11 *In Domino confido*

- 1 In the LORD have I taken refuge; \*  
how then can you say to me,  
“Fly away like a bird to the hilltop;
- 2 For see how the wicked bend the bow  
and fit their arrows to the string, \*  
to shoot from ambush at the true of heart.
- 3 When the foundations are being destroyed, \*  
what can the righteous do?”
- 4 The LORD is in his holy temple; \*  
the LORD’S throne is in heaven.
- 5 His eyes behold the inhabited world; \*  
his piercing eye weighs our worth.
- 6 The LORD weighs the righteous as well as the wicked, \*  
but those who delight in violence he abhors.
- 7 Upon the wicked he shall rain coals of fire and  
burning sulphur; \*  
a scorching wind shall be their lot.
- 8 For the LORD is righteous;  
he delights in righteous deeds; \*  
and the just shall see his face.

## 12 *Salvum me fac*

- 1 Help me, LORD, for there is no godly one left; \*  
the faithful have vanished from among us.
- 2 Everyone speaks falsely with his neighbor; \*  
with a smooth tongue they speak from a double heart.
- 3 Oh, that the LORD would cut off all smooth tongues, \*  
and close the lips that utter proud boasts!
- 4 Those who say, “With our tongue will we prevail; \*  
our lips are our own; who is lord over us?”
- 5 “Because the needy are oppressed,  
and the poor cry out in misery, \*  
I will rise up,” says the LORD,  
“and give them the help they long for.”
- 6 The words of the LORD are pure words, \*  
like silver refined from ore  
and purified seven times in the fire.
- 7 O LORD, watch over us \*  
and save us from this generation for ever.
- 8 The wicked prowl on every side, \*  
and that which is worthless is highly prized by everyone.

13 *Usquequo, Domine?*

- 1 How long, O LORD?  
will you forget me for ever? \*  
    how long will you hide your face from me?
- 2 How long shall I have perplexity in my mind,  
and grief in my heart, day after day? \*  
    how long shall my enemy triumph over me?
- 3 Look upon me and answer me, O LORD my God; \*  
    give light to my eyes, lest I sleep in death;
- 4 Lest my enemy say, "I have prevailed over him," \*  
    and my foes rejoice that I have fallen.
- 5 But I put my trust in your mercy; \*  
    my heart is joyful because of your saving help.
- 6 I will sing to the LORD, for he has dealt with me richly; \*  
    I will praise the Name of the Lord Most High.

## WEDNESDAY: VESPERS

### 135 *Laudate nomen*

- 1 Hallelujah!  
Praise the Name of the LORD; \*  
give praise, you servants of the LORD,
- 2 You who stand in the house of the LORD, \*  
in the courts of the house of our God.
- 3 Praise the LORD, for the LORD is good; \*  
sing praises to his Name, for it is lovely.
- 4 For the LORD has chosen Jacob for himself \*  
and Israel for his own possession.
- 5 For I know that the LORD is great, \*  
and that our Lord is above all gods.
- 6 The LORD does whatever pleases him,  
in heaven and on earth, \*  
in the seas and all the deeps.
- 7 He brings up rain clouds from the ends of the earth; \*  
he sends out lightning with the rain,  
and brings the winds out of his storehouse.
- 8 It was he who struck down the firstborn of Egypt, \*  
the firstborn both of man and beast.
- 9 He sent signs and wonders into the midst of you, O Egypt, \*  
against Pharaoh and all his servants.
- 10 He overthrew many nations \*  
and put mighty kings to death:
- 11 Sihon, king of the Amorites,  
and Og, the king of Bashan, \*  
and all the kingdoms of Canaan.
- 12 He gave their land to be an inheritance, \*  
an inheritance for Israel his people.
- 13 O LORD, your Name is everlasting; \*  
your renown, O LORD, endures from age to age.

- 14 For the LORD gives his people justice \*  
and shows compassion to his servants.
- 15 The idols of the heathen are silver and gold, \*  
the work of human hands.
- 16 They have mouths, but they cannot speak; \*  
eyes have they, but they cannot see.
- 17 They have ears, but they cannot hear; \*  
neither is there any breath in their mouth.
- 18 Those who make them are like them, \*  
and so are all who put their trust in them.
- 19 Bless the LORD, O house of Israel; \*  
O house of Aaron, bless the LORD.
- 20 Bless the LORD, O house of Levi; \*  
you who fear the LORD, bless the LORD.
- 21 Blessed be the LORD out of Zion, \*  
who dwells in Jerusalem.  
Hallelujah!

136 *Confitemini*

- 1 Give thanks to the LORD, for he is good, \*  
for his mercy endures for ever.
- 2 Give thanks to the God of gods, \*  
for his mercy endures for ever.
- 3 Give thanks to the Lord of lords, \*  
for his mercy endures for ever.
- 4 Who only does great wonders, \*  
for his mercy endures for ever;
- 5 Who by wisdom made the heavens, \*  
for his mercy endures for ever;
- 6 Who spread out the earth upon the waters, \*  
for his mercy endures for ever;
- 7 Who created great lights, \*  
for his mercy endures for ever;
- 8 The sun to rule the day, \*  
for his mercy endures for ever;
- 9 The moon and the stars to govern the night, \*  
for his mercy endures for ever.
- 10 Who struck down the firstborn of Egypt, \*  
for his mercy endures for ever;
- 11 And brought out Israel from among them, \*  
for his mercy endures for ever;
- 12 With a mighty hand and a stretched-out arm, \*  
for his mercy endures for ever;
- 13 Who divided the Red Sea in two, \*  
for his mercy endures for ever;
- 14 And made Israel to pass through the midst of it, \*  
for his mercy endures for ever;
- 15 But swept Pharaoh and his army into the Red Sea, \*  
for his mercy endures for ever;

- 16 Who led his people through the wilderness, \*  
for his mercy endures for ever.
- 17 Who struck down great kings, \*  
for his mercy endures for ever;
- 18 And slew mighty kings, \*  
for his mercy endures for ever;
- 19 Sihon, king of the Amorites, \*  
for his mercy endures for ever;
- 20 And Og, the king of Bashan, \*  
for his mercy endures for ever;
- 21 And gave away their lands for an inheritance, \*  
for his mercy endures for ever;
- 22 An inheritance for Israel his servant, \*  
for his mercy endures for ever.
- 23 Who remembered us in our low estate, \*  
for his mercy endures for ever;
- 24 And delivered us from our enemies, \*  
for his mercy endures for ever;
- 25 Who gives food to all creatures, \*  
for his mercy endures for ever.
- 26 Give thanks to the God of heaven, \*  
for his mercy endures for ever.



137 *Super flumina*

- 1 By the waters of Babylon we sat down and wept, \*  
when we remembered you, O Zion.
- 2 As for our harps, we hung them up \*  
on the trees in the midst of that land.
- 3 For those who led us away captive asked us for a song,  
and our oppressors called for mirth: \*  
“Sing us one of the songs of Zion.”
- 4 How shall we sing the LORD’S song \*  
upon an alien soil?
- 5 If I forget you, O Jerusalem, \*  
let my right hand forget its skill.
- 6 Let my tongue cleave to the roof of my mouth  
if I do not remember you, \*  
if I do not set Jerusalem above my highest joy.
- 7 Remember the day of Jerusalem, O LORD,  
against the people of Edom, \*  
who said, “Down with it! down with it!  
even to the ground!”
- 8 O Daughter of Babylon, doomed to destruction, \*  
happy the one who pays you back  
for what you have done to us!
- 9 Happy shall he be who takes your little ones, \*  
and dashes them against the rock!

138 *Confitebor tibi*

- 1 I will give thanks to you, O LORD, with my whole heart; \*  
before the gods I will sing your praise.
- 2 I will bow down toward your holy temple  
and praise your Name, \*  
because of your love and faithfulness;
- 3 For you have glorified your Name \*  
and your word above all things.
- 4 When I called, you answered me; \*  
you increased my strength within me.
- 5 All the kings of the earth will praise you, O LORD, \*  
when they have heard the words of your mouth.
- 6 They will sing of the ways of the LORD, \*  
that great is the glory of the LORD.
- 7 Though the LORD be high, he cares for the lowly; \*  
he perceives the haughty from afar.
- 8 Though I walk in the midst of trouble, you keep me safe; \*  
you stretch forth your hand against the fury of my enemies;  
your right hand shall save me.
- 9 The LORD will make good his purpose for me; \*  
O LORD, your love endures for ever;  
do not abandon the works of your hands.

## WEDNESDAY: COMPLINE

### 4 *Cum invocarem*

- 1 Answer me when I call, O God, defender of my cause; \*  
you set me free when I am hard-pressed;  
have mercy on me and hear my prayer.
- 2 “You mortals, how long will you dishonor my glory; \*  
how long will you worship dumb idols  
and run after false gods?”
- 3 Know that the LORD does wonders for the faithful; \*  
when I call upon the LORD, he will hear me.
- 4 Tremble, then, and do not sin; \*  
speak to your heart in silence upon your bed.
- 5 Offer the appointed sacrifices \*  
and put your trust in the LORD.
- 6 Many are saying, “Oh, that we might see better times!” \*  
Lift up the light of your countenance upon us, O LORD.
- 7 You have put gladness in my heart, \*  
more than when grain and wine and oil increase.
- 8 I lie down in peace; at once I fall asleep; \*  
for only you, LORD, make me dwell in safety.

91 *Qui habitat*

- 1 He who dwells in the shelter of the Most High, \*  
abides under the shadow of the Almighty.
- 2 He shall say to the LORD,  
“You are my refuge and my stronghold, \*  
my God in whom I put my trust.”
- 3 He shall deliver you from the snare of the hunter \*  
and from the deadly pestilence.
- 4 He shall cover you with his pinions,  
and you shall find refuge under his wings; \*  
his faithfulness shall be a shield and buckler.
- 5 You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;
- 6 Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.
- 7 A thousand shall fall at your side  
and ten thousand at your right hand, \*  
but it shall not come near you.
- 8 Your eyes have only to behold \*  
to see the reward of the wicked.
- 9 Because you have made the LORD your refuge, \*  
and the Most High your habitation,
- 10 There shall no evil happen to you, \*  
neither shall any plague come near your dwelling.
- 11 For he shall give his angels charge over you, \*  
to keep you in all your ways.
- 12 They shall bear you in their hands, \*  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; \*  
you shall trample the young lion and the serpent  
under your feet.

- 14 Because he is bound to me in love,  
therefore will I deliver him; \*  
I will protect him, because he knows my Name.
- 15 He shall call upon me, and I will answer him; \*  
I am with him in trouble;  
I will rescue him and bring him to honor.
- 16 With long life will I satisfy him, \*  
and show him my salvation.

134 *Ecce nunc*

- 1 Behold now, bless the LORD, all you servants of the LORD, \*  
you that stand by night in the house of the LORD.
- 2 Lift up your hands in the holy place and bless the LORD; \*  
the LORD who made heaven and earth  
bless you out of Zion.

## THURSDAY: VIGILS

### 3 *Domine, quid multiplicati*

- 1 LORD, how many adversaries I have! \*  
how many there are who rise up against me!
- 2 How many there are who say of me, \*  
“There is no help for him in his God.”
- 3 But you, O LORD, are a shield about me; \*  
you are my glory, the one who lifts up my head.
- 4 I call aloud upon the LORD, \*  
and he answers me from his holy hill;
- 5 I lie down and go to sleep; \*  
I wake again, because the LORD sustains me.
- 6 I do not fear the multitudes of people \*  
who set themselves against me all around.
- 7 Rise up, O LORD; set me free, O my God; \*  
surely, you will strike all my enemies across the face,  
you will break the teeth of the wicked.
- 8 Deliverance belongs to the LORD. \*  
Your blessing be upon your people!

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.”



## THURSDAY: FIRST NOCTURN

### 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.

75 *Confitebimur tibi*

- 1 We give you thanks, O God, we give you thanks, \*  
calling upon your Name and declaring all your  
wonderful deeds.
- 2 “I will appoint a time,” says God; \*  
“I will judge with equity.
- 3 Though the earth and all its inhabitants are quaking, \*  
I will make its pillars fast.
- 4 I will say to the boasters, ‘Boast no more,’ \*  
and to the wicked, ‘Do not toss your horns;
- 5 Do not toss your horns so high, \*  
nor speak with a proud neck.’”
- 6 For judgment is neither from the east nor from the west, \*  
nor yet from the wilderness or the mountains.
- 7 It is God who judges; \*  
he puts down one and lifts up another.
- 8 For in the LORD’S hand there is a cup,  
full of spiced and foaming wine, which he pours out, \*  
and all the wicked of the earth shall drink and  
drain the dregs.
- 9 But I will rejoice for ever; \*  
I will sing praises to the God of Jacob.
- 10 He shall break off all the horns of the wicked; \*  
but the horns of the righteous shall be exalted.

- 1 I will cry aloud to God; \*  
I will cry aloud, and he will hear me.
- 2 In the day of my trouble I sought the Lord; \*  
my hands were stretched out by night and did not tire;  
I refused to be comforted.
- 3 I think of God, I am restless, \*  
I ponder, and my spirit faints.
- 4 You will not let my eyelids close; \*  
I am troubled and I cannot speak.
- 5 I consider the days of old; \*  
I remember the years long past;
- 6 I commune with my heart in the night; \*  
I ponder and search my mind.
- 7 Will the Lord cast me off for ever? \*  
will he no more show his favor?
- 8 Has his loving-kindness come to an end for ever? \*  
has his promise failed for evermore?
- 9 Has God forgotten to be gracious? \*  
has he, in his anger, withheld his compassion?
- 10 And I said, "My grief is this: \*  
the right hand of the Most High has lost its power."
- 11 I will remember the works of the LORD, \*  
and call to mind your wonders of old time.
- 12 I will meditate on all your acts \*  
and ponder your mighty deeds.
- 13 Your way, O God, is holy; \*  
who is so great a god as our God?
- 14 You are the God who works wonders \*  
and have declared your power among the peoples.
- 15 By your strength you have redeemed your people, \*  
the children of Jacob and Joseph.

- 16 The waters saw you, O God;  
the waters saw you and trembled; \*  
the very depths were shaken.
- 17 The clouds poured out water;  
the skies thundered; \*  
your arrows flashed to and fro;
- 18 The sound of your thunder was in the whirlwind;  
your lightnings lit up the world; \*  
the earth trembled and shook.
- 19 Your way was in the sea,  
and your paths in the great waters, \*  
yet your footsteps were not seen.
- 20 You led your people like a flock \*  
by the hand of Moses and Aaron.

78a *Attendite, popule*

- 1 Hear my teaching, O my people; \*  
incline your ears to the words of my mouth.
- 2 I will open my mouth in a parable; \*  
I will declare the mysteries of ancient times.
- 3 That which we have heard and known,  
and what our forefathers have told us, \*  
we will not hide from their children.
- 4 We will recount to generations to come  
the praiseworthy deeds and the power of the LORD, \*  
and the wonderful works he has done.
- 5 He gave his decrees to Jacob  
and established a law for Israel, \*  
which he commanded them to teach their children;
- 6 That the generations to come might know,  
and the children yet unborn; \*  
that they in their turn might tell it to their children;
- 7 So that they might put their trust in God, \*  
and not forget the deeds of God,  
but keep his commandments;
- 8 And not be like their forefathers,  
a stubborn and rebellious generation, \*  
a generation whose heart was not steadfast,  
and whose spirit was not faithful to God.
- 9 The people of Ephraim, armed with the bow, \*  
turned back in the day of battle;
- 10 They did not keep the covenant of God, \*  
and refused to walk in his law;
- 11 They forgot what he had done, \*  
and the wonders he had shown them.
- 12 He worked marvels in the sight of their forefathers, \*  
in the land of Egypt, in the field of Zoan.
- 13 He split open the sea and let them pass through; \*  
he made the waters stand up like walls.

- 14 He led them with a cloud by day, \*  
and all the night through with a glow of fire.
- 15 He split the hard rocks in the wilderness \*  
and gave them drink as from the great deep.
- 16 He brought streams out of the cliff, \*  
and the waters gushed out like rivers.
- 17 But they went on sinning against him, \*  
rebellng in the desert against the Most High.
- 18 They tested God in their hearts, \*  
demanding food for their craving.
- 19 They railed against God and said, \*  
“Can God set a table in the wilderness?”
- 20 True, he struck the rock, the waters gushed out, and the  
gullies overflowed; \*  
but is he able to give bread  
or to provide meat for his people?”
- 21 When the LORD heard this, he was full of wrath; \*  
a fire was kindled against Jacob,  
and his anger mounted against Israel;
- 22 For they had no faith in God, \*  
nor did they put their trust in his saving power.
- 23 So he commanded the clouds above \*  
and opened the doors of heaven.
- 24 He rained down manna upon them to eat \*  
and gave them grain from heaven.
- 25 So mortals ate the bread of angels; \*  
he provided for them food enough.
- 26 He caused the east wind to blow in the heavens \*  
and led out the south wind by his might.
- 27 He rained down flesh upon them like dust \*  
and wingèd birds like the sand of the sea.
- 28 He let it fall in the midst of their camp \*  
and round about their dwellings.

- 29 So they ate and were well filled, \*  
for he gave them what they craved.
- 30 But they did not stop their craving, \*  
though the food was still in their mouths.
- 31 So God's anger mounted against them; \*  
he slew their strongest men  
and laid low the youth of Israel.
- 32 In spite of all this, they went on sinning \*  
and had no faith in his wonderful works.
- 33 So he brought their days to an end like a breath \*  
and their years in sudden terror.
- 34 Whenever he slew them, they would seek him, \*  
and repent, and diligently search for God.
- 35 They would remember that God was their rock, \*  
and the Most High God their redeemer.
- 36 But they flattered him with their mouths \*  
and lied to him with their tongues.
- 37 Their heart was not steadfast toward him, \*  
and they were not faithful to his covenant.
- 38 But he was so merciful that he forgave their sins  
and did not destroy them; \*  
many times he held back his anger  
and did not permit his wrath to be roused.
- 39 For he remembered that they were but flesh, \*  
a breath that goes forth and does not return.



78b *Quoties exacerbaverunt*

- 40 How often the people disobeyed him in the wilderness \*  
and offended him in the desert!
- 41 Again and again they tempted God \*  
and provoked the Holy One of Israel.
- 42 They did not remember his power \*  
in the day when he ransomed them from the enemy;
- 43 How he wrought his signs in Egypt \*  
and his omens in the field of Zoan.
- 44 He turned their rivers into blood, \*  
so that they could not drink of their streams.
- 45 He sent swarms of flies among them, which ate them up, \*  
and frogs, which destroyed them.
- 46 He gave their crops to the caterpillar, \*  
the fruit of their toil to the locust.
- 47 He killed their vines with hail \*  
and their sycamores with frost.
- 48 He delivered their cattle to hailstones \*  
and their livestock to hot thunderbolts.
- 49 He poured out upon them his blazing anger: \*  
fury, indignation, and distress,  
a troop of destroying angels.
- 50 He gave full rein to his anger;  
he did not spare their souls from death; \*  
but delivered their lives to the plague.
- 51 He struck down all the firstborn of Egypt, \*  
the flower of manhood in the dwellings of Ham.
- 52 He led out his people like sheep \*  
and guided them in the wilderness like a flock.
- 53 He led them to safety, and they were not afraid; \*  
but the sea overwhelmed their enemies.
- 54 He brought them to his holy land, \*  
the mountain his right hand had won.

- 55 He drove out the Canaanites before them  
and apportioned an inheritance to them by lot; \*  
he made the tribes of Israel to dwell in their tents.
- 56 But they tested the Most High God, and defied him, \*  
and did not keep his commandments.
- 57 They turned away and were disloyal like their fathers; \*  
they were undependable like a warped bow.
- 58 They grieved him with their hill-altars \*  
and provoked his displeasure with their idols.
- 59 When God heard this, he was angry \*  
and utterly rejected Israel.
- 60 He forsook the shrine at Shiloh, \*  
the tabernacle where he had lived among his people.
- 61 He delivered the ark into captivity, \*  
his glory into the adversary's hand.
- 62 He gave his people to the sword \*  
and was angered against his inheritance.
- 63 The fire consumed their young men; \*  
there were no wedding songs for their maidens.
- 64 Their priests fell by the sword, \*  
and their widows made no lamentation.
- 65 Then the LORD woke as though from sleep, \*  
like a warrior refreshed with wine.
- 66 He struck his enemies on the backside \*  
and put them to perpetual shame.
- 67 He rejected the tent of Joseph \*  
and did not choose the tribe of Ephraim;
- 68 He chose instead the tribe of Judah \*  
and Mount Zion, which he loved.
- 69 He built his sanctuary like the heights of heaven, \*  
like the earth which he founded for ever.
- 70 He chose David his servant, \*  
and took him away from the sheepfolds.

- 71 He brought him from following the ewes, \*  
to be a shepherd over Jacob his people  
and over Israel his inheritance.
- 72 So he shepherded them with a faithful and true heart \*  
and guided them with the skillfulness of his hands.

- 1 O God, the heathen have come into your inheritance;  
they have profaned your holy temple; \*  
they have made Jerusalem a heap of rubble.
- 2 They have given the bodies of your servants as food for the  
birds of the air, \*  
and the flesh of your faithful ones to the beasts  
of the field.
- 3 They have shed their blood like water on every side  
of Jerusalem, \*  
and there was no one to bury them.
- 4 We have become a reproach to our neighbors, \*  
an object of scorn and derision to those around us.
- 5 How long will you be angry, O LORD? \*  
will your fury blaze like fire for ever?
- 6 Pour out your wrath upon the heathen who have not  
known you \*  
and upon the kingdoms that have not called upon  
your Name.
- 7 For they have devoured Jacob \*  
and made his dwelling a ruin.
- 8 Remember not our past sins;  
let your compassion be swift to meet us; \*  
for we have been brought very low.
- 9 Help us, O God our Savior, for the glory of your Name; \*  
deliver us and forgive us our sins, for your Name's sake.
- 10 Why should the heathen say, "Where is their God?" \*  
Let it be known among the heathen and in our sight  
that you avenge the shedding of your servants' blood.
- 11 Let the sorrowful sighing of the prisoners come before you, \*  
and by your great might spare those who are  
condemned to die.
- 12 May the revilings with which they reviled you, O Lord, \*  
return seven-fold into their bosoms.

- 13 For we are your people and the sheep of your pasture; \*  
we will give you thanks for ever  
and show forth your praise from age to age.

## THURSDAY: SECOND NOCTURN

### 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.

81 *Exultate Deo*

- 1 Sing with joy to God our strength \*  
and raise a loud shout to the God of Jacob.
- 2 Raise a song and sound the timbrel, \*  
the merry harp, and the lyre.
- 3 Blow the ram's-horn at the new moon, \*  
and at the full moon, the day of our feast.
- 4 For this is a statute for Israel, \*  
a law of the God of Jacob.
- 5 He laid it as a solemn charge upon Joseph, \*  
when he came out of the land of Egypt.
- 6 I heard an unfamiliar voice saying, \*  
"I eased his shoulder from the burden;  
his hands were set free from bearing the load."
- 7 You called on me in trouble, and I saved you; \*  
I answered you from the secret place of thunder  
and tested you at the waters of Meribah.
- 8 Hear, O my people, and I will admonish you: \*  
O Israel, if you would but listen to me!
- 9 There shall be no strange god among you; \*  
you shall not worship a foreign god.
- 10 I am the LORD your God,  
who brought you out of the land of Egypt and said, \*  
"Open your mouth wide, and I will fill it."
- 11 And yet my people did not hear my voice, \*  
and Israel would not obey me.
- 12 So I gave them over to the stubbornness of their hearts, \*  
to follow their own devices.
- 13 Oh, that my people would listen to me! \*  
that Israel would walk in my ways!
- 14 I should soon subdue their enemies \*  
and turn my hand against their foes.



- 15 Those who hate the LORD would cringe before him, \*  
and their punishment would last for ever.
- 16 But Israel would I feed with the finest wheat \*  
and satisfy him with honey from the rock.

82 *Deus stetit*

- 1 God takes his stand in the council of heaven; \*  
he gives judgment in the midst of the gods:
- 2 “How long will you judge unjustly, \*  
and show favor to the wicked?”
- 3 Save the weak and the orphan; \*  
defend the humble and needy;
- 4 Rescue the weak and the poor; \*  
deliver them from the power of the wicked.
- 5 They do not know, neither do they understand;  
they go about in darkness; \*  
all the foundations of the earth are shaken.
- 6 Now I say to you, ‘You are gods, \*  
and all of you children of the Most High;
- 7 Nevertheless, you shall die like mortals, \*  
and fall like any prince.’”
- 8 Arise, O God, and rule the earth, \*  
for you shall take all nations for your own.

83 *Deus, quis similis?*

- 1 O God, do not be silent; \*  
do not keep still nor hold your peace, O God;
- 2 For your enemies are in tumult, \*  
and those who hate you have lifted up their heads.
- 3 They take secret counsel against your people \*  
and plot against those whom you protect.
- 4 They have said, "Come, let us wipe them out from among  
the nations; \*  
let the name of Israel be remembered no more."
- 5 They have conspired together; \*  
they have made an alliance against you:
- 6 The tents of Edom and the Ishmaelites; \*  
the Moabites and the Hagarenes;
- 7 Gebal, and Ammon, and Amalek; \*  
the Philistines and those who dwell in Tyre.
- 8 The Assyrians also have joined them, \*  
and have come to help the people of Lot.
- 9 Do to them as you did to Midian, \*  
to Sisera, and to Jabin at the river of Kishon:
- 10 They were destroyed at Endor; \*  
they became like dung upon the ground.
- 11 Make their leaders like Oreb and Zeëb, \*  
and all their commanders like Zebah and Zalmunna,
- 12 Who said, "Let us take for ourselves \*  
the fields of God as our possession."
- 13 O my God, make them like whirling dust \*  
and like chaff before the wind;
- 14 Like fire that burns down a forest, \*  
like the flame that sets mountains ablaze.
- 15 Drive them with your tempest \*  
and terrify them with your storm;

- 16 Cover their faces with shame, O LORD, \*  
that they may seek your Name.
- 17 Let them be disgraced and terrified for ever; \*  
let them be put to confusion and perish.
- 18 Let them know that you, whose Name is YAHWEH, \*  
you alone are the Most High over all the earth.

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!

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.

## THURSDAY: LAUDS

### 67 *Deus misereatur*

- 1 May God be merciful to us and bless us, \*  
show us the light of his countenance and come to us.
- 2 Let your ways be known upon earth, \*  
your saving health among all nations.
- 3 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 4 Let the nations be glad and sing for joy, \*  
for you judge the peoples with equity  
and guide all the nations upon earth.
- 5 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 6 The earth has brought forth her increase; \*  
may God, our own God, give us his blessing.
- 7 May God give us his blessing, \*  
and may all the ends of the earth stand in awe of him.

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.

- 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.

90 *Domine, refugium*

- 1 Lord, you have been our refuge \*  
from one generation to another.
- 2 Before the mountains were brought forth,  
or the land and the earth were born, \*  
from age to age you are God.
- 3 You turn us back to the dust and say, \*  
“Go back, O child of earth.”
- 4 For a thousand years in your sight are like yesterday  
when it is past \*  
and like a watch in the night.
- 5 You sweep us away like a dream; \*  
we fade away suddenly like the grass.
- 6 In the morning it is green and flourishes; \*  
in the evening it is dried up and withered.
- 7 For we consume away in your displeasure; \*  
we are afraid because of your wrathful indignation.
- 8 Our iniquities you have set before you, \*  
and our secret sins in the light of your countenance.
- 9 When you are angry, all our days are gone; \*  
we bring our years to an end like a sigh.
- 10 The span of our life is seventy years,  
perhaps in strength even eighty; \*  
yet the sum of them is but labor and sorrow,  
for they pass away quickly and we are gone.
- 11 Who regards the power of your wrath? \*  
who rightly fears your indignation?
- 12 So teach us to number our days \*  
that we may apply our hearts to wisdom.
- 13 Return, O LORD; how long will you tarry? \*  
be gracious to your servants.
- 14 Satisfy us by your loving-kindness in the morning; \*  
so shall we rejoice and be glad all the days of our life.

- 15 Make us glad by the measure of the days that you afflicted us \*  
and the years in which we suffered adversity.
- 16 Show your servants your works \*  
and your splendor to their children.
- 17 May the graciousness of the LORD our God be upon us; \*  
prosper the work of our hands;  
prosper our handiwork.

**C1 The Song of Jeremiah** *Audite verbum* OHC  
*Jeremiah 31*

Hear the word of the Lord, \*  
and proclaim it to the coasts afar off,  
saying, “He who scattered Israel will gather it again; \*  
he will guard it as a shepherd guards his flock.”

For the Lord has ransomed Jacob, \*  
and redeemed him from the hands of those stronger than he.

They will come and shout for joy upon the heights of Zion, \*  
and be radiant because of the goodness of the Lord;  
because of the grain and the wine and the oil; \*  
because of the increase of their flocks and herds.

Their life will be like a watered garden, \*  
and they will not languish any more.

Maidens will rejoice in the dance; \*  
young men and old will disport themselves.

I will turn their mourning into gladness, \*  
and satisfy my people with my goodness.

**C2 The Song of Moses** *Cantemus Domino* BCP  
*Exodus 15*

I will sing to the Lord, for he is lofty and uplifted; \*  
the horse and its rider has he hurled into the sea.

The Lord is my strength and my refuge; \*  
the Lord has become my Savior.

This is my God and I will praise him, \*  
the God of my people and I will exalt him.

The Lord is a mighty warrior; \*  
The Lord is his Name.

The chariots of Pharaoh and his army  
has he hurled into the sea; \*  
the finest of those who bear armor have been  
drowned in the Red Sea.

The fathomless deep has overwhelmed them; \*  
they sank into the depths like a stone.

Your right hand, O Lord, is glorious in might; \*  
your right hand, O Lord, has overthrown the enemy.

Who can be compared with you, O Lord, among the gods? \*  
who is like you, glorious in holiness,  
awesome in renown, and worker of wonders?

You stretched forth your right hand; \*  
the earth swallowed them up.

With your constant love you led the people you redeemed; \*  
with your might you brought them in safety to  
your holy dwelling.

You will bring them in and plant them \*  
on the mount of your possession,

The resting-place you have made for yourself, O Lord, \*  
the sanctuary, O Lord, that your hand has established.

The Lord shall reign \*  
for ever and for ever.

148 *Laudate Dominum*

- 1 Hallelujah!  
Praise the LORD from the heavens; \*  
praise him in the heights.
- 2 Praise him, all you angels of his; \*  
praise him, all his host.
- 3 Praise him, sun and moon; \*  
praise him, all you shining stars.
- 4 Praise him, heaven of heavens, \*  
and you waters above the heavens.
- 5 Let them praise the Name of the LORD; \*  
for he commanded, and they were created.
- 6 He made them stand fast for ever and ever; \*  
he gave them a law which shall not pass away.
- 7 Praise the LORD from the earth, \*  
you sea-monsters and all deeps;
- 8 Fire and hail, snow and fog, \*  
tempestuous wind, doing his will;
- 9 Mountains and all hills, \*  
fruit trees and all cedars;
- 10 Wild beasts and all cattle, \*  
creeping things and wingèd birds;
- 11 Kings of the earth and all peoples, \*  
princes and all rulers of the world;
- 12 Young men and maidens, \*  
old and young together.
- 13 Let them praise the Name of the LORD, \*  
for his Name only is exalted,  
his splendor is over earth and heaven.
- 14 He has raised up strength for his people  
and praise for all his loyal servants, \*  
the children of Israel, a people who are near him.  
Hallelujah!



149 *Cantate Domino*

- 1 Hallelujah!  
Sing to the LORD a new song; \*  
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in his Maker; \*  
let the children of Zion be joyful in their King.
- 3 Let them praise his Name in the dance; \*  
let them sing praise to him with timbrel and harp.
- 4 For the LORD takes pleasure in his people \*  
and adorns the poor with victory.
- 5 Let the faithful rejoice in triumph; \*  
let them be joyful on their beds.
- 6 Let the praises of God be in their throat \*  
and a two-edged sword in their hand;
- 7 To wreak vengeance on the nations \*  
and punishment on the peoples;
- 8 To bind their kings in chains \*  
and their nobles with links of iron;
- 9 To inflict on them the judgment decreed; \*  
this is glory for all his faithful people.  
Hallelujah!

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!

## THURSDAY: TERCE

### 15 *Domine, quis habitabit?*

- 1 LORD, who may dwell in your tabernacle? \*  
who may abide upon your holy hill?
- 2 Whoever leads a blameless life and does what is right, \*  
who speaks the truth from his heart.
- 3 There is no guile upon his tongue;  
he does no evil to his friend; \*  
he does not heap contempt upon his neighbor.
- 4 In his sight the wicked is rejected, \*  
but he honors those who fear the LORD.
- 5 He has sworn to do no wrong \*  
and does not take back his word.
- 6 He does not give his money in hope of gain, \*  
nor does he take a bribe against the innocent.
- 7 Whoever does these things \*  
shall never be overthrown.

16a *Conserva me, Domine*

- 1 Protect me, O God, for I take refuge in you; \*  
I have said to the LORD, "You are my Lord,  
my good above all other."
- 2 All my delight is upon the godly that are in the land, \*  
upon those who are noble among the people.
- 3 But those who run after other gods \*  
shall have their troubles multiplied.
- 4 Their libations of blood I will not offer, \*  
nor take the names of their gods upon my lips.
- 5 O LORD, you are my portion and my cup; \*  
it is you who uphold my lot.
- 6 My boundaries enclose a pleasant land; \*  
indeed, I have a goodly heritage.

16b *Benedicam Dominum*

- 7 I will bless the LORD who gives me counsel; \*  
my heart teaches me, night after night.
- 8 I have set the LORD always before me; \*  
because he is at my right hand I shall not fall.
- 9 My heart, therefore, is glad, and my spirit rejoices; \*  
my body also shall rest in hope.
- 10 For you will not abandon me to the grave, \*  
nor let your holy one see the Pit.
- 11 You will show me the path of life; \*  
in your presence there is fullness of joy,  
and in your right hand are pleasures for evermore.

## THURSDAY: SEXT

### 17a *Exaudi, Domine*

- 1 Hear my plea of innocence, O LORD;  
give heed to my cry; \*  
listen to my prayer, which does not come from lying lips.
- 2 Let my vindication come forth from your presence; \*  
let your eyes be fixed on justice.
- 3 Weigh my heart, summon me by night, \*  
melt me down; you will find no impurity in me.
- 4 I give no offense with my mouth as others do; \*  
I have heeded the words of your lips.
- 5 My footsteps hold fast to the ways of your law; \*  
in your paths my feet shall not stumble.

17b *Ego ad te clamavi*

- 6 I call upon you, O God, for you will answer me; \*  
incline your ear to me and hear my words.
- 7 Show me your marvelous loving-kindness, \*  
O Savior of those who take refuge at your right hand  
from those who rise up against them.
- 8 Keep me as the apple of your eye; \*  
hide me under the shadow of your wings,
- 9 From the wicked who assault me, \*  
from my deadly enemies who surround me.
- 10 They have closed their heart to pity, \*  
and their mouth speaks proud things.
- 11 They press me hard,  
now they surround me, \*  
watching how they may cast me to the ground,
- 12 Like a lion, greedy for its prey, \*  
and like a young lion lurking in secret places.

17c *Exsurge, Domine*

- 13 Arise, O LORD; confront them and bring them down; \*  
deliver me from the wicked by your sword.
- 14 Deliver me, O LORD, by your hand \*  
from those whose portion in life is this world;
- 15 Whose bellies you fill with your treasure, \*  
who are well supplied with children  
and leave their wealth to their little ones.
- 16 But at my vindication I shall see your face; \*  
when I awake, I shall be satisfied, beholding  
your likeness.



## THURSDAY: NONE

### 19a *Cæli 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.

19b *Lex Domini immaculata*

- 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? \*  
cleans 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.

20 *Exaudiat te Dominus*

- 1 May the LORD answer you in the day of trouble, \*  
the Name of the God of Jacob defend you;
- 2 Send you help from his holy place \*  
and strengthen you out of Zion;
- 3 Remember all your offerings \*  
and accept your burnt sacrifice;
- 4 Grant you your heart's desire \*  
and prosper all your plans.
- 5 We will shout for joy at your victory  
and triumph in the Name of our God; \*  
may the LORD grant all your requests.
- 6 Now I know that the LORD gives victory to his anointed; \*  
he will answer him out of his holy heaven,  
with the victorious strength of his right hand.
- 7 Some put their trust in chariots and some in horses, \*  
but we will call upon the Name of the LORD our God.
- 8 They collapse and fall down, \*  
but we will arise and stand upright.
- 9 O LORD, give victory to the king \*  
and answer us when we call.

## THURSDAY: VESPERS

### 139a *Domine, probasti*

- 1 LORD, you have searched me out and known me; \*  
you know my sitting down and my rising up;  
you discern my thoughts from afar.
- 2 You trace my journeys and my resting-places \*  
and are acquainted with all my ways.
- 3 Indeed, there is not a word on my lips, \*  
but you, O LORD, know it altogether.
- 4 You press upon me behind and before \*  
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me; \*  
it is so high that I cannot attain to it.
- 6 Where can I go then from your Spirit? \*  
where can I flee from your presence?
- 7 If I climb up to heaven, you are there; \*  
if I make the grave my bed, you are there also.
- 8 If I take the wings of the morning \*  
and dwell in the uttermost parts of the sea,
- 9 Even there your hand will lead me \*  
and your right hand hold me fast.
- 10 If I say, "Surely the darkness will cover me, \*  
and the light around me turn to night,"
- 11 Darkness is not dark to you;  
the night is as bright as the day; \*  
darkness and light to you are both alike.

139b *Quia tu formasti*

- 12 For you yourself created my inmost parts; \*  
you knit me together in my mother's womb.
- 13 I will thank you because I am marvelously made; \*  
your works are wonderful, and I know it well.
- 14 My body was not hidden from you, \*  
while I was being made in secret  
and woven in the depths of the earth.
- 15 Your eyes beheld my limbs, yet unfinished in the womb;  
all of them were written in your book; \*  
they were fashioned day by day,  
when as yet there was none of them.
- 16 How deep I find your thoughts, O God! \*  
how great is the sum of them!
- 17 If I were to count them,  
they would be more in number than the sand; \*  
to count them all, my life span  
would need to be like yours.
- 18 Oh, that you would slay the wicked, O God! \*  
You that thirst for blood, depart from me.
- 19 They speak despitefully against you; \*  
your enemies take your Name in vain.
- 20 Do I not hate those, O LORD, who hate you? \*  
and do I not loathe those who rise up against you?
- 21 I hate them with a perfect hatred; \*  
they have become my own enemies.
- 22 Search me out, O God, and know my heart; \*  
try me and know my restless thoughts.
- 23 Look well whether there be any wickedness in me \*  
and lead me in the way that is everlasting.

140 *Eripe me, Domine*

- 1 Deliver me, O LORD, from evildoers; \*  
protect me from the violent,
- 2 Who devise evil in their hearts \*  
and stir up strife all day long.
- 3 They have sharpened their tongues like a serpent; \*  
adder's poison is under their lips.
- 4 Keep me, O LORD, from the hands of the wicked; \*  
protect me from the violent,  
who are determined to trip me up.
- 5 The proud have hidden a snare for me  
and stretched out a net of cords; \*  
they have set traps for me along the path.
- 6 I have said to the LORD, "You are my God; \*  
listen, O LORD, to my supplication.
- 7 O Lord GOD, the strength of my salvation, \*  
you have covered my head in the day of battle.
- 8 Do not grant the desires of the wicked, O LORD, \*  
nor let their evil plans prosper.
- 9 Let not those who surround me lift up their heads; \*  
let the evil of their lips overwhelm them.
- 10 Let hot burning coals fall upon them; \*  
let them be cast into the mire, never to rise up again."
- 11 A slanderer shall not be established on the earth, \*  
and evil shall hunt down the lawless.
- 12 I know that the LORD will maintain the cause of the poor \*  
and render justice to the needy.
- 13 Surely, the righteous will give thanks to your Name, \*  
and the upright shall continue in your sight.

141 *Domine, clamavi*

- 1 O LORD, I call to you; come to me quickly; \*  
hear my voice when I cry to you.
- 2 Let my prayer be set forth in your sight as incense, \*  
the lifting up of my hands as the evening sacrifice.
- 3 Set a watch before my mouth, O LORD,  
and guard the door of my lips; \*  
let not my heart incline to any evil thing.
- 4 Let me not be occupied in wickedness with evildoers, \*  
nor eat of their choice foods.
- 5 Let the righteous smite me in friendly rebuke;  
let not the oil of the unrighteous anoint my head; \*  
for my prayer is continually against their wicked deeds.
- 6 Let their rulers be overthrown in stony places, \*  
that they may know my words are true.
- 7 As when a plowman turns over the earth in furrows, \*  
let their bones be scattered at the mouth of the grave.
- 8 But my eyes are turned to you, Lord GOD; \*  
in you I take refuge;  
do not strip me of my life.
- 9 Protect me from the snare which they have laid for me \*  
and from the traps of the evildoers.
- 10 Let the wicked fall into their own nets, \*  
while I myself escape.

## THURSDAY: COMPLINE

### 4 *Cum invocarem*

- 1 Answer me when I call, O God, defender of my cause; \*  
you set me free when I am hard-pressed;  
have mercy on me and hear my prayer.
- 2 “You mortals, how long will you dishonor my glory; \*  
how long will you worship dumb idols  
and run after false gods?”
- 3 Know that the LORD does wonders for the faithful; \*  
when I call upon the LORD, he will hear me.
- 4 Tremble, then, and do not sin; \*  
speak to your heart in silence upon your bed.
- 5 Offer the appointed sacrifices \*  
and put your trust in the LORD.
- 6 Many are saying, “Oh, that we might see better times!” \*  
Lift up the light of your countenance upon us, O LORD.
- 7 You have put gladness in my heart, \*  
more than when grain and wine and oil increase.
- 8 I lie down in peace; at once I fall asleep; \*  
for only you, LORD, make me dwell in safety.



91 *Qui habitat*

- 1 He who dwells in the shelter of the Most High, \*  
abides under the shadow of the Almighty.
- 2 He shall say to the LORD,  
“You are my refuge and my stronghold, \*  
my God in whom I put my trust.”
- 3 He shall deliver you from the snare of the hunter \*  
and from the deadly pestilence.
- 4 He shall cover you with his pinions,  
and you shall find refuge under his wings; \*  
his faithfulness shall be a shield and buckler.
- 5 You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;
- 6 Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.
- 7 A thousand shall fall at your side  
and ten thousand at your right hand, \*  
but it shall not come near you.
- 8 Your eyes have only to behold \*  
to see the reward of the wicked.
- 9 Because you have made the LORD your refuge, \*  
and the Most High your habitation,
- 10 There shall no evil happen to you, \*  
neither shall any plague come near your dwelling.
- 11 For he shall give his angels charge over you, \*  
to keep you in all your ways.
- 12 They shall bear you in their hands, \*  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; \*  
you shall trample the young lion and the serpent  
under your feet.

- 14 Because he is bound to me in love,  
therefore will I deliver him; \*  
I will protect him, because he knows my Name.
- 15 He shall call upon me, and I will answer him; \*  
I am with him in trouble;  
I will rescue him and bring him to honor.
- 16 With long life will I satisfy him, \*  
and show him my salvation.

134 *Ecce nunc*

- 1 Behold now, bless the LORD, all you servants of the LORD, \*  
you that stand by night in the house of the LORD.
- 2 Lift up your hands in the holy place and bless the LORD; \*  
the LORD who made heaven and earth  
bless you out of Zion.

## FRIDAY: VIGILS

### 3 *Domine, quid multiplicati*

- 1 LORD, how many adversaries I have! \*  
how many there are who rise up against me!
- 2 How many there are who say of me, \*  
“There is no help for him in his God.”
- 3 But you, O LORD, are a shield about me; \*  
you are my glory, the one who lifts up my head.
- 4 I call aloud upon the LORD, \*  
and he answers me from his holy hill;
- 5 I lie down and go to sleep; \*  
I wake again, because the LORD sustains me.
- 6 I do not fear the multitudes of people \*  
who set themselves against me all around.
- 7 Rise up, O LORD; set me free, O my God; \*  
surely, you will strike all my enemies across the face,  
you will break the teeth of the wicked.
- 8 Deliverance belongs to the LORD. \*  
Your blessing be upon your people!

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.”

## FRIDAY: FIRST NOCTURN

### 86 *Inclina, Domine*

- 1 Bow down your ear, O LORD, and answer me, \*  
for I am poor and in misery.
- 2 Keep watch over my life, for I am faithful; \*  
save your servant who puts his trust in you.
- 3 Be merciful to me, O LORD, for you are my God; \*  
I call upon you all the day long.
- 4 Gladden the soul of your servant, \*  
for to you, O LORD, I lift up my soul.
- 5 For you, O LORD, are good and forgiving, \*  
and great is your love toward all who call upon you.
- 6 Give ear, O LORD, to my prayer, \*  
and attend to the voice of my supplications.
- 7 In the time of my trouble I will call upon you, \*  
for you will answer me.
- 8 Among the gods there is none like you, O LORD, \*  
nor anything like your works.
- 9 All nations you have made will come and  
worship you, O LORD, \*  
and glorify your Name.
- 10 For you are great;  
you do wondrous things; \*  
and you alone are God.
- 11 Teach me your way, O LORD,  
and I will walk in your truth; \*  
knit my heart to you that I may fear your Name.
- 12 I will thank you, O LORD my God, with all my heart, \*  
and glorify your Name for evermore.
- 13 For great is your love toward me; \*  
you have delivered me from the nethermost Pit.

- 14 The arrogant rise up against me, O God,  
and a band of violent men seeks my life; \*  
they have not set you before their eyes.
- 15 But you, O LORD, are gracious and full of compassion, \*  
slow to anger, and full of kindness and truth.
- 16 Turn to me and have mercy upon me; \*  
give your strength to your servant;  
and save the child of your handmaid.
- 17 Show me a sign of your favor,  
so that those who hate me may see it and be ashamed; \*  
because you, O LORD, have helped me and comforted me.

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.”



89a *Misericordias Domini*

- 1 Your love, O LORD, for ever will I sing; \*  
from age to age my mouth will proclaim your faithfulness.
- 2 For I am persuaded that your love is established for ever; \*  
you have set your faithfulness firmly in the heavens.
- 3 “I have made a covenant with my chosen one; \*  
I have sworn an oath to David my servant:
- 4 ‘I will establish your line for ever, \*  
and preserve your throne for all generations.’”
- 5 The heavens bear witness to your wonders, O LORD, \*  
and to your faithfulness in the assembly of the holy ones;
- 6 For who in the skies can be compared to the LORD? \*  
who is like the LORD among the gods?
- 7 God is much to be feared in the council of the holy ones, \*  
great and terrible to all those round about him.
- 8 Who is like you, LORD God of hosts? \*  
O mighty LORD, your faithfulness is all around you.
- 9 You rule the raging of the sea \*  
and still the surging of its waves.
- 10 You have crushed Rahab of the deep with a deadly wound; \*  
you have scattered your enemies with your mighty arm.
- 11 Yours are the heavens; the earth also is yours; \*  
you laid the foundations of the world and all that is in it.
- 12 You have made the north and the south; \*  
Tabor and Hermon rejoice in your Name.
- 13 You have a mighty arm; \*  
strong is your hand and high is your right hand.
- 14 Righteousness and justice are the foundations of your throne; \*  
love and truth go before your face.
- 15 Happy are the people who know the festal shout! \*  
they walk, O LORD, in the light of your presence.

- 16 They rejoice daily in your Name; \*  
they are jubilant in your righteousness.
- 17 For you are the glory of their strength, \*  
and by your favor our might is exalted.
- 18 Truly, the LORD is our ruler; \*  
the Holy One of Israel is our King.

89b *Tunc locutus es*

- 19 You spoke once in a vision and said to your faithful people: \*  
    “I have set the crown upon a warrior  
    and have exalted one chosen out of the people.
- 20 I have found David my servant; \*  
    with my holy oil have I anointed him.
- 21 My hand will hold him fast \*  
    and my arm will make him strong.
- 22 No enemy shall deceive him, \*  
    nor any wicked man bring him down.
- 23 I will crush his foes before him \*  
    and strike down those who hate him.
- 24 My faithfulness and love shall be with him, \*  
    and he shall be victorious through my Name.
- 25 I shall make his dominion extend \*  
    from the Great Sea to the River.
- 26 He will say to me, ‘You are my Father, \*  
    my God, and the rock of my salvation.’
- 27 I will make him my firstborn \*  
    and higher than the kings of the earth.
- 28 I will keep my love for him for ever, \*  
    and my covenant will stand firm for him.
- 29 I will establish his line for ever \*  
    and his throne as the days of heaven.”
- 30 “If his children forsake my law \*  
    and do not walk according to my judgments;
- 31 If they break my statutes \*  
    and do not keep my commandments;
- 32 I will punish their transgressions with a rod \*  
    and their iniquities with the lash;
- 33 But I will not take my love from him, \*  
    nor let my faithfulness prove false.

- 34 I will not break my covenant, \*  
nor change what has gone out of my lips.
- 35 Once for all I have sworn by my holiness: \*  
'I will not lie to David.
- 36 His line shall endure for ever \*  
and his throne as the sun before me;
- 37 It shall stand fast for evermore like the moon, \*  
the abiding witness in the sky.'"
- 38 But you have cast off and rejected your anointed; \*  
you have become enraged at him.
- 39 You have broken your covenant with your servant, \*  
defiled his crown, and hurled it to the ground.
- 40 You have breached all his walls \*  
and laid his strongholds in ruins.
- 41 All who pass by despoil him; \*  
he has become the scorn of his neighbors.
- 42 You have exalted the right hand of his foes \*  
and made all his enemies rejoice.
- 43 You have turned back the edge of his sword \*  
and have not sustained him in battle.
- 44 You have put an end to his splendor \*  
and cast his throne to the ground.
- 45 You have cut short the days of his youth \*  
and have covered him with shame.
- 46 How long will you hide yourself, O LORD?  
will you hide yourself for ever? \*  
how long will your anger burn like fire?
- 47 Remember, LORD, how short life is, \*  
how frail you have made all flesh.
- 48 Who can live and not see death? \*  
who can save himself from the power of the grave?
- 49 Where, Lord, are your loving-kindnesses of old, \*  
which you promised David in your faithfulness?

- 50 Remember, Lord, how your servant is mocked, \*  
how I carry in my bosom the taunts of many peoples,
- 51 The taunts your enemies have hurled, O LORD, \*  
which they hurled at the heels of your anointed.
- 52 Blessed be the LORD for evermore! \*  
Amen, I say, Amen.

93 *Dominus regnavit*

- 1 The LORD is King;  
he has put on splendid apparel; \*  
the LORD has put on his apparel  
and girded himself with strength.
- 2 He has made the whole world so sure \*  
that it cannot be moved;
- 3 Ever since the world began, your throne has been established; \*  
you are from everlasting.
- 4 The waters have lifted up, O LORD,  
the waters have lifted up their voice; \*  
the waters have lifted up their pounding waves.
- 5 Mightier than the sound of many waters,  
mightier than the breakers of the sea, \*  
mightier is the LORD who dwells on high.
- 6 Your testimonies are very sure, \*  
and holiness adorns your house, O LORD,  
for ever and for evermore.

- 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.



## FRIDAY: SECOND NOCTURN

### 96 *Cantate Domino*

- 1 Sing to the LORD a new song; \*  
sing to the LORD, all the whole earth.
- 2 Sing to the LORD and bless his Name; \*  
proclaim the good news of his salvation from day to day.
- 3 Declare his glory among the nations \*  
and his wonders among all peoples.
- 4 For great is the LORD and greatly to be praised; \*  
he is more to be feared than all gods.
- 5 As for all the gods of the nations, they are but idols; \*  
but it is the LORD who made the heavens.
- 6 Oh, the majesty and magnificence of his presence! \*  
Oh, the power and the splendor of his sanctuary!
- 7 Ascribe to the LORD, you families of the peoples; \*  
ascribe to the LORD honor and power.
- 8 Ascribe to the LORD the honor due his Name; \*  
bring offerings and come into his courts.
- 9 Worship the LORD in the beauty of holiness; \*  
let the whole earth tremble before him.
- 10 Tell it out among the nations: "The LORD is King! \*  
he has made the world so firm that it cannot be moved;  
he will judge the peoples with equity."
- 11 Let the heavens rejoice, and let the earth be glad;  
let the sea thunder and all that is in it; \*  
let the field be joyful and all that is therein.
- 12 Then shall all the trees of the wood shout for joy  
before the LORD when he comes, \*  
when he comes to judge the earth.
- 13 He will judge the world with righteousness \*  
and the peoples with his truth.

- 1 The LORD is King;  
let the earth rejoice; \*  
let the multitude of the isles be glad.
- 2 Clouds and darkness are round about him, \*  
righteousness and justice are the foundations of his throne.
- 3 A fire goes before him \*  
and burns up his enemies on every side.
- 4 His lightnings light up the world; \*  
the earth sees it and is afraid.
- 5 The mountains melt like wax at the presence of the LORD, \*  
at the presence of the Lord of the whole earth.
- 6 The heavens declare his righteousness, \*  
and all the peoples see his glory.
- 7 Confounded be all who worship carved images  
and delight in false gods! \*  
Bow down before him, all you gods.
- 8 Zion hears and is glad, and the cities of Judah rejoice, \*  
because of your judgments, O LORD.
- 9 For you are the LORD,  
most high over all the earth; \*  
you are exalted far above all gods.
- 10 The LORD loves those who hate evil; \*  
he preserves the lives of his saints  
and delivers them from the hand of the wicked.
- 11 Light has sprung up for the righteous, \*  
and joyful gladness for those who are truehearted.
- 12 Rejoice in the LORD, you righteous, \*  
and give thanks to his holy Name.

98 *Cantate Domino*

- 1 Sing to the LORD a new song, \*  
for he has done marvelous things.
- 2 With his right hand and his holy arm \*  
has he won for himself the victory.
- 3 The LORD has made known his victory; \*  
his righteousness has he openly shown in  
the sight of the nations.
- 4 He remembers his mercy and faithfulness to  
the house of Israel, \*  
and all the ends of the earth have seen the  
victory of our God.
- 5 Shout with joy to the LORD, all you lands; \*  
lift up your voice, rejoice, and sing.
- 6 Sing to the LORD with the harp, \*  
with the harp and the voice of song.
- 7 With trumpets and the sound of the horn \*  
shout with joy before the King, the LORD.
- 8 Let the sea make a noise and all that is in it, \*  
the lands and those who dwell therein.
- 9 Let the rivers clap their hands, \*  
and let the hills ring out with joy before the LORD,  
when he comes to judge the earth.
- 10 In righteousness shall he judge the world \*  
and the peoples with equity.

- 1 The LORD is King;  
let the people tremble; \*  
he is enthroned upon the cherubim;  
let the earth shake.
- 2 The LORD is great in Zion; \*  
he is high above all peoples.
- 3 Let them confess his Name, which is great and awesome; \*  
he is the Holy One.
- 4 “O mighty King, lover of justice,  
you have established equity; \*  
you have executed justice and righteousness in Jacob.”
- 5 Proclaim the greatness of the LORD our God  
and fall down before his footstool; \*  
he is the Holy One.
- 6 Moses and Aaron among his priests,  
and Samuel among those who call upon his Name, \*  
they called upon the LORD, and he answered them.
- 7 He spoke to them out of the pillar of cloud; \*  
they kept his testimonies and the decree that he gave them.
- 8 “O LORD our God, you answered them indeed; \*  
you were a God who forgave them,  
yet punished them for their evil deeds.”
- 9 Proclaim the greatness of the LORD our God  
and worship him upon his holy hill; \*  
for the LORD our God is the Holy One.

100 *Jubilate Deo*

- 1 Be joyful in the LORD, all you lands; \*  
serve the LORD with gladness  
and come before his presence with a song.
- 2 Know this: The LORD himself is God; \*  
he himself has made us, and we are his;  
we are his people and the sheep of his pasture.
- 3 Enter his gates with thanksgiving;  
go into his courts with praise; \*  
give thanks to him and call upon his Name.
- 4 For the LORD is good;  
his mercy is everlasting; \*  
and his faithfulness endures from age to age.

101 *Misericordiam et iudicium*

- 1 I will sing of mercy and justice; \*  
to you, O LORD, will I sing praises.
- 2 I will strive to follow a blameless course;  
oh, when will you come to me? \*  
I will walk with sincerity of heart within my house.
- 3 I will set no worthless thing before my eyes; \*  
I hate the doers of evil deeds;  
they shall not remain with me.
- 4 A crooked heart shall be far from me; \*  
I will not know evil.
- 5 Those who in secret slander their neighbors I will destroy; \*  
those who have a haughty look and a proud  
heart I cannot abide.
- 6 My eyes are upon the faithful in the land, that they may  
dwell with me, \*  
and only those who lead a blameless life shall  
be my servants.
- 7 Those who act deceitfully shall not dwell in my house, \*  
and those who tell lies shall not continue in my sight.
- 8 I will soon destroy all the wicked in the land, \*  
that I may root out all evildoers from the city of the LORD.

## FRIDAY: LAUDS

67 *Deus misereatur*

- 1 May God be merciful to us and bless us, \*  
show us the light of his countenance and come to us.
- 2 Let your ways be known upon earth, \*  
your saving health among all nations.
- 3 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 4 Let the nations be glad and sing for joy, \*  
for you judge the peoples with equity  
and guide all the nations upon earth.
- 5 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 6 The earth has brought forth her increase; \*  
may God, our own God, give us his blessing.
- 7 May God give us his blessing, \*  
and may all the ends of the earth stand in awe of him.

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.

76 *Notus in Judæa*

- 1 In Judah is God known; \*  
his Name is great in Israel.
- 2 At Salem is his tabernacle, \*  
and his dwelling is in Zion.
- 3 There he broke the flashing arrows, \*  
the shield, the sword, and the weapons of battle.
- 4 How glorious you are! \*  
more splendid than the everlasting mountains!
- 5 The strong of heart have been despoiled;  
they sink into sleep; \*  
none of the warriors can lift a hand.
- 6 At your rebuke, O God of Jacob, \*  
both horse and rider lie stunned.
- 7 What terror you inspire! \*  
who can stand before you when you are angry?
- 8 From heaven you pronounced judgment; \*  
the earth was afraid and was still;
- 9 When God rose up to judgment \*  
and to save all the oppressed of the earth.
- 10 Truly, wrathful Edom will give you thanks, \*  
and the remnant of Hamath will keep your feasts.
- 11 Make a vow to the LORD your God and keep it; \*  
let all around him bring gifts to him who is worthy  
to be feared.
- 12 He breaks the spirit of princes, \*  
and strikes terror in the kings of the earth.

- 1 It is a good thing to give thanks to the LORD, \*  
and to sing praises to your Name, O Most High;
- 2 To tell of your loving-kindness early in the morning \*  
and of your faithfulness in the night season;
- 3 On the psaltery, and on the lyre, \*  
and to the melody of the harp.
- 4 For you have made me glad by your acts, O LORD; \*  
and I shout for joy because of the works of your hands.
- 5 LORD, how great are your works! \*  
your thoughts are very deep.
- 6 The dullard does not know,  
nor does the fool understand, \*  
that though the wicked grow like weeds,  
and all the workers of iniquity flourish,
- 7 They flourish only to be destroyed for ever; \*  
but you, O LORD, are exalted for evermore.
- 8 For lo, your enemies, O LORD,  
lo, your enemies shall perish, \*  
and all the workers of iniquity shall be scattered.
- 9 But my horn you have exalted like the horns of wild bulls; \*  
I am anointed with fresh oil.
- 10 My eyes also gloat over my enemies, \*  
and my ears rejoice to hear the doom of the wicked who  
rise up against me.
- 11 The righteous shall flourish like a palm tree, \*  
and shall spread abroad like a cedar of Lebanon.
- 12 Those who are planted in the house of the LORD \*  
shall flourish in the courts of our God;
- 13 They shall still bear fruit in old age; \*  
they shall be green and succulent;
- 14 That they may show how upright the LORD is, \*  
my Rock, in whom there is no fault.

C1 **A Song of God the Savior** *Vere tu es* NRSV  
*Isaiah 45*

Truly, you are a God who hides himself, \*  
O God of Israel, the Savior.

All of them are put to shame and confounded, \*  
the makers of idols go in confusion together.

But Israel is saved by the Lord \*  
with everlasting salvation;

you shall not be put to shame or confounded \*  
to all eternity.

For thus says the Lord, \*  
who created the heavens (he is God!),

who formed the earth and made it \*  
(he established it;

he did not create it a chaos, \*  
he formed it to be inhabited!):

I am the Lord, and there is no other. \*  
I did not speak in secret, in a land of darkness;

I did not say to the offspring of Jacob, \*  
'Seek me in chaos.'

I the Lord speak the truth, \*  
I declare what is right.

Assemble yourselves and come together, \*  
draw near, you survivors of the nations!

They have no knowledge— \*  
those who carry about their wooden idols,  
and keep on praying to a god that cannot save.

Declare and present your case; \*  
let them take counsel together!

Who told this long ago? \*  
Who declared it of old?

Was it not I, the Lord? \*  
There is no other god besides me,

a righteous God and a Savior; \*  
there is no one besides me.

Turn to me and be saved, all the ends of the earth! \*  
For I am God, and there is no other.

By myself I have sworn, \*  
from my mouth has gone forth in righteousness  
a word that shall not return:

‘To me every knee shall bow, every tongue shall swear.’ \*  
Only in the Lord, it shall be said of me,  
are righteousness and strength;

all who were incensed against him \*  
shall come to him and be ashamed.

In the Lord all the offspring of Israel \*  
shall triumph and glory.

**C2 The Song of Habakkuk** *Domine, audivi* NRSV  
*Habakkuk 3*

O Lord, I have heard of your renown, \*  
and I stand in awe, O Lord, of your work.

In our own time revive it; in our own time make it known; \*  
in wrath may you remember mercy.

God came from Teman, \*  
the Holy One from Mount Paran.

His glory covered the heavens, \*  
and the earth was full of his praise.

The brightness was like the sun; \*  
rays came forth from his hand, where his power lay hidden.

You came forth to save your people, \*  
to save your anointed.

You trampled the sea with your horses, \*  
churning the mighty waters.

I hear, and I tremble within; \*  
my lips quiver at the sound.

Rottenness enters into my bones, \*  
and my steps tremble beneath me.

I wait quietly for the day of calamity \*  
to come upon the people who attack us.

Though the fig tree does not blossom, \*  
and no fruit is on the vines;

though the produce of the olive fails \*  
and the fields yield no food;

though the flock is cut off from the fold \*  
and there is no herd in the stalls,

yet I will rejoice in the Lord; \*  
I will exult in the God of my salvation.

God, the Lord, is my strength; \*  
he makes my feet like the feet of a deer,  
and makes me tread upon the heights.

148 *Laudate Dominum*

- 1 Hallelujah!  
Praise the LORD from the heavens; \*  
praise him in the heights.
- 2 Praise him, all you angels of his; \*  
praise him, all his host.
- 3 Praise him, sun and moon; \*  
praise him, all you shining stars.
- 4 Praise him, heaven of heavens, \*  
and you waters above the heavens.
- 5 Let them praise the Name of the LORD; \*  
for he commanded, and they were created.
- 6 He made them stand fast for ever and ever; \*  
he gave them a law which shall not pass away.
- 7 Praise the LORD from the earth, \*  
you sea-monsters and all deeps;
- 8 Fire and hail, snow and fog, \*  
tempestuous wind, doing his will;
- 9 Mountains and all hills, \*  
fruit trees and all cedars;
- 10 Wild beasts and all cattle, \*  
creeping things and wingèd birds;
- 11 Kings of the earth and all peoples, \*  
princes and all rulers of the world;
- 12 Young men and maidens, \*  
old and young together.
- 13 Let them praise the Name of the LORD, \*  
for his Name only is exalted,  
his splendor is over earth and heaven.
- 14 He has raised up strength for his people  
and praise for all his loyal servants, \*  
the children of Israel, a people who are near him.  
Hallelujah!

149 *Cantate Domino*

- 1 Hallelujah!  
Sing to the LORD a new song; \*  
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in his Maker; \*  
let the children of Zion be joyful in their King.
- 3 Let them praise his Name in the dance; \*  
let them sing praise to him with timbrel and harp.
- 4 For the LORD takes pleasure in his people \*  
and adorns the poor with victory.
- 5 Let the faithful rejoice in triumph; \*  
let them be joyful on their beds.
- 6 Let the praises of God be in their throat \*  
and a two-edged sword in their hand;
- 7 To wreak vengeance on the nations \*  
and punishment on the peoples;
- 8 To bind their kings in chains \*  
and their nobles with links of iron;
- 9 To inflict on them the judgment decreed; \*  
this is glory for all his faithful people.  
Hallelujah!



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!

## FRIDAY: TERCE

### 18a *Diligam te, Domine*

- 1 I love you, O LORD my strength, \*  
O LORD my stronghold, my crag, and my haven.
- 2 My God, my rock in whom I put my trust, \*  
my shield, the horn of my salvation, and my refuge;  
you are worthy of praise.
- 3 I will call upon the LORD, \*  
and so shall I be saved from my enemies.

18b *Circumdederunt me*

- 4 The breakers of death rolled over me, \*  
and the torrents of oblivion made me afraid.
- 5 The cords of hell entangled me, \*  
and the snares of death were set for me.
- 6 I called upon the LORD in my distress \*  
and cried out to my God for help.
- 7 He heard my voice from his heavenly dwelling; \*  
my cry of anguish came to his ears.
- 8 The earth reeled and rocked; \*  
the roots of the mountains shook;  
they reeled because of his anger.
- 9 Smoke rose from his nostrils  
and a consuming fire out of his mouth; \*  
hot burning coals blazed forth from him.

18c *Inclinavit caelos et descendit*

- 10 He parted the heavens and came down \*  
with a storm cloud under his feet.
- 11 He mounted on cherubim and flew; \*  
he swooped on the wings of the wind.
- 12 He wrapped darkness about him; \*  
he made dark waters and thick clouds his pavilion.
- 13 From the brightness of his presence, through the clouds, \*  
burst hailstones and coals of fire.
- 14 The LORD thundered out of heaven; \*  
the Most High uttered his voice.
- 15 He loosed his arrows and scattered them; \*  
he hurled thunderbolts and routed them.
- 16 The beds of the seas were uncovered,  
and the foundations of the world laid bare, \*  
at your battle cry, O LORD,  
at the blast of the breath of your nostrils.

FRIDAY: SEXT

18d *Misit de summo*

- 17 He reached down from on high and grasped me; \*  
he drew me out of great waters.
- 18 He delivered me from my strong enemies  
and from those who hated me; \*  
for they were too mighty for me.
- 19 They confronted me in the day of my disaster; \*  
but the LORD was my support.
- 20 He brought me out into an open place; \*  
he rescued me because he delighted in me.

18e *Et retribuet mihi*

- 21 The LORD rewarded me because of my righteous dealing; \*  
because my hands were clean he rewarded me;
- 22 For I have kept the ways of the LORD \*  
and have not offended against my God;
- 23 For all his judgments are before my eyes, \*  
and his decrees I have not put away from me;
- 24 For I have been blameless with him \*  
and have kept myself from iniquity;
- 25 Therefore the LORD rewarded me according to my  
righteous dealing, \*  
because of the cleanness of my hands in his sight.

18f *Cum sancto sanctus*

- 26 With the faithful you show yourself faithful, O God; \*  
with the forthright you show yourself forthright.
- 27 With the pure you show yourself pure, \*  
but with the crooked you are wily.
- 28 You will save a lowly people, \*  
but you will humble the haughty eyes.
- 29 You, O LORD, are my lamp; \*  
my God, you make my darkness bright.
- 30 With you I will break down an enclosure; \*  
with the help of my God I will scale any wall.
- 31 As for God, his ways are perfect;  
the words of the LORD are tried in the fire; \*  
he is a shield to all who trust in him.

FRIDAY: NONE

18g *Quoniam quis Deus*

- 32 For who is God, but the LORD? \*  
    who is the Rock, except our God?
- 33 It is God who girds me about with strength \*  
    and makes my way secure.
- 34 He makes me sure-footed like a deer \*  
    and lets me stand firm on the heights.
- 35 He trains my hands for battle \*  
    and my arms for bending even a bow of bronze.
- 36 You have given me your shield of victory; \*  
    your right hand also sustains me;  
    your loving care makes me great.
- 37 You lengthen my stride beneath me, \*  
    and my ankles do not give way.
- 38 I pursue my enemies and overtake them; \*  
    I will not turn back till I have destroyed them.
- 39 I strike them down, and they cannot rise; \*  
    they fall defeated at my feet.



18h *Et praecinxisti me*

- 40 You have girded me with strength for the battle; \*  
you have cast down my adversaries beneath me;  
you have put my enemies to flight.
- 41 I destroy those who hate me;  
they cry out, but there is none to help them; \*  
they cry to the LORD, but he does not answer.
- 42 I beat them small like dust before the wind; \*  
I trample them like mud in the streets.
- 43 You deliver me from the strife of the peoples; \*  
you put me at the head of the nations.
- 44 A people I have not known shall serve me;  
no sooner shall they hear than they shall obey me; \*  
strangers will cringe before me.
- 45 The foreign peoples will lose heart; \*  
they shall come trembling out of their strongholds.

18i *Vivit Dominus*

- 46 The LORD lives! Blessed is my Rock! \*  
Exalted is the God of my salvation!
- 47 He is the God who gave me victory \*  
and cast down the peoples beneath me.
- 48 You rescued me from the fury of my enemies;  
you exalted me above those who rose against me; \*  
you saved me from my deadly foe.
- 49 Therefore will I extol you among the nations, O LORD, \*  
and sing praises to your Name.
- 50 He multiplies the victories of his king; \*  
he shows loving-kindness to his anointed,  
to David and his descendants for ever.

## FRIDAY: VESPERS

### 142 *Voce mea ad Dominum*

- 1 I cry to the LORD with my voice; \*  
to the LORD I make loud supplication.
- 2 I pour out my complaint before him \*  
and tell him all my trouble.
- 3 When my spirit languishes within me, you know my path; \*  
in the way wherein I walk they have hidden a trap for me.
- 4 I look to my right hand and find no one who knows me; \*  
I have no place to flee to, and no one cares for me.
- 5 I cry out to you, O LORD; \*  
I say, "You are my refuge,  
my portion in the land of the living."
- 6 Listen to my cry for help, for I have been brought very low; \*  
save me from those who pursue me,  
for they are too strong for me.
- 7 Bring me out of prison, that I may give thanks to your Name; \*  
when you have dealt bountifully with me,  
the righteous will gather around me.

144a *Benedictus Dominus*

- 1 Blessed be the LORD my rock! \*  
    who trains my hands to fight and my fingers to battle;
- 2 My help and my fortress, my stronghold and my deliverer, \*  
    my shield in whom I trust,  
    who subdues the peoples under me.
- 3 O LORD, what are we that you should care for us? \*  
    mere mortals that you should think of us?
- 4 We are like a puff of wind; \*  
    our days are like a passing shadow.
- 5 Bow your heavens, O LORD, and come down; \*  
    touch the mountains, and they shall smoke.
- 6 Hurl the lightning and scatter them; \*  
    shoot out your arrows and rout them.
- 7 Stretch out your hand from on high; \*  
    rescue me and deliver me from the great waters,  
    from the hand of foreign peoples,
- 8 Whose mouths speak deceitfully \*  
    and whose right hand is raised in falsehood.

144b *Deus, canticum novum*

- 9 O God, I will sing to you a new song; \*  
I will play to you on a ten-stringed lyre.
- 10 You give victory to kings \*  
and have rescued David your servant.
- 11 Rescue me from the hurtful sword \*  
and deliver me from the hand of foreign peoples,
- 12 Whose mouths speak deceitfully \*  
and whose right hand is raised in falsehood.
- 13 May our sons be like plants well nurtured from their youth, \*  
and our daughters like sculptured corners of a palace.
- 14 May our barns be filled to overflowing with all manner of  
crops; \*  
may the flocks in our pastures increase by thousands  
and tens of thousands; may our cattle be fat and sleek.
- 15 May there be no breaching of the walls, no going into exile, \*  
no wailing in the public squares.
- 16 Happy are the people of whom this is so! \*  
happy are the people whose God is the LORD!

145a *Exaltabo te, Deus*

- 1 I will exalt you, O God my King, \*  
and bless your Name for ever and ever.
- 2 Every day will I bless you \*  
and praise your Name for ever and ever.
- 3 Great is the LORD and greatly to be praised; \*  
there is no end to his greatness.
- 4 One generation shall praise your works to another \*  
and shall declare your power.
- 5 I will ponder the glorious splendor of your majesty \*  
and all your marvelous works.
- 6 They shall speak of the might of your wondrous acts, \*  
and I will tell of your greatness.
- 7 They shall publish the remembrance of your great goodness; \*  
they shall sing of your righteous deeds.
- 8 The LORD is gracious and full of compassion, \*  
slow to anger and of great kindness.
- 9 The LORD is loving to everyone \*  
and his compassion is over all his works.

## FRIDAY: COMPLINE

### 4 *Cum invocarem*

- 1 Answer me when I call, O God, defender of my cause; \*  
you set me free when I am hard-pressed;  
have mercy on me and hear my prayer.
- 2 “You mortals, how long will you dishonor my glory; \*  
how long will you worship dumb idols  
and run after false gods?”
- 3 Know that the LORD does wonders for the faithful; \*  
when I call upon the LORD, he will hear me.
- 4 Tremble, then, and do not sin; \*  
speak to your heart in silence upon your bed.
- 5 Offer the appointed sacrifices \*  
and put your trust in the LORD.
- 6 Many are saying, “Oh, that we might see better times!” \*  
Lift up the light of your countenance upon us, O LORD.
- 7 You have put gladness in my heart, \*  
more than when grain and wine and oil increase.
- 8 I lie down in peace; at once I fall asleep; \*  
for only you, LORD, make me dwell in safety.

91 *Qui habitat*

- 1 He who dwells in the shelter of the Most High, \*  
abides under the shadow of the Almighty.
- 2 He shall say to the LORD,  
“You are my refuge and my stronghold, \*  
my God in whom I put my trust.”
- 3 He shall deliver you from the snare of the hunter \*  
and from the deadly pestilence.
- 4 He shall cover you with his pinions,  
and you shall find refuge under his wings; \*  
his faithfulness shall be a shield and buckler.
- 5 You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;
- 6 Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.
- 7 A thousand shall fall at your side  
and ten thousand at your right hand, \*  
but it shall not come near you.
- 8 Your eyes have only to behold \*  
to see the reward of the wicked.
- 9 Because you have made the LORD your refuge, \*  
and the Most High your habitation,
- 10 There shall no evil happen to you, \*  
neither shall any plague come near your dwelling.
- 11 For he shall give his angels charge over you, \*  
to keep you in all your ways.
- 12 They shall bear you in their hands, \*  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; \*  
you shall trample the young lion and the serpent  
under your feet.



- 14 Because he is bound to me in love,  
therefore will I deliver him; \*  
I will protect him, because he knows my Name.
- 15 He shall call upon me, and I will answer him; \*  
I am with him in trouble;  
I will rescue him and bring him to honor.
- 16 With long life will I satisfy him, \*  
and show him my salvation.

134 *Ecce nunc*

- 1 Behold now, bless the LORD, all you servants of the LORD, \*  
you that stand by night in the house of the LORD.
- 2 Lift up your hands in the holy place and bless the LORD; \*  
the LORD who made heaven and earth  
bless you out of Zion.

## SATURDAY: VIGILS

### 3 *Domine, quid multiplicati*

- 1 LORD, how many adversaries I have! \*  
how many there are who rise up against me!
- 2 How many there are who say of me, \*  
“There is no help for him in his God.”
- 3 But you, O LORD, are a shield about me; \*  
you are my glory, the one who lifts up my head.
- 4 I call aloud upon the LORD, \*  
and he answers me from his holy hill;
- 5 I lie down and go to sleep; \*  
I wake again, because the LORD sustains me.
- 6 I do not fear the multitudes of people \*  
who set themselves against me all around.
- 7 Rise up, O LORD; set me free, O my God; \*  
surely, you will strike all my enemies across the face,  
you will break the teeth of the wicked.
- 8 Deliverance belongs to the LORD. \*  
Your blessing be upon your people!

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.”

## SATURDAY: FIRST NOCTURN

102 *Domine, exaudi*

- 1 LORD, hear my prayer, and let my cry come before you; \*  
hide not your face from me in the day of my trouble.
- 2 Incline your ear to me; \*  
when I call, make haste to answer me,
- 3 For my days drift away like smoke, \*  
and my bones are hot as burning coals.
- 4 My heart is smitten like grass and withered, \*  
so that I forget to eat my bread.
- 5 Because of the voice of my groaning \*  
I am but skin and bones.
- 6 I have become like a vulture in the wilderness, \*  
like an owl among the ruins.
- 7 I lie awake and groan; \*  
I am like a sparrow, lonely on a house-top.
- 8 My enemies revile me all day long, \*  
and those who scoff at me have taken an oath against me.
- 9 For I have eaten ashes for bread \*  
and mingled my drink with weeping.
- 10 Because of your indignation and wrath \*  
you have lifted me up and thrown me away.
- 11 My days pass away like a shadow, \*  
and I wither like the grass.
- 12 But you, O LORD, endure for ever, \*  
and your Name from age to age.
- 13 You will arise and have compassion on Zion,  
for it is time to have mercy upon her; \*  
indeed, the appointed time has come.
- 14 For your servants love her very rubble, \*  
and are moved to pity even for her dust.

- 15 The nations shall fear your Name, O LORD, \*  
and all the kings of the earth your glory.
- 16 For the LORD will build up Zion, \*  
and his glory will appear.
- 17 He will look with favor on the prayer of the homeless; \*  
he will not despise their plea.
- 18 Let this be written for a future generation, \*  
so that a people yet unborn may praise the LORD.
- 19 For the LORD looked down from his holy place on high; \*  
from the heavens he beheld the earth;
- 20 That he might hear the groan of the captive \*  
and set free those condemned to die;
- 21 That they may declare in Zion the Name of the LORD, \*  
and his praise in Jerusalem;
- 22 When the peoples are gathered together, \*  
and the kingdoms also, to serve the LORD.
- 23 He has brought down my strength before my time; \*  
he has shortened the number of my days;
- 24 And I said, "O my God,  
do not take me away in the midst of my days; \*  
your years endure throughout all generations.
- 25 In the beginning, O LORD, you laid the foundations  
of the earth, \*  
and the heavens are the work of your hands;
- 26 They shall perish, but you will endure;  
they all shall wear out like a garment; \*  
as clothing you will change them,  
and they shall be changed;
- 27 But you are always the same, \*  
and your years will never end.
- 28 The children of your servants shall continue, \*  
and their offspring shall stand fast in your sight."

103 *Benedic, anima mea*

- 1 Bless the LORD, O my soul, \*  
and all that is within me, bless his holy Name.
- 2 Bless the LORD, O my soul, \*  
and forget not all his benefits.
- 3 He forgives all your sins \*  
and heals all your infirmities;
- 4 He redeems your life from the grave \*  
and crowns you with mercy and loving-kindness;
- 5 He satisfies you with good things, \*  
and your youth is renewed like an eagle's.
- 6 The LORD executes righteousness \*  
and judgment for all who are oppressed.
- 7 He made his ways known to Moses \*  
and his works to the children of Israel.
- 8 The LORD is full of compassion and mercy, \*  
slow to anger and of great kindness.
- 9 He will not always accuse us, \*  
nor will he keep his anger for ever.
- 10 He has not dealt with us according to our sins, \*  
nor rewarded us according to our wickedness.
- 11 For as the heavens are high above the earth, \*  
so is his mercy great upon those who fear him.
- 12 As far as the east is from the west, \*  
so far has he removed our sins from us.
- 13 As a father cares for his children, \*  
so does the LORD care for those who fear him.
- 14 For he himself knows whereof we are made; \*  
he remembers that we are but dust.
- 15 Our days are like the grass; \*  
we flourish like a flower of the field;

- 16 When the wind goes over it, it is gone, \*  
and its place shall know it no more.
- 17 But the merciful goodness of the LORD endures for ever  
on those who fear him, \*  
and his righteousness on children's children;
- 18 On those who keep his covenant \*  
and remember his commandments and do them.
- 19 The LORD has set his throne in heaven, \*  
and his kingship has dominion over all.
- 20 Bless the LORD, you angels of his,  
you mighty ones who do his bidding, \*  
and hearken to the voice of his word.
- 21 Bless the LORD, all you his hosts, \*  
you ministers of his who do his will.
- 22 Bless the LORD, all you works of his,  
in all places of his dominion; \*  
bless the LORD, O my soul.



104a *Benedic, anima mea*

- 1 Bless the LORD, O my soul; \*  
O LORD my God, how excellent is your greatness!  
you are clothed with majesty and splendor.
- 2 You wrap yourself with light as with a cloak \*  
and spread out the heavens like a curtain.
- 3 You lay the beams of your chambers in the waters above; \*  
you make the clouds your chariot;  
you ride on the wings of the wind.
- 4 You make the winds your messengers \*  
and flames of fire your servants.
- 5 You have set the earth upon its foundations, \*  
so that it never shall move at any time.
- 6 You covered it with the Deep as with a mantle; \*  
the waters stood higher than the mountains.
- 7 At your rebuke they fled; \*  
at the voice of your thunder they hastened away.
- 8 They went up into the hills and down to the valleys beneath, \*  
to the places you had appointed for them.
- 9 You set the limits that they should not pass; \*  
they shall not again cover the earth.
- 10 You send the springs into the valleys; \*  
they flow between the mountains.
- 11 All the beasts of the field drink their fill from them, \*  
and the wild asses quench their thirst.
- 12 Beside them the birds of the air make their nests \*  
and sing among the branches.
- 13 You water the mountains from your dwelling on high; \*  
the earth is fully satisfied by the fruit of your works.
- 14 You make grass grow for flocks and herds \*  
and plants to serve mankind;
- 15 That they may bring forth food from the earth, \*  
and wine to gladden our hearts,

- 16 Oil to make a cheerful countenance, \*  
and bread to strengthen the heart.
- 17 The trees of the LORD are full of sap, \*  
the cedars of Lebanon which he planted,
- 18 In which the birds build their nests, \*  
and in whose tops the stork makes his dwelling.
- 19 The high hills are a refuge for the mountain goats, \*  
and the stony cliffs for the rock badgers.
- 20 You appointed the moon to mark the seasons, \*  
and the sun knows the time of its setting.
- 21 You make darkness that it may be night, \*  
in which all the beasts of the forest prowl.
- 22 The lions roar after their prey \*  
and seek their food from God.
- 23 The sun rises, and they slip away \*  
and lay themselves down in their dens.
- 24 Man goes forth to his work \*  
and to his labor until the evening.

104b *Quam multiplicata sunt*

- 25 O LORD, how manifold are your works! \*  
in wisdom you have made them all;  
the earth is full of your creatures.
- 26 Yonder is the great and wide sea  
with its living things too many to number, \*  
creatures both small and great.
- 27 There move the ships,  
and there is that Leviathan, \*  
which you have made for the sport of it.
- 28 All of them look to you \*  
to give them their food in due season.
- 29 You give it to them; they gather it; \*  
you open your hand, and they are filled with good things.
- 30 You hide your face, and they are terrified; \*  
you take away their breath,  
and they die and return to their dust.
- 31 You send forth your Spirit, and they are created; \*  
and so you renew the face of the earth.
- 32 May the glory of the LORD endure for ever; \*  
may the LORD rejoice in all his works.
- 33 He looks at the earth and it trembles; \*  
he touches the mountains and they smoke.
- 34 I will sing to the LORD as long as I live; \*  
I will praise my God while I have my being.
- 35 May these words of mine please him; \*  
I will rejoice in the LORD.
- 36 Let sinners be consumed out of the earth, \*  
and the wicked be no more.
- 37 Bless the LORD, O my soul. \*  
Hallelujah!

105a *Confitemini Domino*

- 1 Give thanks to the LORD and call upon his Name; \*  
make known his deeds among the peoples.
- 2 Sing to him, sing praises to him, \*  
and speak of all his marvelous works.
- 3 Glory in his holy Name; \*  
let the hearts of those who seek the LORD rejoice.
- 4 Search for the LORD and his strength; \*  
continually seek his face.
- 5 Remember the marvels he has done, \*  
his wonders and the judgments of his mouth,
- 6 O offspring of Abraham his servant, \*  
O children of Jacob his chosen.
- 7 He is the LORD our God; \*  
his judgments prevail in all the world.
- 8 He has always been mindful of his covenant, \*  
the promise he made for a thousand generations:
- 9 The covenant he made with Abraham, \*  
the oath that he swore to Isaac,
- 10 Which he established as a statute for Jacob, \*  
an everlasting covenant for Israel,
- 11 Saying, "To you will I give the land of Canaan \*  
to be your allotted inheritance."
- 12 When they were few in number, \*  
of little account, and sojourners in the land,
- 13 Wandering from nation to nation \*  
and from one kingdom to another,
- 14 He let no one oppress them \*  
and rebuked kings for their sake,
- 15 Saying, "Do not touch my anointed \*  
and do my prophets no harm."

- 16 Then he called for a famine in the land \*  
and destroyed the supply of bread.
- 17 He sent a man before them, \*  
Joseph, who was sold as a slave.
- 18 They bruised his feet in fetters; \*  
his neck they put in an iron collar.
- 19 Until his prediction came to pass, \*  
the word of the LORD tested him.
- 20 The king sent and released him; \*  
the ruler of the peoples set him free.
- 21 He set him as a master over his household, \*  
as a ruler over all his possessions,
- 22 To instruct his princes according to his will \*  
and to teach his elders wisdom.

105b *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!

## SATURDAY: SECOND NOCTURN

### 106a *Confitemini Domino*

- 1 Hallelujah!  
Give thanks to the LORD, for he is good, \*  
for his mercy endures for ever.
- 2 Who can declare the mighty acts of the LORD \*  
or show forth all his praise?
- 3 Happy are those who act with justice \*  
and always do what is right!
- 4 Remember me, O LORD, with the favor you have  
for your people, \*  
and visit me with your saving help;
- 5 That I may see the prosperity of your elect  
and be glad with the gladness of your people, \*  
that I may glory with your inheritance.
- 6 We have sinned as our forebears did; \*  
we have done wrong and dealt wickedly.
- 7 In Egypt they did not consider your marvelous works,  
nor remember the abundance of your love; \*  
they defied the Most High at the Red Sea.
- 8 But he saved them for his Name's sake, \*  
to make his power known.
- 9 He rebuked the Red Sea, and it dried up, \*  
and he led them through the deep as through a desert.
- 10 He saved them from the hand of those who hated them \*  
and redeemed them from the hand of the enemy.
- 11 The waters covered their oppressors; \*  
not one of them was left.
- 12 Then they believed his words \*  
and sang him songs of praise.
- 13 But they soon forgot his deeds \*  
and did not wait for his counsel.



- 14 A craving seized them in the wilderness, \*  
and they put God to the test in the desert.
- 15 He gave them what they asked, \*  
but sent leanness into their soul.
- 16 They envied Moses in the camp, \*  
and Aaron, the holy one of the LORD.
- 17 The earth opened and swallowed Dathan \*  
and covered the company of Abiram.
- 18 Fire blazed up against their company, \*  
and flames devoured the wicked.

106b *Et fecerunt vitulum*

- 19 Israel made a bull-calf at Horeb \*  
and worshiped a molten image;
- 20 And so they exchanged their Glory \*  
for the image of an ox that feeds on grass.
- 21 They forgot God their Savior, \*  
who had done great things in Egypt,
- 22 Wonderful deeds in the land of Ham, \*  
and fearful things at the Red Sea.
- 23 So he would have destroyed them,  
had not Moses his chosen stood before him in the breach, \*  
to turn away his wrath from consuming them.
- 24 They refused the pleasant land \*  
and would not believe his promise.
- 25 They grumbled in their tents \*  
and would not listen to the voice of the LORD.
- 26 So he lifted his hand against them, \*  
to overthrow them in the wilderness,
- 27 To cast out their seed among the nations, \*  
and to scatter them throughout the lands.
- 28 They joined themselves to Baal-Peor \*  
and ate sacrifices offered to the dead.
- 29 They provoked him to anger with their actions, \*  
and a plague broke out among them.
- 30 Then Phinehas stood up and interceded, \*  
and the plague came to an end.
- 31 This was reckoned to him as righteousness \*  
throughout all generations for ever.
- 32 Again they provoked his anger at the waters of Meribah, \*  
so that he punished Moses because of them;
- 33 For they so embittered his spirit \*  
that he spoke rash words with his lips.

- 34 They did not destroy the peoples \*  
as the LORD had commanded them.
- 35 They intermingled with the heathen \*  
and learned their pagan ways,
- 36 So that they worshiped their idols, \*  
which became a snare to them.
- 37 They sacrificed their sons \*  
and their daughters to evil spirits.
- 38 They shed innocent blood,  
the blood of their sons and daughters, \*  
which they offered to the idols of Canaan,  
and the land was defiled with blood.
- 39 Thus they were polluted by their actions \*  
and went whoring in their evil deeds.
- 40 Therefore the wrath of the LORD was kindled against  
his people \*  
and he abhorred his inheritance.
- 41 He gave them over to the hand of the heathen, \*  
and those who hated them ruled over them.
- 42 Their enemies oppressed them, \*  
and they were humbled under their hand.
- 43 Many a time did he deliver them,  
but they rebelled through their own devices, \*  
and were brought down in their iniquity.
- 44 Nevertheless, he saw their distress, \*  
when he heard their lamentation.
- 45 He remembered his covenant with them \*  
and relented in accordance with his great mercy.
- 46 He caused them to be pitied \*  
by those who held them captive.
- 47 Save us, O LORD our God,  
and gather us from among the nations, \*  
that we may give thanks to your holy Name  
and glory in your praise.

48 Blessed be the LORD, the God of Israel,  
from everlasting and to everlasting; \*  
and let all the people say, "Amen!"  
Hallelujah!

107a *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.

107b *Posuit flumina*

- 33 The LORD changed rivers into deserts, \*  
and water-springs into thirsty ground,
- 34 A fruitful land into salt flats, \*  
because of the wickedness of those who dwell there.
- 35 He changed deserts into pools of water \*  
and dry land into water-springs.
- 36 He settled the hungry there, \*  
and they founded a city to dwell in.
- 37 They sowed fields, and planted vineyards, \*  
and brought in a fruitful harvest.
- 38 He blessed them, so that they increased greatly; \*  
he did not let their herds decrease.
- 39 Yet when they were diminished and brought low, \*  
through stress of adversity and sorrow,
- 40 (He pours contempt on princes \*  
and makes them wander in trackless wastes)
- 41 He lifted up the poor out of misery \*  
and multiplied their families like flocks of sheep.
- 42 The upright will see this and rejoice, \*  
but all wickedness will shut its mouth.
- 43 Whoever is wise will ponder these things, \*  
and consider well the mercies of the LORD.

108 *Paratum cor meum*

- 1 My heart is firmly fixed, O God, my heart is fixed; \*  
I will sing and make melody.
- 2 Wake up, my spirit;  
awake, lute and harp; \*  
I myself will waken the dawn.
- 3 I will confess you among the peoples, O LORD; \*  
I will sing praises to you among the nations.
- 4 For your loving-kindness is greater than the heavens, \*  
and your faithfulness reaches to the clouds.
- 5 Exalt yourself above the heavens, O God, \*  
and your glory over all the earth.
- 6 So that those who are dear to you may be delivered, \*  
save with your right hand and answer me.
- 7 God spoke from his holy place and said, \*  
“I will exult and parcel out Shechem;  
I will divide the valley of Succoth.
- 8 Gilead is mine and Manasseh is mine; \*  
Ephraim is my helmet and Judah my scepter.
- 9 Moab is my washbasin,  
on Edom I throw down my sandal to claim it, \*  
and over Philistia will I shout in triumph.”
- 10 Who will lead me into the strong city? \*  
who will bring me into Edom?
- 11 Have you not cast us off, O God? \*  
you no longer go out, O God, with our armies.
- 12 Grant us your help against the enemy, \*  
for vain is the help of man.
- 13 With God we will do valiant deeds, \*  
and he shall tread our enemies under foot.



- 1 Hold not your tongue, O God of my praise; \*  
for the mouth of the wicked,  
the mouth of the deceitful, is opened against me.
- 2 They speak to me with a lying tongue; \*  
they encompass me with hateful words  
and fight against me without a cause.
- 3 Despite my love, they accuse me; \*  
but as for me, I pray for them.
- 4 They repay evil for good, \*  
and hatred for my love.
- 5 Set a wicked man against him, \*  
and let an accuser stand at his right hand.
- 6 When he is judged, let him be found guilty, \*  
and let his appeal be in vain.
- 7 Let his days be few, \*  
and let another take his office.
- 8 Let his children be fatherless, \*  
and his wife become a widow.
- 9 Let his children be waifs and beggars; \*  
let them be driven from the ruins of their homes.
- 10 Let the creditor seize everything he has; \*  
let strangers plunder his gains.
- 11 Let there be no one to show him kindness, \*  
and none to pity his fatherless children.
- 12 Let his descendants be destroyed, \*  
and his name be blotted out in the next generation.
- 13 Let the wickedness of his fathers be remembered before  
the LORD, \*  
and his mother's sin not be blotted out;
- 14 Let their sin be always before the LORD; \*  
but let him root out their names from the earth;

- 15 Because he did not remember to show mercy, \*  
but persecuted the poor and needy  
and sought to kill the brokenhearted.
- 16 He loved cursing,  
let it come upon him; \*  
he took no delight in blessing,  
let it depart from him.
- 17 He put on cursing like a garment, \*  
let it soak into his body like water  
and into his bones like oil;
- 18 Let it be to him like the cloak which he  
wraps around himself, \*  
and like the belt that he wears continually.
- 19 Let this be the recompense from the LORD to my accusers, \*  
and to those who speak evil against me.
- 20 But you, O Lord my God,  
oh, deal with me according to your Name; \*  
for your tender mercy's sake, deliver me.
- 21 For I am poor and needy, \*  
and my heart is wounded within me.
- 22 I have faded away like a shadow when it lengthens; \*  
I am shaken off like a locust.
- 23 My knees are weak through fasting, \*  
and my flesh is wasted and gaunt.
- 24 I have become a reproach to them; \*  
they see and shake their heads.
- 25 Help me, O LORD my God; \*  
save me for your mercy's sake.
- 26 Let them know that this is your hand, \*  
that you, O LORD, have done it.
- 27 They may curse, but you will bless; \*  
let those who rise up against me be put to shame,  
and your servant will rejoice.
- 28 Let my accusers be clothed with disgrace \*  
and wrap themselves in their shame as in a cloak.

- 29 I will give great thanks to the LORD with my mouth; \*  
in the midst of the multitude will I praise him;
- 30 Because he stands at the right hand of the needy, \*  
to save his life from those who would condemn him.

## SATURDAY: LAUDS

### 67 *Deus misereatur*

- 1 May God be merciful to us and bless us, \*  
show us the light of his countenance and come to us.
- 2 Let your ways be known upon earth, \*  
your saving health among all nations.
- 3 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 4 Let the nations be glad and sing for joy, \*  
for you judge the peoples with equity  
and guide all the nations upon earth.
- 5 Let the peoples praise you, O God; \*  
let all the peoples praise you.
- 6 The earth has brought forth her increase; \*  
may God, our own God, give us his blessing.
- 7 May God give us his blessing, \*  
and may all the ends of the earth stand in awe of him.

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.

143 *Domine, exaudi*

- 1 LORD, hear my prayer,  
and in your faithfulness heed my supplications; \*  
answer me in your righteousness.
- 2 Enter not into judgment with your servant, \*  
for in your sight shall no one living be justified.
- 3 For my enemy has sought my life;  
he has crushed me to the ground; \*  
he has made me live in dark places like those who  
are long dead.
- 4 My spirit faints within me; \*  
my heart within me is desolate.
- 5 I remember the time past;  
I muse upon all your deeds; \*  
I consider the works of your hands.
- 6 I spread out my hands to you; \*  
my soul gasps to you like a thirsty land.
- 7 O LORD, make haste to answer me; my spirit fails me; \*  
do not hide your face from me  
or I shall be like those who go down to the Pit.
- 8 Let me hear of your loving-kindness in the morning,  
for I put my trust in you; \*  
show me the road that I must walk,  
for I lift up my soul to you.
- 9 Deliver me from my enemies, O LORD, \*  
for I flee to you for refuge.
- 10 Teach me to do what pleases you, for you are my God; \*  
let your good Spirit lead me on level ground.
- 11 Revive me, O LORD, for your Name's sake; \*  
for your righteousness' sake, bring me out of trouble.
- 12 Of your goodness, destroy my enemies  
and bring all my foes to naught, \*  
for truly I am your servant.

**C1a A Song of Moses** *Audite, caeli* NRSV  
*Deuteronomy 32*

Give ear, O heavens, and I will speak; \*  
let the earth hear the words of my mouth.

May my teaching drop like the rain, \*  
my speech condense like the dew;

like gentle rain on grass, \*  
like showers on new growth.

For I will proclaim the name of the Lord; \*  
ascribe greatness to our God!

The Rock, his work is perfect, \*  
and all his ways are just.

A faithful God, without deceit, \*  
just and upright is he;

yet his degenerate children have dealt falsely with him, \*  
a perverse and crooked generation.

Do you thus repay the Lord, \*  
O foolish and senseless people?

Is not he your father, who created you, \*  
who made you and established you?



**C1b A Song of Moses** *Memento dierum antiquorum* NRSV  
*Isaiah 45*

Remember the days of old, \*  
consider the years long past;  
ask your father, and he will inform you; \*  
your elders, and they will tell you.  
When the Most High apportioned the nations, \*  
when he divided humankind,  
he fixed the boundaries of the peoples \*  
according to the number of the gods;  
the Lord's own portion was his people, \*  
Jacob his allotted share.  
He sustained him in a desert land, \*  
in a howling wilderness waste;  
he shielded him, cared for him, \*  
guarded him as the apple of his eye.  
As an eagle stirs up its nest, \*  
and hovers over its young;  
as it spreads its wings, takes them up, \*  
and bears them aloft on its pinions,  
the Lord alone guided him; \*  
no foreign god was with him.

**C2a A Prayer for God's People** *Miserere nostri* NRSV  
*Ecclesiasticus 36*

Have mercy upon us, O God of all, \*  
and put all the nations in fear of you.

Lift up your hand against foreign nations \*  
and let them see your might.

As you have used us to show your holiness to them, \*  
so use them to show your glory to us.

Then they will know, as we have known, \*  
that there is no God but you, O Lord.

**C2b A Prayer for God's People** *Innova signa* NRSV  
*Ecclesiasticus 36*

Give new signs, and work other wonders; \*  
make your hand and right arm glorious.

Rouse your anger and pour out your wrath; \*  
destroy the adversary and wipe out the enemy.

Hasten the day, and remember the appointed time, \*  
and let people recount your mighty deeds.

Let survivors be consumed in the fiery wrath, \*  
and may those who harm your people meet destruction.

Crush the heads of hostile rulers \*  
who say, 'There is no one but ourselves.'

Gather all the tribes of Jacob, \*  
and give them their inheritance, as at the beginning.

Have mercy, O Lord, on the people called by your name, \*  
on Israel, whom you have named your firstborn,

Have pity on the city of your sanctuary, \*  
Jerusalem, the place of your dwelling.

Fill Zion with your majesty, \*  
and your temple with your glory.

148 *Laudate Dominum*

- 1 Hallelujah!  
Praise the LORD from the heavens; \*  
praise him in the heights.
- 2 Praise him, all you angels of his; \*  
praise him, all his host.
- 3 Praise him, sun and moon; \*  
praise him, all you shining stars.
- 4 Praise him, heaven of heavens, \*  
and you waters above the heavens.
- 5 Let them praise the Name of the LORD; \*  
for he commanded, and they were created.
- 6 He made them stand fast for ever and ever; \*  
he gave them a law which shall not pass away.
- 7 Praise the LORD from the earth, \*  
you sea-monsters and all deeps;
- 8 Fire and hail, snow and fog, \*  
tempestuous wind, doing his will;
- 9 Mountains and all hills, \*  
fruit trees and all cedars;
- 10 Wild beasts and all cattle, \*  
creeping things and wingèd birds;
- 11 Kings of the earth and all peoples, \*  
princes and all rulers of the world;
- 12 Young men and maidens, \*  
old and young together.
- 13 Let them praise the Name of the LORD, \*  
for his Name only is exalted,  
his splendor is over earth and heaven.
- 14 He has raised up strength for his people  
and praise for all his loyal servants, \*  
the children of Israel, a people who are near him.  
Hallelujah!

149 *Cantate Domino*

- 1 Hallelujah!  
Sing to the LORD a new song; \*  
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in his Maker; \*  
let the children of Zion be joyful in their King.
- 3 Let them praise his Name in the dance; \*  
let them sing praise to him with timbrel and harp.
- 4 For the LORD takes pleasure in his people \*  
and adorns the poor with victory.
- 5 Let the faithful rejoice in triumph; \*  
let them be joyful on their beds.
- 6 Let the praises of God be in their throat \*  
and a two-edged sword in their hand;
- 7 To wreak vengeance on the nations \*  
and punishment on the peoples;
- 8 To bind their kings in chains \*  
and their nobles with links of iron;
- 9 To inflict on them the judgment decreed; \*  
this is glory for all his faithful people.  
Hallelujah!

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!

## SATURDAY: TERCE

### 120 *Ad Dominum*

- 1 When I was in trouble, I called to the LORD; \*  
I called to the LORD, and he answered me.
- 2 Deliver me, O LORD, from lying lips \*  
and from the deceitful tongue.
- 3 What shall be done to you, and what more besides, \*  
O you deceitful tongue?
- 4 The sharpened arrows of a warrior, \*  
along with hot glowing coals.
- 5 How hateful it is that I must lodge in Meshech \*  
and dwell among the tents of Kedar!
- 6 Too long have I had to live \*  
among the enemies of peace.
- 7 I am on the side of peace, \*  
but when I speak of it, they are for war.

121 *Levavi oculos*

- 1 I lift up my eyes to the hills; \*  
from where is my help to come?
- 2 My help comes from the LORD, \*  
the maker of heaven and earth.
- 3 He will not let your foot be moved \*  
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel \*  
shall neither slumber nor sleep;
- 5 The LORD himself watches over you; \*  
the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, \*  
nor the moon by night.
- 7 The LORD shall preserve you from all evil; \*  
it is he who shall keep you safe.
- 8 The LORD shall watch over your going out and  
your coming in, \*  
from this time forth for evermore.



122 *Lætatus sum*

- 1 I was glad when they said to me, \*  
“Let us go to the house of the LORD.”
- 2 Now our feet are standing \*  
within your gates, O Jerusalem.
- 3 Jerusalem is built as a city \*  
that is at unity with itself;
- 4 To which the tribes go up,  
the tribes of the LORD, \*  
the assembly of Israel,  
to praise the Name of the LORD.
- 5 For there are the thrones of judgment, \*  
the thrones of the house of David.
- 6 Pray for the peace of Jerusalem: \*  
“May they prosper who love you.
- 7 Peace be within your walls \*  
and quietness within your towers.
- 8 For my brethren and companions’ sake, \*  
I pray for your prosperity.
- 9 Because of the house of the LORD our God, \*  
I will seek to do you good.”

SATURDAY: SEXT

123 *Ad te levavi oculos meos*

- 1 To you I lift up my eyes, \*  
to you enthroned in the heavens.
- 2 As the eyes of servants look to the hand of their masters, \*  
and the eyes of a maid to the hand of her mistress,
- 3 So our eyes look to the LORD our God, \*  
until he show us his mercy.
- 4 Have mercy upon us, O LORD, have mercy, \*  
for we have had more than enough of contempt,
- 5 Too much of the scorn of the indolent rich, \*  
and of the derision of the proud.

124 *Nisi quia Dominus*

- 1 If the LORD had not been on our side, \*  
let Israel now say;
- 2 If the LORD had not been on our side, \*  
when enemies rose up against us;
- 3 Then would they have swallowed us up alive \*  
in their fierce anger toward us;
- 4 Then would the waters have overwhelmed us \*  
and the torrent gone over us;
- 5 Then would the raging waters \*  
have gone right over us.
- 6 Blessed be the LORD! \*  
he has not given us over to be a prey for their teeth.
- 7 We have escaped like a bird from the snare of the fowler; \*  
the snare is broken, and we have escaped.
- 8 Our help is in the Name of the LORD, \*  
the maker of heaven and earth.

125 *Qui confidunt*

- 1 Those who trust in the LORD are like Mount Zion, \*  
which cannot be moved, but stands fast for ever.
- 2 The hills stand about Jerusalem; \*  
so does the LORD stand round about his people,  
from this time forth for evermore.
- 3 The scepter of the wicked shall not hold sway over the  
land allotted to the just, \*  
so that the just shall not put their hands to evil.
- 4 Show your goodness, O LORD, to those who are good \*  
and to those who are true of heart.
- 5 As for those who turn aside to crooked ways,  
the LORD will lead them away with the evildoers; \*  
but peace be upon Israel.

SATURDAY: NONE

126 *In convertendo*

- 1 When the LORD restored the fortunes of Zion, \*  
then were we like those who dream.
- 2 Then was our mouth filled with laughter, \*  
and our tongue with shouts of joy.
- 3 Then they said among the nations, \*  
“The LORD has done great things for them.”
- 4 The LORD has done great things for us, \*  
and we are glad indeed.
- 5 Restore our fortunes, O LORD, \*  
like the watercourses of the Negev.
- 6 Those who sowed with tears \*  
will reap with songs of joy.
- 7 Those who go out weeping, carrying the seed, \*  
will come again with joy, shouldering their sheaves.

127 *Nisi Dominus*

- 1 Unless the LORD builds the house, \*  
their labor is in vain who build it.
- 2 Unless the LORD watches over the city, \*  
in vain the watchman keeps his vigil.
- 3 It is in vain that you rise so early and go to bed so late; \*  
vain, too, to eat the bread of toil,  
for he gives to his beloved sleep.
- 4 Children are a heritage from the LORD, \*  
and the fruit of the womb is a gift.
- 5 Like arrows in the hand of a warrior \*  
are the children of one's youth.
- 6 Happy is the man who has his quiver full of them! \*  
he shall not be put to shame  
when he contends with his enemies in the gate.

128 *Beati omnes*

- 1 Happy are they all who fear the LORD, \*  
and who follow in his ways!
- 2 You shall eat the fruit of your labor; \*  
happiness and prosperity shall be yours.
- 3 Your wife shall be like a fruitful vine within your house, \*  
your children like olive shoots round about your table.
- 4 The man who fears the LORD \*  
shall thus indeed be blessed.
- 5 The LORD bless you from Zion, \*  
and may you see the prosperity of Jerusalem  
all the days of your life.
- 6 May you live to see your children's children; \*  
may peace be upon Israel.

