

The Saint Helena Psalter

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First Day: Morning Prayer

Psalm 1

- 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 Holy One, *
and they meditate on that 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 Holy One knows the way of the righteous, *
but the way of the wicked is doomed.

Psalm 2

- 1 Why are the nations in an uproar; *
why do the peoples mutter empty threats?
- 2 Why do the mighty of the earth rise up in revolt
and the rulers plot together, *
against God and against God's Anointed?
- 3 "Let us break their yoke," they say; *
"let us cast off their bonds from us."
- 4 You whose throne is in heaven are laughing; *
you have them in derision.
- 5 Then you speak to them in your wrath, *
and your rage fills them with terror.
- 6 "I myself have set my monarch *
upon my holy hill of Zion."
- 7 Let me announce the decree of God, *
who has 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 monarchs, be wise; *
be warned, you rulers of the earth.
- 11 Submit to God with fear, *
and with trembling bow before the Most High,
- 12 Lest God be angry and you perish, *
for divine wrath is quickly kindled.
- 13 Happy are they all *
who take refuge in God!

Psalm 3

- 1 O God, 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 me in my God.
- 3 But you, O God, are a shield about me; *
you are my glory, the one who lifts up my head.
- 4 I call aloud to you, O God, *
and you answer me from your holy hill;
- 5 I lie down and go to sleep; *
I wake again, because you sustain me.
- 6 I do not fear the multitudes of people *
who set themselves against me all around.
- 7 Rise up, O God; 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 you, O Most High. *
Your blessing be upon your people!

Psalm 4

- 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 God does wonders for the faithful; *
when I call, God 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 Most High.
- 6 Many are saying,
“Oh, that we might see better times!” *
Lift up the light of your countenance upon us, O God.
- 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, God, make me dwell in safety.

Psalm 5

- 1 Give ear to my words, O God; *
consider my meditation.
- 2 Harken to my cry for help, my Sovereign and my God, *
for I make my prayer to you.
- 3 In the morning 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 God, 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 God, 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 God, will bless the righteous; *
you will defend them with your favor as with a shield.

First Day: Evening Prayer

Psalm 6

- 1 O God, do not rebuke me in your anger; *
do not punish me in your wrath.
- 2 Have pity on me, O God, for I am weak; *
heal me, for my bones are racked.
- 3 My spirit shakes with terror; *
how long, O God, how long?
- 4 Turn, O God, 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 God has heard the sound of my weeping.
- 9 God has heard my supplication; *
God accepts my prayer.
- 10 All my enemies shall be confounded and quake with fear; *
they shall turn back and suddenly be put to shame.

Psalm 7

- 1 O Most High, 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 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 anyone 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.
- 6 Stand up, O God, 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 God, judge the nations.
- 9 Give judgment for me according to my righteousness, O God, *
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.
- 11 God is my shield and defense, *
the savior of the true in heart.
- 12 God is a righteous judge, *
who sits in judgment every day.
- 13 If they will not repent, God will whet a sword, *
bend a bow and make it ready.
- 14 God has prepared the weapons of death *
and has made 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 God is righteous; *
I will praise the Name of the Most High.

Psalm 8

- 1 O God 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 are we that you should be mindful of us, *
mere mortals that you should seek us out?
- 6 You have made us but little lower than the angels; *
you adorn us with glory and honor;
- 7 You give us dominion over the works of your hands; *
you put all things under our 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 God, our Governor, *
how exalted is your Name in all the world!

Second Day: Morning Prayer

Psalm 9

- 1 I will give thanks to you, O God, 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 plowed under, the memory of them perished;
7 But you, O God, are enthroned for ever; *
you have set up your throne for judgment.
8 You rule the world with righteousness *
and judge the peoples with equity.
9 You 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 God.
11 Sing praise to the Holy One who dwells in Zion; *
proclaim to the peoples the things God has done.
12 The Avenger of blood will remember them *
and will not forget the cry of the afflicted.
13 Have pity on me, O God; *
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 You are known, O God, by your 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 God; let not the ungodly have the upper hand; *
let them be judged before you.
20 Put fear upon them, O God; *
let the ungodly know they are but mortal.

Psalm 10

- 1 Why do you stand so far off, O God, *
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 God.
- 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; *
God has looked away and will never notice."
- 12 Rise up, O Holy One;
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 God is sovereign for ever and ever; *
the ungodly shall perish from the land.
- 18 God 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.

Psalm 11

- 1 In God 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 You, O God, are in your holy temple; *
your throne is in heaven.

- 5 Your eyes behold the inhabited world; *
your piercing eye weighs our worth.
- 6 You weigh the righteous as well as the wicked, *
but those who delight in violence you abhor.
- 7 Upon the wicked you shall rain coals of fire and burning sulfur; *
a scorching wind shall be their lot.
- 8 For you are righteous;
you delight in righteous deeds, *
and the just shall see your face.

Second Day: Evening Prayer

Psalm 12

- 1 Help me, O God, for there is no godly one left; *
the faithful have vanished from among us.
- 2 They all speak falsely with their neighbors; *
with a smooth tongue they speak from a double heart.
- 3 Oh, that God 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 ruler over us?"
- 5 "Because the needy are oppressed,
and the poor cry out in misery, *
I will rise up," says God,
"and give them the help they long for."
- 6 The words of God are pure words, *
like silver refined from ore
and purified seven times in the fire.
- 7 O God, 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.

Psalm 13

- 1 How long, O God?
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 God, my God; *
give light to my eyes, lest I sleep in death;
- 4 Lest my enemies say they have prevailed over me, *
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 Holy One, who has dealt with me richly; *
I will praise the Name of God Most High.

Psalm 14

- 1 The foolish have said in their hearts, "There is no God." *
All are corrupt and commit abominable acts;
there is none who does any good.

- 2 The Holy One 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, all those evildoers *
who eat up my people like bread
and do not call upon God?
- 5 See how they tremble with fear, *
because God is in the company of the righteous.
- 6 Their aim is to confound the plans of the afflicted, *
but God is their refuge.
- 7 Oh, that Israel's deliverance would come out of Zion! *
When God restores the fortunes of the people,
Jacob will rejoice and Israel be glad.

Third Day: Morning Prayer

Psalm 15

- 1 O God, who may dwell in your tabernacle; *
who may abide upon your holy hill?
- 2 Those who lead blameless lives and do what is right, *
who speak truthfully from the heart.
- 3 There is no guile upon their tongues;
they do no evil to their friends; *
they do not heap contempt upon their neighbors;
- 4 In their sight the wicked are rejected, *
but they honor those who fear God.
- 5 They have sworn to do no wrong *
and do not take back their word.
- 6 They do not give their money in hope of gain, *
nor do they take a bribe against the innocent.
- 7 Whoever does these things *
shall never be overthrown.

Psalm 16

- 1 Protect me, O God, for I take refuge in you; *
I have said to the Holy One, "You are my God,
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 God, 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.
- 7 I will bless you, O God, who gives me counsel; *
my heart teaches me, night after night.
- 8 I have set you always before me; *
because you are 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.

Psalm 17

- 1 Hear my plea of innocence, O God;
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.
- 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.
- 13 Arise, O God; confront them and bring them down; *
deliver me from the wicked by your sword.
- 14 Deliver me, O God, 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.

Third Day: Evening Prayer

Psalm 18

- 1 I love you, O God, my strength, *
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 you, O God, *
and so shall I be saved from my enemies.
- 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 you, O God, in my distress; *
I cried out to you for help.
- 7 You heard my voice from your heavenly dwelling; *
my cry of anguish came to your ears.
- 8 The earth reeled and rocked; *
the roots of the mountains shook;
they reeled because of your anger.
- 9 Smoke rose from your nostrils
and a consuming fire out of your mouth; *
hot burning coals blazed forth from you.
- 10 You parted the heavens and came down *
with a storm cloud under your feet.
- 11 You mounted on cherubim and flew; *
you swooped on the wings of the wind.
- 12 You wrapped darkness about you; *
you made dark waters and thick clouds your pavilion.
- 13 From the brightness of your presence, through the clouds, *
burst hailstones and coals of fire.
- 14 O God, you thundered out of heaven; *
O Most High, you uttered your voice.
- 15 You loosed your arrows and scattered them; *
you 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 God,
at the blast of the breath of your nostrils.
- 17 You reached down from on high and grasped me; *
you drew me out of great waters.
- 18 You 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 you were my support.
- 20 You brought me out into an open place; *
you rescued me because you delighted in me.
- 21 You rewarded me because of my righteous dealing; *
because my hands were clean you rewarded me;
- 22 For I have kept your ways, O God, *
and have not offended against you;
- 23 For all your judgments are before my eyes, *
and your decrees I have not put away from me;
- 24 For I have been blameless with you *
and have kept myself from iniquity;
- 25 Therefore you rewarded me according to my righteous dealing, *
because of the cleanness of my hands in your sight.
- 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 God, 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 O God, your ways are perfect;
your words are tried in the fire; *
you are a shield to all who trust in you.

32 For who is God but you, O Holy One; *
who is the Rock, except you, our God?

33 It is you who gird me about with strength *
and make my way secure.

34 You make me sure-footed like a deer *
and let me stand firm on the heights.

35 You train 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.

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 you, O God, but you do 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.

46 You live, O God! You, my Rock, are blest; *
exalted are you, O God of my salvation!

47 You are the one 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 God, *
and sing praises to your Name.

50 You multiply the victories of your king; *
you show loving-kindness to your anointed,
to David and his descendants for ever.

Fourth Day: Morning Prayer

Psalm 19

1 The heavens declare your glory, O God, *
and the firmament shows your 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 you have set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.
6 It goes forth from the uttermost edge of the heavens
and runs about to the end of it again; *
nothing is hidden from its burning heat.
7 Your law, O God, is perfect and revives the soul; *
your testimony is sure and gives wisdom to the innocent.
8 Your statutes are just and rejoice the heart; *
your commandment is clear and gives light to the eyes.
9 The fear of you is clean and endures for ever; *
your judgments 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 one offends? *
Cleanse me from my secret faults.
13 Above all, keep your servant from presumptuous sins;
let them not get dominion over me; *
then shall I be whole and sound,
and innocent of a great offense.
14 Let the words of my mouth and the meditation of my heart
be acceptable in your sight, *
O God, my strength and my redeemer.

Psalm 20

1 May the Most High answer you in the day of trouble, *
the Name of the God of Jacob defend you;
2 Send you help from the 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 Most High grant all your requests.

- 6 Now I know that God gives victory to the anointed one; *
out of the holy heaven God will answer,
with a strong and victorious right hand.
- 7 Some put their trust in chariots and some in horses, *
but we will call upon the Name of our God.
- 8 They collapse and fall down, *
but we will arise and stand upright.
- 9 O God, give victory to our sovereign, *
and answer us when we call.

Psalm 21

- 1 The king rejoices in your strength, O God; *
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 God; *
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 God.
- 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 God, in your might; *
we will sing and praise your power.

Fourth Day: Evening Prayer

Psalm 22

- 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 forebears 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 less than human, *
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 “You trusted in God for deliverance; *
let God rescue you, if God delights in you.”
- 9 Yet you, O God, are the one 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-sherd;
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 God; *
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 people; *
in the midst of the congregation I will praise you.
- 22 May all who fear you, O God, give praise; *
may the offspring of Israel stand in awe,
and all of Jacob’s line give glory.
- 23 For you do not despise nor abhor the poor in their poverty,
neither do you hide your face from them, *
but when they cry to you, you hear them.
- 24 My praise is of you in the great assembly; *
I will perform my vows in the presence of those who worship you.
- 25 The poor shall eat and be satisfied,
and those who seek you shall praise you: *
“May your heart live for ever!”
- 26 All the ends of the earth shall remember and turn to you, *
and all the families of the nations shall bow before you.

- 27 For yours is the royal power, O God; *
 you rule over the nations.
- 28 To you alone all who sleep in the earth bow down in worship; *
 all who go down to the dust fall before you.
- 29 My soul shall live for you;
 my descendants shall serve you; *
 they shall be known as yours for ever.
- 30 They shall come and make known to a people yet unborn *
 the saving deeds that you have done.

Psalm 23

- 1 O God, you are my shepherd; *
 I shall not be in want.
- 2 You make me lie down in green pastures *
 and lead me beside still waters.
- 3 You revive my soul *
 and guide me along right pathways for the sake of your Name.
- 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 God for ever.

Fifth Day: Morning Prayer

Psalm 24

- 1 The earth is God's and all that is in it, *
 the world and all who dwell therein.
- 2 For it is God who founded it upon the seas *
 and made it firm upon the rivers of the deep.
- 3 "Who can ascend the hill of the Most High, *
 and who can stand in God's 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 Holy One *
 and a just reward from the God of their salvation."
- 6 Such is the generation of those who seek God, *
 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 One who reigns in glory shall come in.
- 8 "Who is this who reigns in glory?" *
 "The Holy One, strong and mighty,
 the Holy One, mighty in battle."
- 9 Lift up your heads, O gates;
 lift them high, O everlasting doors, *
 and the One who reigns in glory shall come in.

- 10 “Who is this who reigns in glory?” *
“This is God, the God of Hosts,
who reigns in glory.”

Psalm 25

- 1 To you, O God, 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 God, *
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 God, 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 God.
- 7 Gracious and upright are you; *
therefore you teach sinners in your way.
- 8 You guide the humble in doing right *
and teach your way to the lowly.
- 9 All your paths are love and faithfulness *
to those who keep your covenant and your testimonies.
- 10 For your Name’s sake, O God, *
forgive my sin, for it is great.
- 11 Who are they who fear you? *
You will teach them the way that they should choose.
- 12 They shall dwell in prosperity, *
and their offspring shall inherit the land.
- 13 You are a friend to those who fear you *
and will show them your covenant.
- 14 My eyes are ever looking to you, *
for you 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 the people of Israel, O God, *
out of all their troubles.

Psalm 26

- 1 Give judgment for me, O God,
for I have lived with integrity; *
I have trusted in you and have not faltered.
- 2 Test me, O God, 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 God, *
that I may go in procession round your altar,
- 7 Singing aloud a song of thanksgiving *
and recounting all your wonderful deeds.
- 8 O God, 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 God, and have pity on me.
- 12 My foot stands on level ground; *
in the full assembly I will bless you, O God.

Fifth Day: Evening Prayer

Psalm 27

- 1 God is my light and my salvation;
whom then shall I fear? *
God 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 God.
- 5 One thing have I asked of you, O God;
one thing I seek: *
that I may dwell in your house all the days of my life,
- 6 To behold your fair beauty, O God, *
and to seek you in your temple.
- 7 For in the day of trouble you shall keep me safe in your shelter; *
you shall hide me in the secrecy of your dwelling
and set me high upon a rock.
- 8 Even now you lift up my head *
above my enemies round about me.
- 9 Therefore I will offer in your dwelling an oblation
with sounds of great gladness; *
I will sing and make music to you.
- 10 Harken to my voice, O Most High, when I call; *
have mercy on me and answer me.

- 11 You speak in my heart and say, "Seek my face." *
Your face, O God, 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, *
you will sustain me.
- 15 Show me your way, O God, *
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 my God *
in the land of the living!
- 18 O tarry and await God's pleasure;
be strong, and let your heart take comfort; *
wait patiently for God.

Psalm 28

- 1 O God, 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 your doings,
nor of the works of your hands; *
therefore you will break them down and not build them up.
- 7 Blest are you, O God, *
for you have heard the voice of my prayer.
- 8 You are my strength and my shield; *
my heart trusts in you, and I have been helped;
- 9 Therefore my heart dances for joy, *
and in my song will I praise you.
- 10 You are the strength of your people, *
a safe refuge for your anointed.
- 11 Save your people and bless your inheritance; *
shepherd them and carry them for ever.

Psalm 29

- 1 Ascribe to God, you heavenly beings, *
ascribe to God glory and strength.

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

Sixth Day: Morning Prayer

Psalm 30

- 1 I will exalt you, O God,
 because you have lifted me up *
 and have not let my enemies triumph over me.
- 2 O my God, I cried out to you, *
 and you restored me to health.
- 3 You brought me up, O God, from the dead; *
 you restored my life as I was going down to the grave.
- 4 Sing to God, you servants of God, *
 and give thanks for the remembrance of God's holiness.
- 5 For divine wrath endures but the twinkling of an eye, *
 divine 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, O God, 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 God; *
 I pleaded with you, 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 God, and have mercy upon me; *
 O God, 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 God, my God, I will give you thanks for ever.

Psalm 31

- 1 In you, O God, 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 God of truth.
- 6 I hate those who cling to worthless idols, *
and I put my trust in God.
- 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 God, 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 the dead, 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 God. *
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 O God, 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 God,
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 God! *
 For you have shown me the wonders of your love in a city under siege.
- 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 God, all you who worship God; *
 God 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 God.

Sixth Day: Evening Prayer

Psalm 32

- 1 Happy are they whose transgressions are forgiven *
 and whose sin is put away!
- 2 Happy are they to whom God 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 God;" *
 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 Most High.
- 12 Be glad, you righteous, and rejoice in God; *
 shout for joy, all who are true of heart.

Psalm 33

- 1 Rejoice in God, you righteous; *
 it is good for the just to sing praises.
- 2 Praise God with the harp; *
 play upon the psaltery and lyre.
- 3 Sing for God a new song; *
 sound a fanfare with all your skill upon the trumpet.
- 4 For your word, O God, is right, *
 and all your works are sure.

- 5 You love righteousness and justice; *
your loving-kindness fills the whole earth.
- 6 By your word, O God, were the heavens made, *
by the breath of your mouth all the heavenly hosts.
- 7 You gather up the waters of the ocean as in a water-skin *
and store up the depths of the sea.
- 8 Let all the earth fear you; *
let all who dwell in the world stand in awe of you.
- 9 For you spoke, and it came to pass; *
you commanded, and it stood fast.
- 10 You bring the will of the nations to naught *
and thwart the designs of the peoples.
- 11 But your will stands fast for ever, *
and the designs of your heart from age to age.
- 12 Happy is the nation that worships you, O Most High; *
happy the people you have chosen to be your own!
- 13 You look down from heaven *
and behold all the people in the world.
- 14 From where you sit enthroned you turn your gaze *
on all who dwell on the earth.
- 15 You fashion all the hearts of them *
and understand all their works.
- 16 There is no ruler that can be saved by a mighty army; *
the strong are not delivered by their great strength.
- 17 The horse is a vain hope for deliverance; *
for all its strength it cannot save.
- 18 But your eye, O God, is upon those who fear you, *
on those who wait upon your love,
- 19 To pluck their lives from death, *
and to feed them in time of famine.
- 20 Our soul waits for you; *
you are our help and our shield.
- 21 Indeed, our heart rejoices in you, *
for in your holy Name we put our trust.
- 22 Let your loving-kindness, O God, be upon us, *
as we have put our trust in you.

Psalm 34

- 1 I will bless God at all times, *
and praise shall ever be in my mouth.
- 2 I will glory in the Most High; *
let the humble hear and rejoice.
- 3 Proclaim with me the greatness of God; *
let us exalt God's Name together.
- 4 I sought, and God answered me *
and delivered me out of all my terror.
- 5 Look upon the Most High and be radiant, *
and let not your faces be ashamed.
- 6 I called in my affliction, and God heard me *
and saved me from all my troubles.
- 7 The angels encompass those who fear God, *
and God will deliver them.

- 8 Taste and see that God is good; *
happy are they who trust in the Most High!
- 9 Fear the Most High, you that are God's saints, *
for those who fear God lack nothing.
- 10 The young lions lack and suffer hunger, *
but those who seek God lack nothing that is good.
- 11 Come, children, and listen to me; *
I will teach you the fear of God.
- 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 God are upon the righteous, *
and the ears of God are open to their cry.
- 16 The face of God is against those who do evil, *
to root out the remembrance of them from the earth.
- 17 The righteous cry, and God hears them *
and delivers them from all their troubles.
- 18 God is near to the brokenhearted *
and will save those whose spirits are crushed.
- 19 Many are the troubles of the righteous, *
but God will deliver them out of them all.
- 20 God will keep safe all their bones; *
not one of them shall be broken.
- 21 Evil shall slay the wicked, *
and those who hate the righteous will be punished.
- 22 O God, you will ransom the life of your servants, *
and none will be punished who trust in you.

Seventh Day: Morning Prayer

Psalm 35

- 1 Fight those who fight me, O God; *
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 God drive them away.
- 6 Let their way be dark and slippery, *
and let the angel of God 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 you, O Most High; *
I will glory in your victory.

- 10 My very bones will say, "O God, 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 neighbor; *
I behaved like those who mourn for their mothers,
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 God, 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 God; do not be silent; *
O God, be not far from me.
- 23 Awake, arise, to my cause; *
to my defense, my God and my Savior!
- 24 Give me justice, O 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 you 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 are you, O God,
you desire the prosperity of your servant."
- 28 And my tongue shall be talking of your righteousness *
and of your praise all the day long.

Psalm 36

- 1 There is a voice of rebellion deep in the heart of the wicked; *
there is no fear of God before their eyes.
- 2 They flatter themselves in their own eyes *
that their hateful sin will not be found out.

- 3 The words of their mouths are wicked and deceitful; *
they have left off acting wisely and doing good.
- 4 They think up wickedness upon their beds
and have set themselves in no good way; *
they do not abhor that which is evil.
- 5 Your love, O God, 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 all your creatures, O God.
- 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.

Seventh Day: Evening Prayer

Psalm 37

- 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 God and do good; *
dwell in the land and feed on its riches.
- 4 Take delight in God, *
who shall give you your heart's desire.
- 5 Commit your way to God and put your trust in God, *
who will bring it to pass.
- 6 God will make your righteousness as clear as the light *
and your just dealing as the noonday.
- 7 Be still before God; *
for God wait patiently.
- 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 God 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 God laughs at the wicked, *
seeing 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 God upholds the righteous.
- 19 God cares for the lives of the faithful, *
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 God, 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 blest by God shall possess the land, *
but those who are cursed shall be destroyed.
- 24 Our steps are directed by God, *
who strengthens those whose ways are upright.
- 25 If they stumble, they shall not fall headlong, *
for God 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 God loves justice *
and does not forsake the 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 But God will not abandon them to their hand, *
nor let them be found guilty when brought to trial.
- 36 Wait upon God and keep God's way; *
you will be raised 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 God *
who is their stronghold in time of trouble.
- 42 God will help them and rescue them; *
the Holy One will rescue them from the wicked and deliver them,
because they seek refuge in God.

Eighth Day: Morning Prayer

Psalm 38

- 1 O God, 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 God, 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 God, have I fixed my hope; *
you will answer me, O 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 Holy One, do not forsake me; *
be not far from me, O my God.
- 22 Make haste to help me, *
O God of my salvation.

Psalm 39

- 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 O God, 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 God, 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 God,
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.

Psalm 40

- 1 I waited patiently for you, O God; *
you stooped to me and heard my cry.
- 2 You lifted me out of the desolate pit, out of the mire and clay; *
you set my feet upon a high cliff and made my footing sure.
- 3 You 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 you.
- 4 Happy are they who trust in you; *
 they do not resort to evil spirits or turn to false gods.
- 5 Great things are they that you have done, O 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 God, 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 Holy One;
 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 God, to deliver me; *
 O God, 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 to me "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 Holy One!"
- 18 Though I am poor and afflicted, *
 you will have regard for me.
- 19 You are my helper and my deliverer; *
 do not tarry, O my God.

Eighth Day: Evening Prayer

Psalm 41

- 1 Happy are they who consider the poor and needy! *
 God will deliver them in the time of trouble.
- 2 God preserves them and keeps them alive,
 so that they may be happy in the land, *
 and does not hand them over to the will of their enemies.

- 3 God sustains them on their sickbed *
and ministers to them in their illness.
- 4 I said, "O God, be merciful to me; *
heal me, for I have sinned against you."
- 5 My enemies are saying wicked things about me, *
wondering when I will die and my 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 They say a deadly thing has fastened on me, *
that I have taken to my bed and will never get up again.
- 9 Even my best friend, whom I trusted,
who broke bread with me, *
has spurned me and turned against me.
- 10 But you, O God, 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 God of Israel, *
from age to age. Amen. Amen.

Psalm 42

- 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 the Holy One,
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 You grant me your loving-kindness in the daytime; *
in the night season your 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 the Holy One,
who is the help of my countenance, and my God.

Psalm 43

- 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 the Holy One,
who is the help of my countenance, and my God.

Ninth Day: Morning Prayer

Psalm 44

- 1 We have heard with our ears, O God,
our forebears 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 forebears 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 Ruler 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 God not find it out, *
for God 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 God! 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.

Psalm 45

- 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 blest 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 realm;
you love righteousness and hate iniquity.
- 8 Therefore God, your God, has anointed you *
with the oil of gladness above your companions.
- 9 All your garments are fragrant with myrrh, aloes and cassia, *
and the music of strings from ivory palaces makes you glad.
- 10 The royal 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 parents' house.
- 12 The king will have pleasure in your beauty; *
you are committed to him, 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."

Psalm 46

- 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 God 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 the city;
it shall not be overthrown; *
God shall help it at the break of day.
- 7 The nations make much ado, and the realms are shaken; *
God has spoken, and the earth shall melt away.
- 8 The God of hosts is with us; *
the God of Jacob is our stronghold.
- 9 Come now and look upon the works of the Most High, *
who does awesome things on earth.
- 10 It is God who makes war to cease in all the world, *
who 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 God of hosts is with us; *
the God of Jacob is our stronghold.

Ninth Day: Evening Prayer

Psalm 47

- 1 Clap your hands, all you peoples; *
shout to God with a cry of joy.
2 For God Most High is to be feared; *
God is the great Sovereign over all the earth.
God subdues the peoples under us *
and the nations under our feet.
4 God chooses our inheritance for us, *
the pride of Jacob whom God loves.
5 God has gone up with a shout, *
the Most High with the sound of the ram’s-horn.
6 Sing praises to God, sing praises; *
sing praises to our Sovereign, sing praises.
7 For God is Sovereign over all the earth; *
sing praises with all your skill.
8 God reigns over the nations; *
God sits upon the 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, *
who is highly exalted.

Psalm 48

- 1 God is great and highly to be praised; *
in the city of our God is the 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 Sovereign.
3 God is in its citadels; *
God is known to be its sure refuge.
4 Behold, the monarchs 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 God of hosts, in the city of our God; *
God has established it 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 it; *
count the number of its towers.
- 12 Consider well its bulwarks;
examine its strongholds, *
that you may tell those who come after:
- 13 This God is our God for ever and ever *
and shall be our guide for evermore.

Psalm 49

- 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 *
and 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.

Tenth Day: Morning Prayer

Psalm 50

1 The God of gods has spoken; *
God has called the earth from the rising of the sun to its setting.

2 Out of Zion, perfect in its beauty, *
God is revealed in glory.

3 O God, you will come and will not keep silence; *
before you there is a consuming flame,
and round about you a raging storm.

4 You call the heavens and the earth from above *
to witness the judgment of your 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 your cause, *
for you alone are 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 thieves, you make them your friends, *
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 family *
and slandering your own mother's child.

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.”

Psalm 51

- 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 God, *
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.

Psalm 52

- 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 the tyrant, 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.

Tenth Day: Evening Prayer

Psalm 53

- 1 The foolish say in their hearts, “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 the people,
Jacob will rejoice and Israel be glad.

Psalm 54

- 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 God 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 God, for it is good.
- 7 For you have rescued me from every trouble, *
and my eye has seen the ruin of my foes.

Psalm 55

- 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 God; confound their speech, *
for I have seen violence and strife in the city.
- 11 Day and night the sentries make their rounds upon its walls, *
but trouble and misery are in the midst of it.
- 12 There is corruption at its heart; *
its 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 enemies who vaunted themselves against me,
then I could have hidden from them.
- 14 But it was you, someone 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 God will deliver me.
- 18 In the evening, in the morning, and at noonday,
I will complain and lament, *
and God will hear my voice.
- 19 God 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 companions have stretched forth their hands against their comrade; *
they have broken their covenant.

- 22 Their speech is softer than butter, *
but war is in their hearts.
- 23 Their words are smoother than oil, *
but they are drawn swords.
- 24 Cast your burden upon God,
who will sustain you; *
God 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.

Eleventh Day: Morning Prayer

Psalm 56

- 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, 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 you in the light of the living.

Psalm 57

- 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 you, O Most High God, *
you who maintain my cause.
- 3 You will send from heaven and save me;

- you will confound those who trample upon me; *
you will send forth your love and your 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 God; *
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.

Psalm 58

- 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 the charming.
- 6 O God, break their teeth in their mouths; *
pull the fangs of the young lions, O God.
- 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."

Eleventh Day: Evening Prayer

Psalm 59

- 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 God.
- 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, O 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 God, 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 God 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.

Psalm 60

- 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 the 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 all human help is in vain.
- 12 With you, O God, we will do valiant deeds, *
and you will tread our enemies under foot.

Psalm 61

- 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.

Twelfth Day: Morning Prayer

Psalm 62

- 1 For God alone my soul in silence waits; *
from God comes my salvation.
- 2 God 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, there is my hope.

- 7 God 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 God always, O people; *
pour out your hearts before the One who 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 God, *
for you repay everyone according to their deeds.

Psalm 63

- 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 sovereign will rejoice in God;
all those who swear by God will be glad, *
for the mouth of those who speak lies shall be stopped.

Psalm 64

- 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 God 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 the works of the Most High.
- 10 The righteous will rejoice and put their trust in God, *
and all who are true of heart will glory.

Twelfth Day: Evening Prayer

Psalm 65

- 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.

Psalm 66

- 1 Be joyful in God, all you lands; *
sing the glory of God's Name;
sing the glory of God's 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 are these doings toward all people.
- 5 God turned the sea into dry land,
so that they went through the water on foot, *
and there we rejoiced in God,
- 6 Whose might rules for ever;
whose eyes keep watch over the nations; *
let not the rebellious lift up their heads.
- 7 Bless our God, you peoples; *
let the sound of praise be heard;
- 8 God 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 *
and 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 God has done for me.
- 15 I called out to God with my mouth, *
and high praise was on my tongue.
- 16 If I had found evil in my heart, *
God would not have heard me;
- 17 But in truth God has heard me *
and has attended to the voice of my prayer.
- 18 Blessed be God, who has not rejected my prayer, *
nor withheld steadfast love from me.

Psalm 67

- 1 Be merciful to us, O God, and bless us, *
show us the light of your 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 its increase; *
may you, our own God, give us your blessing.
- 7 May you give us your blessing, *
and may all the ends of the earth stand in awe of you.

Thirteenth Day: Morning Prayer

Psalm 68

- 1 Arise, O God, and let your enemies be scattered; *
let those who hate you flee before you.
- 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 your presence, O God.
- 3 But let the righteous be glad and rejoice before you; *
let them also be merry and joyful.
- 4 We sing praises to your holy Name;
we exalt the One who rides upon the heavens; *
yours is the Name in which we rejoice!
- 5 Guardian of orphans, defender of widows, *
God, in your holy habitation!
- 6 You give the solitary a home and bring 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 You gave the word; *
great was the company of those who bore the tidings:
- 12 "Rulers with their armies are fleeing away; *
the ones 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 rulers, *
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 a resting place? *
Truly, God will dwell there for ever.
- 17 Your chariots, O God, are twenty thousand,
even thousands of thousands; *
you come 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 Holy One might dwell among them.
- 19 Blest are you, O God, day by day, *
the God of our salvation, who bears our burdens.
- 20 You are our God, the God of our salvation; *
you are the one by whom we escape death.
- 21 You will crush the heads of your enemies *
and the hairy scalp of those who go on still in their wickedness.
- 22 You have said, "I will bring my people back from Bashan; *
I will bring them back from the depths of the sea;
- 23 That their feet may be dipped in blood, *
the tongues of their dogs in the blood of their enemies."
- 24 They see your procession, O God, *
your procession into the sanctuary, my God and my sovereign.
- 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 God, you that are of the fountain of Israel.
- 27 There is Benjamin, least of the tribes, at the head;
the rulers of Judah in a company; *
and the rulers of Zebulon and Naphtali.
- 28 Send forth your strength, O God; *
establish, O God, what you have wrought for us.
- 29 Rulers 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 its hands to you.
- 33 Sing to God, O nations of the earth; *
sing praises to the Holy One,
- 34 Who rides in the heavens, the ancient heavens, *
who sends forth a voice, a mighty voice.
- 35 Ascribe power to God, *
whose majesty is over Israel,
whose strength is in the skies.
- 36 How wonderful is God in the holy places; *
the God of Israel giving strength and power to the people:
blessed be God!

Thirteenth Day: Evening Prayer

Psalm 69

- 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. *
- 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, O 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 outcast 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 God.
- 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.
- 18 Answer me, O God, 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 the one 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 your Name, O God, in song; *
I will proclaim your greatness with thanksgiving.
- 33 This will please you more than an offering of oxen, *
more than bullocks with horns and hoofs.
- 34 The afflicted shall see and be glad; *
those who seek God, their heart shall live.
- 35 For you, O God, listen to the needy, *
and your prisoners you do not despise.
- 36 Let the heavens and the earth praise you, *
the seas and all that moves in them;
- 37 For you will save Zion and rebuild the cities of Judah; *
your people shall live there and have it in possession.
- 38 The children of your servants will inherit it, *
and those who love your Name will dwell therein.

Psalm 70

- 1 Be pleased, O God, to deliver me; *
O God, 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 Holy One!"
- 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 God, do not tarry.

Fourteenth Day: Morning Prayer

Psalm 71

- 1 In you, O God, 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 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 that God has forsaken me,
that they may pursue and seize me *
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 your mighty works, O 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 shown 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.

Psalm 72

- 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 rulers of Tarshish and of the isles shall pay tribute, *
and the rulers of Arabia and Saba offer gifts.
- 11 All rulers 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 blest.
- 18 Blest are you, O God of Israel; *
you alone do wondrous deeds!
- 19 And blest is your glorious Name for ever! *
May all the earth be filled with your glory.
Amen. Amen.

Fourteenth Day: Evening Prayer

Psalm 73

- 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 God, *
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 Most High my refuge.
- 29 I will speak of all your works *
in the gates of the city of Zion.

Psalm 74

- 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 people 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 sovereign 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, *
which you gave 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 God, 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.

Fifteenth Day: Morning Prayer

Psalm 75

- 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 You are judge, O God; *
you put down one and lift up another.
- 8 For in your hand there is a cup,
full of spiced and foaming wine, which you pour 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 you, O God of Jacob.
- 10 For you will break off all the horns of the wicked; *
but the horns of the righteous shall be exalted.

Psalm 76

- 1 In Judah you are known, O God; *
your Name is great in Israel.
- 2 At Salem is your tabernacle, *
and your dwelling is in Zion.
- 3 There you 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 your God and keep it; *
let the nations bring gifts to the One who is worthy to be feared,
- 12 Who breaks the spirit of princes, *
and strikes terror in the rulers of the earth.

Psalm 77

- 1 I will cry aloud to God; *
I cry aloud to the One who will hear me.
- 2 In the day of my trouble I sought after God; *
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 you cast me off for ever; *
will you no more show your favor?

- 8 Has your loving-kindness come to an end for ever; *
has your promise failed for evermore?
- 9 Have you forgotten to be gracious; *
have you, in your anger, withheld your 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 God *
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.
- 18 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.

Fifteenth Day: Evening Prayer

Psalm 78:1-39

- 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 forebears have told us, *
we will not hide from their children.
- 4 We will recount to generations to come
your praiseworthy deeds and your power, O God, *
and the wonderful works you have done.
- 5 You gave your decrees to Jacob
and established a law for Israel, *
which you 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 you, *
and not forget your deeds,
but keep your commandments;
- 8 And not be like their forebears,

- a stubborn and rebellious generation, *
a generation whose heart was not steadfast,
and whose spirit was not faithful to you.
- 9 The people of Ephraim, armed with the bow, *
turned back in the day of battle;
- 10 They did not keep your covenant *
and refused to walk in your law;
- 11 They forgot what you had done, *
and the wonders you had shown them.
- 12 You worked marvels in the sight of their forebears, *
in the land of Egypt, in the field of Zoan.
- 13 You split open the sea and let them pass through; *
you made the waters stand up like walls.
- 14 You led them with a cloud by day, *
and all the night through with a glow of fire.
- 15 You split the hard rocks in the wilderness *
and gave them drink as from the great deep.
- 16 You brought streams out of the cliff, *
and the waters gushed out like rivers.
- 17 But they went on sinning against you, *
rebellious in the desert against the Most High.
- 18 They tested you in their hearts, *
demanding food for their craving.
- 19 They railed against you and said, *
“Can God set a table in the wilderness?”
- 20 True, God struck the rock,
the waters gushed out, and the gullies overflowed; *
but is God able to give bread
or to provide meat for the people?”
- 21 When you heard this, you were full of wrath; *
a fire was kindled against Jacob,
and your anger mounted against Israel;
- 22 For they had no faith in you, *
nor did they put their trust in your saving power.
- 23 So you commanded the clouds above *
and opened the doors of heaven.
- 24 You rained down manna upon them to eat *
and gave them grain from heaven.
- 25 So mortals ate the bread of angels; *
you provided for them food enough.
- 26 You caused the east wind to blow in the heavens *
and led out the south wind by your might.
- 27 You rained down flesh upon them like dust *
and winged birds like the sand of the sea.
- 28 You let it fall in the midst of their camp *
and round about their dwellings.
- 29 So they ate and were well filled, *
for you gave them what they craved.
- 30 But they did not stop their craving, *
though the food was still in their mouths.
- 31 So your anger mounted against them; *
you slew the strongest among them
and laid low the youth of Israel.

- 32 In spite of all this, they went on sinning *
and had no faith in your wonderful works.
- 33 So you brought their days to an end like a breath *
and their years in sudden terror.
- 34 Whenever you slew them, they would seek you, *
and repent, and diligently search for you.
- 35 They would remember that you were their rock, *
that you, the Most High, were their redeemer.
- 36 But they flattered you with their mouths *
and lied to you with their tongues.
- 37 Their heart was not steadfast toward you, *
and they were not faithful to your covenant.
- 38 But you were so merciful that you forgave their sins
and did not destroy them; *
many times you held back your anger
and did not permit your wrath to be roused.
- 39 For you remembered that they were but flesh, *
a breath that goes forth and does not return.

Psalm 78:40-72

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

- and apportioned an inheritance to them by lot; *
you made the tribes of Israel to dwell in their tents.
- 56 But they tested you, O Most High, and defied you, *
and did not keep your commandments.
- 57 They turned away and were disloyal like their forebears; *
they were undependable like a warped bow.
- 58 They grieved you with their hill-altars *
and provoked your displeasure with their idols.
- 59 When you heard this, you were angry *
and utterly rejected Israel.
- 60 You forsook the shrine at Shiloh, *
the tabernacle where you had lived among your people.
- 61 You delivered the ark into captivity, *
your glory into the adversary's hand.
- 62 You gave your people to the sword *
and were angered against your 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 you awoke, O God, as though from sleep, *
like a warrior refreshed with wine.
- 66 You struck your enemies on the backside *
and put them to perpetual shame.
- 67 You rejected the tent of Joseph *
and did not choose the tribe of Ephraim;
- 68 You chose instead the tribe of Judah *
and Mount Zion, which you loved.
- 69 You built your sanctuary like the heights of heaven, *
like the earth which you founded for ever.
- 70 You chose David your servant, *
and took him away from the sheepfolds.
- 71 You brought him from following the ewes, *
to be a shepherd over Jacob your people
and over Israel your inheritance.
- 72 So he shepherded them with a faithful and true heart *
and guided them with the skillfulness of his hands.

Sixteenth Day: Morning Prayer

Psalm 79

- 1 O God, the nations 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 God; *
will your fury blaze like fire for ever?
- 6 Pour out your wrath upon the nations who have not known you *
and upon the realms 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 nations say, "Where is their God?" *
Let it be known among the nations and in our sight
that you avenge the shedding of your servant's 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 God, *
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.

Psalm 80

- 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 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 one at your right hand, *
the one 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 God of hosts; *
show the light of your countenance, and we shall be saved.

Psalm 81

- 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 God 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 Israel's shoulder from the burden;
their 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 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 me would cringe before me, *
and their punishment would last for ever.
- 16 But Israel would I feed with the finest wheat *
and satisfy them with honey from the rock.

Sixteenth Day: Evening Prayer

Psalm 82

- 1 God stands in the council of heaven *
and 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 ruler.' "
- 8 Arise, O God, and rule the earth, *
for you shall take all nations for your own.

Psalm 83

- 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 God, *
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 Holy, *
you alone are the Most High over all the earth.

Psalm 84

- 1 How dear to me is your dwelling, O God of hosts! *
My soul has a desire and longing for your courts;
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 God of hosts,
 my Ruler 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; *
 the God of gods will be revealed in Zion.
- 7 O 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 God is both sun and shield *
 and will give grace and glory.
- 11 No good thing will God withhold *
 from those who walk with integrity.
- 12 O God of hosts, *
 happy are they who put their trust in you!

Psalm 85

- 1 You have been gracious to your land, O God; *
 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 God, *
 and grant us your salvation.
- 8 I will listen to what you are saying, *
 for you are speaking peace to your faithful people
 and to those who turn their hearts to you.
- 9 Truly, your salvation is very near to those who fear you, *
 that your 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 You, O God, will indeed grant prosperity, *
 and our land will yield its increase.
- 13 Righteousness shall go before you, *
 and peace shall be a pathway for your feet.

Psalm 86

- 1 Bow down your ear, O God, and answer me, *
for I am poor and in misery.
- 2 Keep watch over my life, for I am faithful; *
save your servant, for I put my trust in you.
- 3 Be merciful to me, O God, for you are my God; *
I call upon you all the day long.
- 4 Gladden the soul of your servant, *
for to you, O God, I lift up my soul.
- 5 For you, O God, are good and forgiving, *
and great is your love toward all who call upon you.
- 6 Give ear, O God, 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 God, *
nor anything like your works.
- 9 All nations you have made will come and worship you, O God, *
and glorify your Name.
- 10 For you are great; you do wondrous things; *
and you alone are God.
- 11 Teach me your way, O God, and I will walk in your truth; *
knit my heart to you that I may fear your Name.
- 12 I will thank you, 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 the violent seeks my life; *
they have not set you before their eyes.
- 15 But you, O God, 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 God, have helped me and comforted me.

Psalm 87

- 1 On the holy mountain stands the city God has founded; *
God 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 there, *
and the Most High God shall sustain it."

- 5 God will record in the roll of the peoples, *
“These also were born there.”
- 6 The singers and the dancers will say, *
“All my fresh springs are in you.”

Psalm 88

- 1 O 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; *
O God, 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 *
or 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 God, I cry to you for help; *
in the morning my prayer comes before you.
- 15 O God, 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.

Seventeenth Day: Evening Prayer

Psalm 89

- 1 Your love, O God, 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 God, *
and to your faithfulness in the assembly of the holy ones;
- 6 For who in the skies can be compared to you, O God; *
who is like you among the gods?
- 7 You are much to be feared in the council of the holy ones, *
great and terrible to all those round about you.
- 8 Who is like you, O God of hosts? *
O Mighty One, 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 God, 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, God is our Ruler; *
the Holy One of Israel is our Sovereign.
- 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 adversary 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 Creator, *
my God and the rock of my salvation.’
- 27 I will make him my firstborn *
and higher than the rulers 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 God,
 will you hide yourself for ever; *
 how long will your anger burn like fire?
 47 Remember, O God, how short life is, *
 how frail you have made all flesh.
 48 Who can live and not see death; *
 who can be saved from the power of the grave?
 49 Where, O God, are your loving-kindnesses of old, *
 which you promised David in your faithfulness?
 50 Remember how your servant is mocked, *
 how I carry in my bosom the taunts of many peoples,
 51 The taunts your enemies have hurled, O God, *
 which they hurled at the heels of your anointed.
 52 Blessed be God for evermore! *
 Amen, I say, Amen.

Eighteenth Day: Morning Prayer

Psalm 90

- 1 O God, 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 God; 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 our God be upon us; *
prosper the work of our hands;
prosper our handiwork.

Psalm 91

- 1 They who dwell in the shelter of the Most High *
abide under the shadow of the Almighty.
- 2 They shall say to God, “You are my refuge and my stronghold, *
my God in whom I put my trust.”
- 3 For God shall deliver you from the snare of the hunter *
and from the deadly pestilence.
- 4 God’s pinions shall cover you,
and under God’s wings you shall find refuge; *
God’s 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 God 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 God shall give the 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 you are bound to me in love,
therefore will I deliver you; *
I will protect you, because you know my Name.
- 15 You shall call upon me, and I will answer you; *
I am with you in trouble; I will rescue you and bring you honor.
- 16 With long life will I satisfy you *
and show you my salvation.

Psalm 92

- 1 It is a good thing to give thanks to God, *
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 God, *
and I shout for joy because of the works of your hands.
- 5 O God, 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 God, are exalted for evermore.
- 8 For lo, your enemies, O God,
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 God *
shall flourish in the heavenly courts.
- 13 They shall still bear fruit in old age; *
they shall be green and succulent,

- 14 That they may show how upright God is, *
my Rock, in whom there is no fault.

Eighteenth Day: Evening Prayer

Psalm 93

- 1 God is Sovereign,
clothed in splendid apparel; *
God is robed in majesty
and is girded with strength.
- 2 God 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 God,
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 Holy One who dwells on high.
- 6 Your testimonies are very sure, *
and holiness adorns your house, O God,
for ever and for evermore.

Psalm 94

- 1 O mighty 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 God, *
how long shall the wicked triumph?
- 4 They bluster in their insolence; *
all evildoers are full of boasting.
- 5 They crush your people, O God, *
and afflict your chosen nation.
- 6 They murder the widow and the stranger *
and put the orphans to death.
- 7 Yet they say, "God does not see, *
the God of Jacob takes no notice."
- 8 Consider well, you dullards among the people; *
when will you fools understand?
- 9 Does the one who planted the ear not hear; *
does the one who formed the eye not see?
- 10 Will the one who admonishes the nations not punish; *
does the one who teaches all the world have no knowledge?
- 11 God knows our human thoughts, *
how like a puff of wind they are.
- 12 Happy are they whom you instruct, O God, *
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 you will not abandon your people, *
nor will you forsake your 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 you 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 God, 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 you have become my stronghold, *
you are the rock of my trust.
- 23 You will turn their wickedness back upon them
and destroy them in their own malice; *
you, O Most High, will destroy them.

Nineteenth Day: Morning Prayer

Psalm 95

- 1 Come, let us sing to the Holy One; *
let us shout for joy to the Rock of our salvation.
- 2 Let us come before God's presence with thanksgiving, *
and raise a loud shout with psalms.
- 3 For you, O God, are a great God; *
you are great above all gods.
- 4 In your hand are the caverns of the earth, *
and the heights of the hills are yours also.
- 5 The sea is yours, for you made it, *
and your hands have molded the dry land.
- 6 Come, let us bow down and bend the knee, *
and kneel before God, our Maker,
- 7 For you are our God,
and we are the people of your pasture and the sheep of your hand. *
Oh, that today we would hearken to your voice!
- 8 Harden not your hearts,
as your forebears did in the wilderness, *
- 9 at Meribah, and on that day at Massah,
when they tempted me;
- 10 They put me to the test, *
though they had seen my works.
- 11 Forty years long I detested that generation and said, *
"This people are wayward in their hearts;
they do not know my ways."
- 12 So I swore in my wrath, *
"They shall not enter into my rest."

Psalm 96

- 1 Sing to God a new song; *
sing to God all the whole earth.

- 2 Sing and bless God's holy Name; *
proclaim the good news of salvation from day to day.
- 3 Declare God's glory among the nations, *
God's wonders among all peoples.
- 4 For God is great and greatly to be praised, *
more to be feared than all gods.
- 5 As for all the gods of the nations, they are but idols, *
but it is God who made the heavens.
- 6 Oh, the majesty and magnificence of God's presence! *
Oh, the power and the splendor of God's sanctuary!
- 7 Ascribe to God, you families of the peoples, *
ascribe to God honor and power.
- 8 Ascribe due honor to God's holy Name; *
bring offerings and come into God's courts.
- 9 Worship the Most High in the beauty of holiness; *
let the whole earth tremble before God.
- 10 Tell it out among the nations that God reigns! *
God has made the world so firm that it cannot be moved
and 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 God, who will come, *
who will come to judge the earth.
- 13 God will judge the world with righteousness *
and the peoples with truth.

Psalm 97

- 1 You reign, O God; let the earth rejoice; *
let the multitude of the isles be glad.
- 2 Clouds and darkness are round about you; *
righteousness and justice are the foundations of your throne.
- 3 A fire goes before you *
and burns up your enemies on every side.
- 4 Your lightnings light up the world; *
the earth sees it and is afraid.
- 5 The mountains melt like wax at your presence, O God, *
at your presence, O God of the whole earth.
- 6 The heavens declare your righteousness, *
and all the peoples see your glory.
- 7 Confounded be all who worship carved images and delight in false gods! *
Let all gods bow down before you.
- 8 Zion hears and is glad, and the cities of Judah rejoice, *
because of your judgments, O God.
- 9 For you are God,
most high over all the earth; *
you are exalted far above all gods.
- 10 You love those who hate evil; *
you preserve the lives of your saints
and deliver 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 God, you righteous *
and give thanks to God's holy Name.

Nineteenth Day: Evening Prayer

Psalm 98

- 1 Sing a new song to God, *
who has done marvelous things.
- 2 With your right hand, O God, and your holy arm, *
you have won for yourself the victory.
- 3 You have made known your victory; *
your righteousness have you openly shown in the sight of the nations.
- 4 You remember your 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 God, all you lands; *
lift up your voice, rejoice, and sing.
- 6 Sing to God with the harp, *
with the harp and the voice of song.
- 7 With trumpets and the sound of the horn, *
shout with joy before our God who reigns in majesty.
- 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 God,
who will come to judge the earth;
- 10 God shall judge the world in righteousness *
and the peoples with equity.

Psalm 99

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

Psalm 100

- 1 May all lands be joyful before you, O God, *
serve with gladness
and come before your presence with a song.
- 2 For we know that you are God; *
you yourself have made us, and we are yours;
we are your people and the sheep of your pasture.
- 3 We shall enter your gates with thanksgiving,
go into your courts with praise, *
give thanks to you and call upon your Name.
- 4 For you are good;
your mercy is everlasting; *
and your faithfulness endures from age to age.

Psalm 101

- 1 I will sing of mercy and justice; *
to you, O God, 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 God.

Twentieth Day: Morning Prayer

Psalm 102

- 1 O God, 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 God, 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; *
indeed, the appointed time has come.
- 14 For your servants love its very rubble *
and are moved to pity even for its dust.
- 15 The nations shall fear your Name, O God, *
and all the rulers of the earth your glory.
- 16 You, O God, will build up Zion, *
and your glory will appear.
- 17 You will look with favor on the prayer of the homeless *
and will not despise their plea.
- 18 Let this be written for a future generation, *
so that a people yet unborn may praise you, O God.
- 19 For you looked down from your holy place on high; *
from the heavens you beheld the earth,
- 20 That you might hear the groan of the captive *
and set free those condemned to die,
- 21 That they may declare in Zion your Name, O God, *
and your praise in Jerusalem,
- 22 When the peoples are gathered together *
and the nations also, to serve you.
- 23 You have brought down my strength before my time; *
you have 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 God, 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."

Psalm 103

- 1 Bless the Holy One, O my soul, *
and all that is within me, bless God's holy Name.
- 2 Bless the Holy One, O my soul, *
and forget not all the gifts of God.
- 3 O God, you forgive all our sins *
and you heal all our infirmities;

- 4 You redeem our life from the grave *
and crown us with mercy and loving-kindness;
- 5 You satisfy us with good things, *
and our youth is renewed like an eagle's.
- 6 O God, you execute righteousness *
and judgment for all who are oppressed.
- 7 You made your ways known to Moses *
and your works to the children of Israel.
- 8 You are full of compassion and mercy, *
slow to anger and of great kindness.
- 9 You will not always accuse us, *
nor will you keep your anger for ever.
- 10 You have 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 your mercy great upon those who fear you.
- 12 As far as the east is from the west, *
so far have you removed our sins from us.
- 13 As a parent cares for a child, *
so do you care for those who fear you.
- 14 For you yourself know whereof we are made; *
you remember 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 your merciful goodness endures for ever on those who fear you, *
and your righteousness on children's children;
- 18 On those who keep your covenant *
and remember your commandments and do them.
- 19 You have set your throne in heaven, *
and you have dominion over all.
- 20 Bless God, all you angels,
you mighty ones who do God's bidding, *
and hearken to the voice of God's word.
- 21 Sing praise, all you heavenly hosts, *
you ministers who do God's will.
- 22 Bless God, all creation,
in all places of God's dominion; *
bless the Holy One, O my soul.

Twentieth Day: Evening Prayer

Psalm 104

- 1 Bless the Holy One, O my soul; *
O God, how excellent is your greatness;
you are clothed with majesty and splendor.
- 2 You wrap yourself with light as with a cloak; *
you 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 all people;
- 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 Holy One are full of sap, *
the cedars of Lebanon which God planted,
- 18 In which the birds build their nests, *
and in whose tops the storks make their dwellings.
- 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 We go forth to our work, *
and to our labor until the evening.
- 25 O Holy One, 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 God endure for ever; *
may the Holy One rejoice in all creation.
- 33 God looks at the earth and it trembles; *
God touches the mountains and they smoke.
- 34 I will sing to God as long as I live; *
I will praise my God while I have my being.
- 35 May these words of mine find favor; *
I will rejoice in the Holy One.
- 36 Let sinners be consumed out of the earth, *
and the wicked be no more.
- 37 Bless the Holy One, O my soul. *
Alleluia!

Twenty-first Day: Morning Prayer

Psalm 105

- 1 We give you thanks, O God, and call upon your Name, *
we make known your deeds among the peoples,
- 2 We sing to you; we sing your praise *
and speak of all your marvelous works,
- 3 We glory in your holy Name; *
let the hearts of those who seek you rejoice;
- 4 We search for you and your strength; *
we continue to seek your face;
- 5 We remember the marvels you have done, *
the wonders and the judgments of your mouth:
- 6 We, the offspring of Abraham, your servant, *
we, the children of Jacob, the chosen ones.
- 7 You are our God indeed; *
your judgments prevail in all the world.
- 8 You have always been mindful of your covenant, *
the promise you made for a thousand generations:
- 9 The covenant you made with Abraham, *
the oath that you swore to Isaac,
- 10 Which you established as a statute for Jacob, *
an everlasting covenant for Israel,
- 11 Saying, "To them will I give the land of Canaan *
to be their 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 realm to another,
- 14 You let no one oppress them *
and rebuked monarchs for their sake,
- 15 Saying, "Do not touch my anointed *
and do my prophets no harm."
- 16 Then you called for a famine in the land *
and destroyed the supply of bread.

- 17 You 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, *
your word, O Most High, 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.
- 23 Israel came into Egypt, *
and Jacob became a sojourner in the land of Ham.
- 24 You made your people exceedingly fruitful; *
you made them stronger than their enemies;
- 25 Whose heart you turned, so that they hated your people, *
and dealt unjustly with your servants.
- 26 You sent Moses your servant, *
and Aaron whom you had chosen.
- 27 They worked your signs among them, *
and portents in the land of Ham.
- 28 You sent darkness, and it grew dark; *
but the Egyptians rebelled against your words.
- 29 You turned their waters into blood *
and caused their fish to die.
- 30 Their land was overrun by frogs, *
in the very chambers of their rulers.
- 31 You spoke, and there came swarms of insects *
and gnats within all their borders.
- 32 You gave them hailstones instead of rain, *
and flames of fire throughout their land.
- 33 You blasted their vines and their fig trees *
and shattered every tree in their country.
- 34 You 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 You struck down the firstborn of their land, *
the firstfruits of all their strength.
- 37 You led out your 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 You spread out a cloud for a covering *
and a fire to give light in the night season.
- 40 They asked, and quails appeared, *
and you satisfied them with bread from heaven.
- 41 You opened the rock, and water flowed, *
so the river ran in the dry places.
- 42 For you remembered your holy word *
and Abraham your servant.

- 43 So you led forth your people with gladness, *
your chosen with shouts of joy.
44 You gave your people the lands of the nations, *
and they took the fruit of others' toil,
45 That they might keep your statutes *
and observe your laws. Alleluia!

Twenty-first Day: Evening Prayer

Psalm 106

- 1 Alleluia! Give thanks, for the Holy One is good; *
God's mercy endures for ever.
2 Who can declare the mighty acts of God *
or show forth rightful praise?
3 Happy are they who act with justice *
and always do what is right!
4 Remember me, O God, 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 you, O Most High, at the Red Sea.
8 But you saved them for your Name's sake, *
to make your power known.
9 You rebuked the Red Sea, and it dried up, *
and you led them through the deep as through a desert.
10 You 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 your words *
and sang you songs of praise.
13 But they soon forgot your deeds *
and did not wait for your counsel.
14 A craving seized them in the wilderness, *
and they put you to the test in the desert.
15 You gave them what they asked, *
but sent leanness into their soul.
16 They envied Moses in the camp, *
and Aaron, the holy one of God.
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.
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 you, 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 you would have destroyed them,
had not Moses your chosen stood before you in the breach, *
to turn away your wrath from consuming them.

24 They refused the pleasant land *
and would not believe your promise.

25 They grumbled in their tents *
and would not listen to your voice, O God.

26 So you lifted your 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 you 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 your anger at the waters of Meribah, *
so that you 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 you had commanded them.

35 They intermingled with the nations *
and learned their foreign 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 your wrath was kindled against your people *
and you abhorred your inheritance.

41 You gave them over to the hand of the nations, *
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 you deliver them,
but they rebelled through their own devices, *
and were brought down in their iniquity.

44 Nevertheless, you saw their distress, *
when you heard their lamentation.

45 You remembered your covenant with them *
and relented in accordance with your great mercy.

- 46 You caused them to be pitied *
by those who held them captive.
- 47 Save us, O God,
and gather us from among the nations, *
that we may give thanks to your holy Name
and glory in your praise.
- 48 Blest be the God of Israel,
from everlasting and to everlasting, *
and let all the people say, "Amen!" Alleluia!

Twenty-second Day: Morning Prayer

Psalm 107

- 1 We give you thanks, O God, for you are good; *
your mercy endures for ever.
- 2 Let all those whom you have redeemed proclaim *
that you redeemed them from the hand of the foe.
- 3 You 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 you in their trouble, *
and you delivered them from their distress.
- 7 You put their feet on a straight path *
to go to a city where they might dwell.
- 8 Let them give thanks to you for your mercy *
and the wonders you do for your children.
- 9 For you satisfy the thirsty *
and fill the hungry with good things.
- 10 Some sat in darkness and deep gloom, *
bound fast in misery and iron;
- 11 Because they rebelled against your words, O God, *
and despised your counsel, O Most High.
- 12 So you humbled their spirits with hard labor; *
they stumbled, and there was none to help.
- 13 Then they cried to you in their trouble, *
and you delivered them from their distress.
- 14 You led them out of darkness and deep gloom *
and broke their bonds asunder.
- 15 Let them give thanks to you for your mercy *
and the wonders you do for your children.
- 16 For you shatter the doors of bronze *
and break 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 you in their trouble, *
and you delivered them from their distress.
- 20 You sent forth your word and healed them *
and saved them from the grave.

- 21 Let them give thanks to you for your mercy *
and the wonders you do for your children.
- 22 Let them offer a sacrifice of thanksgiving *
and tell of your acts with shouts of joy.
- 23 Some went down to the sea in ships *
and plied their trade in deep waters;
- 24 They beheld your works, O God, *
and your wonders in the deep.
- 25 Then you 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 you in their trouble, *
and you delivered them from their distress.
- 29 You stilled the storm to a whisper *
and quieted the waves of the sea.
- 30 Then were they glad because of the calm, *
and you brought them to the harbor they were bound for.
- 31 Let them give thanks to you for your mercy *
and the wonders you do for your children.
- 32 Let them exalt you in the congregation of the people *
and praise you in the council of the elders.
- 33 You 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 You changed deserts into pools of water *
and dry land into water-springs.
- 36 You 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 You blessed them, so that they increased greatly; *
you did not let their herds decrease.
- 39 Yet when they were diminished and brought low, *
through stress of adversity and sorrow,
- 40 (You pour contempt on rulers *
and make them wander in trackless wastes)
- 41 You 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 your mercies, O God.

Twenty-second Day: Evening Prayer

Psalm 108

- 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 God; *
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 the 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 wash-basin;
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 all human help is in vain.
- 13 With you, O God, we will do valiant deeds, *
and you will tread our enemies under foot.

Psalm 109

- 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 wicked ones against them, *
and let accusers stand at their right hand.
- 6 When they are judged, let them be found guilty, *
and let their appeals be in vain.
- 7 Let their days be few, *
and let others take their office.
- 8 Let their children be fatherless, *
and their wives become widows.
- 9 Let their children be waifs and beggars; *
let them be driven from the ruins of their homes.
- 10 Let the creditor seize everything they have; *
let strangers plunder their gains.
- 11 Let there be no one to show them kindness, *
and none to pity their fatherless children.

- 12 Let their descendants be destroyed, *
and their names be blotted out in the next generation.
- 13 Let the wickedness of their parents be remembered before God, *
and their forebears' sin not be blotted out;
- 14 Let their sin be always before God, *
but let God root out their names from the earth;
- 15 Because they did not remember to show mercy, *
but persecuted the poor and needy
and sought to kill the brokenhearted.
- 16 They loved cursing,
let it come upon them; *
they took no delight in blessing,
let it depart from them.
- 17 They put on cursing like a garment; *
let it soak into their bodies like water
and into their bones like oil;
- 18 Let it be to them like the cloak which they wrap around themselves *
and like the belt that they wear continually.
- 19 Let this be the recompense from God to my accusers *
and to those who speak evil against me.
- 20 But you, O God, 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 God, my God; *
save me for your mercy's sake.
- 26 Let them know that this is your hand, *
that you, O God, 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 you with my mouth; *
in the midst of the multitude will I praise you,
- 30 Because you stand at the right hand of the needy, *
to save their lives from those who would condemn them.

Twenty-third Day: Morning Prayer

Psalm 110

- 1 The Holy One said to my Ruler, "Sit at my right hand, *
until I make your enemies your footstool."
- 2 The Holy One will send the scepter of your power out of Zion, *
saying, "Rule over your enemies round about you.

- 3 Royal 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 Holy One has sworn and will not recant: *
“You are a priest for ever after the order of Melchizedek.”
- 5 The Ruler who is at your right hand
will smite monarchs in the day of wrath *
and will rule over the nations;
- 6 Will heap high the corpses *
and will smash heads over the wide earth.
- 7 The Ruler will drink from the brook beside the road *
and therefore will stand victorious.

Psalm 111

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

Psalm 112

- 1 Alleluia! Happy are they who fear God, *
and have great delight in the commandments!
- 2 Their descendants will be mighty in the land; *
the generation of the upright will be blest.
- 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 God.

- 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.

Psalm 113

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

Twenty-third Day: Evening Prayer

Psalm 114

- 1 Alleluia! When Israel came out of Egypt, *
the house of Jacob from a people of strange speech,
- 2 Judah became God's sanctuary *
and Israel God's 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 God, *
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.

Psalm 115

- 1 Not to us, O God, not to us,
but to your Name give glory, *
because of your love and because of your faithfulness.
- 2 Why should the nations say, *
"Where then is their God?"

- 3 Our God is in heaven, *
and whatever God wills to do comes to pass.
- 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 God, *
who is their help and their shield.
- 10 O house of Aaron, trust in God, *
who is their help and their shield.
- 11 You who fear God, trust in God, *
who is their help and their shield.
- 12 God has been mindful of us and will bless us; *
God will bless the house of Israel
and will bless the house of Aaron;
- 13 God will bless those who stand in awe, *
both small and great together.
- 14 May God increase you more and more, *
you and your children after you.
- 15 May you be blest by God, *
the maker of heaven and earth.
- 16 The heaven of heavens belongs to God, *
who entrusted the earth to its peoples.
- 17 The dead do not praise God, *
nor all those who go down into silence;
- 18 But we will bless God, *
from this time forth for evermore. Alleluia!

Twenty-fourth Day: Morning Prayer

Psalm 116

- 1 I love you, O God, because you have heard the voice of my supplication, *
because you have inclined your ear to me whenever I called upon you.
- 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 your holy Name: *
“O God, I pray you, save my life.”
- 4 Gracious are you and righteous; *
you are full of compassion.
- 5 You watch over the innocent; *
I was brought very low, and you helped me.
- 6 Turn again to your rest, O my soul, *
for God has treated you well.
- 7 For you, O God, have rescued my life from death, *
my eyes from tears, and my feet from stumbling.

- 8 I will walk in the presence of God, *
in the land of the living.
- 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 God *
for all the good things done for me?
- 11 I will lift up the cup of salvation *
and call upon the Name of God.
- 12 I will fulfill my vows to God *
in the presence of all people.
- 13 Precious in your sight, O God, *
is the death of your servants.
- 14 O God, 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 your holy Name.
- 16 I will fulfill my vows to you *
in the presence of all your people,
- 17 In the courts of God’s house, *
in the midst of you, O Jerusalem. Alleluia!

Psalm 117

- 1 Praise God, all you nations; *
laud the Most High, all you peoples.
- 2 For God’s loving-kindness toward us is great, *
and the faithfulness of God endures for ever. Alleluia!

Psalm 118

- 1 Give thanks to God who is good; *
God’s mercy endures for ever.
- 2 Let Israel now proclaim *
“God’s mercy endures for ever.”
- 3 Let the house of Aaron now proclaim, *
“God’s mercy endures for ever.”
- 4 Let those who fear God now proclaim, *
“God’s mercy endures for ever.”
- 5 I called out in my distress; *
God answered by setting me free.
- 6 The Mighty One is at my side, therefore I will not fear; *
what can anyone do to me?
- 7 God is at my side to help me; *
I will triumph over those who hate me.
- 8 It is better to rely on God *
than to put any trust in flesh.
- 9 It is better to rely on God *
than to put any trust in rulers.
- 10 All the ungodly encompass me; *
in the name of God I will repel them.
- 11 They hem me in, they hem me in on every side; *
in the name of God I will repel them.
- 12 They swarm about me like bees;

- they blaze like a fire of thorns; *
in the name of God I will repel them.
- 13 I was pressed so hard that I almost fell, *
but God came to my help.
- 14 God is my strength and my song *
and 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 Most High has triumphed; *
the right hand of the Most High is exalted;
the right hand of the Most High has triumphed!"
- 17 I shall not die, but live *
and declare the works of God.
- 18 God has punished me sorely, *
but did not hand me over to death.
- 19 Open for me the gates of righteousness; *
I will enter them;
I will offer thanks to God.
- 20 "This is the gate of the Holy One; *
those who are 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 God's doing, *
and it is marvelous in our eyes.
- 24 On this day the Holy One has acted; *
we will rejoice and be glad in it.
- 25 Hosanna, O God, hosanna! *
O Holy One, send us now success.
- 26 Blest is the one who comes in the name of God; *
we bless you from the house of God.
- 27 God is the Holy One who 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 God who is good; *
God's mercy endures for ever.

Twenty-fourth Day: Evening Prayer

Psalm 119

Aleph

- 1 Happy are they whose way is blameless, *
who walk in your law, O God!
- 2 Happy are they who observe your decrees *
and seek you with all their hearts!
- 3 Who never do any wrong, *
but always walk in your 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.

Beth

- 9 How shall young ones cleanse their ways? *
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 Blest are you, O God; *
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.

Gimel

- 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.

Daleth

- 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 God, let me not be put to shame.
32 I will run the way of your commandments, *
for you have set my heart at liberty.

Twenty-fifth Day: Morning Prayer

He

- 33 Teach me, O God, 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.

Waw

- 41 Let your loving-kindness come to me, O God, *
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 rulers *
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.

Zayin

- 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 God, 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 God, *
and dwell upon your law.
- 56 This is how it has been with me, *
because I have kept your commandments.

Heth

- 57 You only are my portion, O God; *
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 God, is full of your love; *
instruct me in your statutes.

Teth

- 65 O God, 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.

Twenty-fifth Day: Evening Prayer

Yodh

- 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 God, that your judgments are right *
and that in faithfulness you have afflicted me.
- 76 Let your loving-kindness be my comfort, *
as you have promised to your servant.
- 77 Let your compassion come to me, that I may live, *
for your law is my delight.
- 78 Let the arrogant be put to shame, for they wrong me with lies, *
but I will meditate on your commandments.
- 79 Let those who fear you turn to me, *
and also those who know your decrees.
- 80 Let my heart be sound in your statutes, *
that I may not be put to shame.

Kaph

- 81 My soul has longed for your salvation; *
I have put my hope in your word.
- 82 My eyes have failed from watching for your promise, *
and I say, "When will you comfort me?"
- 83 I have become like a leather flask in the smoke, *
but I have not forgotten your statutes.
- 84 How much longer must I wait; *
when will you give judgment against those who persecute me?
- 85 The proud have dug pits for me; *
they do not keep your law.
- 86 All your commandments are true; *
help me, for they persecute me with lies.
- 87 They had almost made an end of me on earth, *
but I have not forsaken your commandments.
- 88 In your loving-kindness, revive me, *
that I may keep the decrees of your mouth.

Lamedh

- 89 O God, 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.

Mem

- 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.

Twenty-sixth Day: Morning Prayer

Nun

- 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 God, according to your word.
- 108 Accept, O God, the willing tribute of my lips, *
and teach me your judgments.
- 109 My life is always in my hand, *
yet I do not forget your law.
- 110 The wicked have set a trap for me, *
but I have not strayed from your commandments.
- 111 Your decrees are my inheritance for ever; *
truly, they are the joy of my heart.
- 112 I have applied my heart to fulfill your statutes *
for ever and to the end.

Samekh

- 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.

Ayin

- 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 God, *
for they have broken your law.
- 127 Truly, I love your commandments *
more than gold and precious stones.
- 128 I hold all your commandments to be right for me; *
all paths of falsehood I abhor.

Pe

- 129 Your decrees are wonderful; *
therefore I obey them with all my heart.
- 130 When your word goes forth it gives light; *
it gives understanding to the simple.
- 131 I open my mouth and pant; *
I long for your commandments.
- 132 Turn to me in mercy, *
as you always do to those who love your Name.
- 133 Steady my footsteps in your word; *
let no iniquity have dominion over me.
- 134 Rescue me from those who oppress me, *
and I will keep your commandments.
- 135 Let your countenance shine upon your servant *
and teach me your statutes.
- 136 My eyes shed streams of tears, *
because people do not keep your law.

Sadhe

- 137 You are righteous, O God, *
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.

Twenty-sixth Day: Evening Prayer

Qoph

- 145 I call with my whole heart; *
answer me, O God, 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 God, 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 God, 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.

Resh

- 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 God; *
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 God, in your mercy, preserve me.
- 160 The heart of your word is truth; *
all your righteous judgments endure for evermore.

Shin

- 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 God, *
and I 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.

Taw

169 Let my cry come before you, O God; *
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 God, *
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.

Twenty-seventh Day: Morning Prayer

Psalm 120

- 1 When I was in trouble, I called out to God; *
I called out to God, who answered me.
- 2 Deliver me, O God, 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.

Psalm 121

- 1 I lift up my eyes to the hills; *
from where is my help to come?
- 2 My help comes from God, *
the maker of heaven and earth.
- 3 God will not let your foot be moved; *
the One who watches over you will not fall asleep.
- 4 Behold, the One who keeps watch over Israel *
shall neither slumber nor sleep;
- 5 The Holy One watches over you *
and is your shade at your right hand,
- 6 So that the sun shall not strike you by day, *
nor the moon by night.

- 7 God shall preserve you from all evil *
and is the One who shall keep you safe.
- 8 God shall watch over your going out and your coming in, *
from this time forth for evermore.

Psalm 122

- 1 I was glad when they said to me, *
“Let us go to the house of God.”
- 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 Holy One, *
the assembly of Israel,
to praise the Name of God.
- 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 kindred and companions’ sake, *
I pray for your prosperity.
- 9 Because of the house of the Holy One our God, *
I will seek to do you good.”

Psalm 123

- 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 Holy One our God, *
until God shows us mercy.
- 4 Have mercy upon us, O God, 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.

Psalm 124

- 1 If God had not been on our side, *
let Israel now say;
- 2 If God 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 God, *
who 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 God, *
the maker of heaven and earth.

Psalm 125

- 1 They who trust in God are like Mount Zion, *
which cannot be moved, but stands fast for ever.
- 2 The hills stand about Jerusalem; *
so does God stand round about the 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 God, to those who are good *
and to those who are true of heart.
- 5 As for those who turn aside to crooked ways,
God will lead them away with the evildoers; *
but peace be upon Israel.

Twenty-seventh Day: Evening Prayer

Psalm 126

- 1 When God 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, *
“God has done great things for them.”
- 4 God has done great things for us, *
and we are glad indeed.
- 5 Restore our fortunes, O God, *
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.

Psalm 127

- 1 Unless God builds the house, *
their labor is in vain who build it.
- 2 Unless God watches over the city, *
in vain the sentries keep their 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 God gives to the beloved sleep.
- 4 Children are a heritage from God, *
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 are they who have their quivers full of them; *
they shall not be put to shame
when they contend with their enemies in the gate.

Psalm 128

- 1 Happy are they all who fear God, *
and who follow in God's 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 They who fear God *
shall thus indeed be blest.
- 5 May God 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.

Psalm 129

- 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 They scored my back as with a ploughshare, *
and made their furrows long.
- 4 Our God, 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 one who binds the sheaves;
- 8 So that those who go by say not so much as,
"May God prosper you. *
We wish you well in the Name of our God."

Psalm 130

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

Psalm 131

- 1 O God, 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 God, *
from this time forth for evermore.

Twenty-eighth Day: Morning Prayer

Psalm 132

- 1 O God, remember David *
and all the hardships he endured;
- 2 How he swore an oath to God *
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 you, O God, *
a dwelling for you, O 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 God's footstool."
- 8 Arise, O God, 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 You have sworn an oath to David; *
in truth, you 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 God has chosen Zion *
and has desired it for a habitation:
- 15 "This shall be my resting-place for ever; *
here will I dwell, for I delight in it.
- 16 I will surely bless its provisions, *
and satisfy its poor with bread.
- 17 I will clothe its priests with salvation, *
and its 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."

Psalm 133

- 1 Oh, how good and pleasant it is, *
when kindred 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 has God ordained the blessing: *
life for evermore.

Psalm 134

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

Psalm 135

- 1 Alleluia! Praise the Name of the Holy One; *
give praise, you servants of the Most High.
- 2 You who stand in the house of the Holy One, *
in the courts of the house of our God.
- 3 Praise God, for God is good; *
sing praises to the holy Name, for it is lovely.
- 4 For you, O God, have chosen Jacob for yourself *
and Israel for your own possession.
- 5 For I know that you are great, *
that you are above all gods.
- 6 You do whatever pleases you, in heaven and on earth, *
in the seas and all the deeps.
- 7 You bring up rain clouds from the ends of the earth; *
you send out lightning with the rain;
you bring the winds out of your storehouse.
- 8 It was you who struck down the firstborn of Egypt, *
the firstborn of all creatures.
- 9 You sent signs and wonders into the midst of Egypt, *
against Pharaoh and all his servants.
- 10 You 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 You gave their land to be an inheritance, *
an inheritance for Israel your people.
- 13 O God, your Name is everlasting; *
your renown endures from age to age.
- 14 For you give your people justice *
and show compassion to your servants.
- 15 The idols of the nations 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 God, O house of Israel; *
O house of Aaron, bless God.
- 20 Bless God, O house of Levi; *
you who fear God, bless God.
- 21 Blest be the Most High out of Zion, *
who dwells in Jerusalem. Alleluia!

Twenty-eighth Day: Evening Prayer

Psalm 136

- 1 Give thanks to the Holy One who is good, *
for God's mercy endures for ever.
- 2 Give thanks to the God of gods, *
for God's mercy endures for ever.
- 3 Give thanks to the Ruler of Rulers, *
for God's mercy endures for ever.
- 4 Who only does great wonders, *
for God's mercy endures for ever.
- 5 Who by wisdom made the heavens, *
for God's mercy endures for ever.
- 6 Who spread out the earth upon the waters, *
for God's mercy endures for ever.
- 7 Who created great lights, *
for God's mercy endures for ever.
- 8 The sun to rule the day, *
for God's mercy endures for ever.
- 9 The moon and the stars to govern the night, *
for God's mercy endures for ever.
- 10 Who struck down the firstborn of Egypt, *
for God's mercy endures for ever.
- 11 And brought out Israel from among them, *
for God's mercy endures for ever.
- 12 With a mighty hand and a stretched-out arm, *
for God's mercy endures for ever.
- 13 Who divided the Red Sea in two, *
for God's mercy endures for ever.
- 14 And made Israel to pass through the midst of it, *
for God's mercy endures for ever.
- 15 But swept Pharaoh and his army into the Red Sea, *
for God's mercy endures for ever.
- 16 Who led the people through the wilderness, *
for God's mercy endures for ever.
- 17 Who struck down great kings, *
for God's mercy endures for ever.
- 18 And slew mighty kings, *
for God's mercy endures for ever.
- 19 Sihon, king of the Amorites, *
for God's mercy endures for ever.
- 20 And Og, the king of Bashan, *
for God's mercy endures for ever.
- 21 And gave away their lands for an inheritance, *
for God's mercy endures for ever.

- 22 An inheritance for Israel God's servant, *
for God's mercy endures for ever.
- 23 Who remembered us in our low estate, *
for God's mercy endures for ever.
- 24 And delivered us from our enemies, *
for God's mercy endures for ever.
- 25 Who gives food to all creatures, *
for God's mercy endures for ever.
- 26 Give thanks to the God of heaven, *
for God's mercy endures for ever.

Psalm 137

- 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 God's holy song *
upon a foreign 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 God,
against the people of Edom, *
who said, "Down with it! Down with it!
even to the ground!"
- 8 O Offspring of Babylon, doomed to destruction, *
happy the one who pays you back
for what you have done to us!
- 9 Happy shall be the one who takes your little ones, *
and dashes them against the rock!

Psalm 138

- 1 I will give thanks to you, O God, 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 rulers of the earth will praise you, O God, *
when they have heard the words of your mouth.
- 6 They will sing of the ways of God, *
that great is the glory of God.
- 7 Although on high, God cares for the lowly *
and 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 You will make good your purpose for me; *
O God, your love endures for ever;
do not abandon the works of your hands.

Twenty-ninth Day: Morning Prayer

Psalm 139

- 1 O God, 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 God, 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.
- 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 God, 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.

Psalm 140

- 1 Deliver me, O God, 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 God, 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 God, "You are my God; *
listen to my supplication.
7 O 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 God, *
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 God 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.

Twenty-ninth Day: Evening Prayer

Psalm 141

- 1 O God, 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 God,
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 ploughshare 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, O 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.

Psalm 142

- 1 I cry to you, O God, with my voice; *
to you I make loud supplication.
- 2 I pour out my complaint before you *
and tell you 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 God; *
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.

Psalm 143

- 1 O God, 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,
has crushed me to the ground, *
and 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 God, 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 God, *
 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 God, 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.

Thirtieth Day: Morning Prayer

Psalm 144

- 1 Blessed be my God, 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 God, 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 God, 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.
- 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 rulers *
 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 who worship God!

Psalm 145

- 1 I will exalt you, O holy God, *
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 are you, O God, and greatly to be praised; *
there is no end to your 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 You are gracious and full of compassion, *
slow to anger and of great kindness.
- 9 You are loving to everyone, *
and your compassion is over all your works.
- 10 All your works praise you, O God, *
and your faithful servants bless you.
- 11 They make known the glory of your realm *
and speak of your power,
- 12 That the peoples may know of your power *
and the glorious splendor of your dominion.
- 13 Yours, O God, is an everlasting reign; *
your dominion endures throughout all ages.
- 14 You are faithful in all your words *
and merciful in all your deeds.
- 15 You uphold all those who fall; *
you lift up those who are bowed down.
- 16 The eyes of all wait upon you, O God, *
and you give them their food in due season.
- 17 You open wide your hand *
and satisfy the needs of every living creature.
- 18 You are righteous in all your ways *
and loving in all your works.
- 19 You are near to those who call upon you, *
to all who call upon you faithfully.
- 20 You fulfill the desire of those who fear you; *
you hear their cry and help them.
- 21 You preserve all those who love you, *
but you destroy all the wicked.
- 22 My mouth shall speak your praise, O God; *
let all flesh bless your holy Name for ever and ever.

Psalm 146

- 1 Alleluia! Praise God, O my soul! *
I will praise God 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 their God;
- 5 Who made heaven and earth, the seas, and all that is in them; *
whose promise abides for ever;
- 6 Who gives justice to those who are oppressed *
and food to those who hunger.
- 7 God sets the prisoners free
and opens the eyes of the blind; *
God lifts up those who are bowed down;
- 8 God loves the righteous
and cares for the stranger; *
God sustains the orphan and widow,
but frustrates the way of the wicked.
- 9 God shall reign for ever, *
your God, O Zion, throughout all generations. Alleluia!

Thirtieth Day: Evening Prayer

Psalm 147

- 1 Alleluia! How good it is to sing praises to you, O God; *
how pleasant it is to honor you with praise!
- 2 For you rebuild Jerusalem *
and gather the exiles of Israel.
- 3 You heal the brokenhearted *
and bind up their wounds.
- 4 You count the number of the stars *
and call them all by their names.
- 5 Great are you and mighty in power; *
there is no limit to your wisdom.
- 6 You lift up the lowly, *
but cast the wicked to the ground.
- 7 We sing to you, Most High, with thanksgiving; *
we make music to you upon the harp,
- 8 For you cover the heavens with clouds *
and prepare rain for the earth;
- 9 You make grass to grow upon the mountains *
and green plants to serve humankind.
- 10 You provide food for flocks and herds *
and for the young ravens when they cry.
- 11 You are not impressed by the might of a horse; *
you have no pleasure in human strength;
- 12 But you have pleasure in those who fear you, *
in those who await your gracious favor.
- 13 Worship God, O Jerusalem; *
praise your Sovereign, O Zion;
- 14 For the Holy One has strengthened the bars of your gates *
and has blessed your children within you.
- 15 Peace has been established on your borders; *
you are satisfied with the finest wheat.
- 16 You send out your command to the earth, *
and your word runs very swiftly.
- 17 You give snow like wool *
and scatter hoarfrost like ashes.

- 18 You scatter your hail like bread crumbs; *
 who can stand against your cold?
- 19 You send forth your word and melt them; *
 you blow with your wind and the waters flow.
- 20 You declare your word to Jacob, *
 your statutes and your judgments to Israel.
- 21 You have not done so to any other nation; *
 to them you have not revealed your judgments. Alleluia!

Psalm 148

- 1 Alleluia! Praise God from the heavens; *
 sing praise in the heights.
- 2 Praise God, all you angels; *
 sing praise, all the heavenly host.
- 3 Praise God, sun and moon; *
 sing praise, all you shining stars.
- 4 Praise God, heaven of heavens *
 and you waters above the heavens.
- 5 Let them praise the Name of God, *
 by whose command they were created.
- 6 God made them stand fast for ever and ever, *
 and gave them a law which shall not pass away.
- 7 Praise God from the earth, *
 you sea-monsters and all deeps;
- 8 Fire and hail, snow and fog, *
 tempestuous wind, doing God's will;
- 9 Mountains and all hills, *
 fruit trees and all cedars;
- 10 Wild beasts and all cattle, *
 creeping things and winged birds;
- 11 Sovereigns of the earth and all peoples, *
 leaders and all rulers of the world;
- 12 Young men and maidens, *
 old and young together.
- 13 Let them praise your Name, O God, *
 for your Name only is exalted;
 your splendor is over earth and heaven.
- 14 You have raised up strength for your people
 and praise for all your loyal servants, *
 the children of Israel, a people who are near you. Alleluia!

Psalm 149

- 1 Alleluia! Sing to God a new song; *
 sing praise in the congregation of the faithful.
- 2 Let the people of Israel rejoice in their Maker; *
 let the children of Zion be joyful in their Monarch.
- 3 Let them praise God's Name in the dance; *
 let them sing praise with timbrel and harp.
- 4 For God takes pleasure in the 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 rulers in chains *
and their nobles with links of iron;
- 9 To inflict on them the judgment decreed; *
this is glory for all God's faithful people. Alleluia!

Psalm 150

- 1 Alleluia! Praise God in the holy temple; *
praise God in the firmament of power.
- 2 Praise God for every mighty act; *
praise God's excellent greatness.
- 3 Praise God with the blast of the ram's-horn; *
praise God with lyre and harp.
- 4 Praise God with timbrel and dance; *
praise God with strings and pipe.
- 5 Praise God with resounding cymbals; *
praise God with loud-clanging cymbals.
- 6 Let everything that has breath *
praise God. Alleluia!