

The Psalter

Or Psalms of David

BOOK I

The First Day

Morning Prayer

Psalm 1. *Beatus vir qui non abiit.*

Blessed is the man who has not walked in the counsel of the ungodly, nor stood in the way of sinners, * and has not sat in the seat of the scornful.

2 But his delight is in the law of the LORD; * and in his law will he exercise himself day and night.

3 And he shall be like a tree planted by the water-side, * that will bring forth his fruit in due season.

4 His leaf also shall not wither; * and look, whatsoever he does, it shall prosper.

5 As for the ungodly, it is not so with them; * but they are like the chaff, which the wind scatters away from the face of the earth.

6 Therefore the ungodly shall not be able to stand in the judgement, * neither the sinners in the congregation of the righteous.

7 But the LORD knows the way of the righteous; * and the way of the ungodly shall perish.

Psalm 2. *Quare fremuerunt gentes?*

WHY do the nations so furiously rage together? * and why do the people imagine a vain thing?

2 The kings of the earth stand up, and the rulers take counsel together * against the LORD, and against His Anointed:

3 Let us break their bonds asunder, * and cast away their cords from us.

4 He Who dwells in heaven shall laugh them to scorn: * the Lord shall have them in derision.

5 Then shall He speak unto them in His wrath, * and distress them in His great displeasure.

6 Yet have I set My King * upon My holy hill of Sion.

7 I will rehearse the decree; * the LORD has said unto me, You are My Son, this day have I begotten You.

8 Desire of Me, and I shall give You the nations for Your inheritance, * and the utmost parts of the earth for Your possession.

9 You shall bruise them with a rod of iron, * and break them in pieces like a potter's vessel.

10 Be wise now therefore, O you kings; * be instructed, you who are judges of the earth.

11 Serve the LORD in fear, * and rejoice unto Him with reverence.

12 Kiss the Son, lest He be angry, and so you perish from the right way, if His wrath is kindled, yes but a little. * Blessed are all they who put their trust in Him.

Psalm 3. *Domine, quid multiplicati?*

LORD, how are they increased who trouble me! * many are they who rise against me.

2 Many one there be that say of my soul, * There is no help for him in his God.

3 But You, O LORD, are my defender; * You are my worship, and the lifter up of my head.

4 I called upon the LORD with my voice, * and He heard me out of His holy hill.

5 I laid down and slept, and rose up again; * for the LORD sustained me.

6 I will not be afraid for ten thousands of the people, * who have set themselves against me round about.

7 Up, LORD, and help me, O my God, * for You smite all my enemies upon the cheek-bone; You have broken the teeth of the ungodly.

8 Salvation belongs to the LORD; * and Your blessing is upon Your people.

Psalm 4. *Cum invocarem.*

HEAR me when I call, O God of my righteousness: * You have set me at liberty when I was in trouble; have mercy upon me, and hearken unto my prayer.

2 O you sons of men, how long will you blaspheme my honour, * and have such pleasure in vanity, and seek after falsehood?

3 Know this also, that the LORD has chosen to Himself the man who is godly; * when I call upon the LORD, He will hear me.

4 Stand in awe, and sin not; * meditate within your own heart, and in your chamber, and be still.

5 Offer the sacrifice of righteousness, * and put your trust in the LORD.

6 There are many who say, * Who will show us any good?

7 LORD, lift up * the light of Your countenance upon us.

8 You have put gladness in my heart; * yes, more than when their corn and wine and oil increase.

9 I will lay me down in peace, and take my rest; * for it is You, LORD, only, Who makes me dwell in safety.

Psalm 5. *Verba mea auribus.*

Ponder my words, O LORD, * consider my meditation.

2 O hearken unto the voice of my calling, my King and my God: * for unto You will I make my prayer.

3 My voice shall You hear early, O LORD; * in the morning will I direct my prayer unto You, and will look up.

4 For You are the God Who has no pleasure in wickedness; * neither shall any evil dwell with You.

5 Such as be foolish shall not stand in Your sight; * for You hate all those who work iniquity.

6 You shall destroy those who speak lies; * the LORD will abhor both the bloodthirsty and deceitful man.

7 But as for me, in the multitude of Your mercy I will come into Your house, * and in Your fear will I worship toward Your holy temple.

8 Lead me, O LORD, in Your righteousness, because of my enemies; * make Your way plain before my face.

9 For there is no faithfulness in their mouth; * their inward parts are very wickedness.

10 Their throat is an open sepulchre; * they flatter with their tongue.

11 Destroy them, O God; let them perish through their own imaginations; * cast them out in the multitude of their ungodliness; for they have rebelled against You.

12 And let all those who put their trust in You rejoice: * they shall ever be giving of thanks, because You defend them; they who love Your Name shall be joyful in You;

13 For You, LORD, will give Your blessing unto the righteous, * and with Your favourable kindness will You defend him as with a shield.

Evening Prayer

Psalm 6. *Domine, ne in furore.*

O LORD, rebuke me not in Your indignation, * neither chasten me in Your displeasure.

2 Have mercy upon me, O LORD, for I am weak; * O LORD, heal me, for my bones are distressed.

3 My soul also is deeply troubled; * but, LORD, how long will You punish me?

4 Turn, O LORD, and deliver my soul; * O save me for Your mercy's sake.

5 For in death no man remembers You; * and who will give You thanks in the pit?

6 I am weary of my groaning; * every night I wash my bed, and water my couch with my tears.

7 My beauty is gone for very trouble, * and worn away because of all my enemies.

8 Away from me, all you who work iniquity; * for the LORD has heard the voice of my weeping.

9 The LORD has heard my petition; * the LORD will receive my prayer.

10 All my enemies shall be confounded, and greatly distressed; * they shall be turned back, and put to shame suddenly.

Psalm 7. *Domine, Deus meus.*

O LORD my God, in You have I put my trust; * save me from all those who persecute me, and deliver me;

2 Lest he devour my soul like a lion, and tear it in pieces, * while there is none to help.

3 O LORD my God, if I have done any such thing, * or if there be any wickedness in my hands;

4 If I have rewarded evil unto him who dealt friendly with me; * (yes, I have delivered him who without any cause is my enemy;)

5 Then let my enemy persecute my soul, and take me; *
yes, let him tread my life down upon the earth, and lay my
honour in the dust.

6 Stand up, O LORD, in Your wrath, and lift up Yourself,
because of the indignation of my enemies; * arise up for me in
the judgement that You have commanded.

7 And so shall the congregation of the peoples come
about You: * for their sakes therefore lift up Yourself again.

8 The LORD shall judge the peoples: give sentence with
me, O LORD, * according to my righteousness, and according to
the innocency that is in me.

9 O let the wickedness of the ungodly come to an end; *
but guide, LORD, the just.

10 For the righteous God * tries the very hearts and minds.

11 My help comes of God, * Who preserves those who are
true of heart.

12 God is a righteous Judge, strong and patient; * and God
is provoked every day.

13 If a man will not turn, He will whet His sword; * He
has bent His bow, and made it ready.

14 He has prepared for Him the instruments of death; * He
ordains His arrows against the persecutors.

15 Behold, the ungodly travails with iniquity; * he has
conceived mischief, and brought forth falsehood.

16 He has graven and dug up a pit, * and is fallen himself
into the destruction that he made for others.

17 For his travail shall come upon his own head, * and his
wickedness shall fall on his own crown.

18 I will give thanks unto the LORD, according to His
righteousness; * and I will praise the Name of the LORD Most
High.

Psalm 8. *Domine, Dominus noster.*

O LORD our Governor, how excellent is Your Name in all the world; * You Who have set Your glory above the heavens!

2 Out of the mouth of very babes and sucklings have You ordained strength, because of Your enemies, * that You might still the enemy and the avenger.

3 When I consider Your heavens, even the work of Your fingers, * the moon and the stars, which You have ordained;

4 What is man, that You are mindful of him? * and the son of man, that You visit him?

5 You made him lower than the angels, * to crown him with glory and worship.

6 You make him to have dominion of the works of Your hands; * and You have put all things in subjection under his feet;

7 All sheep and oxen, * yes, and the beasts of the field;

8 The fowls of the air, and the fish of the sea, * and whatsoever walks through the paths of the seas.

9 O LORD our Governor, * how excellent is Your Name in all the world!

The Second Day

Morning PrayerPsalm 9. *Confitebor tibi.*

I WILL give thanks unto You, O LORD, with my whole heart;* I will speak of all Your marvellous works.

2. I will be glad and rejoice in You; * yes, my songs will I make of Your Name, O Most High.

3. While my enemies are driven back, * they shall fall and perish at Your presence.

4. For You have maintained my right and my cause; * You are set in the throne that judges right.

5. You have rebuked the nations, and destroyed the ungodly; * You have put out their name for ever and ever.

6. O you enemy, your destructions are come to a perpetual end; * even as the cities which you have destroyed, whose memorial is perished with them.

7. But the LORD shall endure for ever; * He has also prepared His seat for judgement.

8. For He shall judge the world in righteousness, * and minister true judgement unto the people.

9. The LORD also will be a defence for the oppressed, * even a refuge in due time of trouble.

10. And they who know Your Name will put their trust in You; * for You, LORD, have never failed those who seek You.

11. O praise the LORD Who dwells in Sion; * show the people of His doings.

12. For when He makes inquisition for blood, He remembers them,* and forgets not the complaint of the poor.

13. Have mercy upon me, O LORD; consider the trouble which I suffer of those who hate me, * You Who lift me up from the gates of death;

14. That I may show all Your praises within the gates of the daughter of Sion: * I will rejoice in Your salvation.

15. The nations are sunk down in the pit that they made; * in the same net which they hid privily is their foot taken.

16. The LORD is known to execute judgement; * the ungodly is trapped in the work of his own hands.

17. The wicked shall be turned to destruction, * and all the people who forget God.

18. For the poor shall not always be forgotten; * the patient abiding of the meek shall not perish for ever.

19. Up, LORD, and let not man have the upper hand; * let the nations be judged in Your sight.

20. Put them in fear, O LORD, * that the nations may know themselves to be but men.

Psalm 10. *Ut quid, Domine?*

WHY do You stand so far off, O LORD, * and hide Your face in the needful time of trouble.

2. The ungodly for his own pride persecutes the poor: * let them be taken in the crafty wiliness that they have imagined.

3. For the ungodly has made boast of his own heart's desire, * and speaks good of the covetous, whom the LORD abhors.

4. The ungodly is so proud, that he cares not for God, * neither is God in all his thoughts.

5. His ways are always grievous; * Your judgements are far above out of his sight, and therefore he defies all his enemies.

6. For he has said in his heart, Hah! I shall never be cast down, * there shall no harm happen unto me.

7. His mouth is full of cursing, deceit, and fraud; * under his tongue is ungodliness and vanity.

8. He sits lurking in the thievish corners of the streets, * and privily in his lurking dens does he murder the innocent; his eyes are set against the poor.

9. For he lies waiting secretly, even as a lion lurks in his den, * that he may ravish the poor.

10. He does ravish the poor, * when he gets him into his net.

11. He falls down, and humbles himself, * that the congregation of the poor may fall into the hands of his captains.

12. He has said in his heart, Hah! God has forgotten; * he hides away His face, and He will never see it.

13. Arise, O LORD God, and lift up Your hand; * forget not the poor.

14. Why should the wicked blaspheme God, * while he says in his heart, Hah! You, God, care not for it.

15. Surely You have seen it; * for You behold ungodliness and wrong, that You may take the matter into Your hand.

16. The poor commits himself unto You; * for You are the helper of the friendless.

17. Break the power of the ungodly and malicious; * search out his ungodliness, until You find none.

18. The LORD is King for ever and ever, * and the Gentiles have perished out of the land.

19. LORD, You have heard the desire of the poor; * You prepare their heart, and Your ear listens;

20. To help the fatherless and poor unto their right, * that the man of the earth may be no more exalted against them.

Psalm 11. *In Domino confide.*

IN the LORD put I my trust; * how say you then to my soul, that it should flee as a bird unto the hill?

2. For behold, the ungodly bend their bow, and make ready their arrows within the quiver,* that they may privily shoot at those who are true of heart.

3. If the foundations be destroyed, * what can the righteous do?

4. The LORD is in His holy temple; * the LORD's seat is in heaven.

5. His eyes consider the poor, * and His eye-lids try the children of men.

6. The LORD approves the righteous: * but the ungodly, and him who delights in wickedness, does His soul abhor.

7. Upon the ungodly He shall rain snares, fire and brimstone, storm and tempest: * this shall be their portion to drink.

8. For the righteous LORD loves righteousness; * His countenance will behold the thing that is just.

Evening Prayer

Psalm 12. *Salvum me fac.*

HELP me, LORD, for there is not one godly man left; * for the faithful are diminished from among the children of men.

2. They talk of vanity every one with his neighbour; * they do but flatter with their lips, and dissemble in their double heart.

3. The LORD shall root out all deceitful lips, * and the tongue that speaks proud things;

4. Who have said, With our tongue will we prevail; * we are they who ought to speak; who is lord over us?

5. Now for the comfortless troubles' sake of the needy, * and because of the deep sighing of the poor,

6. I will up, says the LORD; * and will help every one from him who swells against him, and will set him at rest.

7. The words of the LORD are pure words; * even as the silver, which from the earth is tried, and purified seven times in the fire.

8. You shall keep them, O LORD; * You shall preserve them from this generation for ever.

9. The ungodly walk on every side: * when they are exalted, the children of men are put to rebuke.

Psalm 13. *Usquequo, Domine?*

HOW long will You forget me, O LORD; for ever? * how long will You hide Your face from me?

2. How long shall I seek counsel in my soul, and be so distressed in my heart? * how long shall my enemies triumph over me?

3. Consider, and hear me, O LORD my God; * lighten my eyes, that I sleep not in death;

4. Lest my enemy say, I have prevailed against him: * for if I be cast down, they who trouble me will rejoice at it.

5. But my trust is in Your mercy, * and my heart is joyful in Your salvation.

6. I will sing of the LORD, because He has dealt so lovingly with me; * yes, I will praise the Name of the Lord Most High.

Psalm 14. *Dixit insipiens.*

THE fool has said in his heart, * There is no God.

2. They are corrupt, and become abominable in their doings; * there is none who does good, no not one.

3. The LORD looked down from heaven upon the children of men, * to see if there were any who would understand, and seek after God.

4. But they are all gone out of the way, they are altogether become abominable; * there is none who does good, no not one.

5. Have they no knowledge, that they are all such workers of mischief, * eating up my people as it were bread, and call not upon the LORD?

6. There were they brought in great fear, even where no fear was; * for God is in the generation of the righteous.

7. As for you, you have made a mock at the counsel of the poor; * because he puts his trust in the LORD.

8. Who shall give salvation unto Israel out of Sion? * When the LORD turns the captivity of His people, then shall Jacob rejoice, and Israel shall be glad.

The Third Day

Morning Prayer

Psalm 15. *Domine, quis habitabit?*

LORD, who shall dwell in Your tabernacle? * or who shall rest upon Your holy hill?

2. Even he who leads an upright life, * and does the thing which is right, and speaks the truth from his heart.

3. He who has used no deceit in his tongue, nor done evil to his neighbour, * and has not slandered his neighbour.

4. He who sits not by himself, but is lowly in his own eyes, * and makes much of those who fear the LORD.

5. He who swears unto his neighbour, and disappoints him not, * though it were to his own hindrance.

6. He who has not given his money upon usury, * nor taken reward against the innocent.

7. Whoever does these things * shall never fall.

Psalm 16. *Conserva me, Domine.*

PRESERVE me, O God; * for in You have I put my trust.

2. O my soul, you have said unto the LORD, * You are my God; I have no good like You.

3. All my delight is upon the saints who are in the earth, * and upon such as excel in virtue.

4. But they who run after another god * shall have great trouble.

5. Their drink-offerings of blood will I not offer, * neither make mention of their names within my lips.

6. The LORD Himself is the portion of my inheritance, and of my cup; * You shall maintain my lot.

7. The lot is fallen unto me in a fair ground; * yes, I have a good inheritance.

8. I will thank the LORD for giving me warning; * my heart also chastens me in the night-season.

9. I have set the LORD always before me; * for He is on my right hand, therefore I shall not fall.

10. Therefore my heart is glad, and my glory rejoices; * my flesh also shall rest in hope.

11. For why? You shall not leave my soul in Hades; * neither shall You allow Your Holy One to see corruption.

12. You shall show me the path of life: in Your presence is the fullness of joy, * and at Your right hand there is pleasure for evermore.

Psalm 17. *Exaudi, Domine.*

HEAR the right, O Lord, consider my complaint, * and hearken unto my prayer, that goes not out of feigned lips.

2. Let my sentence come forth from Your presence; * and let Your eyes look upon the thing that is equal.

3. You have proved and visited my heart in the night-season; You have tried me, and shall find no wickedness in me; * for I am utterly purposed that my mouth shall not offend.

4. As for the works of men, * by the word of Your lips I have kept myself from the ways of the destroyer.

5. O hold up my goings in Your paths, * that my footsteps slip not.

6. I have called upon You, O God, for You shall hear me; * incline Your ear to me, and hearken unto my words.

7. Show Your marvellous loving-kindness, You Who are the Saviour of those who put their trust in You, * from such as resist Your right hand.

8. Keep me as the apple of an eye; * hide me under the shadow of Your wings,

9. From the ungodly who trouble me; * my enemies surround me to take away my soul.

10. They are enclosed in their own fat, * and their mouth speaks proud things.

11. They lie waiting in our way on every side, * watching to cast us down to the ground;

12. Like of a lion that is greedy of his prey, * and as it were a lion's whelp, lurking in secret places.

13. Up, LORD, disappoint him, and cast him down; * deliver my soul from the ungodly, by Your own sword;

14. Yes, by Your hand, O LORD; from the men of the evil world; * which have their portion in this life, whose bellies You fill with Your hidden treasure.

15. They have children at their desire, * and leave the rest of their substance for their babes.

16. But as for me, I shall behold Your presence in righteousness; * and when I awake up after Your likeness, I shall be satisfied.

Evening Prayer

Psalm 18. *Diligam te, Domine.*

I WILL love You, O LORD, my strength. * The LORD is my stony rock, and my defence;

2. My Saviour, my God, and my might, in Whom I will trust; * my buckler, the horn also of my salvation, and my refuge.

3. I will call upon the LORD, Who is worthy to be praised; * so shall I be safe from my enemies.

4. The sorrows of death surrounded me, * and the overflowings of ungodliness made me afraid.

5. The pains of hell came about me; * the snares of death overtook me.

6. In my trouble I called upon the LORD, * and complained unto my God:

7. So He heard my voice out of His holy temple, * and my complaint came before Him; it entered even into His ears.

8. The earth trembled and quaked, * the very foundations also of the hills shook, and were removed, because He was angry.

9. There went a smoke out in His presence, * and a consuming fire out of His mouth, so that coals were kindled at it.

10. He bowed the heavens also, and came down, * and it was dark under His feet.

11. He rode upon the Cherubim, and did fly; * He came flying upon the wings of the wind.

12. He made darkness His secret place, * His pavilion round about Him with dark water, and thick clouds to cover Him.

13. At the brightness of His presence His clouds removed;* hail-stones and coals of fire.

14. The LORD also thundered out of heaven, and the Highest gave His thunder; * hail-stones and coals of fire.

15. He sent out His arrows, and scattered them; * He cast forth lightnings, and destroyed them.

16. The springs of water were seen, and the foundations of the round world were discovered, * at Your chiding, O LORD, at the blasting of the breath of Your displeasure.

17. He sent down from on high to fetch me, * and took me out of many waters.

18. He delivered me from my strongest enemy, and from those who hate me; * for they were too mighty for me.

19. They went before me in the day of my trouble; * but the LORD was my upholder.

20. He brought me forth also into a place of liberty; * He brought me forth even because He had a favour unto me.

21. The LORD rewarded me after my righteous dealing, * according to the cleanness of my hands He recompensed me.

22. Because I have kept the ways of the LORD, * and have not forsaken my God, as the wicked does.

23. For I have an eye unto all His laws, * and will not cast out His commandments from me.

24. I was also blameless before Him, * and renounced my own wickedness.

25. Therefore the LORD rewarded me after my righteous dealing, * and according unto the cleanness of my hands in His eye-sight.

26. With the holy you shall be holy, * and with a perfect man you shall be perfect.

27. With the clean you shall be clean, * and with the perverse you shall be perverse.

28. For You shall save the people who are in adversity, * and shall bring down the high looks of the proud.

29. You also shall light my candle; * the LORD my God shall make my darkness to be light.

30. For in You I shall defeat a host of men, * and with the help of my God I shall leap over the wall.

31. The way of God is an undefiled way: * the word of the LORD also is tried in the fire; He is the defender of all those who put their trust in Him.

32. For Who is God, but the LORD? * or who has any strength, except our God?

33. It is God Who girds me with strength of war, * and makes my way perfect.

34. He makes my feet like deer's feet, * and sets me up on high.

35. He teaches my hands to fight, * and my arms shall break even a bow of steel.

36. You have given me the defence of my salvation; * Your right hand also shall hold me up, and Your loving correction shall make me great.

37. You shall make room enough under me to go, * that my footsteps shall not slide.

38. I will follow upon my enemies, and overtake them; * neither will I turn again till I have destroyed them.

39. I will smite them, that they shall not be able to stand, * but fall under my feet.

40. You have girded me with strength unto the battle; * You shall throw down my enemies under me.

41. You have made my enemies also to turn their backs upon me, * and I shall destroy those who hate me.

42. They shall cry, but there shall be none to help them; * yes, even unto the LORD shall they cry, but He shall not hear them.

43. I will beat them as small as the dust before the wind: * I will cast them out as the clay in the streets.

44. You shall deliver me from the strivings of the people, * and You shall make me the head of the nations; a people whom I have not known shall serve me.

45. As soon as they hear of me, they shall obey me; * the strangers shall feign obedience with me.

46. The strangers shall fail, * and come trembling out of their strongholds.

47. The LORD lives, and blessed be my strong helper, * and praised be the God of my salvation;

48. Even the God Who sees that I am avenged, and subdues the people unto me.

49. It is He Who delivers me from my cruel enemies, and sets me up above my adversaries: * You shall free me from the wicked man.

50. For this cause will I give thanks unto You, O LORD, among the Gentiles, * and sing praises unto Your Name.

51. Great prosperity gives He unto His King, * and shows loving-kindness unto David His anointed, and unto his seed for evermore.

The Fourth Day

Morning Prayer

Psalm 19. *Caeli enarrant.*

THE heavens declare the glory of God; * and the firmament shows His handy-work.

2. One day tells another; * and one night certifies another.

3. There is neither speech nor language; * but their voices are heard among them.

4. Their sound is gone out into all lands; * and their words unto the ends of the world.

5. In them has He set a tabernacle for the sun; * which comes forth as a bridegroom out of his chamber, and rejoices as a giant to run his course.

6. It goes forth from the uttermost part of the heaven, and runs about unto the end of it again; * and there is nothing hid from the heat thereof.

7. The law of the LORD is an undefiled law, converting the soul; * the testimony of the LORD is sure, and gives wisdom unto the simple.

8. The statutes of the LORD are right, and rejoice the heart; * the commandment of the LORD is pure, and gives light unto the eyes.

9. The fear of the LORD is clean, and endures for ever; * the judgements of the LORD are true, and righteous altogether.

10. More to be desired are they than gold, yes, than much fine gold; * sweeter also than honey, and the honey-comb.

11. Moreover, by them is Your servant taught; * and in keeping of them there is great reward.

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

13. Keep Your servant also from presumptuous sins, lest they get the dominion over me; * so shall I be undefiled, and innocent from the great offence.

14. Let the words of my mouth, and the meditations of my heart, be always acceptable in Your sight, * O LORD, my strength, and my redeemer.

Psalm 20. *Exaudiat te Dominus.*

THE LORD hear you in the day of trouble; * the Name of the God of Jacob defend you;

2. Send you help from the sanctuary, * and strengthen you out of Sion;

3. Remember all your offerings, * and accept your burnt sacrifice;

4. Grant you your heart's desire, * and fulfil all your mind.

5. We will rejoice in your salvation, and triumph in the Name of the Lord our God: * the LORD perform all your petitions.

6. Now know I that the LORD helps His anointed, and will hear him from His holy heaven, * even with the wholesome strength of His right hand.

7. Some put their trust in chariots, and some in horses; * but we will remember the Name of the LORD our God.

8. They are brought down, and fallen; * but we are risen, and stand upright.

9. Save, LORD, and hear us, O King of heaven, * when we call upon You.

Psalm 21. *Domine, in virtute tua.*

THE King shall rejoice in Your strength, O LORD; * exceedingly glad shall he be of Your salvation.

2. You have given him his heart's desire, * and have not denied him the request of his lips.

3. For You shall meet him with the blessings of goodness,* and shall set a crown of pure gold upon his head.

4. He asked life of You, and You gave him a long life, * even for ever and ever.

5. His honour is great in Your salvation; * glory and great worship shall You lay upon him.

6. For You shall give him everlasting felicity, * and make him glad with the joy of Your countenance.

7. And why? because the King puts his trust in the LORD; * and in the mercy of the Most High he shall not miscarry.

8. All Your enemies shall feel Your hand; * Your right hand shall find out those who hate You.

9. You shall make them like a fiery oven in time of Your wrath: * the LORD shall destroy them in His displeasure, and the fire shall consume them.

10. Their fruit shall You root out of the earth, * and their seed from among the children of men.

11. For they intended mischief against You, * and imagined such a device as they are not able to perform.

12. Therefore shall You put them to flight, * and the strings of Your bow shall You make ready against the face of them.

13. Be exalted, LORD, in Your own strength; * so we will sing, and praise Your power.

Evening Prayer

Psalm 22. *Deus, Deus meus.*

MY God, my God, look upon me; why have You forsaken me? * and are so far from my health, and from the words of my complaint?

2. O my God, I cry in the day-time, but You hear not; * and in the night-season also I take no rest.

3. And You continue holy, * O You worship of Israel.

4. Our fathers hoped in You; * they trusted in You, and You delivered them.

5. They called upon You, and were helped; * they put their trust in You, and were not confounded.

6. But as for me, I am a worm, and no man; * a very scorn of men, and the outcast of the people.

7. All they who see me laugh me to scorn; * they shoot our their lips, and shake their heads, saying,

8. He trusted in the LORD, that He would deliver him; * let Him deliver him, if He will have him.

9. But You are He Who took me out of my mother's womb; * You were my hope, when I hanged yet upon my mother's breasts.

10. I have been left unto You ever since I was born; * You are my God, even from my mother's womb.

11. O go not from me, for trouble is hard at hand, * and there is none to help me.

12. Many oxen are come about me; * fat bulls of Bashan close me in on every side.

13. They gape upon me with their mouths, * as it were a ramping and a roaring lion.

14. I am poured out like water, and all my bones are out of joint; * my heart also in the midst of my body is even like melting wax.

15. My strength is dried up like a potsherd, and my tongue cleaves to my gums, * and You bring me into the dust of death.

16. For many dogs are come about me, * and the council of the wicked lays siege against me.

17. They pierced my hands and my feet; I may tell all my bones: * they stand staring and looking upon me.

18. They part my garments among them, * and cast lots upon my vesture.

19. But be not far from me, O LORD; * You are my succour, haste to help me.

20. Deliver my soul from the sword, * and my life from the power of the dog.

21. Save me from the lion's mouth; * You have heard me also from among the horns of the wild oxen.

22. I will declare Your Name unto my brethren; * in the midst of the congregation will I praise You.

23. O praise the LORD, you who fear Him: * magnify Him, all you of the seed of Jacob, and fear Him, all you seed of Israel.

24. For He has not despised nor abhorred the low estate of the poor; * He has not hidden His face from him; but when he called unto Him, He heard him.

25. My praise is of You in the great congregation; * my vows will I perform in the sight of those who fear Him.

26. The poor shall eat, and be satisfied; they who seek after the LORD shall praise Him; * your heart shall live for ever.

27. All the ends of the world shall remember themselves, and be turned unto the LORD; * and all the kindreds of the nations shall worship before Him.

28. For the kingdom is the LORD's, * and He is the Governor among the people.

29. All such as be fat upon earth * have eaten and worshiped.

30. All they who go down into the dust shall kneel before Him; * and no man has enlivened his own soul.

31. My seed shall serve Him: * they shall be counted unto the Lord for a generation.

32. They shall come, and the heavens shall declare His righteousness * unto a people who shall be born, whom the Lord has made.

Psalm 23. *Dominus regit me.*

THE LORD is my shepherd; * therefore can I lack nothing.

2. He shall feed me in a green pasture, * and lead me forth beside the waters of comfort.

3. He shall convert my soul, * and bring me forth in the paths of righteousness for His Name's sake.

4. Yea, though I walk through the valley of the shadow of death, I will fear no evil; * for You are with me; Your rod and Your staff comfort me.

5. You shall prepare a table before me in the presence of those who trouble me; * You have anointed my head with oil, and my cup shall be full.

6. Surely Your loving-kindness and mercy shall follow me all the days of my life; * and I will dwell in the house of the LORD for ever.

The Fifth Day

Morning Prayer

Psalm 24. *Domini est terra.*

THE earth is the LORD's, and all that therein is; * the compass of the world, and those who dwell therein.

2 For He has founded it upon the seas, * and established it upon the floods.

3 Who shall ascend into the hill of the LORD? * or who shall rise up in His holy place?

4 Even he who has clean hands, and a pure heart; * and who has not lift up his mind unto vanity, nor sworn to deceive his neighbour.

5 He shall receive the blessing from the LORD, * and righteousness from the God of his salvation.

6 This is the generation of those who seek Him; * even of those who seek Your face, O God of Jacob.

7 Lift up your heads, O you gates; and be lifted up, you everlasting doors; * and the King of glory shall come in.

8 Who is this King of glory? * It is the LORD strong and mighty, even the LORD mighty in battle.

9 Lift up your heads, O you gates; and be lifted up, you everlasting doors; * and the King of glory shall come in.

10 Who is this King of glory? * Even the LORD of hosts, He is the King of glory.

Psalm 25. *Ad te, Domine, levavi.*

UNTO You, O LORD, will I lift up my soul; my God, I have put my trust in You: * O let me not be confounded, neither let my enemies triumph over me.

2 For all those who hope in You shall not be ashamed; * but such as transgress without a cause shall be put to confusion.

3 Show me Your ways, O LORD, * and teach me Your paths.

4 Lead me forth in Your truth, and teach me: * for You are the God of my salvation; in You has been my hope all the day long.

5 Call to remembrance, O LORD, Your tender mercies, * and Your loving-kindnesses, which have been ever of old.

6 O remember not the sins and offences of my youth; * but according to Your mercy think upon me, O LORD, for Your goodness.

7 Gracious and righteous is the LORD; * therefore, will He teach sinners in the way.

8 Those who are meek shall He guide in judgement; * and such as are gentle, them shall He teach His way.

9 All the paths of the LORD are mercy and truth, * unto such as keep His covenant and His testimonies.

10 For Your Name's sake, O LORD, * be merciful unto my sin; for it is great.

11 What man is he who fears the LORD? * him shall He teach in the way that He shall choose.

12 His soul shall dwell at ease, * and his seed shall inherit the land.

13 The secret of the LORD is among those who fear Him; * and He will show them His covenant.

14 My eyes are ever looking unto the LORD; * for He shall pluck my feet out of the net.

15 Turn unto me, and have mercy upon me; * for I am desolate, and in misery.

16 The sorrows of my heart are enlarged: * O bring me out of my troubles

17 Look upon my adversity and misery, * and forgive me all my sin.

18 Consider my enemies, how many they are; * and they bear a tyrannous hate against me.

19 O keep my soul, and deliver me: * let me not be confounded, for I have put my trust in You.

20 Let perfectness and righteous dealing wait upon me; * for my hope has been in You.

21 Deliver Israel, O God, * out of all his troubles.

Psalm 26. *Judica me, Domine.*

BE my Judge, O LORD, for I have walked innocently: * my trust has been also in the LORD, therefore shall I not fall.

2 Examine me, O LORD, and prove me; * try out my mind and my heart.

3 For Your loving-kindness is ever before my eyes; * and I will walk in Your truth.

4 I have not dwelt with vain persons; * neither will I have fellowship with the deceitful.

5 I have hated the congregation of the wicked; * and will not sit among the ungodly.

6 I will wash my hands in innocency, O LORD; * and so will I go to Your altar;

7 That I may show the voice of thanksgiving, * and tell of all Your wondrous works.

8 LORD, I have loved the habitation of Your house, * and the place where Your honour dwells.

9 O shut not up my soul with the sinners, * nor my life with the blood-thirsty;

10 In whose hands is wickedness, * and their right hand is full of gifts.

11 But as for me, I will walk innocently: * O deliver me, and be merciful unto me.

12 My foot stands right: * I will praise the LORD in the congregations.

Evening PrayerPsalm 27. *Dominus illuminatio.*

THE LORD is my light and my salvation; whom then shall I fear? * the LORD is the strength of my life; of whom then shall I be afraid?

2 When the wicked, even my enemies and my foes, came upon me to eat up my flesh, * they stumbled and fell.

3 Though a host of men were laid against me, yet shall not my heart be afraid; * and though there rose up war against me, yet will I put my trust in Him.

4 One thing have I desired of the LORD, which I will require; * even that I may dwell in the house of the LORD all the days of my life, to behold the fair beauty of the LORD, and to visit His temple.

5 For in the time of trouble He shall hide me in His tabernacle; * yes, in the secret place of His dwelling shall He hide me, and set me up upon a rock of stone.

6 And now shall He lift up my head * above my enemies round about me.

7 Therefore will I offer in His dwelling a holy offering, with great gladness: * I will sing and speak praises unto the LORD.

8 Hearken unto my voice, O LORD, when I cry unto You; * have mercy upon me, and hear me.

9 My heart has talked of You, Seek My face: * Your face, LORD, will I seek.

10 O hide not Your face from me, * nor cast Your servant away in displeasure.

11 You have been my succour; * leave me not, neither forsake me, O God of my salvation.

12 When my father and my mother forsake me, * the LORD takes me up.

13 Teach me Your way, O LORD, * and lead me in the right way, because of my enemies.

14 Deliver me not over into the will of my adversaries: * for there are false witnesses risen up against me, and such as speak wrong.

15 I should utterly have fainted, * but that I believe surely to see the goodness of the LORD in the land of the living.

16 O wait upon the LORD; * be strong, and He shall comfort your heart; and put your trust in the LORD.

Psalm 28. *Ad te, Domine.*

UNTO You will I cry, O LORD, my strength: * think no scorn of me; lest, if You make as though You hear not, I become like those who go down into the pit.

2 Hear the voice of my humble petitions, when I cry unto You; * when I hold up my hands towards the mercy-seat of Your holy temple.

3 O pluck me not away, neither destroy me with the ungodly and wicked doers, * which speak friendly to their neighbours, but imagine mischief in their hearts.

4 Reward them according to their deeds, * and according to the wickedness of their own inventions.

5 Recompense them after the work of their hands; * pay them what they have deserved.

6 For they regard not in their mind the works of the LORD, nor the operation of His hands; * therefore shall He break them down, and not build them up.

7 Praised be the LORD; * for He has heard the voice of my humble petitions.

8 The LORD is my strength, and my shield; my heart has trusted in Him, and I am helped; * therefore my heart dances for joy, and in my song will I praise Him.

9 The LORD is my strength, * and He is the wholesome defence of His anointed.

10 O save Your people, and give Your blessing unto Your inheritance: * feed them, and set them up for ever.

Psalm 29. *Afferte Domino.*

ASCRIBE unto the LORD, O you mighty, * ascribe unto the LORD worship and strength.

2 Ascribe unto the LORD the honour due unto His Name; * worship the LORD with holy worship.

3 The voice of the LORD is upon the waters; * it is the glorious God Who makes the thunder.

4 It is the LORD Who rules the sea; the voice of the LORD is mighty in operation; * the voice of the LORD is a glorious voice.

5 The voice of the LORD breaks the cedar-trees; * yes, the LORD breaks the cedars of Lebanon.

6 He makes them also to skip like a calf; * Lebanon also, and Sirion, like a young wild ox.

7 The voice of the LORD divides the flames of fire; the voice of the LORD shakes the wilderness; * yes, the LORD shakes the wilderness of Kadesh.

8 The voice of the LORD makes the deer to bring forth young, and strips bare the forests: * in His temple every thing speaks of His honour.

9 The LORD sits above the water-flood, * and the LORD remains a King for ever.

10 The LORD shall give strength unto His people; * the LORD shall give His people the blessing of peace.

The Sixth Day

Morning Prayer

Psalm 30. *Exaltabo te, Domine.*

I WILL magnify You LORD; for You have set me up, * and not made my foes to triumph over me.

2 O LORD my God, I cried unto You; * and You have healed me.

3 You, LORD, have brought my soul out of Hades: * You have kept my life, that I should not go down into the pit.

4 Sing praises unto the LORD, O you saints of His; * and give thanks unto Him, for a remembrance of His holiness.

5 For His wrath endures but the twinkling of an eye, and in His pleasure is life; * heaviness may endure for a night, but joy comes in the morning.

6 And in my prosperity I said, I shall never be removed:*
You, LORD, of Your goodness, have made my hill so strong.

7 You turned Your face from me, * and I was troubled.

8 Then cried I unto You, O LORD; * and went to my
LORD very humbly.

9 What profit is there in my blood, * when I go down into
the pit?

10 Shall the dust give thanks unto You? * or shall it
declare Your truth?

11 Hear, O LORD, and have mercy upon me; * LORD, be
my helper.

12 You have turned my heaviness into joy; * You have put
off my sackcloth, and girded me with gladness:

13 Therefore shall every good man sing of Your praise
without ceasing. * O my God, I will give thanks unto You for
ever.

Psalm 31. *In te, Domine, speravi.*

IN You, O LORD, have I put my trust; let me never be put to
confusion; * deliver me in Your righteousness.

2 Bow down Your ear to me; * make haste to deliver me.

3 And be my strong rock, and house of defence, * that
You may save me.

4 For You are my strong rock, and my castle: * be also
my guide, and lead me for Your Name's sake.

5 Draw me out of the net that they have laid privily for
me; * for You are my strength.

6 Into Your hands I commend my spirit; * for You have
redeemed me, O LORD, God of truth.

7 I have hated those who hold of lying vanities, * and my
trust has been in the LORD.

8 I will be glad and rejoice in Your mercy; * for You
have considered my trouble, and have known my soul in
adversities.

9 You have not shut me up into the hand of the enemy; * but have set my feet in a large room.

10 Have mercy upon me, O LORD, for I am in trouble, * and my eye is consumed for very heaviness; yes, my soul and my body.

11 For my life is wasted away with heaviness, * and my years with mourning.

12 My strength fails me, because of my iniquity, * and my bones are consumed.

13 I became a reproach among all my enemies, but especially among my neighbours; * and they of my acquaintances were afraid of me; and they who saw me without, removed themselves from me.

14 I am clean forgotten as a dead man out of mind; * I am become like a broken vessel.

15 For I have heard the blasphemy of the multitude, and fear is on every side; * while they conspire together against me, and take their counsel to take away my life.

16 But my hope has been in You, O LORD; * I have said, You are my God.

17 My times are in Your hand; deliver me from the hand of my enemies, * and from those who persecute me.

18 Show Your servant the light of Your countenance, * and save me for Your mercy's sake.

19 Let me not be confounded, O LORD, for I have called upon You; * let the ungodly be put to confusion, and be put to silence in the grave.

20 Let the lying lips be put to silence, * which cruelly, disdainfully, and despitefully speak against the righteous.

21 O how plentiful is Your goodness, which You have laid up for those who fear You,* and that You have prepared for those who put their trust in You, even before the sons of men!

22 You shall hide them in the shelter of Your own presence from the plottings of men: * You shall keep them secretly in Your tabernacle from the strife of tongues.

23 Thanks be to the LORD; * for He has shown me marvellous great kindness in a strong city.

24 But in my haste I said, * I am cast out of the sight of Your eyes.

25 Nevertheless, You heard the voice of my prayer, * when I cried unto You.

26 O love the LORD, all you His saints; * for the LORD preserves those who are faithful, and plenteously rewards the proud doer.

27 Be strong, and He shall establish your heart, * all you who put your trust in the LORD.

Evening Prayer

Psalm 32. *Beati quorum.*

BLESSED is he whose unrighteousness is forgiven, * and whose sin is covered.

2 Blessed is the man unto whom the LORD imputes no sin, * and in whose spirit there is no guile.

3 For while I held my tongue, * my bones consumed away through my daily complaining.

4 For Your hand was heavy upon me day and night, * and my moisture was like the drought in summer.

5 I acknowledged my sin unto You; * and my unrighteousness have I not hid.

6 I said, I will confess my sins unto the LORD; * and so You forgave the wickedness of my sin.

7 For this shall every one who is godly make his prayer unto You, in a time when You may be found; * surely the great water-floods shall not come near him.

8 You are a place to hide me in; You shall preserve me from trouble; * You shall surround me with songs of deliverance.

9 I will inform you, and teach you in the way wherein you shall go; * and I will guide you with My eye.

10 Be not like a horse and mule, which have no understanding; * whose mouths must be held with bit and bridle, or else they will not obey you.

11 Great plagues remain for the ungodly; * but whoever puts his trust in the LORD, mercy embraces him on every side.

12 Be glad, O you righteous, and rejoice in the LORD; * and be joyful, all you who are true of heart.

Psalm 33. *Exultate, justi.*

REJOICE in the LORD, O you righteous; * for it becomes well the just to be thankful.

2 Praise the LORD with harp; * sing praises unto Him with the lute, and instrument of ten strings.

3 Sing unto the Lord a new song; * sing praises heartily unto Him with a good courage.

4 For the word of the LORD is true; * and all His works are faithful.

5 He loves righteousness and judgement; * the earth is full of the goodness of the LORD.

6 By the word of the LORD were the heavens made; * and all the host of them by the breath of His mouth.

7 He gathers the waters of the sea together, as it were upon a heap; * and lays up the deep, as in a treasure-house.

8 Let all the earth fear the LORD: * stand in awe of Him, all you who dwell in the world.

9 For He spoke, and it was done; * He commanded, and it stood fast.

10 The LORD brings the counsel of the nations to nought, * and makes the devices of the people to be of none effect, and casts out the counsels of princes.

11 The counsel of the LORD shall endure for ever, * and the thoughts of His heart from generation to generation.

12 Blessed is the nation whose God is the Lord JEHOVAH; * and blessed are the people whom He has chosen to Him, to be His inheritance.

13 The LORD looks down from heaven, and beholds all the children of men; * from the habitation of His dwelling, He considers all those who dwell on the earth.

14 He fashions all the hearts of them, * and understands all their works.

15 There is no king who can be saved by the multitude of a host; * neither is any mighty man delivered by much strength.

16 A horse is counted but a vain thing to save a man; * neither shall he deliver any man by his great strength.

17 Behold, the eye of the LORD is upon those who fear Him, * and upon those who put their trust in His mercy;

18 To deliver their soul from death, * and to feed them in the time of dearth.

19 Our soul has patiently tarried for the LORD; * for He is our help and our shield.

20 For our heart shall rejoice in Him; * because we have hoped in His holy Name.

21 Let Your merciful kindness, O LORD, be upon us, * like as we do put our trust in You.

Psalm 34. *Benedicam Domino.*

I WILL always give thanks unto the LORD; * His praise shall ever be in my mouth.

2 My soul shall make its boast in the LORD; * the humble shall hear thereof, and be glad.

3 O magnify the LORD with me, * and let us exalt His Name together.

4 I sought the LORD, and He heard me; * yes, He delivered me out of all my fear.

5 They had an eye unto Him, and were lightened; * and their faces were not ashamed.

6 Behold, the poor cries, and the LORD hears him; * yes, and saves him out of all his troubles.

7 The angel of the LORD tarries round about those who fear Him, * and delivers them.

8 O taste and see that the LORD is good: * blessed is the man who trusts in Him.

9 O fear the LORD, you who are His saints; * for there is no want to those who fear Him.

10 The lions lack, and suffer hunger; * but they who seek the LORD shall want no manner of thing that is good.

11 Come, you children, and listen to me; * I will teach you the fear of the LORD.

12 What man is he who desires to live, * and would see good days?

13 Keep your tongue from evil, * and your lips, that they speak no guile.

14 Renounce evil, and do good; * seek peace, and pursue it.

15 The eyes of the LORD are upon the righteous, * and His ears are open unto their cry.

16 The countenance of the LORD is against those who do evil, * to root out the remembrance of them from the earth.

17 The righteous cry, and the LORD hears them, * and delivers them out of all their troubles.

18 The LORD is near to those who are of a broken heart, * and saves such as are of a contrite spirit.

19 Great are the troubles of the righteous; * but the LORD delivers him out of all.

20 He keeps all his bones, * so that not one of them is broken.

21 But misfortune shall slay the ungodly; * and those who hate the righteous shall be desolate.

22 The LORD redeems the souls of His servants; * and none of those who trust in Him shall be condemned.

The Seventh Day

Morning Prayer

Psalm 35. *Judica, Domine.*

PLEAD my cause, O LORD, with those who strive with me, *
and fight against those who fight against me.

2 Lay hand upon the shield and buckler, * and stand up to help me.

3 Bring forth the spear, and stop the way against those who pursue me: * say unto my soul, I am your salvation.

4 Let them be confounded, and put to shame, who seek after my soul; * let them be turned back, and brought to confusion, who imagine mischief for me.

5 Let them be as the dust before the wind, * and the angel of the LORD scattering them.

6 Let their way be dark and slippery, * and let the angel of the LORD pursue them.

7 For they have privily laid their net to destroy me without a cause; * yes, even without a cause have they made a pit for my soul.

8 Let a sudden destruction come upon him unawares, and his net that he has laid privily catch himself; * that he may fall into his own mischief.

9 And my soul shall be joyful in the LORD; * it shall rejoice in His salvation.

10 All my bones shall say, LORD, who is like unto You, Who delivers the poor from him who is too strong for him; * yes, the poor, and him who is in misery, from him who spoils him?

11 False witnesses rose up: * they laid to my charge things that I knew not.

12 They rewarded me evil for good, * to the great discomfort of my soul.

13 Nevertheless, when they were sick, I put on sackcloth, and humbled my soul with fasting; * and my prayer shall turn into my own bosom.

14 I behaved myself as though it had been my friend or my brother; * I went heavily, as one who mourns for his mother.

15 But in my adversity they rejoiced, and gathered themselves together; * yes, the very craven people came together against me unawares, making mouths at me, and ceased not.

16 With the flatterers were busy mockers, * who gnashed upon me with their teeth.

17 Lord, how long will You look upon this? * O deliver my soul from the calamities which they bring on me, and my life from the lions.

18 So will I give You thanks in the great congregation; * I will praise You among many people.

19 O let not those who are my enemies triumph over me ungodly; * neither let them wink with their eyes, who hate me without a cause.

20 And why? their conversing is not for peace; * but they imagine deceitful words against those who are quiet in the land.

21 They gaped upon me with their mouths, and said, * Shame on you! shame on you! we saw it with our eyes.

22 This You have seen, O LORD; * hold not Your tongue then; go not far from me, O Lord.

23 Awake, and stand up to judge my quarrel; * avenge my cause, my God and my Lord.

24 Judge me, O LORD my God, according to Your righteousness; * and let them not triumph over me.

25 Let them not say in their hearts, There! there! so would we have it; * neither let them say, We have devoured him.

26 Let them be put to confusion and shame together, who rejoice at my trouble; * let them be clothed with rebuke and dishonour, who boast themselves against me.

27 Let them be glad and rejoice, who favour my righteous dealing; * yes, let them say always, Blessed be the LORD, Who has pleasure in the prosperity of His servant.

28 And as for my tongue, it shall be talking of Your righteousness, * and of Your praise, all the day long.

Psalm 36. *Dixit injustus.*

MY heart shows me the wickedness of the ungodly, * that there is no fear of God before his eyes.

2 For he flatters himself in his own sight, * until his abominable sin be found out.

3 The words of his mouth are unrighteous and full of deceit: * he has left off to behave himself wisely, and to do good.

4 He imagines mischief upon his bed, and has set himself in no good way; * neither does he abhor any thing that is evil.

5 Your mercy, O LORD, reaches unto the heavens, * and Your faithfulness unto the clouds.

6 Your righteousness stands like the strong mountains: * Your judgements are like the great deep.

7 You, LORD, shall save both man and beast: how excellent is Your mercy, O God! * and the children of men shall put their trust under the shadow of Your wings.

8 They shall be satisfied with the plenteousness of Your house; * and You shall give them drink of Your pleasures, as out of the river.

9 For with You is the well of life; * and in Your light shall we see light.

10 O continue forth Your loving-kindness unto those who know You, * and Your righteousness unto those who are true of heart.

11 O let not the foot of pride come against me; * and let not the hand of the ungodly cast me down.

12 There are they fallen, all who work wickedness; * they are cast down, and shall not be able to stand.

Evening Prayer

Psalm 37. *Noli aemulari.*

FRET not yourself because of the ungodly; * neither be envious against the evil doers.

2 For they shall soon be cut down like the grass, * and be withered even as the green herb.

3 Put your trust in the LORD, and be doing good; * dwell in the land, and verily you shall be fed.

4 Delight in the LORD, * and He shall give you your heart's desire.

5 Commit your way unto the LORD, and put your trust in Him, * and He shall bring it to pass.

6 He shall make your righteousness as clear as the light, * and your just dealing as the noon-day.

7 Hold yourself still in the LORD, and abide patiently upon Him: * but grieve not yourself at him whose way prospers, against the man who does after evil counsels.

8 Leave off from wrath, and let go displeasure: * fret not yourself, else you shall be moved to do evil.

9 Wicked doers shall be rooted out; * and they who patiently abide the LORD, those shall inherit the land.

10 Yet a little while, and the ungodly shall be clean gone: * you shall look after his place, and he shall be away.

11 But the meek-spirited shall possess the earth, * and shall be refreshed in the multitude of peace.

12 The ungodly seeks counsel against the just, * and gnashes upon him with his teeth.

13 The Lord shall laugh him to scorn; * for He has seen that his day is coming.

14 The ungodly have drawn out the sword, and have bent their bow, * to cast down the poor and needy, and to slay such as be upright in their ways.

15 Their sword shall go through their own heart, * and their bow shall be broken.

16 A small thing that the righteous has, * is better than great riches of the ungodly.

17 For the arms of the ungodly shall be broken, * and the LORD upholds the righteous.

18 The LORD knows the days of the godly; * and their inheritance shall endure for ever.

19 They shall not be confounded in the perilous time; * and in the days of dearth they shall have enough.

20 As for the ungodly, they shall perish, and the enemies of the LORD shall consume as the fat of lambs: * yes, even as the smoke shall they consume away.

21 The ungodly borrows, and pays not again; * but the righteous is merciful and liberal.

22 Such as are blessed of God, shall possess the land; * and those who are cursed of Him, shall be rooted out.

23 The LORD orders a good man's going, * and makes his way acceptable to himself.

24 Though he falls, he shall not be cast away; * for the LORD upholds him with His hand.

25 I have been young, and now am old; * and yet saw I never the righteous forsaken, nor his seed begging their bread.

26 The righteous is ever merciful, and lends; * and his seed is blessed.

27 Flee from evil, and do the thing that is good; * and dwell for evermore.

28 For the LORD loves the thing that is right; * He forsakes not His who are godly, but they are preserved for ever.

29 The unrighteous shall be punished; * as for the seed of the ungodly, it shall be rooted out.

30 The righteous shall inherit the land, * and dwell therein for ever.

31 The mouth of the righteous is exercised in wisdom, * and his tongue will be talking of judgement.

32 The law of his God is in his heart, * and his goings shall not slide.

33 The ungodly watches the righteous, * and seeks occasion to slay him.

34 The LORD will not leave him in his hand, * nor condemn him when he is judged.

35 Hope in the LORD, and keep His way, and He shall promote you, that you shall possess the land: * when the ungodly shall perish, you shall see it.

36 I myself have seen the ungodly in great power, * and flourishing like a green bay-tree.

37 I went by, and behold, he was gone: * I sought him, but his place could no where be found.

38 Keep innocency, and take heed unto the thing that is right; * for that shall bring a man peace at the last.

39 As for the transgressors, they shall perish together; * and the end of the ungodly is, they shall be rooted out at the last.

40 But the salvation of the righteous comes of the LORD; * Who is also their strength in the time of trouble.

41 And the LORD shall stand by them, and save them: * He shall deliver them from the ungodly, and shall save them, because they put their trust in Him.

The Eighth Day

Morning Prayer

Psalm 38. *Domine, ne in furore.*

PUT me not to rebuke, O LORD, in Your anger; * neither chasten me in Your heavy displeasure:

2 For Your arrows stick fast in me, * and Your hand presses me down.

3 There is no health in my flesh, because of Your displeasure; * neither is there any rest in my bones, by reason of my sin.

4 For my wickednesses are gone over my head, * and are like a great burden, too heavy for me to bear.

5 My wounds stink, and are corrupt, * through my foolishness.

6 I am brought into so great trouble and misery, * that I go mourning all the day long.

7 For my loins are filled with a grave disease, * and there is no whole part in my body.

8 I am feeble and severely broken; * I have groaned for the very disquietness of my heart.

9 Lord, You know all my desire, * and my groaning is not hidden from You.

10 My heart pants, my strength has failed me, * and the sight of my eyes is gone from me.

11 My loved ones and my neighbours stood looking upon my trouble, * and my kinsmen stood afar off.

12 They also who sought after my life laid snares for me; * and those who went about to do me evil talked of wickedness, and imagined deceit all the day long.

13 As for me, I was like a deaf man, and heard not, * and as one who is dumb, who does not open his mouth.

14 I became even as a man who hears not, * and in whose mouth are no reproofs.

15 For in You, O LORD, have I put my trust; * You shall answer for me, O Lord my God.

16 I have required that they, even my enemies, should not triumph over me; * for when my foot slipped, they rejoiced greatly against me.

17 And I truly am set in the plague, * and my heaviness is ever in my sight.

18 For I will confess my wickedness, * and be sorry for my sin.

19 But my enemies live, and are mighty; * and those who hate me wrongfully are many in number.

20 They also who reward evil for good are against me, * because I follow the thing that is good.

21 Forsake me not, O LORD my God; * be not far from me.

22 Hasten to help me, * O Lord God of my salvation.

Psalm 39. *Dixi, custodiam.*

I SAID, I will take heed to my ways, * that I offend not in my tongue.

2 I will keep my mouth as it were with a bridle, * while the ungodly is in my sight.

3 I held my tongue, and spoke nothing: * I kept silence, yes, even from good words; but it was pain and grief to me.

4 My heart was hot within me, and while I was thus musing, the fire kindled, * and at the last I spoke with my tongue:

5 LORD, let me know my end, and the number of my days; * that I may be certified how long I have to live.

6 Behold, You have made my days as it were a span long, and my age is even as nothing in respect of You; * and certainly every man living is altogether vanity.

7 For man walks in a vain shadow, and disquiets himself in vain; * he heaps up riches, and cannot tell who shall gather them.

8 And now, Lord, what is my hope? * Truly my hope is even in You.

9 Deliver me from all my offences; * and make me not a rebuke unto the foolish.

10 I became dumb, and opened not my mouth; * for it was Your doing.

11 Take Your plague away from me: * I am even consumed by the blow of Your heavy hand.

12 When You with rebukes chasten man for sin, You make his beauty to consume away, like as it were a moth fretting a garment; * every man therefore is but vanity.

13 Hear my prayer, O LORD, and with Your ears consider my calling; * hold not Your peace at my tears.

14 For I am a stranger with You, and a sojourner, * as all my fathers were.

15 O spare me a little, that I may recover my strength, * before I go hence, and be no more seen.

Psalm 40. *Expectans expectavi.*

I WAITED patiently for the LORD, * and He inclined unto me, and heard my calling.

2 He brought me also out of the horrible pit, out of the mire and clay, * and set my feet upon the rock, and ordered my goings.

3 And He has put a new song in my mouth, * even a thanksgiving unto our God.

4 Many shall see it, and fear, * and shall put their trust in the LORD.

5 Blessed is the man who has set his hope in the LORD, * and turned not unto the proud, and to such as go about with lies.

6 O LORD my God, great are the wondrous works which You have done, like as are also Your thoughts, which are toward us; * and yet there is no man who orders them unto You.

7 If I should declare them, and speak of them, * they should be more than I am able to express.

8 Sacrifice and offering You did not desire, * but my ears have You opened.

9 Burnt-offerings and sacrifice for sin You have not required: * then said I, Behold, I come;

10 In the volume of the book it is written of me, that I should fulfil Your will, O my God: * I am content to do it; yes, Your law is within my heart.

11 I have declared Your righteousness in the great congregation: * behold, I will not refrain my lips, O LORD, and that You know.

12 I have not hid Your righteousness within my heart; * my talk has been of Your truth, and of Your salvation.

13 I have not kept back Your loving mercy and truth * from the great congregation.

14 Withdraw not Your mercy from me, O LORD; let Your loving-kindness and Your truth always preserve me.

15 For innumerable troubles have come about me; my sins have taken such hold upon me, that I am not able to look up; * yes, they are more in number than the hairs of my head, and my heart has failed me.

16 O LORD, let it be Your pleasure to deliver me; * make haste, O LORD, to help me.

17 Let them be ashamed, and confounded together, who seek after my soul to destroy it; * let them be driven backward, and put to rebuke, who wish me evil.

18 Let them be desolate, and rewarded with shame, * who say unto me, Shame on you! Shame on you!

19 Let all those who seek You, be joyful and glad in You; * and let such as love Your salvation, say always, The LORD be praised.

20 As for me, I am poor and needy; * but the Lord cares for me.

21 You are my helper and redeemer; * make no long tarrying, O my God.

Evening Prayer

Psalm 41. *Beatus qui intelligit.*

BLESSED is he who considers the poor and needy; * the LORD shall deliver him in the time of trouble.

2 The LORD preserve him, and keep him alive, that he may be blessed upon earth; * and deliver him not into the will of his enemies.

3 The LORD comfort him when he lies sick upon his bed; * make all his bed in his sickness.

4 I said, LORD, be merciful unto me; * heal my soul, for I have sinned against You.

5 My enemies speak evil of me: * When shall he die, and his name perish?

6 And if he comes to see me, he speaks vanity, * and his heart conceives falsehood within himself; and when he goes forth, he tells it.

7 All my enemies whisper together against me; * even against me do they imagine this evil.

8 Let the sentence of guiltiness proceed against him; * and now that he lies, let him rise up no more.

9 Yes, even my own familiar friend whom I trusted, * who did also eat of my bread, has laid great wait for me.

10 But You, be merciful unto me, O LORD; * Raise me up again, and I shall reward them.

11 By this I know You favour me, * that my enemy does not triumph against me.

12 You have upheld me because of my innocency, * and shall set me before Your face for ever.

13 Blessed be the LORD God of Israel, * world without end. Amen.

BOOK II

Psalm 42. *Quemadmodum.*

LIKE as the deer desires the water-brooks, * so longs my soul after You, O God.

2 My soul thirsts for God, yes, even 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 they daily say unto me, Where is now Your God?

4 Now when I think thereupon, I pour out my heart by myself; * for I went with the multitude, and brought them forth into the house of God;

5 In the voice of praise and thanksgiving, * among such as keep holy-day.

6 Why are you so full of heaviness, O my soul? * and why are you so disquieted within me?

7 O put your trust in God; * for I will yet thank Him, Who is the help of my countenance, and my God.

8 My soul is distressed within me; * therefore will I remember You concerning the land of Jordan, from Hermon and the little hill.

9 One deep calls another, because of the noise of the water-floods; * all Your waves and storms are gone over me.

10 The LORD will grant His loving-kindness in the daytime; * and in the night-season I will sing of Him, and make my prayer unto the God of my life.

11 I will say unto the God of my strength, Why have You forgotten me? * why go I thus heavily, while the enemy oppresses me?

12 My bones are smitten asunder as with a sword, * while my enemies who trouble me cast me in the teeth;

13 Namely, while they say daily unto me, * Where is now your God?

14 Why are you so distressed, O my soul? * and why are you so disquieted within me?

15 O put your trust in God; for I will yet thank Him, which is the help of my countenance, and my God.

Psalm 43. *Judica me, Deus.*

GIVE sentence with me, O God, and defend my cause against the ungodly people; * O deliver me from the deceitful and wicked man.

2 For You are the God of my strength; why have You put me from You? * and why go I so heavily, while the enemy oppresses me?

3 O send out Your light and Your truth, that they may lead me, and bring me unto Your holy hill, and to Your dwelling;

4 And that I may go unto the altar of God, even unto the God of my joy and gladness; * and upon the harp will I give thanks unto You, O God, my God

5 Why are you so heavy, O my soul? * and why are you so disquieted within me?

6 O put your trust in God; for I will yet give Him thanks, Who is the help of my countenance, and my God.

The Ninth Day

Morning Prayer

Psalm 44. *Deus, auribus.*

WE have heard with our ears, O God, our fathers have told us * what You have done in their time of old:

2 How You have driven out the Gentiles with Your hand, and planted our fathers in; * how You have destroyed the nations, and made Your people to flourish.

3 For they gained not the land in possession through their own sword, * neither was it their own arm that helped them,

4 But Your right hand, and Your arm, and the light of Your countenance, * because You had a favour unto them.

5 You are my King, O God; * send help unto Jacob.

6 Through You will we overthrow our enemies, * and in Your Name will we tread them under who rise up against us.

7 For I will not trust in my bow; * it is not my sword that shall help me.

8 But it is You Who have saved us from our enemies, * and put them to confusion who hate us.

9 We make our boast of God all day long, * and will praise Your Name for ever.

10 But now You are far off, and put us to confusion, * and go not forth with our armies.

11 You make us to turn our backs upon our enemies, * so that those who hate us spoil our goods.

12 You let us be eaten up like sheep, * and have scattered us among the nations.

13 You sell Your people for nothing, * and take no money for them.

14 You make us to be rebuked of our neighbours, * to be laughed to scorn, and had in derision of those who are round about us.

15 You make us to be a byword among the nations ~~heathen~~, * and the peoples shake their heads at us.

16 My confusion is daily before me, * and the shame of my face has covered me;

17 For the voice of the slanderer and blasphemer, * for the enemy and avenger.

18 And though all this has come upon us, yet do we not forget You, * nor behave ourselves perversely in Your covenant.

19 Our heart is not turned back, * neither our steps gone out of Your way;

20 No, not when You have chastened us into the place of jackals, * and covered us with the shadow of death.

21 If we have forgotten the Name of our God, and held up our hands to any strange god, * shall not God search it out? for He knows the very secrets of the heart.

22 For Your sake also are we killed all the day long, * and are counted as sheep appointed to be slain.

23 Up, Lord, why do You sleep? * Awake, and be not absent from us for ever.

24 Why do You hide Your face, * and forget our misery and trouble?

25 For our soul is brought low, even unto the dust; * our belly cleaves unto the ground.

26 Arise, and help us, * and deliver us, for Your mercy's sake.

Psalm 45. *Eructavit cor meum.*

MY heart overflows with a good matter; I speak the things which I have written concerning the King. * My tongue is the pen of a ready writer.

2 You are fairer than the children of men; * full of grace are Your lips, because God has blessed You for ever.

3 Gird Yourself with Your sword upon Your thigh, O Most Mighty, * according to Your worship and renown.

4 Good luck have You with Your honour; * ride on, because of the word of truth, of meekness, and righteousness, and Your right hand shall teach You terrible things.

5 Your arrows are very sharp in the heart of the King's enemies * and the people shall be subdued unto You.

6 Your seat, O God, endures for ever; * the sceptre of Your kingdom is a right sceptre.

7 You have loved righteousness, and hated iniquity; * therefore God, even Your God, has anointed You with the oil of gladness above Your companions.

8 All Your garments smell of myrrh, aloes, and cassia, * out of the ivory palaces, whereby they have made You glad.

9 Kings' daughters are among Your honourable women; * upon Your right hand stands the queen in a vesture of gold, wrought about with diverse colours.

10 Listen, O daughter, and consider; incline your ear; * Forget also your own people, and your father's house.

11 So shall the King have pleasure in your beauty; * for He is your Lord, and worship Him.

12 And the daughter of Tyre shall be there with a gift, * like as the rich also among the people shall make their supplication before you.

13 The King's daughter is all glorious within; * her clothing is of wrought gold.

14 She shall be brought unto the King in raiment of needlework; * the virgins who are her companions shall bear her company, and shall be brought unto You.

15 With joy and gladness shall they be brought, * and shall enter into the King's palace.

16 Instead of Your fathers, You shall have sons, * Whom You shall make princes in all lands.

17 I will remember Your Name from one generation to another; * therefore shall the people give thanks unto You, world without end.

Psalm 46. *Deus noster refugium.*

GOD is our hope and strength, * a very present help in trouble.

2 Therefore will we not fear, though the earth be moved, * and though the hills be carried into the midst of the sea;

3 Though the waters thereof rage and swell, * and though the mountains shake at the tempest of the same.

4 There is a river, the streams whereof make glad the city of God; * the holy place of the tabernacle of the Most High.

5 God is in the midst of her, therefore shall she not be removed; * God shall help her at the break of dawn.

6 The nations make much ado, and the kingdoms are moved; * but God has shown His voice, and the earth shall melt away.

7 The LORD of hosts is with us; * the God of Jacob is our refuge.

8 O come here, and behold the works of the LORD, * what destruction He has brought upon the earth.

9 He makes wars to cease in all the world; * He breaks the bow, and snaps the spear in sunder, and burns the chariots in the fire.

10 Be still then, and know that I am God: * I will be exalted among the nations, and I will be exalted in the earth.

11 The LORD of hosts is with us; * the God of Jacob is our refuge.

Evening Prayer

Psalm 47. *Omnes gentes, plaudite.*

O CLAP your hands together, all you peoples: * O sing unto God with the voice of melody.

2 For the LORD is high, and to be feared; * He is the great King upon all the earth.

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

4 He shall choose out a heritage for us, * even the excellency of Jacob, whom He loved.

5 God is gone up with a merry noise, * and the LORD with the sound of the trumpet.

6 O sing praises, sing praises unto our God; * O sing praises, sing praises unto our King.

7 For God is the King of all the earth: * sing praises with understanding.

8 God reigns over the nations; * God sits upon His holy seat.

9 The princes of the peoples are joined unto the people of the God of Abraham; * for God, Who is very high exalted, defends the earth, as it were with a shield.

Psalm 48. *Magnus Dominus.*

GREAT is the LORD, and highly to be praised * in the city of our God, even upon His holy hill.

2 The hill of Sion is a fair place, and the joy of the whole earth; * upon the north side lies the city of the great King: God is well known in her palaces as a sure refuge.

3 For behold, the kings of the earth * were gathered, and gone by together.

4 They marvelled to see such things; * they were astonished, and suddenly cast down.

5 Fear came there upon them; and sorrow, * as upon a woman in her travail.

6 You break the ships of the sea * through the east-wind.

7 Like as we have heard, so have we seen in the city of the LORD of hosts, in the city of our God; * God upholds the same for ever.

8 We wait for Your loving-kindness, O God, * in the midst of Your temple.

9 O God, according to Your Name, so is Your praise unto the world's end; * Your right hand is full of righteousness.

10 Let the mount Sion rejoice, and the daughters of Judah be glad, * because of Your judgments.

11 Walk about Sion, and go round about her; * and tell the towers thereof.

12 Mark well her bulwarks, consider her palaces, * that you may tell those who come after.

13 For this God is our God for ever and ever: * He shall be our guide unto death.

Psalm 49. *Audite haec, omnes.*

O HEAR this, all you people; * ponder it with your ears, all you who dwell in the world;

2 High and low, rich and poor, * one with another.

3 My mouth shall speak of wisdom, * and my heart shall muse of understanding.

4 I will incline my ear to the parable, * and show my dark speech upon the harp.

5 Why should I fear in the days of evil, * when wickedness at my heels surrounds me?

6 There are some who put their trust in their goods, * and boast themselves in the multitude of their riches.

7 But no man may deliver his brother, * nor give a ransom unto God for him,

8 (For it costs more to redeem their souls, * so that he must let that alone for ever;)

9 That he shall live always, * and not see the grave.

10 For he sees that wise men also die and perish together,* as well as the ignorant and foolish, and leave their riches for others.

11 And yet they think that their houses shall continue for ever, and that their dwelling-places shall endure from one generation to another; * and call the lands after their own names.

12 Nevertheless, man being in honour abides not, * seeing he may be compared unto the beasts which perish;

13 This their way is very foolishness; * yet their posterity praise their saying.

14 They lie in the grave like sheep; death is their shepherd; and the righteous shall have dominion over them in the morning: * their beauty shall consume in the sepulchre, and have no abiding.

15 But God has delivered my soul from the power of the grave; * for He shall receive me.

16 Be not afraid, though one is made rich, * or if the glory of his house is increased;

17 For he shall carry nothing away with him when he dies, * neither shall his pomp follow him.

18 For while he lived, he counted himself a happy man; * and so long as you do well unto yourself, men will speak good of you.

19 He shall follow the generation of his fathers, * and shall never see light.

20 Man who is in honour but has no understanding * is compared unto the beasts which perish.

The Tenth Day

Morning Prayer

Psalm 50. *Deus deorum.*

THE LORD, even the Most Mighty God, has spoken, * and called the world, from the rising up of the sun unto the

going down thereof.

2 Out of Sion has God appeared * in perfect beauty.

3 Our God shall come, and shall not keep silence; * there shall go before Him a consuming fire, and a mighty tempest shall be stirred up round about Him.

4 He shall call the heaven from above, * and the earth, that He may judge His people.

5 Gather my saints together unto Me; * those who have made a covenant with Me with sacrifice.

6 And the heavens shall declare His righteousness * for God is Judge Himself.

7 Hear, O my people, and I will speak * I myself will testify against you, O Israel; for I am God, even your God.

8 I will not reprove you because of your sacrifices, * as for your burnt-offerings, they are always before Me.

9 I will take no bullock out of your house * nor he-goat out of your folds.

10 For all the beasts of the forest are Mine * and so are the cattle upon a thousand hills.

11 I know all the fowls upon the mountains, * and the wild beasts of the field are in My sight.

12 If I be hungry, I will not tell you; * for the whole world is Mine, and all that is therein.

13 Think that I will eat bulls' flesh, * and drink the blood of goats?

14 Offer unto God thanksgiving, * and pay your vows unto the Most Highest.

15 And call upon Me in the time of trouble; * so will I hear you, and you shall praise Me.

16 But unto the ungodly says God, * Why do you preach My laws, and take My covenant in your mouth;

17 Whereas you hate to be reformed, * and have cast My words behind you?

18 When you saw a thief, you consented with him; * and have been partaker with the adulterers.

19 You have let your mouth speak wickedness, * and with your tongue you have set forth deceit.

20 You sat, and spoke against your brother; * yes, and have slandered your own mother's son.

21 These things have you done, and I held my tongue, and you thought wickedly, that I am even such a one as yourself; * but I will reprove you, and set before you the things that you have done.

22 O consider this, you who forget God, * lest I pluck you away, and there be none to deliver you.

23 Whoever offers Me thanks and praise, he honours Me; * and to him who orders his way aright will I show the salvation of God.

Psalm 51. *Miserere mei, Deus.*

HAVE mercy upon me, O God, after Your great goodness; * according to the multitude of Your mercies put away my offences.

2 Wash me thoroughly from my wickedness, * and cleanse me from my sin.

3 For I acknowledge my faults, * and my sin is ever before me.

4 Against You only have I sinned, and done this evil in Your sight; * that You might be justified in Your saying, and clear when You shall judge.

5 Behold, I was formed in wickedness, * and in sin has my mother conceived me.

6 But behold, You require truth in the inward parts, * and shall make me to understand wisdom secretly.

7 You shall purge me with hyssop, and I shall be clean; * You shall wash me, and I shall be whiter than snow.

8 You shall make me hear of joy and gladness, * that the bones which You have broken may rejoice.

9 Turn Your face from my sins, * and put out all my misdeeds.

10 Make me a clean heart, O God, * and renew a right spirit within me.

11 Cast me not away from Your presence, * and take not Your Holy Spirit from me.

12 O give me the comfort of Your help again, * and uphold me with Your free Spirit.

13 Then shall I teach Your ways to the wicked, * and sinners shall be converted unto You.

14 Deliver me from blood-guiltiness, O God, You Who are the God of my health; * and my tongue shall sing of Your righteousness.

15 You shall open my lips, O Lord, * and my mouth shall show Your praise.

16 For You desire no sacrifice, else would I give it You; * but You delight not in burnt-offerings.

17 The sacrifice of God is a troubled spirit: * a broken and contrite heart, O God, You shall not despise.

18 O be favourable and gracious unto Sion; * build the walls of Jerusalem.

19 Then shall You be pleased with the sacrifice of righteousness, with the burnt-offerings and oblations; * then shall they offer young bullocks upon Your altar.

Psalm 52. *Quid gloriaris?*

WHY do you boast yourself, you tyrant, * that you can do mischief;

2 Whereas the goodness of God * endures yet daily?

3 Your tongue imagines wickedness, * and with lies you cut like a sharp razor.

4 You have loved unrighteousness more than goodness, * and falsehood more than righteousness.

5 You have loved to speak all words that may do hurt, * O you false tongue.

6 Therefore shall God destroy you for ever; * He shall take you, and pluck you out of your dwelling, and root you out of the land of the living.

7 The righteous also shall see this, and fear, * and shall laugh him to scorn:

8 Behold, this is the man who did not take God for his strength; * but trusted in the multitude of his riches, and strengthened himself in his wickedness.

9 As for me, I am like a green olive-tree in the house of God; * my trust is in the tender mercy of God for ever and ever.

10 I will always give thanks unto You for what You have done; * and I will hope in Your Name, for Your saints like it well.

Evening Prayer

Psalm 53. *Dixit insipiens.*

THE fool has said in his heart, * There is no God.

2 Corrupt are they, and become abominable in their wickedness; * there is none who does good.

3 God looked down from heaven upon the children of men, * to see if there were any who would understand, and seek after God.

4 But they are all gone out of the way, they are altogether become abominable; * there is also none who does good, no not one.

5 Are not they without understanding who work wickedness, * eating up My people as if they would eat bread? they have not called upon God.

6 They were afraid where no fear was; * for God has broken the bones of him who besieged you; you have put them to confusion, because God has despised them.

7 O that the salvation were given unto Israel out of Sion! * O that the Lord would deliver His people out of captivity!

8 Then should Jacob rejoice, * and Israel should be very glad.

Psalm 54. *Deus, in Nomine.*

SAVE me, O God, for Your Name's sake, * and avenge me in Your strength.

2 Hear my prayer, O God, * and hearken unto the words of my mouth.

3 For strangers are risen up against me; * and tyrants, which have not God before their eyes, seek after my soul.

4 Behold, God is my helper; * the Lord is with them who uphold my soul.

5 He shall reward evil unto my enemies: * destroy them in Your truth.

6 An offering of a free heart will I give You, and praise Your Name, O LORD; * because it is so comfortable.

7 For He has delivered me out of all my trouble; * and my eye has seen its desire upon my enemies.

Psalm 55. *Exaudi, Deus.*

HEAR my prayer, O God, * and hide not Yourself from my petition.

2 Take heed unto me, and hear me, * how I mourn in my prayer, and am distressed.

3 The enemy cries so, and the ungodly comes on so fast; * for they are minded to do me some mischief; so maliciously are they set against me.

4 My heart is disquieted within me, * and the fear of death is fallen upon me.

5 Fearfulness and trembling have come upon me, * and a horrible dread has overwhelmed me.

6 And I said, O that I had wings like a dove! * for then would I flee away, and be at rest.

7 Behold, then would I get away far off, * and remain in the wilderness.

8 I would make haste to escape, * because of the stormy wind and tempest.

9 Destroy their tongues, O Lord, and divide them; * for I have spied unrighteousness and strife in the city.

10 Day and night they go about within the walls thereof; * mischief also and sorrow are in the midst of it.

11 Wickedness is therein; * deceit and guile do not depart out of their streets.

12 For it is not an open enemy, who has done me this dishonour; * for then I could have borne it.

13 Neither was it my adversary, who exalted himself against me; * for then perhaps I would have hid myself from him.

14 But it was even you, my companion, * my guide, and my own familiar friend.

15 We took sweet counsel together, * and walked in the house of God as friends.

16 Let death come hastily upon them, and let them go down alive into the pit; * for wickedness is in their dwellings, and among them.

17 As for me, I will call upon God, * and the LORD shall save me.

18 In the evening, and morning, and at noon-day will I pray, and that instantly; * and He shall hear my voice.

19 It is He Who has delivered my soul in peace from the battle that was against me; * for there were many who strove against me.

20 Yes, even God, Who endures for ever, shall hear me, and bring them down; * for they will not turn, nor fear God.

21 He laid his hands upon such as were at peace with him * and he broke his covenant.

22 The words of his mouth were softer than butter, having war in his heart; * his words were smoother than oil, and yet they were drawn swords.

23 O cast your burden upon the LORD, and He shall nourish you, * and shall not allow the righteous to fall for ever.

24 And as for them, * You, O God, shall bring them into the pit of destruction.

25 The blood-thirsty and deceitful men shall not live out half their days: * nevertheless, my trust shall be in You, O Lord.

The Eleventh Day

Morning Prayer

Psalm 56. *Miserere mei, Deus.*

BE merciful unto me, O God, for man goes about to devour me; * he is daily fighting, and troubling me.

2 My enemies are daily at hand to swallow me up; * for they are many who fight against me, O Most High.

3 Nevertheless, though I am sometimes afraid, * yet I put my trust in You.

4 I will praise God, because of His word: * I have put my trust in God, and will not fear what flesh can do unto me.

5 They daily mistake my words; * all that they imagine is to do me evil.

6 They hold all together, and keep themselves close, * and mark my steps, when they lay wait for my soul.

7 Shall they escape for their wickedness? * You, O God, in Your displeasure shall cast them down.

8 You know my wanderings; put my tears into Your bottle: * are not these things noted in Your book?

9 Whenever I call upon You, then shall my enemies be put to flight: * this I know; for God is on my side.

10 In God's word will I rejoice; * in the LORD's word will I find comfort.

11 Yes, in God have I put my trust; * I will not be afraid what man can do to me.

12 Unto You, O God, will I pay my vows; * unto You will I give thanks.

13 For You have delivered my soul from death, and my feet from falling, * that I may walk before God in the light of the living.

Psalm 57. *Miserere mei, Deus.*

BE merciful unto me, O God, be merciful unto me, for my soul trusts in You; * and under the shadow of Your wings shall be my refuge, until this tyranny be over-past.

2 I will call unto the Most High God, * even unto the God Who shall perform the cause which I have in hand.

3 He shall send from heaven, * and save me from the reproof of him who would eat me up.

4 God shall send forth His mercy and truth: * my soul is among lions;

5 And I lie even among the children of men, who are set on fire, * whose teeth are spears and arrows, and their tongue a sharp sword.

6 Set up Yourself, O God, above the heavens; * and Your glory above all the earth.

7 They have laid a net for my feet, and pressed down my soul; * they have dug a pit before me, and have fallen into the midst of it themselves.

8 My heart is fixed, O God, my heart is fixed; * I will sing, and give praise.

9 Awake up, my glory; awake, lute and harp: * I myself will awake very early.

10 I will give thanks unto You, O Lord, among the peoples; * and I will sing unto You among the nations.

11 For the greatness of Your mercy reaches unto the heavens, * and Your truth unto the clouds.

12 Set up Yourself, O God, above the heavens; * and Your glory above all the earth.

Psalm 58. *Si vere utique.*

ARE your minds set upon righteousness, O you people? *
and do you judge the thing that is right, O you sons of
men?

2 Yes, you imagine mischief in your heart upon the
earth,* and your hands deal with wickedness.

3 The ungodly are perverse, even from their mother's
womb; * as soon as they are born, they go astray, and speak
lies.

4 They are as venomous as the poison of a serpent, *
even like the deaf asp that stops its ears;

5 Which refuses to hear the voice of the charmer, *
charm he never so wisely.

6 Break their teeth, O God, in their mouths; * smite the
jaw-bones of the lions, O LORD.

7 Let them fall away like water that runs swiftly; * and
when they shoot their arrows, let them be rooted out.

8 Let them consume away like a snail, and be like the
untimely fruit of a woman; * and let them not see the sun.

9 Or before your pots are made hot with thorns, * He
shall take them away with a whirlwind, the green and the
burning alike.

10 The righteous shall rejoice when he sees the ven-
geance; * he shall wash his footsteps in the blood of the
ungodly.

11 So that a man shall say, Truly there is a reward for the
righteous; * doubtless there is a God Who judges the earth.

Evening PrayerPsalm 59. *Eripe me de inimicis.*

DELIVER me from my enemies, O God; * defend me from
those who rise up against me.

2 O deliver me from the wicked doers, * and save me
from the blood-thirsty men.

3 For behold, they lie waiting for my soul; * the mighty men are gathered against me, without any offence or fault of mine, O LORD.

4 They run and prepare themselves without my fault; * arise therefore to help me, and behold.

5 Stand up, O LORD God of hosts, O God of Israel, to visit all the nations, * and be not merciful to those who offend of malicious wickedness.

6 They go to and fro in the evening, * they grin like a dog, and run about through the city.

7 Behold, they speak with their mouth, and swords are in their lips; * for who hears?

8 But You, O LORD, shall have them in derision, * and You shall laugh all the nations to scorn.

9 My strength will I ascribe unto You; * for You are the God of my refuge.

10 God shows me His goodness plenteously; * and God shall let me see my desire upon my enemies.

11 Slay them not, lest my people forget it; * but scatter them abroad among the people, and put them down, O Lord our defence.

12 For the sin of their mouth, and for the words of their lips, they shall be taken in their pride: * and why? their talk is of cursing and lies.

13 Consume them in Your wrath, consume them, that they may perish; * and know that it is God Who rules in Jacob, and unto the ends of the world.

14 And in the evening they will return, * grin like a dog, and will go about the city.

15 They will run here and there for food, * and grudge if they are not satisfied.

16 As for me, I will sing of Your power, and will praise Your mercy early in the morning; * for You have been my defence and refuge in the day of my trouble.

17 Unto You, O my strength, will I sing; * for You, O God, are my refuge, and my merciful God.

Psalm 60. *Deus, repulisti nos.*

O GOD, You have cast us out, and scattered us abroad; * You have also been displeased; O turn unto us again.

2 You have moved the land, and divided it: * heal the sores thereof, for it shakes.

3 You have shown Your people heavy things; * You have given us a drink of deadly wine.

4 You have given a token for such as fear You, * that they may triumph because of the truth.

5 Therefore were Your beloved delivered; * help me with Your right hand, and hear me.

6 God has spoken in His holiness, I will rejoice, and divide Shechem, * and apportion the valley of Succoth.

7 Gilead is mine, and Manasseh is mine; * Ephraim also is the strength of My head; Judah is My law-giver;

8 Moab is My wash-pot; over Edom will I cast out My shoe; * Philistia, be glad of Me.

9 Who will lead me into the strong city? * who will bring me into Edom?

10 Have You not cast us out, O God? * will You not, O God, go out with our hosts?

11 O be our help in trouble; * for vain is the help of man.

12 Through God will we do great acts; * for it is He Who shall tread down our enemies.

Psalm 61. *Exaudi, Deus.*

HEAR my crying, O God * give ear unto my prayer.

2 From the ends of the earth will I call upon You, * when my heart is in heaviness.

3 O set me up upon the rock that is higher than I; * for You have been my hope, and a strong tower for me against the enemy.

4 I will dwell in Your tabernacle for ever, * and my trust shall be under the covering of Your wings.

5 For You, O Lord, have heard my desires, * and have given a heritage unto those who fear Your Name.

6 You shall grant the King a long life, * that his years may endure throughout all generations.

7 He shall dwell before God forever: * O prepare Your loving mercy and faithfulness, that they may preserve him.

8 So will I always sing praise unto Your Name, * that I may daily perform my vows.

The Twelfth Day

Morning Prayer

Psalm 62. *Nonne Deo?*

MY soul truly waits still upon God; * for of Him comes my salvation.

2 He truly is my strength and my salvation; * He is my defence, so that I shall not greatly fall.

3 How long will you imagine mischief against every man? * You shall be slain all the sort of you; yes, as a tottering wall shall you be, and like a broken hedge.

4 Their desire is only how to put him out whom God will exalt; * their delight is in lies; they give good words with their mouth, but curse with their heart.

5 Nevertheless, my soul, wait still upon God; * for my hope is in Him.

6 He truly is my strength and my salvation; * He is my defence, so that I shall not fall.

7 In God is my health, and my glory; * the rock of my might, and in God is my trust.

8 O put your trust in Him always, you people; * pour out your hearts before Him, for God is our hope.

9 As for the children of men, they are but vanity; the children of men are deceitful;* upon the weights, they are altogether lighter than vanity itself.

10 O trust not in wrong and robbery; give not yourselves unto vanity: * if riches increase, set not your heart upon them.

11 God spoke once, and twice I have also heard the same,* that power belongs unto God;

12 And that You, Lord, are merciful; * for You reward every man according to his work.

Psalm 63. *Deus, Deus meus.*

O GOD, You are my God; * early will I seek You.

2 My soul thirsts for You, my flesh also longs after You, * in a barren and dry land where no water is.

3 Thus have I looked for You in the sanctuary, * that I might behold Your power and glory.

4 For Your loving-kindness is better than the life itself: * my lips shall praise You.

5 As long as I live will I magnify You in this manner, * and lift up my hands in Your Name.

6 My soul shall be satisfied, even as it were with marrow and fatness, * when my mouth praises You with joyful lips.

7 Have I not remembered You in my bed, * and thought upon You when I was waking?

8 Because You have been my helper; * therefore under the shadow of Your wings will I rejoice.

9 My soul hangs upon You; * Your right hand has upheld me.

10 These also who seek the hurt of my soul, * they shall go under the earth.

11 Let them fall upon the edge of the sword, * that they may be a portion for foxes.

12 But the King shall rejoice in God; all they also who swear by Him shall be commended; * for the mouth of those who speak lies shall be stopped.

Psalm 64. *Exaudi, Deus.*

HEAR my voice, O God, in my prayer; * preserve my life from fear of the enemy.

2 Hide me from the gathering together of the perverse, * and from the insurrection of wicked doers;

3 Who have whet their tongue like a sword, * and shoot out their arrows, even bitter words;

4 That they may privily shoot at him who is perfect: * suddenly do they hit him, and fear not.

5 They encourage themselves in mischief, * and conspire among themselves how they may lay snares, and say, that no man shall see them.

6 They imagine wickedness, and practice it; * which they keep secret among themselves, every man in the deep of his heart.

7 But God shall suddenly shoot at them with a swift arrow, * that they shall be wounded.

8 Yes, their own tongues shall make them fall; * insomuch that whoever sees them shall laugh them to scorn.

9 And all men who see it shall say, This has God done; * for they shall perceive that it is His work.

10 The righteous shall rejoice in the Lord, and put his trust in Him; * and all those who are true of heart shall be glad.

Evening PrayerPsalm 65. *Te decet hymnus.*

YOU, O God, are praised in Sion; * and unto You shall the vow be performed in Jerusalem.

2 You Who hear the prayer, * unto You shall all flesh come.

3 My misdeeds prevail against me: * O be merciful unto our sins.

4 Blessed is the man, whom You choose, and receive unto You: * he shall dwell in Your court, and shall be satisfied with the pleasures of Your house, even of Your holy temple.

5 You shall show us wonderful things in Your righteousness, O God of our salvation; * You Who are the hope of all the ends of the earth, and of those who remain in the broad sea.

6 Who in His strength sets fast the mountains, * and is girded about with power.

7 Who stills the raging of the sea, * and the noise of its waves, and the madness of the people.

8 They also who dwell in the uttermost parts of the earth shall be afraid at Your tokens, * You Who make the outgoings of the morning and evening to praise You.

9 You visit the earth, and bless it; * You make it very plenteous.

10 The river of God is full of water: * You prepare their corn, for so You provide for the earth.

11 You water her furrows, You send rain into the little valleys thereof; * You make it soft with the drops of rain, and bless the increase of it.

12 You crown the year with Your goodness; * and Your clouds drip with abundance.

13 They shall drop upon the dwellings of the wilderness; * and the little hills shall rejoice on every side.

14 The folds shall be full of sheep; * the valleys also shall stand so thick with corn, that they shall laugh and sing.

Psalm 66. *Jubilate Deo.*

OBE joyful in God, all you lands; * sing praises unto the honour of His Name, make His praise to be glorious.

2 Say unto God, O how wonderful are You in Your works! * through the greatness of Your power shall Your enemies bow down unto you.

3 For all the world shall worship You, * sing of You, and praise Your Name.

4 O come here, and behold the works of God; * how wonderful He is in His doing toward the children of men.

5 He turned the sea into dry land, * so that they went through the water on foot; there did we rejoice in Him.

6 He rules with His power for ever; His eyes behold the peoples; * and those who will not believe shall not be able to exalt themselves.

7 O praise our God, you peoples, * and make the voice of His praise to be heard;

8 Who holds our soul in life; * and allows not our feet to slip.

9 For You, O God, have proved us; * You also have refined us, as silver is refined.

10 You brought us into the snare; * and laid afflictions upon our backs.

11 You allowed men to ride over our heads; * we went through fire and water, and You brought us out into a wealthy place.

12 I will go into Your house with burnt-offerings, and will pay my vows, * which I promised with my lips, and spoke with my mouth, when I was in trouble.

13 I will offer unto You fat burnt-sacrifices, with the incense of rams; * I will offer bullocks and goats.

14 O come here, and hear, all you who fear God; * and I will tell you what He has done for my soul.

15 I called unto Him with my mouth, * and gave Him praises with my tongue.

16 If I regard wickedness with my heart, * the Lord will not hear me.

17 But God has heard me; * and considered the voice of my prayer.

18 Praised be God Who has not cast out my prayer, * nor turned His mercy from me.

Psalm 67. *Deus misereatur.*

GOD be merciful unto us, and bless us, * and show us the light of His countenance, and be merciful unto us;

2 That Your way may be known upon earth, * Your saving health among all nations.

3 Let the peoples praise You, O God; * Yes, let all the peoples praise You.

4 O let the nations rejoice and be glad; * for You shall judge the folk righteously, and govern the nations upon earth.

5 Let the peoples praise You, O God; * Yes, let all the people praise You.

6 Then shall the earth bring forth her increase; * and God, even our own God, shall give us His blessing.

7 God shall bless us; * and all the ends of the world shall fear Him.

The Thirteenth Day

Morning PrayerPsalm 68. *Exsurgat Deus.*

LET God arise, and let His enemies be scattered; * let those also who hate Him flee before Him.

2 Like as the smoke vanishes, so shall You drive them away; * and like as wax melts at the fire, so let the ungodly perish at the presence of God.

3 But let the righteous be glad and rejoice before God; * let them also be merry and joyful.

4 O sing unto God, and sing praises unto His Name; magnify Him Who rides upon the heavens; * praise Him in His Name JAH, and rejoice before Him.

5 He is a Father of the fatherless, and defends the cause of the widows; * even God in His holy habitation.

6 He is the God Who makes men to be of one mind in a house, and brings the prisoners out of captivity; * but lets the rebellious continue in scarceness.

7 O God, when You went forth before the people; * when You went through the wilderness,

8 The earth shook, and the heavens dropped at the presence of God; * even as Sinai also was moved at the presence of God, Who is the God of Israel.

9 You, O God, sent a gracious rain upon Your inheritance, * and refreshed it when it was weary.

10 Your congregation shall dwell therein; * for You, O God, have of Your goodness prepared for the poor.

11 The Lord gave the word; * great was the company of women who bore the tidings.

12 Kings with their armies fled, and were defeated; * and they of the household divided the spoil.

13 Though you lie down among the sheep-folds, yet shall you be as the wings of a dove * that is covered with silver wings, and her feathers like gold.

14 When the Almighty scattered kings for their sake, * then were they as white as snow in Salmon.

15 As the hill of Bashan, so is God's hill; * even a high hill, as the hill of Bashan.

16 Why do you mock, you high hills? this is God's hill, in which it pleases Him to dwell; * yes, the Lord will abide in it for ever.

17 The chariots of God are twenty thousand, even thousands of angels; * and the Lord is among them as in the holy place of Sinai.

18 You are gone up on high, You have led captivity captive, and received gifts for men; * yes, even from Your enemies, that the LORD God might dwell among them.

19 Praised be the Lord daily, * even the God Who helps us, and pours His benefits upon us.

20 He is our God, even the God of Whom comes salvation: * God is the Lord, by Whom we escape death.

21 God shall wound the head of His enemies, * and the hairy scalp of such a one as goes on still in his wickedness.

22 The Lord has said, I will bring My people again, as I did from Bashan; * Mine own will I bring again, as I did once from the deep of the sea.

23 That your foot may be dipped in the blood of your enemies, * and that the tongue of your dogs may be red through the same.

24 It is well seen, O God, how You go; * how You, my God and King, go in the sanctuary.

25 The singers go before, the minstrels follow after, * in the midst are the damsels playing with the timbrels.

26 Give thanks unto God the Lord in the congregation, * you who are of the fountain of Israel.

27 There is little Benjamin their ruler, and the princes of Judah their council; * the princes of Zebulun, and the princes of Naphtali.

28 Your God has sent forth strength for you; * establish the thing, O God, that You have done in us,

29 For Your temple's sake at Jerusalem; * so shall kings bring presents unto You.

30 Rebuke the dragon and the bull, with the leaders of the nations, so that they humbly bring pieces of silver; * scatter the peoples who delight in war;

31 Then shall the princes come out of Egypt; * the Ethiopians' land shall soon stretch out its hands unto God.

32 Sing unto God, O you kingdoms of the earth; * O sing praises unto the Lord;

33 Who sits in the heavens over all, from the beginning: * behold, He sends out His voice, yes, and that a mighty voice.

34 Ascribe the power to God over Israel; * His worship and strength is in the clouds.

35 O God, wonderful are You in Your holy places: * even the God of Israel, He will give strength and power unto His people. Blessed be God.

Evening Prayer

Psalm 69. *Salvum me fac.*

SAVE me, O God; * for the waters have come in, even unto my soul.

2 I stick fast in the deep mire, where no ground is; * I have come into deep waters, so that the floods run over me.

3 I am weary of crying; my throat is dry; * my sight fails me for waiting so long upon my God.

4 Those who hate me without a cause are more than the hairs of my head; * those who are my enemies, and would destroy me guiltless, are mighty.

5 I paid them the things that I never took: * God, You know my simpleness, and my faults are not hid from You.

6 Let not those who trust in You, O Lord God of hosts, be ashamed for my cause; * let not those who seek You be confounded because of me, O Lord God of Israel.

7 And why? for Your sake have I suffered reproof; * shame has covered my face.

8 I have become a stranger to my brethren, * even an alien unto my mother's children.

9 For the zeal of Your house has even eaten me up; * and the rebukes of those who rebuked You have fallen upon me.

10 I wept, and chastened myself with fasting, * and that was turned to my reproof.

11 I put on sackcloth also, * and they jested about me.

12 Those who sit in the gate speak against me, * and the drunkards make songs about me.

13 But, LORD, I make my prayer unto You * in an acceptable time.

14 Hear me, O God, in the multitude of Your mercy, * even in the truth of Your salvation.

15 Take me out of the mire, that I sink not; * O let me be delivered from those who hate me, and out of the deep waters.

16 Let not the water-flood drown me, neither let the deep swallow me up; * and let not the pit shut its mouth upon me.

17 Hear me, O LORD, for Your loving-kindness is comforting; * turn unto me according to the multitude of Your mercies.

18 And hide not Your face from Your servant; for I am in trouble: * Hasten, O LORD, and hear me.

19 Draw near unto my soul, and save it; * deliver me, because of my enemies.

20 You have known my reproach, my shame, and my dishonour: * my adversaries are all in Your sight.

21 Reproach has broken my heart; I am full of heaviness: * I looked for some to have pity on me, but there was no man, neither did I find any to comfort me.

22 They gave me gall to eat; * and when I was thirsty they gave me vinegar to drink.

23 Let their table be made a snare before them; * and let the things that should have been for their wealth be unto them an occasion of falling.

24 Let their eyes be blinded, that they may not see; * and ever bow down their backs.

25 Pour out Your indignation upon them, * and let Your wrathful displeasure take hold of them.

26 Let their habitation be desolate, * and no man to dwell in their tents.

27 For they persecute him whom You have smitten; * and they talk how they may persecute those whom You have wounded.

28 Let them fall from one wickedness to another, * and not come into Your righteousness.

29 Let them be wiped out of the book of the living, * and not be written among the righteous.

30 As for me, when I am poor and in heaviness, * Your help, O God, shall lift me up.

31 I will praise the Name of God with a song, * and magnify it with thanksgiving.

32 This also shall please the LORD * better than a bullock that has horns and hoofs.

33 The humble shall consider this, and be glad: * seek after God, and your soul shall live.

34 For the LORD hears the poor, * and despises not His prisoners.

35 Let heaven and earth praise Him: * the sea, and all that moves therein.

36 For God will save Sion, and build the cities of Judah, * that men may dwell there, and have it in possession.

37 The posterity also of His servants shall inherit it; * and those who love His Name shall dwell therein.

Psalm 70. *Deus, in adjutorium.*

HASTEN, O God, to deliver me; * make haste to help me, O LORD.

2 Let them be ashamed and confounded who seek after my soul; * let them be turned backward and put to confusion who wish me evil.

3 Let them for their reward be soon brought to shame, * who cry over me, There! there!

4 But let all those who seek You be joyful and glad in You: * and let all who delight in Your salvation say always, The Lord be praised.

5 As for me, I am poor and in misery: * hasten unto me, O God.

6 You are my helper, and my redeemer: * O LORD, make no long tarrying.

The Fourteenth Day

Morning Prayer

Psalm 71. *In te, Domine, speravi.*

IN You, O LORD, have I put my trust, let me never be put to confusion, * but free me, and deliver me, in Your righteousness; incline Your ear unto me, and save me.

2 Be my stronghold, whereunto I may always resort: * You have promised to help me, for You are my house of defence, and my castle.

3 Deliver me, O my God, out of the hand of the ungodly,* out of the hand of the unrighteous and cruel man.

4 For You, O Lord God, are the thing that I long for: * You are my hope, even from my youth.

5 Through You have I been upheld ever since I was born: * You are He Who took me out of my mother's womb: my praise shall be always of You.

6 I have become as it were a monster to many, * but my sure trust is in You.

7 O let my mouth be filled with Your praise, * that I may sing of Your glory and honour all the day long.

8 Cast me not away in the time of age; * forsake me not when my strength fails me.

9 For my enemies speak against me; * and those who lay wait for my soul take their counsel together, saying,

10 God has forsaken him; * persecute him, and take him, for there is none to deliver him.

11 Go not far from me, O God; * my God, hasten to help me.

12 Let them be confounded and perish who are against my soul; * let them be covered with shame and dishonour who seek to do me evil.

13 As for me, I will patiently abide always, * and will praise You more and more.

14 My mouth shall daily speak of Your righteousness and salvation; * for I know no end thereof.

15 I will go forth in the strength of the Lord GOD, * and will make mention of Your righteousness only.

16 You, O God, have taught me from my youth up until now; * therefore will I tell of Your wondrous works.

17 Forsake me not, O God, in my old age, when I am gray-headed; * until I have shown Your strength unto this generation, and Your power to all those who are yet to come.

18 Your righteousness, O God, is very high, * and great things are those which You have done: O God, who is like You?

19 O what great troubles and adversities have You shown me! and yet You turned and refreshed me; * yes, and brought me from the deep of the earth again.

20 You have brought me to great honour, * and comforted me on every side.

21 Therefore will I praise You and Your faithfulness, O God, playing upon an instrument of music: * unto You will I sing upon the harp, O Holy One of Israel.

22 My lips will be glad when I sing unto You; * and so will my soul whom You have delivered.

23 My tongue also shall talk of Your righteousness all the day long; * for they are confounded and brought to shame who seek to do me evil.

Psalm 72. *Deus, iudicium.*

GIVE the King Your judgments, O God, * and Your righteousness unto the King's son.

2 Then shall he judge Your people according unto right,* and defend the poor.

3 The mountains also shall bring peace, * and the little hills righteousness unto the people.

4 He shall keep the simple folk by their right, * defend the children of the poor, and punish the wrong doer.

5 They shall fear You, as long as the sun and moon endures, * from one generation to another.

6 He shall come down like the rain upon the mown grass,* even as the drops that water the earth.

7 In His time shall the righteous flourish; * yes, and abundance of peace, so long as the moon endures.

8 His dominion shall be also from the one sea to the other, * and from the River unto the world's end.

9 Those who dwell in the wilderness shall kneel before Him; * His enemies shall lick the dust.

10 The kings of Tarshish and of the isles shall give presents; * the kings of Arabia and Saba shall bring gifts.

11 All kings shall fall down before Him; * all nations shall do Him service.

12 For He shall deliver the poor when he cries; * the needy also, and him who has no helper.

13 He shall be favourable to the simple and needy, * and shall preserve the souls of the poor.

14 He shall deliver their souls from falsehood and wrong;* and dear shall their blood be in His sight.

15 He shall live, and unto Him shall be given of the gold of Arabia; * prayer shall be made ever unto Him, and daily shall He be praised.

16 There shall be a heap of corn in the earth, high upon the hills; the fruit shall shake like Lebanon: * and those of the city shall flourish like grass upon the earth.

17 His Name shall endure for ever; His Name shall remain under the sun among the descendants, which shall be blessed in Him; * and all the nations shall praise Him.

18 Blessed be the Lord God, even the God of Israel, * Who only does wondrous things;

19 And blessed be the Name of His Majesty for ever: * and all the earth shall be filled with His Majesty. Amen, Amen.

BOOK III

Evening Prayer

Psalm 73. *Quam bonus Israel.*

TRULY God is loving unto Israel: * even unto such as are of a clean heart.

2 Nevertheless, my feet were almost gone * my treadings had well-nigh slipped.

3 And why? I was grieved at the wicked: * I do also see the ungodly in such prosperity.

4 For they are in no peril of death; * but are healthy and strong.

5 They come in no misfortune like other folk; * neither are they plagued like other men.

6 And this is the cause that they are so filled with pride, * and cruelty covers them as a garment.

7 Their eyes swell with fatness, * and they do even what they desire.

8 They corrupt others, and speak of wicked blasphemy; * their talking is against the Most High.

9 For they stretch forth their mouth unto the heaven, * and their tongue goes through the world.

10 Therefore fall the people unto them, * and thereby they draw no small advantage.

11 Hah! say they, How should God perceive it? * is there knowledge in the Most High?

12 Behold, these are the ungodly, * these prosper in the world, and these have riches in possession:

13 And I said, Then have I cleansed my heart in vain, * and washed my hands in innocency.

14 All the day long have I been punished, * and chastened every morning.

15 Yes, and I had almost said even as they; * but behold, then I should have condemned the generation of Your children.

16 Then I thought to understand this; * but it was too hard for me,

17 Until I went into the sanctuary of God: * then I understood the end of these men;

18 Namely, how You set them in slippery places, * and cast them down, and destroy them.

19 O how suddenly do they consume, * perish, and come to a fearful end!

20 Yes, even like a dream when one awakens; * so shall You make their image to vanish out of the city.

21 Thus my heart was grieved, * and I was distressed in my mind.

22 So foolish was I, and ignorant, * even as it were a beast before You.

23 Nevertheless, I am always by You; * for You have held me by my right hand.

24 You shall guide me with Your counsel, * and after that receive me with glory.

25 Whom have I in heaven but You? * and there is none upon earth whom I desire in comparison to You.

26 My flesh and my heart fail; * but God is the strength of my heart, and my portion for ever.

27 For behold, those who forsake You shall perish; * You have destroyed all those who are unfaithful to You.

28 But it is good for me to hold fast by God, to put my trust in the Lord GOD, * and to speak of all Your works in the gates of the daughter of Sion.

Psalm 74. *Ut quid, Deus?*

O GOD, why are You absent from us so long? * why is Your wrath so hot against the sheep of Your pasture?

2 O think upon Your congregation, * whom You have purchased, and redeemed of old.

3 Think upon the tribe of Your inheritance, * and Mount Sion, wherein You have dwelt.

4 Lift up Your feet, that You may utterly destroy every enemy, * which has done evil in Your sanctuary.

5 Your adversaries roar in the midst of Your congregations, * and set up their banners for signs.

6 He who hewed timber before out of the thick trees, * was known to bring it to an excellent work.

7 But now they break down all the carved work thereof * with axes and hammers.

8 They have set fire upon Your holy places, * and have defiled the dwelling-place of Your Name, even unto the ground.

9 Yes, they said in their hearts, Let us make havoc of them altogether: * thus have they burnt up all the houses of God in the land.

10 We see not our signs; there is not one prophet more; * no, not one is there among us, who understands any more.

11 O God, how long shall the adversary do this dishonour?* shall the enemy blaspheme Your Name for ever?

12 Why do You withdraw Your hand? * why do You not pluck Your right hand out of Your bosom to consume the enemy?

13 For God is my King of old; * the help that is done upon earth He does it Himself.

14 You divided the sea through Your power; * You broke the heads of the dragons in the waters.

15 You smote the heads of Leviathan in pieces, * and gave him to be food for the people of the wilderness.

16 You brought fountains and waters out of the hard rocks; * You dried up mighty waters.

17 The day is Yours, and the night is Yours; * You have prepared the light and the sun.

18 You have set all the borders of the earth; * You have made summer and winter.

19 Remember this, O LORD, how the enemy has rebuked;* and how the foolish people have blasphemed Your Name.

20 O deliver not the soul of Your turtle-dove unto the multitude of the enemies; * and forget not the congregation of the poor for ever.

21 Look upon the covenant; * for all the earth is full of darkness, and cruel habitations.

22 O let not the simple go away ashamed; * but let the poor and needy give praise unto Your Name.

23 Arise, O God, maintain Your Own cause; * remember how the foolish man blasphemes You daily.

24 Forget not the voice of Your enemies: * the presumption of those who hate You increases ever more and more.

The Fifteenth Day

Morning Prayer

Psalm 75. *Confitebimur tibi.*

UNTO You, O God, do we give thanks; * yes, unto You do we give thanks.

2 Your Name also is so near; * and that do Your wondrous works declare.

3 In the appointed time, says God, * I shall judge according unto right.

4 The earth is weak, and all the inhabitants thereof: * I bear up the pillars of it.

5 I said unto the fools, Deal not so madly; * and to the ungodly, Set not up your horn.

6 Set not up your horn on high, * and speak not with a stiff neck.

7 For exaltation comes neither from the east, nor from the west, * nor yet from the south.

8 And why? God is the Judge; * He puts down one, and sets up another.

9 For in the hand of the LORD there is a cup, and the wine is red; * it is full mixed, and He pours out of the same.

10 As for the dregs thereof, * all the ungodly of the earth shall drink them, and drain them out.

11 But I will talk of the God of Jacob, * and praise Him for ever.

12 All the horns of the ungodly also will I break, * and the horns of the righteous shall be exalted.

Psalm 76. *Notus in Judaea.*

IN Judah is God known; * His Name is great in Israel.

2 At Salem is His tabernacle, * and His dwelling in Sion.

3 There He broke the arrows of the bow, * the shield, the sword, and the battle.

4 You are glorious in might, * when You come from the hills of the robbers.

5 The proud are robbed, they have slept their sleep; * and all the men whose hands were mighty have found nothing.

6 At Your rebuke, O God of Jacob, * both the chariot and horse are fallen.

7 You, even You are to be feared; * and who may stand in Your sight when You are angry?

8 You have caused Your judgement to be heard from heaven; * the earth trembled, and was still,

9 When God arose to judgement, * and to help all the meek upon earth.

10 The fierceness of man shall turn to Your praise; * and the fierceness of them shall You refrain.

11 Promise unto the LORD your God, and keep it, all you who are round about Him; * bring presents unto Him Who ought to be feared.

12 He shall cut off the spirit of princes, * and is wonderful among the kings of the earth.

Psalm 77. *Voce mea ad Dominum.*

I WILL cry unto God with my voice; * even unto God will I cry with my voice, and He shall hear me.

2 In the time of my trouble I sought the Lord: * I stretched forth my hands unto Him, and ceased not in the night-season; my soul refused comfort.

3 When I am in heaviness, I will think upon God; * when my heart is distressed, I will complain.

4 You hold my eyelids waking: * I am so feeble, that I cannot speak.

5 I have considered the days of old, * and the years that are past.

6 I call to remembrance my song, * and in the night I commune with my own heart, and search out my spirit.

7 Will the Lord absent Himself for ever? * and will He be no more entreated?

8 Is His mercy totally gone for ever? * and is His promise come utterly to an end for evermore?

9 Has God forgotten to be gracious? * and will He shut up His loving-kindness in displeasure?

10 And I said, It is my own infirmity; * but I will remember the years of the right hand of the Most High.

11 I will remember the works of the LORD, * and call to mind Your wonders of long ago.

12 I will think also of all Your works, * and my talking shall be of Your doings.

13 Your way, O God, is holy: * Who is so great a God as our God?

14 You are the God Who does wonders, * and has declared Your power among the peoples.

15 You have mightily delivered Your people, * even the sons of Jacob and Joseph.

16 The waters saw You, O God, the waters saw You, and were afraid; * the depths also were troubled.

17 The clouds poured out water, the air thundered, * and Your arrows went abroad.

18 The voice of Your thunder was heard round about: * the lightnings shone upon the ground; the earth was moved, trembled and shook.

19 Your way is in the sea, and Your paths in the great waters, * and Your footsteps are not known.

20 You led Your people like sheep, * by the hand of Moses and Aaron.

Evening Prayer

Psalm 78. *Attendite, popule.*

HEAR My law, O My people; * incline your ears unto the words of My mouth.

2 I will open My mouth in a parable; * I will declare hard sayings of old;

3 Which we have heard and known, * and such as our fathers have told us;

4 That we should not hide them from the children of the generations to come; * but to show the honour of the LORD, His mighty and wonderful works that He has done.

5 He made a covenant with Jacob, and gave Israel a law,* which He commanded our forefathers to teach their children;

6 That their posterity might know it, * and the children who were yet unborn;

7 To the intent that when they came up, * they might show their children the same;

8 That they might put their trust in God; * and not to forget the works of God, but to keep His commandments;

9 And not to be as their forefathers, a faithless and stubborn generation; * a generation that did not set their heart aright, and whose spirit did not cleave steadfastly unto God;

10 Like as the children of Ephraim; * who being armed, and carrying bows, turned themselves back in the day of battle.

11 They kept not the covenant of God, * and would not walk in His law;

12 But forgot what He had done, * and the wonderful works that He had shown for them.

13 Marvellous things did He in the sight of our forefathers, in the land of Egypt, * even in the field of Zoan.

14 He divided the sea, and let them go through; * He made the waters to stand like a heap.

15 In the day-time also He led them with a cloud, * and all the night through with a light of fire.

16 He split the hard rocks in the wilderness, * and gave them drink thereof, as it had been out of the great depth.

17 He brought waters out of the stony rock, * so that it gushed out like the rivers.

18 Yet for all this they sinned more against Him, * and provoked the Most High in the wilderness.

19 They tested God in their hearts, * and required food of their fancy.

20 They spoke against God also, saying, * Shall God prepare a table in the wilderness?

21 He struck the stony rock indeed, that the water gushed out, and the streams overflowed; * but can He give bread also, or provide meat for His people?

22 When the LORD heard this, He was angry; * so the fire was kindled in Jacob, and there came up great anger against Israel;

23 Because they believed not in God, * and put not their trust in His help.

24 So He commanded the clouds above, * and opened the doors of heaven.

25 He rained down manna also upon them to eat, * and gave them food from heaven.

26 So man ate angels' food; * for He sent them meat enough.

27 He caused the east wind to blow in the heavens; * and through His power He brought in the southwest wind.

28 He rained meat upon them as thick as dust, * and feathered fowl like as the sand of the sea.

29 He let it fall among their tents, * even all around their habitation.

30 So they ate, and were well filled; for He gave them their own desire: * they were not deprived of their craving.

31 But while the meat was yet in their mouths, the heavy wrath of God came upon them, and slew the stoutest of them; * yes, and struck down the choice men who were in Israel.

32 But for all this they sinned yet more, * and believed not His wondrous works.

33 Therefore their days He consumed in futility, * and their years in trouble.

34 When He slew them, then they sought Him, * and they turned back, and sought earnestly for God.

35 And they remembered that God was their rock, * and that the Most High God was their Redeemer.

36 Nevertheless, they flattered Him with their mouth, * and lied to Him with their tongue.

37 For their heart was not steadfast with Him, * nor were they faithful in His covenant.

38 But He was so merciful, that He forgave their misdeeds, * and did not destroy them.

39 Yes, many a time He turned His wrath away, * and would not allow His great anger to arise.

40 For He considered that they were but flesh, * and that they were but a breath that passes away, and does not come again.

41 Many times they provoked Him in the wilderness, * and grieved Him in the desert.

42 They turned back, and tempted God, * and limited the Holy One of Israel.

43 They remembered not His power, * and of the day when He delivered them from the hand of the enemy;

44 How He had worked His miracles in Egypt, * and His wonders in the field of Zoan.

45 He turned their waters into blood, * so that they could not drink of the rivers.

46 He sent flies among them, which devoured them up; * and frogs which destroyed them.

47 He gave their crops to the caterpillar, * and their labour unto the locusts.

48 He destroyed their vines with hail-stones, * and their mulberry-trees with the frost.

49 He slew their cattle also with hail-stones, * and their flocks with fiery lightning.

50 He cast upon them the furiousness of His wrath, anger, displeasure, and trouble: * and sent angels of destruction among them.

51 He made a way for His indignation, and spared not their soul from death; * but gave their life over to the plague;

52 And destroyed all the first-born in Egypt, * the most principal and mightiest in the dwellings of Ham.

53 But as for His Own people, He led them forth like sheep, * and guided them in the wilderness like a flock.

54 He brought them out safely, that they should not fear, * and overwhelmed their enemies with the sea.

55 And brought them within the borders of His sanctuary,* even to this mountain which He purchased with His right hand.

56 He cast out the nations also before them, * caused their land to be divided among them for a heritage, and made the tribes of Israel to dwell in their tents.

57 Yet they tempted, and provoked the Most High God, * and kept not His testimonies.

58 They turned their backs, and acted unfaithfully like their forefathers; * they were turned aside like a deceitful bow.

59 For they grieved Him with their hill altars, * and provoked Him to jealousy with their carved images.

60 When God heard this, He was angry, * and was greatly displeased with Israel.

61 So that He forsook the tabernacle in Shiloh, * even the tent that He had pitched among men.

62 He delivered their power into captivity, * and His glory into the enemy's hand.

63 He gave His people over also unto the sword, * and was furious with His inheritance.

64 The fire consumed their young men, * and their maidens were not given in marriage.

65 Their priests were slain with the sword, * and their widows made no lamentation.

66 So the Lord awoke as one out of sleep, * and like a giant refreshed with wine.

67 He beat back His enemies; * and put them to a perpetual shame.

68 He rejected the tent of Joseph, * and chose not the tribe of Ephraim;

69 But chose the tribe of Judah, * even Mount Sion which He loved.

70 And there He built His temple on high, * and laid the foundation of it like the ground which He has established forever.

71 He also chose David His servant, * and took him away from the sheep-folds.

72 As he was following the ewes with their young He took him, * that he might shepherd Jacob His people, and Israel His inheritance.

73 So he shepherded them with a faithful and true heart, * and ruled them prudently with all his power.

The Sixteenth Day

Morning Prayer

Psalm 79. *Deus, venerunt.*

O GOD, the nations have come into Your inheritance; *
Your holy temple have they defiled, and made Jerusalem a heap of stones.

2 The dead bodies of Your servants have they given to be meat for the fowls of the air, * and the flesh of Your saints for the beasts of the land.

3 Their blood have they shed like water on every side of Jerusalem, * and there was no man to bury them.

4 We have become an open shame to our enemies, * a very scorn and derision unto those who are round about us.

5 LORD, how long will You be angry? * Shall Your jealousy burn like fire for ever?

6 Pour out Your indignation upon the nations that have not known You; * and upon the kingdoms that have not called upon Your Name.

7 For they have devoured Jacob, * and laid waste his dwelling-place.

8 O remember not our old sins, but have mercy upon us, and that soon; * for we have come to great misery.

9 Help us, O God of our salvation, for the glory of Your Name: * O deliver us, and be merciful unto our sins, for Your Name's sake.

10 Why do the nations say, * Where is now their God?

11 O let the vengeance of Your servants' blood that is shed * be openly shown upon the nations in our sight.

12 O let the sorrowful sighing of the prisoners come before You; * according to the greatness of Your power, preserve those who are appointed to die.

13 And for the blasphemy whereby our neighbours have blasphemed You, * reward them, O Lord, seven-fold into their bosom.

14 So we, who are Your people, and sheep of Your pasture, shall give You thanks for ever, * and will always be showing forth Your praise from generation to generation.

Psalm 80. *Qui regis Israel.*

HEAR, O Shepherd of Israel, You Who lead Joseph like a flock; * show Yourself also, You Who sit upon the cherubim.

2 Before Ephraim, Benjamin, and Manasseh, * stir up Your strength, and come, and help us.

3 Turn us again, O God; * show the light of Your countenance, and we shall be whole.

4 O LORD God of hosts, * how long will You be angry with Your people who pray?

5 You feed them with the bread of tears, * and give them an abundance of tears to drink.

6 You have made us a very strife unto our neighbours, * and our enemies laugh us to scorn.

7 Turn us again, O God of hosts; * show the light of Your countenance, and we shall be whole.

8 You have brought a vine out of Egypt; * You have cast out the Gentiles, and planted it.

9 You made room for it; * and when it had taken root, it filled the land.

10 The hills were covered with the shadow of it, * and the boughs thereof were like the mighty cedar-trees.

11 She stretched out her branches unto the Sea, * and her boughs unto the River.

12 Why have You then broken down her hedge, * that all those who go by pluck off her grapes?

13 The wild boar out of the wood roots it up, * and the wild beasts of the field devour it.

14 Turn again, O God of hosts, look down from heaven, * behold, and visit this vine;

15 And the place of the vineyard that Your right hand has planted, * and the branch that You made so strong for Yourself.

16 It is burnt with fire, and cut down; * and they shall perish at the rebuke of Your countenance.

17 Let Your hand be upon the man of Your right hand, * and upon the son of man, whom You made so strong for Your Own Self.

18 And so will not we go back from You: * O let us live, and we shall call upon Your Name.

19 Turn us again, O LORD God of hosts; * show the light of Your countenance, and we shall be whole.

Psalm 81. *Exultate Deo.*

SING we merrily unto God our strength; * make a cheerful noise unto the God of Jacob.

2 Take the psalm, bring here the timbrel, * the merry harp with the lute.

3 Blow the trumpet in the new moon, * even in the time appointed, and upon our solemn feast-day.

4 For this was made a statute for Israel, * and a law of the God of Jacob.

5 This He ordained in Joseph for a testimony, * when he came out of the land of Egypt, and had heard a strange language.

6 I eased his shoulder from the burden, * and his hands were delivered from making the pots.

7 You called upon Me in troubles, and I delivered you; * and heard you when the storm fell upon you.

8 I proved you also * at the waters of strife.

9 Hear, O My people, and I will assure you, O Israel, * if you will hearken unto Me,

10 There shall no strange god be in you, * neither shall you worship any other god.

11 I am the Lord Your God, Who brought you out of the land of Egypt: * open your mouth wide, and I shall fill it.

12 But My people would not hear My voice; * and Israel would not obey Me.

13 So I gave them up unto their own hearts' desires, * and let them follow their own imaginations.

14 O that My people would have listened to Me! * for if Israel had walked in My ways,

15 I should soon have put down their enemies, * and turned My hand against their adversaries.

16 The haters of the LORD should have feigned submission unto Him; * but their fate should have endured for ever.

17 He should have fed them also with the finest wheat-flour; * and with honey out of the stony rock should I have satisfied you.

Evening Prayer

Psalm 82. *Deus stetit.*

GOD stands in the congregation of mighty; * He is a Judge among gods.

2 How long will you give wrong judgement, * and accept the persons of the ungodly?

3 Defend the poor and fatherless; * see that such as are in need and necessity have justice.

4 Deliver the out-cast and poor; * free them from the hand of the ungodly.

5 They will not be taught, nor understand, but walk on still in darkness: * all the foundations of the earth are unstable.

6 I have said, You are gods, * and you are all the children of the Most High.

7 But you shall die like men, * and fall like one of the princes.

8 Arise, O God, and judge the earth, * for You shall take all nations to Your inheritance.

Psalm 83. *Deus, quis similis?*

HOLD not Your tongue, O God, do not keep silence: * refrain not Yourself, O God.

2 For behold, Your enemies make a tumult; * and those who hate You have lift up their head.

3 They have imagined craftily against Your people, * and taken counsel against Your sheltered ones.

4 They have said, Come, and let us root them out, that they be a people no more, * and that the name of Israel may be held no more in remembrance.

5 For they have conspired together with one consent, *
and have joined themselves against You;

6 The tents of the Edom, and the Ishmaelites; * Moab,
and the Hagrites;

7 Gebal, Ammon, and Amalek; * the Philistines, with
those who dwell at Tyre.

8 Assyria also is joined with them; * and have helped the
children of Lot.

9 But do to them as unto the Midianites; * unto Sisera,
and unto Jabin at the brook of Kishon;

10 Who perished at En Dor, * and became as refuse on the
earth.

11 Make them and their princes like Oreb and Zeeb; * yes,
make all their princes like as Zebah and Zalmunna;

12 Who said, Let us take for ourselves * the pastures of
God in possession.

13 O my God, make them like a whirling dust, * and as the
stubble before the wind;

14 Like as the fire that burns up the woods, * and as the
flame that consumes the mountains.

15 Pursue them even so with Your tempest, * and make
them afraid with Your storm.

16 Make their faces ashamed, O LORD, * that they may
seek Your Name.

17 Let them be confounded and dismayed ever more and
more; * let them be put to shame, and perish.

18 And they shall know that You, Whose Name is
JEHOVAH, * are only the Most High over all the earth.

Psalm 84. *Quan dilecta!*

O HOW lovely are Your dwellings, * O LORD of hosts!

2 My soul has a desire and longing to enter into the
courts of the LORD; * my heart and my flesh rejoice in the
living God.

3 Yes, the sparrow has found her a house, and the swallow a nest where she may lay her young; * even Your altars, O LORD of hosts, my King and my God.

4 Blessed are those who dwell in Your house; * they will be always praising You.

5 Blessed is the man whose strength is in You; * in whose heart are Your ways.

6 Who going through the vale of misery use it for a well; * and the pools are filled with water.

7 They will go from strength to strength, * and unto the God of gods appears every one of them in Sion.

8 O LORD God of hosts, hear my prayer; * hearken, O God of Jacob.

9 Behold, O God our defender, * and look upon the face of Your anointed.

10 For one day in Your courts * is better than a thousand.

11 I would rather be a door-keeper in the house of my God, * than to dwell in the tents of ungodliness.

12 For the LORD God is a light and defence; * the LORD will give grace and worship, and no good thing shall he withhold from those who live a godly life.

13 O LORD God of hosts, * blessed is the man who puts his trust in You.

Psalm 85. *Benedixisti, Domine.*

LORD, You have become gracious unto Your land; * You have brought back the captivity of Jacob.

2 You have forgiven the offence of Your people, * and covered all their sins.

3 You have taken away all Your displeasure, * and turned Yourself from Your wrathful indignation.

4 Turn us then, O God our Saviour, * and let Your anger cease from us.

5 Will You be displeased at us for ever? * and will You stretch out Your wrath from one generation to another?

6 Will You not turn again, and revive us, * that Your people may rejoice in You?

7 Show us Your mercy, O LORD, * and grant us Your salvation.

8 I will hear what the LORD God will say concerning me; * for He shall speak peace unto His people, and to His saints, that they turn not again.

9 For His salvation is near to those who fear Him; * that glory may dwell in our land.

10 Mercy and truth are met together: * righteousness and peace have kissed each other.

11 Truth shall flourish out of the earth, * and righteousness has looked down from heaven.

12 Yes, the LORD shall show loving-kindness; * and our land shall give its increase.

13 Righteousness shall go before Him, * and He shall direct His going in the way.

The Seventeenth Day

Morning Prayer

Psalm 86. *Inclina, Domine.*

BOW down Your ear, O LORD, and hear me; * for I am poor, and in misery.

2 Preserve my soul, for I am holy; * my God, save Your servant who puts his trust in You!

3 Be merciful unto me, O LORD; * for I will call daily upon You.

4 Comfort the soul of Your servant; * for unto You, O Lord, do I lift up my soul.

5 For You, Lord, are good and gracious, * and of great mercy unto all those who call upon You.

6 Give ear, LORD, unto my prayer, * and attend to the voice of my humble desires.

7 In the time of my trouble I will call upon You; * for You hear me.

8 Among the gods there is none like unto You, O Lord; * there is not one who can do as You do.

9 All nations whom You have made shall come and worship You, O Lord; * and shall glorify Your Name.

10 For You are great, and do wondrous things: * You are God alone.

11 Teach me Your way, O LORD, and I will walk in Your truth: * O knit my heart unto You, that I may fear Your Name.

12 I will thank You, O Lord my God, with all my heart; * and will praise Your Name for evermore.

13 For great is Your mercy toward me; * and You have delivered my soul from the depths of Hades.

14 O God, the proud have risen against me; * and the congregations of violent men have sought after my soul, and have not set You before their eyes.

15 But You, O Lord God, are full of compassion and mercy, * long-suffering, plenteous in goodness and truth.

16 O turn Yourself unto me, and have mercy upon me; * Give Your strength unto Your servant, and help the son of Your maidservant.

17 Show some sign upon me for good, that those who hate me may see it, and be ashamed, * because You, LORD, have helped me, and comforted me.

Psalm 87. *Fundamenta ejus.*

HER foundations are upon the holy hills; * the LORD loves the gates of Sion more than all the dwellings of Jacob.

2 Very excellent things are spoken of You, * O city of God!

3 I will think upon Rahab and Babylon, * with those who know me.

4 Behold, the Philistines also; and those of Tyre, with the Ethiopians; * behold, in Sion were they born.

5 Yes, of Sion it shall be reported, this one and that one were born in her; * and the Most High shall establish her.

6 The LORD shall record it, when he registers the people; * behold, in Sion were they born.

7 The singers also and trumpeters shall make answer: * All my fresh springs shall be in you.

Psalm 88. *Domine, Deus.*

O LORD God of my salvation, I have cried day and night before You: * O let my prayer enter into Your presence, incline Your ear unto my cry.

2 For my soul is full of trouble, * and my life draws near to Hades.

3 I am counted as one of those who go down into the pit, * and I have been even as a man who has no strength;

4 Cast off among the dead, like those who are slain, and lie in the grave, * who are out of remembrance, and are cut off from Your hand.

5 You have laid me in the lowest pit, * in a place of darkness, and in the deep.

6 Your indignation lies heavy upon me, * and You have afflicted me with all Your storms.

7 You have put away my acquaintance far from me, * and made me to be abhorred of them.

8 I am so fast in prison * that I cannot get out.

9 My sight fails for very trouble; * LORD, I have called daily upon You, I have stretched forth my hands to You.

10 Will You show wonders among the dead? * or shall the dead rise up again, and praise You?

11 Shall Your loving-kindness be shown in the grave? * or Your faithfulness in the place of destruction?

12 Shall Your wondrous works be known in the dark? * and Your righteousness in the land where all things are forgotten?

13 Unto You have I cried, O LORD; * and early shall my prayer come before You.

14 LORD, why do You abhor my soul, * and hide Your face from me?

15 I am in misery, and like him who is at the point of death; * even from my youth up Your terrors have I suffered with a troubled mind.

16 Your wrathful displeasure goes over me, * and the fear of You has undone me.

17 They came round about me daily like water, * and encompassed me altogether on every side.

18 My lovers and friends have You put away from me, * and hid my acquaintance out of my sight.

Evening Prayer

Psalm 89. *Misericordias Domini.*

MY song shall be always of the loving kindness of the LORD; * with my mouth will I ever be showing Your truth from one generation to another.

2 For I have said, Mercy shall be set up for ever; * Your truth shall You establish in the heavens.

3 I have made a covenant with My chosen; * I have sworn unto David My servant;

4 Your seed will I establish for ever, * and set up Your throne from one generation to another.

5 O LORD, the very heavens shall praise Your wondrous works; * and Your truth in the congregation of the saints.

6 For who is he among the clouds, * that shall be compared unto the LORD?

7 And who is he among the gods, * that shall be like unto the LORD?

8 God is very greatly to be feared in the council of the saints, * and to be had in reverence of all those who are round about Him.

9 O Lord God of hosts, who is like unto You? * Your truth, most mighty LORD, is on every side.

10 You rule the raging of the sea; * You still the waves thereof when they arise.

11 You have subdued Egypt, and destroyed it; * You have scattered Your enemies abroad with Your mighty arm.

12 The heavens are Yours, the earth also is Yours; * You have laid the foundation of the round world, and all that therein is.

13 You have made the north and the south; * Tabor and Hermon shall rejoice in Your Name.

14 You have a mighty arm; * strong is Your hand, and high is Your right hand.

15 Righteousness and justice are the foundation of Your throne; * mercy and truth shall go before Your face.

16 Blessed are the people, O LORD, who can rejoice in You; * they shall walk in the light of Your countenance.

17 Their delight shall be daily in Your Name; * and in Your righteousness shall they make their boast.

18 For You are the glory of their strength, * and in Your loving-kindness You shall lift up our horns.

19 For the LORD is our defence; * the Holy One of Israel is our King.

20 You spoke sometimes in visions to Your saints, and said, * I have given help to one who is mighty; I have exalted one chosen out of the people.

21 I have found David My servant; * with My holy oil have I anointed him.

22 My hand shall hold him fast, * and My arm shall strengthen him.

23 The enemy shall not be able to do him violence; * the son of wickedness shall not hurt him.

24 I will beat down his foes before his face, * and plague those who hate him.

25 My truth also and My mercy shall be with him, * and in My Name shall his horn be exalted.

26 I will set his dominion also in the sea, * and his right hand in the floods.

27 He shall call Me, You are my Father, * my God, and my strong salvation.

28 And I will make him My first-born, * higher than the kings of the earth.

29 My mercy will I keep for him for evermore, * and My covenant shall stand fast with him.

30 His seed also will I make to endure for ever, * and his throne as the days of heaven.

31 But if his children forsake my law, * and walk not in My judgements;

32 If they break My statutes, and keep not My commandments; * I will visit their offences with the rod, and their sin with scourges.

33 Nevertheless, My loving-kindness will I not utterly take from him, * nor allow My truth to fail.

34 My covenant will I not break, nor alter the thing that is gone out of My lips: * I have sworn once by My holiness, that I will not fail David.

35 His seed shall endure for ever, * and his seat is like the sun before Me.

36 He shall stand fast for evermore as the moon, * and as the faithful witness in heaven.

37 But You have abhorred and forsaken Your anointed, * and are displeased with him.

38 You have broken the covenant of Your servant, * and cast his crown to the ground.

39 You have overthrown all his hedges, * and broken down his strong holds.

40 All who go by spoil him, * and he is become a reproach to his neighbours.

41 You have exalted the right hand of his enemies, * and made all his adversaries rejoice.

42 You have turned aside the edge of his sword, * and gave him not victory in the battle.

43 You have put out his glory, * and cast his throne down to the ground.

44 The days of his youth You have shortened, * and covered him with dishonour.

45 LORD, how long? Will You hide Yourself, for ever? * And shall Your wrath burn like fire?

46 O remember how short my time is; * why have You made all men for nothing?

47 What man is he who lives, and shall not see death? * and shall he deliver his soul from the power of the grave?

48 Lord, where are Your former loving-kindnesses, * which You swore unto David in Your truth?

49 Remember, Lord, the rebuke that Your servants have, * and how I bear in my bosom the rebukes of many people;

50 Wherewith Your enemies have blasphemed You, * and slandered the footsteps of Your anointed.

51 Praised be the LORD for evermore. * Amen, and Amen.

BOOK IV

The Eighteenth Day

Morning Prayer

Psalm 90. *Domine, refugium.*

LORD, You have been our refuge, * from one generation to another.

2 Before the mountains were brought forth, or ever the earth and the world were made, * You are God from everlasting, and world without end.

3 You turn man to destruction; * again You say, Come again, you children of men.

4 For a thousand years in Your sight are but as yesterday, when it is past, * and as a watch in the night.

5 As soon as You scatter them, they are even as a sleep; * and fade away suddenly like the grass.

6 In the morning it is green, and grows up; * but in the evening it is cut down, dried up, and withered.

7 For we consume away in Your displeasure, * and are afraid at Your wrathful indignation.

8 You have set our misdeeds before You; * and our secret sins in the light of Your countenance.

9 For when You are angry, all our days are gone: * we bring our years to an end, as it were a tale that is told.

10 The days of our age are threescore years and ten; and though men be so strong that they come to fourscore years, * yet is their strength then but labour and sorrow; so soon it passes it away, and we are gone.

11 But who regards the power of Your wrath? * or fears Your indignation?

12 So teach us to number our days, * that we may apply our hearts unto wisdom.

13 Turn again, O LORD, at the last, * and be gracious unto Your servants.

14 O satisfy us with Your mercy, and that soon: * so shall we rejoice and be glad all the days of our life.

15 Comfort us again now after the time that You have plagued us; * and for the years wherein we have suffered adversity.

16 Show Your servants Your work, * and their children Your glory.

17 And the glorious majesty of the LORD our God be upon us: * prosper the work of our hands upon us; O prosper our handy-work.

Psalm 91. *Qui habitat.*

WHOWER dwells under the defence of the Most High, * shall abide under the shadow of the Almighty.

2 I will say unto the LORD, You are my hope, and my stronghold; * my God, in Him I will trust.

3 For He shall deliver you from the snare of the hunter, * and from the noisome pestilence.

4 He shall defend you under His wings, and you shall be safe under His feathers; * His faithfulness and truth shall be your shield and buckler.

5 You shall not be afraid for any terror by night, * nor for the arrow that flies by day;

6 For the pestilence that walks in darkness, * nor for the sickness that destroys in the noon-day.

7 A thousand shall fall beside you, and ten thousand at your right hand; * but it shall not come near you.

8 Yes, with your eyes shall you behold, * and see the reward of the ungodly.

9 For You, LORD, are my hope; * You have set your house of defence very high.

10 There shall no evil happen unto you, * neither shall any plague come near your dwelling.

11 For He shall give His angels charge over you, * to keep you in all your ways.

12 They shall bear you up in their hands, * that you hurt not your foot against a stone.

13 You shall go upon the lion and cobra: * the young lion and the serpent you shall trample under your feet.

14 Because he has set his love upon Me, therefore I will deliver him; * I will set him on high, because he has known My Name.

15 He shall call upon Me, and I will answer him; * yes, I am with him in trouble; I will deliver him, and bring him to honour.

16 With long life will I satisfy him, * and show him My salvation.

Psalm 92. *Bonum est confiteri.*

IT is a good thing to give thanks unto the LORD, * and to sing praises unto Your Name, O Most High;

2 To tell of Your loving-kindness early in the morning, * and of Your truth in the night season;

3 Upon an instrument of ten strings, and upon the lute; * upon a loud instrument, and upon the harp.

4 For You, LORD, have made me glad through Your works; * and I will rejoice in giving praise for the operations of Your hands.

5 O LORD, how glorious are Your works! * Your thoughts are very deep.

6 An unwise man does not well consider this, * and a fool does not understand it.

7 When the ungodly are green as the grass, and when all the workers of wickedness do flourish, * then shall they be destroyed for ever; but You, LORD, are the Most High for evermore.

8 For behold Your enemies, O LORD, behold, Your enemies shall perish; * and all the workers of wickedness shall be destroyed.

9 But my horn shall be exalted like the horn of a wild ox; * for I am anointed with fresh oil.

10 My eye also shall see my desire on my enemies, * and my ears shall hear my desire on the wicked who arise up against me.

11 The righteous shall flourish like a palm-tree, * and shall spread abroad like a cedar in Lebanon.

12 Such as are planted in the house of the LORD, * shall flourish in the courts of the house of our God.

13 They also shall bring forth more fruit in their old age, * and shall be fat and flourishing,

14 That they may show how true the LORD my strength is, * and that there is no unrighteousness in Him.

Evening Prayer

Psalm 93. *Dominus regnavit.*

THE LORD is King, and has put on glorious apparel; * the LORD has put on His apparel, and girded Himself with strength.

2 He has made the round world so sure, * that it cannot be moved.

3 Ever since the world began, has Your throne been established: * You are from everlasting.

4 The floods are risen, O LORD, the floods have lifted up their voice; * the floods lift up their waves.

5 The waves of the sea are mighty, and rage horribly; * but yet the LORD, Who dwells on high, is mightier.

6 Your testimonies, O LORD, are very sure: * holiness adorns Your house for ever.

Psalm 94. *Deus ultionum.*

OLORD God, to Whom vengeance belongs, * You, O God, to Whom vengeance belongs, show Yourself!

2 Arise, O Judge of the world, * and reward the proud as they deserve.

3 LORD, how long shall the ungodly, * how long shall the ungodly triumph?

4 How long shall all wicked doers speak so disdainfully, * and make such proud boasting?

5 They break in pieces Your people, O LORD, * and trouble Your heritage.

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

7 And yet they say, Hah! The LORD does not see, * neither does the God of Jacob understand.

8 Take heed, you unwise among the people: * O you fools, when will you understand?

9 He Who planted the ear, shall He not hear? * or He Who made the eye, shall He not see?

10 Or He Who instructs the nations, * it is He Who teaches man knowledge; shall He not punish?

11 The LORD knows the thoughts of man, * that they are but vain.

12 Blessed is the man whom You chasten, O LORD, * and teach him in Your law;

13 That You may give him patience in time of adversity, * until the pit be dug up for the ungodly.

14 For the LORD will not fail His people; * neither will He forsake His inheritance;

15 Until righteousness turns again unto judgement: * all such as are upright in heart shall follow it.

16 Who will rise up with me against the wicked? * or who will take my part against the evil doers?

17 If the LORD had not helped me, * it had not failed, but my soul would have been put to silence.

18 But when I said, My foot has slipped; * Your mercy, O LORD, held me up.

19 In the multitude of the sorrows that I had in my heart,* Your comforts have refreshed my soul.

20 Will You have any thing to do with the throne of wickedness, * which imagines mischief as a law?

21 They gather them together against the soul of the righteous, * and condemn the innocent blood.

22 But the LORD is my refuge, * and my God is the strength of my confidence.

23 He shall recompense them their wickedness, and destroy them in their own malice; * yes, the LORD our God shall destroy them.

The Nineteenth Day

Morning PrayerPsalm 95. *Venite, exultemus.*

O COME, let us sing unto the LORD; * let us heartily rejoice in the strength of our salvation.

2 Let us come before His presence with thanksgiving; * and show ourselves glad in Him with psalms.

3 For the LORD is a great God; * and a great King above all gods.

4 In His hand are all the corners of the earth; * and the strength of the hills is His also.

5 The sea is His, and He made it; * and His hands prepared the dry land.

6 O come, let us worship and fall down, * and kneel before the LORD our Maker.

7 For He is the Lord our God; * and we are the people of His pasture, and the sheep of His hand.

8 Today if you will hear His voice, harden not your hearts * as in the provocation, and as in the day of temptation in the wilderness;

9 When your fathers tempted Me, * proved Me, and saw My works.

10 Forty years long was I grieved with this generation, and said, * It is a people who err in their hearts, for they have not known My ways:

11 Unto whom I swore in my wrath, * that they should not enter into My rest.

Psalm 96. *Cantate Domino.*

O SING unto the LORD a new song; * sing unto the LORD, all the whole earth.

2 Sing unto the LORD, and praise His Name; * be telling of His salvation from day to day.

3 Declare His honour unto the nations, * and His wonders unto all peoples.

4 For the LORD is great, and cannot worthily be praised; * He is more to be feared than all gods.

5 As for all the gods of the nations, they are but idols; * but it is the LORD Who made the heavens.

6 Glory and worship are before Him; * power and honour are in His sanctuary.

7 Ascribe unto the LORD, O you kindreds of the peoples, * ascribe unto the LORD worship and power.

8 Ascribe unto the LORD the honour due unto His Name; * bring an offering, and come into His courts.

9 O worship the LORD in the beauty of holiness; * let the whole earth stand in awe of Him.

10 Tell it out among the nations, that the LORD is King, and that it is He Who has made the round world so fast that it cannot be moved; * and how that He shall judge the peoples righteously.

11 Let the heavens rejoice, and let the earth be glad; * let the sea make a noise, and all that therein is.

12 Let the field be joyful, and all that is in it; * then shall all the trees of the wood rejoice before the LORD.

13 For He comes, for He comes to judge the earth; * and with righteousness to judge the world, and the peoples with His truth.

Psalm 97. *Dominus regnavit.*

THE LORD is King, the earth may be glad thereof; * yes, the multitude of the isles may be glad thereof.

2 Clouds and darkness are round about Him: * righteousness and judgement are the foundation of His throne.

3 There shall go a fire before Him, * and burn up His enemies on every side.

4 His lightnings gave light unto the world: * the earth saw it, and was afraid.

5 The hills melted like wax at the presence of the LORD;* at the presence of the Lord of the whole earth.

6 The heavens have declared His righteousness, * and all the peoples have seen His glory.

7 Confounded are all those who worship carved images, and who delight in vain idols:* worship Him, all you gods.

8 Sion heard of it, and rejoiced; and the daughters of Judah were glad, * because of Your judgements, O LORD.

9 For You, LORD, are higher than all that are in the earth: * You are exalted far above all gods.

10 O you who love the LORD, see that you hate the thing which is evil: * the Lord preserves the souls of His saints; He shall deliver them from the hand of the ungodly.

11 There is sprung up a light for the righteous, * and joyful gladness for those who are true-hearted.

12 Rejoice in the LORD, you righteous; * and give thanks for a remembrance of His holiness.

Evening Prayer

Psalm 98. *Cantate Domino.*

O SING unto the LORD a new song; * for He has done marvelous things.

2 With His own right hand, and with His holy arm, * has He gotten Himself the victory.

3 The LORD declared His salvation; * His righteousness has He openly shown in the sight of the nations.

4 He has remembered His mercy and truth toward the house of Israel; * and all the ends of the world have seen the salvation of our God.

5 Show yourselves joyful unto the LORD, all you lands; * sing, rejoice, and give thanks.

6 Praise the LORD upon the harp; * sing to the harp with a psalm of thanksgiving.

7 With trumpets also and horns, * O show yourselves joyful before the LORD, the King.

8 Let the sea make a noise, and all that therein is; * the round world, and those who dwell therein.

9 Let the floods clap their hands, and let the hills be joyful together before the LORD; * for He comes to judge the earth.

10 With righteousness shall He judge the world, * and the peoples with equity.

Psalm 99. *Dominus regnavit.*

THE LORD is King, let the people tremble; * He sits between the Cherubim, let the earth be moved.

2 The LORD is great in Sion, * and high above all people.

3 They shall give thanks unto Your Name, * which is great, wonderful, and holy.

4 The King's power loves judgement; You have established equity, * You have executed judgement and righteousness in Jacob.

5 O magnify the LORD our God, and fall down before His footstool; * for He is holy.

6 Moses and Aaron were among His priests, and Samuel was among those who called upon His Name: * these called upon the LORD, and He heard them.

7 He spoke to them out of the cloudy pillar; * for they kept His testimonies, and the law that He gave them.

8 You heard them, O LORD our God; * You forgave them, O God, though You did punish their wicked doings.

9 O magnify the LORD our God, and worship Him upon His holy hill; * for the LORD our God is holy.

Psalm 100. *Jubilate Deo.*

OBE joyful in the LORD, all you lands: * serve the LORD with gladness, and come before His presence with a song.

2 Be sure that the LORD He is God; it is He Who has made us, and not we ourselves; * we are His people, and the sheep of His pasture.

3 O go your way into His gates with thanksgiving, and into His courts with praise; * be thankful unto Him, and speak good of His Name.

4 For the LORD is gracious, His mercy is everlasting; * and His truth endures from generation to generation.

Psalm 101. *Misericordiam et iudicium.*

MY song shall be of mercy and judgement; * unto You, O LORD, will I sing.

2 O let me have understanding * in the way of godliness.

3 When will You come unto me? * I will walk in my house with a perfect heart.

4 I will take no wicked thing in hand; I hate the sins of unfaithfulness; * there shall no such cling to me.

5 A perverse heart shall depart from me; * I will not know a wicked person.

6 Whoever secretly slanders his neighbour, * him will I destroy.

7 Whoever also has a haughty look and a proud heart, * I will not endure him.

8 My eyes look upon such as are faithful in the land, * that they may dwell with me.

9 Whoever leads a godly life, * he shall be my servant.

10 There shall no deceitful person dwell in my house; * he who tells lies shall not continue in my sight.

11 I shall soon destroy all the ungodly who are in the land; * that I may root out all wicked doers from the city of the LORD.

The Twentieth Day

Morning PrayerPsalm 102. *Domine, exaudi.*

HEAR my prayer, O LORD, * and let my cry come unto You.

2 Hide not Your face from me in the time of my trouble; * incline Your ear unto me when I call; O hear me, and that speedily.

3 For my days are consumed away like smoke, * and my bones are burnt up as it were a firebrand.

4 My heart is stricken, and withered like grass; * so that I forget to eat my bread.

5 Because of the voice of my groaning, * my bones cling to my flesh.

6 I am become like a pelican in the wilderness, * and like an owl that is in the desert.

7 I have watched, and am even as it were a sparrow, * that sits alone upon the housetop.

8 My enemies revile me all the day long; * and those who are mad at me have sworn an oath against me.

9 For I have eaten ashes as it were bread, * and mingled my drink with weeping;

10 And that, because of Your indignation and wrath; * for You have taken me up, and cast me down.

11 My days are gone like a shadow, * and I am withered like grass.

12 But You, O LORD, shall endure for ever, * and Your remembrance throughout all generations.

13 You shall arise, and have mercy upon Sion; * for it is time that You have mercy upon her, yes, the time is come.

14 And why? Your servants think upon her stones, * and it grieves them to see her in the dust.

15 The nations shall fear Your Name, O LORD; * and all the kings of the earth Your majesty;

16 For the LORD shall build up Sion, * and then His glory shall appear;

17 When He turns Himself unto the prayer of the poor destitute, * and despises not their desire.

18 This shall be written for those who come after, * and the people yet to be born shall praise the LORD.

19 For He has looked down from His sanctuary; * out of the heaven did the LORD behold the earth;

20 That He might hear the mournings of those who are in captivity, * and deliver those who are appointed to death;

21 That they may declare the Name of the LORD in Sion, * and His worship at Jerusalem;

22 When the peoples are gathered together, * and the kingdoms also, to serve the LORD.

23 He brought down my strength in my journey, * and shortened my days.

24 But I said, O my God, take me not away in the midst of my days; * as for Your years, they endure throughout all generations.

25 You, Lord, in the beginning have laid the foundation of the earth, * and the heavens are the work of Your hands.

26 They shall perish, but You shall endure: * they all shall wax old as does a garment;

27 And as a cloak You shall change them, and they shall be changed; * but You are the same, and Your years shall not fail.

28 The children of Your servants shall continue, * and their seed shall stand fast in Your sight.

Psalm 103. *Benedic, anima mea.*

PRAISE the LORD, O my soul; * and all that is within me, praise His holy Name.

2 Praise the LORD, O my soul, * and forget not all His benefits:

3 Who forgives all your sin, * and heals all your infirmities;

4 Who saves your life from destruction, * and crowns you with mercy and loving-kindness;

5 Who satisfies your mouth with good things, * making you young and strong as an eagle.

6 The LORD executes righteousness and judgement * for all those who are oppressed with wrong.

7 He showed His ways unto Moses, * His works unto the children of Israel.

8 The LORD is full of compassion and mercy, * longsuffering, and of great goodness.

9 He will not always be striving; * neither does He keep His anger for ever.

10 He has not dealt with us according to our sins; * nor rewarded us according to our wickednesses.

11 For look how high the heaven is in comparison to the earth; * so great is His mercy also toward those who fear Him.

12 Look how wide also the east is from the west; * so far has He set our sins from us.

13 Yes, like as a father pities His own children; * even so is the LORD merciful unto those who fear Him.

14 For He knows of what we are made; * He remembers that we are but dust.

15 The days of man are but as grass; * for he flourishes as a flower of the field.

16 For as soon as the wind goes over it, it is gone; * and the place thereof shall know it no more.

17 But the merciful goodness of the LORD endures for ever and ever upon those who fear Him; * and His righteousness upon children's children;

18 Even upon such as keep His covenant, * and think upon His commandments to do them.

19 The LORD has prepared His seat in heaven, * and His kingdom rules over all.

20 O praise the LORD, you angels of His, you who excel in strength; * you who fulfill His commandment, and obey the voice of His word.

21 O praise the LORD, all you His hosts; * you servants of His who do His pleasure.

22 O speak good of the LORD, all you works of His, in all places of His dominion: * praise the LORD, O my soul.

Evening Prayer

Psalm 104. *Benedic, anima mea.*

PRAISE the LORD, O my soul: * O LORD my God, You have become exceedingly glorious; You are clothed with majesty and honour.

2 You deck Yourself with light as it were with a garment, * and spread out the heavens like a curtain.

3 Who lays the beams of His chambers in the waters, * and makes the clouds His chariot, and walks upon the wings of the wind.

4 He makes His angels spirits, * and His ministers a flaming fire.

5 He laid the foundations of the earth, * that it never should move at any time.

6 You covered it with the deep like as with a garment; * the waters stand above the hills.

7 At Your rebuke they flee; * at the voice of Your thunder they hasten away.

8 They go up as high as the hills, and down to the valleys beneath; * even unto the place which You have appointed for them.

9 You have set them their bounds, which they shall not pass, * neither turn again to cover the earth.

10 He sends the springs into the rivers, * which run among the hills.

11 All beasts of the field drink thereof, * and the wild donkeys quench their thirst.

12 Beside them shall the fowls of the air have their habitation, * and sing among the branches.

13 He waters the hills from above; * the earth is filled with the fruit of Your works.

14 He brings forth grass for the cattle, * and green herb for the service of men;

15 That He may bring food out of the earth, and wine that makes glad the heart of man; * and oil to make him a cheerful countenance, and bread to strengthen man's heart.

16 The trees of the LORD also are full of sap; * even the cedars of Lebanon which He has planted;

17 Wherein the birds make their nests; * and the fir-trees are a dwelling for the stork.

18 The high hills are a refuge for the wild goats; * and so are the stony rocks for the rock badgers.

19 He appointed the moon for certain seasons, * and the sun knows its going down.

20 You make darkness that it may be night; * wherein all the beasts of the forest do move.

21 The lions, roaring after their prey, * seek their food from God.

22 The sun arises, and they gather themselves together, * and lay themselves down in their dens.

23 Man goes forth to his work, and to his labour, * until the evening.

24 O LORD, how manifold are Your works! * in wisdom have You made them all; the earth is full of Your riches.

25 So is the great and wide sea also; * wherein are things creeping innumerable, both small and great beasts.

26 There go the ships, and there is that leviathan, * whom You have made to take his pastime therein.

27 These all wait upon You, * that You may give them food in due season.

28 When You give it them, they gather it; * and when You open Your hand, they are filled with good.

29 When You hide Your face, they are troubled: * when You take away their breath, they die, and are turned again to their dust.

30 When You let Your breath go forth, they shall be created; * and You shall renew the face of the earth.

31 The glorious majesty of the LORD shall endure for ever; * the LORD shall rejoice in His works.

32 The earth shall tremble at the look of Him; * if He but touches the hills, they shall smoke.

33 I will sing unto the LORD as long as I live; * I will praise my God while I have my being.

34 And so shall my words please Him: * my joy shall be in the LORD.

35 As for sinners, they shall be consumed out of the earth, * and the ungodly shall come to an end.

36 Praise the LORD, O my soul. * Praise the LORD.

The Twenty-first Day

Morning Prayer

Psalm 105. *Confitemini Domino.*

O GIVE thanks unto the LORD, and call upon His Name; * tell the people what things He has done.

2 O let your songs be of Him, and praise Him; * and let your talking be of all His wondrous works.

3 Rejoice in His holy Name; * let the heart of those rejoice who seek the LORD.

4 Seek the LORD and His strength; * seek His face evermore.

5 Remember the marvelous works that He has done; * His wonders, and the judgements of His mouth;

6 O you seed of Abraham His servant, * you children of Jacob His chosen.

7 He is the LORD our God; * His judgements are in all the world.

8 He has been always mindful of His covenant and promise, * that He made to a thousand generations;

9 Even the covenant that He made with Abraham; * and the oath which He swore unto Isaac;

10 And appointed the same unto Jacob for a law, * and to Israel for an everlasting testament;

11 Saying, Unto You will I give the land of Canaan, * the lot of your inheritance:

12 When there were yet but a few of them, * and they were strangers in the land;

13 What time as they went from one nation to another, * from one kingdom to another people;

14 He permitted no man to do them wrong, * but reprov'd even kings for their sakes;

15 Touch not My anointed, * and do My prophets no harm.

16 Moreover, He called for a famine upon the land, * and destroyed all the provision of bread.

17 But He had sent a man before them, * even Joseph, who was sold to be a bond-servant;

18 Whose feet they hurt in the stocks; * the iron entered into his soul;

19 Until the time came that his cause was known: * the word of the LORD tested him.

20 The king sent, and delivered him; * the prince of the people let him go free.

21 He made him lord also of his house, * and ruler of all his substance;

22 That he might bind his princes at his pleasure, * and teach his senators wisdom.

23 Israel also came into Egypt, * and Jacob was a stranger in the land of Ham.

24 And He increased His people exceedingly, * and made them stronger than their enemies;

25 Whose heart turned so, that they hated His people, * and dealt untruly with His servants.

26 Then He sent Moses His servant, * and Aaron whom He had chosen.

27 And these showed His signs among them, * and wonders in the land of Ham.

28 He sent darkness, and it was dark; * and they were not obedient unto His word.

29 He turned their waters into blood, * and slew their fish.

30 Their land brought forth frogs; * yes, even in their kings' chambers.

31 He spoke the word, and there came all manner of flies,* and lice in all their quarters.

32 He gave them hailstones for rain; * and flames of fire in their land.

33 He struck their vines also and fig-trees; * and destroyed the trees that were in their coasts.

34 He spoke the word, and the locusts came, and caterpillars innumerable, * and ate up all the grass in their land, and devoured the fruit of their ground.

35 He struck all the firstborn in their land; * even the first of all their strength.

36 He brought them forth also with silver and gold; * there was not one feeble person among their tribes.

37 Egypt was glad at their departing; * for they were afraid of them.

38 He spread out a cloud to be a covering, * and fire to give light in the night season.

39 At their desire He brought quails; * and He filled them with the bread of heaven.

40 He opened the rock of stone, and the waters flowed out, * so that rivers ran in the dry places.

41 For why? He remembered His holy promise; * and Abraham His servant.

42 And He brought forth His people with joy, * and His chosen with gladness;

43 And gave them the lands of the Gentiles; * and they took the labours of the people in possession;

44 That they might keep His statutes, * and observe His laws.

Evening Prayer

Psalm 106. *Confitemini Domino.*

O GIVE thanks unto the LORD; for He is good, * and His mercy endures for ever.

2 Who can express the noble acts of the LORD, * or show forth all His praise?

3 Blessed are those who always keep justice, * and do righteousness.

4 Remember me, O LORD, according to the favour that You bear unto Your people; * O visit me with Your salvation;

5 That I may see the benefit of Your chosen, * and rejoice in the gladness of Your people, and give thanks with Your inheritance.

6 We have sinned with our fathers; * we have done amiss, and dealt wickedly.

7 Our fathers regarded not Your wonders in Egypt, neither did they keep Your great goodness in remembrance; * but were disobedient at the sea, even at the Red Sea.

8 Nevertheless, He helped them for His Name's sake, * that He might make His power to be known.

9 He rebuked the Red Sea also, and it was dried up; * so He led them through the deep, as through a wilderness.

10 And He saved them from the adversary's hand, * and delivered them from the hand of the enemy.

11 As for those who troubled them, the waters overwhelmed them; * there was not one of them left.

12 Then they believed His words, * and sang praise unto Him.

13 But within a while they forgot His works, * and would not abide His counsel.

14 But lust came upon them in the wilderness, * and they tested God in the desert.

15 And He gave them their desire, * and sent leanness into their soul.

16 They angered Moses also in the tents, * and Aaron the saint of the LORD.

17 So the earth opened, and swallowed up Dathan, * and covered the congregation of Abiram.

18 And the fire was kindled in their company; * the flame burnt up the ungodly.

19 They made a calf in Horeb, * and worshipped the molded image.

20 Thus they turned their glory * into the image of a calf that eats hay.

21 And they forgot God their Saviour, * Who had done such great things in Egypt;

22 Wondrous works in the land of Ham; * and fearful things by the Red Sea.

23 So He said He would have destroyed them, had not Moses His chosen stood before Him in the gap, * to turn away His wrathful indignation, lest He should destroy them.

24 Yes, they despised that pleasant land, * and gave no credence to His word;

25 But murmured in their tents, * and did not obey the voice of the LORD.

26 Then lifted He up His hand against them, * to overthrow them in the wilderness;

27 To cast out their seed among the nations, * and to scatter them in the lands.

28 They joined themselves unto Baal-peor, * and ate the offerings of the dead.

29 Thus they provoked Him to anger with their own inventions; * and the plague was great among them.

30 Then stood up Phinehas, and intervened; * and so the plague ceased.

31 And that was counted unto him for righteousness, * among all generations for evermore.

32 They angered Him also at the waters of strife, * so that He punished Moses for their sakes;

33 Because they provoked his spirit, * so that he spoke unadvisedly with his lips.

34 Neither destroyed they the nations, * as the LORD commanded them;

35 But they mingled among the Gentiles, * and learned their works.

36 Insomuch that they worshipped their idols, which became a snare unto them; * yes, they offered their sons and their daughters unto demons;

37 And shed innocent blood, even the blood of their sons and of their daughters, * whom they offered unto the idols of Canaan; and the land was defiled with blood.

38 Thus were they stained with their own works, * and played the harlot with their own deeds.

39 Therefore was the wrath of the LORD kindled against His people, * insomuch that He abhorred His own inheritance.

40 And He gave them over into the hand of the Gentiles; * and those who hated them were lords over them.

41 Their enemies oppressed them, * and had them in subjection.

42 Many a time did He deliver them; * but they rebelled against Him with their own counsels, and were brought down in their wickedness.

43 Nevertheless, when He saw their adversity, * He heard their complaint.

44 He thought upon His covenant, and pitied them, according unto the multitude of His mercies; * yes, He made all those who led them away captive to pity them.

45 Deliver us, O LORD our God, and gather us from among the nations; * that we may give thanks unto Your holy Name, and make our boast of Your praise.

46 Blessed be the LORD God of Israel, from everlasting, and world without end; * And let all the people say, Amen.

BOOK V

The Twenty-second Day

Morning Prayer

Psalm 107. *Confitemini Domino.*

O GIVE thanks unto the LORD, for He is good, * and His mercy endures for ever.

2 Let them give thanks whom the LORD has redeemed, * and delivered from the hand of the enemy;

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

4 They went astray in the wilderness out of the way, * and found no city to dwell in.

5 Hungry and thirsty, * their soul fainted in them.

6 So they cried unto the LORD in their trouble, * and He delivered them from their distress.

7 He led them forth by the right way, * that they might go to the city where they dwelt.

8 O that men would therefore praise the LORD for His goodness; * and declare the wonders that He does for the children of men!

9 For He satisfies the empty soul, * and fills the hungry soul with goodness.

10 Such as sit in darkness, and in the shadow of death, * being fast bound in misery and irons;

11 Because they rebelled against the words of the Lord, * and lightly regarded the counsel of the Most High;

12 He also brought down their hearts through heaviness: * they fell down, and there was none to help them.

13 So when they cried unto the LORD in their trouble, * He delivered them out of their distress.

14 For He brought them out of darkness, and out of the shadow of death, * and broke their chains in pieces.

15 O that men would therefore praise the LORD for His goodness; * and declare the wonders that He does for the children of men;

16 For He has broken the gates of brass, * and cut the bars of iron in two.

17 Foolish men are plagued for their offence, * and because of their wickedness.

18 Their soul abhorred all manner of food, * and they were even near to death's door.

19 So when they cried unto the LORD in their trouble, * He delivered them out of their distress.

20 He sent His word, and healed them; * and they were saved from their destruction.

21 O that men would therefore praise the LORD for His goodness; * and declare the wonders that He does for the children of men!

22 That they would offer unto Him the sacrifice of thanksgiving, * and tell out His works with gladness!

23 Those who go down to the sea in ships, * and occupy their business in great waters;

24 These men see the works of the LORD, * and His wonders in the deep.

25 For at His word the stormy wind arises, * which lifts up the waves thereof.

26 They are carried up to the heavens, and down again to the deep; * their soul melts away because of the trouble.

27 They reel to and fro, and stagger like a drunken man, * and are at their wit's end.

28 So when they cry unto the LORD in their trouble, * He delivers them out of their distress.

29 For He makes the storm to cease, * so that the waves thereof are still.

30 Then are they glad, because they are at rest; * and so He brings them unto the haven where they would be.

31 O that men would therefore praise the LORD for His goodness; * and declare the wonders that He does for the children of men!

32 That they would exalt Him also in the congregation of the people, * and praise Him in the seat of the elders!

33 He turns the floods into a wilderness, * and dries up the water-springs.

34 A fruitful land He makes barren, * for the wickedness of those who dwell therein.

35 Again, He makes the wilderness a standing water, * and water-springs of a dry ground.

36 And there He sets the hungry, * that they may build them a city to dwell in;

37 That they may sow their land, and plant vineyards, * to yield them fruits of increase.

38 He blesses them, so that they multiply exceedingly; * and suffers not their cattle to decrease.

39 And again, when they are diminished and brought low* through oppression, through any plague or trouble;

40 Though He causes them to be evilly treated by tyrants,* and lets them wander out of the way in the wilderness;

41 Yet He helps the poor out of misery, * and makes him households like a flock of sheep.

42 The righteous will consider this, and rejoice; * and the mouth of all wickedness shall be stopped.

43 Whoever is wise, will ponder these things; * and they shall understand the loving-kindness of the LORD.

Evening Prayer

Psalm 108. *Paratum cor meum.*

O GOD, my heart is ready, my heart is ready; * I will sing, and give praise with the best member that I have.

2 Awake, lute and harp; * I myself will awaken the dawn.

3 I will give thanks unto You, O LORD, among the peoples; * I will sing praises unto You among the nations.

4 For Your mercy is greater than the heavens, * and Your truth reaches unto the clouds.

5 Set up Yourself, O God, above the heavens, * and Your glory above all the earth;

6 That Your beloved may be delivered: * let Your right hand save them, and hear me.

7 God has spoken in His holiness; * I will rejoice therefore, and divide Shechem, and portion out the valley of Succoth.

8 Gilead is mine, and Manasseh is mine; * Ephraim also is the strength of My head; Judah is My law-giver;

9 Moab is My wash-pot; over Edom will I cast out my shoe; * upon Philistia will I triumph.

10 Who will lead Me into the strong city? * and who will bring Me into Edom?

11 Have You not forsaken us, O God? * and will You not, O God, go forth with our hosts?

12 O help us against the enemy: * for vain is the help of man.

13 Through God we shall do great acts; * and it is He Who shall tread down our enemies.

Psalm 109. *Deus, laudem.*

HOLD not Your tongue, O God of my praise; * for the mouth of the ungodly, yes, the mouth of the deceitful is opened against me.

2 And they have spoken against me with false tongues; * they have surrounded me also with words of hatred, and fought against me without a cause.

3 In spite of the love that I gave unto them, behold, they are now my accusers; * but I give myself unto prayer.

4 Thus have they rewarded me evil for good, * and hatred for my good will.

5 Set an ungodly man to be ruler over him, * and let an adversary stand at his right hand.

6 When sentence is given upon him, let him be condemned; * and let his prayer be turned into sin.

7 Let his days be few; * and let another take his office.

8 Let his children be fatherless, * and his wife a widow.

9 Let his children be vagabonds, and beg their bread; * let them seek it also out of desolate places.

10 Let the creditor consume all that he has; * and let the stranger spoil his labour.

11 Let there be no man to pity him, * nor to have compassion upon his fatherless children.

12 Let his posterity be destroyed; * and in the next generation let his name be blotted out.

13 Let the wickedness of his fathers be had in remembrance in the sight of the LORD; * and let not the sin of his mother be done away.

14 Let them always be before the LORD, * that He may root out the memorial of them from off the earth;

15 And that, because his mind was not to do good; * but persecuted the poor helpless man, that he might slay him who was broken of heart.

16 His delight was in cursing, and it shall happen unto him; * he loved not blessing, therefore shall it be far from him.

17 He clothed himself with cursing like as with a raiment, * and it shall come into his body like water, and like oil into his bones.

18 Let it be unto him as the cloak that he has upon him, * and as the belt that he is always girded with.

19 Let it thus happen from the LORD unto my enemies, * and to those who speak evil against my soul.

20 But deal with me, O LORD God, according unto Your Name; * for sweet is Your mercy.

21 O deliver me, for I am helpless and poor, * and my heart is wounded within me.

22 I go hence like the shadow that departs, * and am driven away as the locust.

23 My knees are weak through fasting; * my flesh is feeble for want of fatness.

24 I am become also a reproach unto them: * they who look upon me shake their heads.

25 Help me, O LORD my God; * O save me according to Your mercy;

26 And they shall know that this is Your hand, * and that You, LORD, have done it.

27 Though they curse, yet You bless; * and let them be confounded who rise up against me; but let Your servant rejoice.

28 Let my adversaries be clothed with shame; * and let them cover themselves with their own confusion, as with a cloak.

29 As for me, I will give great thanks unto the LORD with my mouth, * and praise Him among the multitude;

30 For He shall stand at the right hand of the poor, * to save his soul from unrighteous judges.

The Twenty-third Day

Morning Prayer

Psalm 110. *Dixit Dominus.*

THE LORD said unto my Lord, * Sit at My right hand, until I make Your enemies Your footstool.

2 The LORD shall send the rod of Your power out of Sion: * be ruler, even in the midst among Your enemies.

3 In the day of Your power shall Your people offer themselves willingly with a holy worship: * Your young men come to You as dew from the womb of the morning.

4 The LORD swore, and will not relent, * You are a Priest for ever after the order of Melchizedek.

5 The Lord at Your right hand * shall wound even kings in the day of His wrath.

6 He shall judge among the nations; * He shall fill the places with the dead bodies, and execute the heads over many countries.

7 He shall drink of the brook in the way; * therefore shall He lift up His head.

Psalm 111. *Confitebor tibi.*

I WILL give thanks unto the LORD with my whole heart, * secretly among the faithful, and in the congregation.

2 The works of the LORD are great, * sought out of all those who have pleasure therein.

3 His work is worthy to be praised and had in honour, * and His righteousness endures for ever.

4 The merciful and gracious LORD has so done His marvelous works, * that they ought to be had in remembrance.

5 He has given food unto those who fear Him; * He shall ever be mindful of His covenant.

6 He has shown His people the power of His works, * that He may give them the heritage of the nations.

7 The works of His hands are truth and judgement; * all His commandments are sure.

8 They stand fast for ever and ever, * and are done in truth and equity.

9 He sent redemption unto His people; * He has commanded His covenant for ever; holy and awesome is His Name.

10 The fear of the LORD is the beginning of wisdom; * a good understanding have all those who do His commandments; His praise endures for ever.

Psalm 112. *Beatus vir.*

BLESSED is the man who fears the LORD; * he has great delight in His commandments.

2 His seed shall be mighty upon earth; * the generation of the faithful shall be blessed.

3 Riches and plenteousness shall be in his house; * and his righteousness endures for ever.

4 Unto the godly there arises up light in the darkness; * he is merciful, loving, and righteous.

5 A good man is merciful, and lends; * and will guide his words with discretion.

6 For he shall never be moved: * and the righteous shall be had in everlasting remembrance.

7 He will not be afraid of any evil tidings; * for his heart stands fast, and believes in the LORD.

8 His heart is established, and will not be afraid, * until he sees his desire upon his enemies.

9 He has dispersed abroad, and given to the poor, * and his righteousness remains for ever; his horn shall be exalted with honour.

10 The ungodly shall see it, and it shall grieve him; * he shall gnash with his teeth, and melt away; the desire of the ungodly shall perish.

Psalm 113. *Laudate, pueri.*

PRAISE the LORD, you servants; * O praise the Name of the LORD.

2 Blessed be the Name of the LORD * from this time forth for evermore.

3 The LORD'S Name is to be praised * from the rising up of the sun unto the going down of the same.

4 The LORD is high above all nations, * and His glory above the heavens.

5 Who is like the LORD our God, Who has His dwelling so high, * and yet humbles Himself to behold the things that are in heaven and earth!

6 He takes up the simple out of the dust, * and lifts the poor out of the mire;

7 That He may set him with the princes, * even with the princes of His people.

8 He makes the barren woman to keep house, * and to be a joyful mother of children.

Evening Prayer

Psalm 114. *In exitu Israel.*

WHEN Israel came out of Egypt, * and the house of Jacob from among a people of strange language,

2 Judah was His sanctuary, * and Israel His dominion.

3 The sea saw that, and fled; * Jordan was driven back.

4 The mountains skipped like rams, * and the little hills like young sheep.

5 What ails you, O you sea, that you fled? * and you Jordan, that you were driven back?

6 You mountains, that you skipped like rams? * and you little hills, like young sheep?

7 Tremble, O earth, at the presence of the Lord: * at the presence of the God of Jacob;

8 Who turned the hard rock into a standing water, * and the flint-stone into a springing well.

Psalm 115. *Non nobis, Domine.*

NOT unto us, O LORD, not unto us, but unto Your Name give the praise; * for Your loving mercy, and for Your truth's sake.

2 Why should the nations say, * Where is now their God?

3 As for our God, He is in heaven: * He has done whatsoever pleased Him.

4 Their idols are silver and gold, * even the work of men's hands.

5 They have mouths, and speak not; * eyes have they, and see not.

6 They have ears, and hear not; * noses have they, and smell not.

7 They have hands, and handle not; feet have they, and walk not; * neither do they speak through their throat.

8 Those who make them are like them; * and so are all such as put their trust in them.

9 But you, house of Israel, trust in the LORD; * He is their helper and defender.

10 You house of Aaron, put your trust in the LORD; * He is their helper and defender.

11 You who fear the LORD, put your trust in the LORD; * He is their helper and defender.

12 The LORD has been mindful of us, and He shall bless us; * even He shall bless the house of Israel, He shall bless the house of Aaron.

13 He shall bless those who fear the LORD, * both small and great.

14 The LORD shall increase you more and more, * you and your children.

15 You are the blessed of the LORD, * Who made heaven and earth.

16 All the whole heavens are the LORD'S; * the earth has He given to the children of men.

17 The dead praise You not, O LORD, * neither all those who go down into silence.

18 But we will praise the LORD, * from this time forth for evermore. Praise the LORD.

The Twenty-fourth Day

Morning PrayerPsalm 116. *Dilexi, quoniam.*

MY delight is in the LORD; * because He has heard the voice of my prayer;

2 Because He has inclined His ear unto me; * therefore will I call upon Him as long as I live.

3 The snares of death surrounded me, * and the pains of Hades laid hold on me.

4 I found trouble and heaviness; then I called upon the Name of the LORD; * O LORD, I beseech You, deliver my soul.

5 Gracious is the LORD, and righteous; * yes, our God is merciful.

6 The LORD preserves the simple: * I was in misery, and He helped me.

7 Turn again then unto your rest, O my soul; * for the LORD has rewarded you.

8 And why? You have delivered my soul from death, * my eyes from tears, and my feet from falling.

9 I will walk before the LORD * in the land of the living.

10 I believed, and therefore will I speak; but I was greatly troubled: * I said in my haste, All men are liars.

11 What reward shall I give unto the LORD * for all the benefits that He has done unto me?

12 I will receive the cup of salvation, * and call upon the Name of the LORD.

13 I will pay my vows now in the presence of all His people: * precious in the sight of the LORD is the death of His saints.

14 Behold, O LORD, how that I am Your servant; * I am Your servant, and the son of Your maidservant; You have broken my bonds in sunder.

15 I will offer unto You the sacrifice of thanksgiving, * and will call upon the Name of the LORD.

16 I will pay my vows unto the LORD, in the sight of all His people, * in the courts of the LORD'S house; even in the midst of you, O Jerusalem. Praise the LORD.

Psalm 117. *Laudate Dominum.*

O PRAISE the LORD, all you nations; * praise Him, all you peoples.

2 For His merciful kindness is ever more and more toward us; * and the truth of the LORD endures for ever. Praise the LORD.

Psalm 118. *Confitemini Domino.*

O GIVE thanks unto the LORD, for He is gracious; * because His mercy endures for ever.

2 Let Israel now confess that He is gracious, * and that His mercy endures for ever.

3 Let the house of Aaron now confess, * that His mercy endures for ever.

4 Yes, let those now who fear the LORD confess, * that His mercy endures for ever.

5 I called upon the LORD in trouble; * and the LORD set me in a broad place.

6 The LORD is on my side; * I will not fear what man does to me.

7 The LORD takes my part with those who help me; * therefore shall I see my desire upon my enemies.

8 It is better to trust in the LORD, * than to put any confidence in man.

9 It is better to trust in the LORD, * than to put any confidence in princes.

10 All nations surrounded me; * but in the Name of the LORD will I destroy them.

11 They kept me in on every side, they kept me in, I say, on every side; * but in the Name of the LORD will I destroy them.

12 They came about me like bees, and they were quenched even as the fire among the thorns; * for in the Name of the LORD I will destroy them.

13 You have pushed violently at me, that I might fall; * but the LORD was my help.

14 The LORD is my strength, and my song; * and has become my salvation.

15 The voice of joy and health is in the dwellings of the righteous; * the right hand of the LORD brings mighty things to pass.

16 The right hand of the LORD has the pre-eminence; * the right hand of the LORD brings mighty things to pass.

17 I shall not die, but live, * and declare the works of the LORD.

18 The LORD has chastened and corrected me; * but He has not given me over unto death.

19 Open to me the gates of righteousness, * that I may go into them, and give thanks unto the LORD.

20 This is the gate of the LORD, * the righteous shall enter into it.

21 I will thank You; for You have heard me, * and have become my salvation.

22 The same stone which the builders refused, * has become the head-stone in the corner.

23 This is the LORD'S doing, * and it is marvelous in our eyes.

24 This is the day which the LORD has made; * we will rejoice and be glad in it.

25 Help me now, O LORD: * O LORD, send us now prosperity.

26 Blessed be he who comes in the Name of the LORD: * we have blessed you, we who are of the house of the LORD.

27 God is the LORD, Who has showed us light: * bind the sacrifice with cords, yes, even unto the horns of the altar.

28 You are my God, and I will thank You; * You are my God, and I will praise You.

29 O give thanks unto the LORD; for He is gracious, * and His mercy endures for ever.

Evening Prayer

Psalm 119.

I. *Beati immaculati.*

BLESSED are those who are undefiled in the way, * and walk in the law of the LORD.

2 Blessed are they who keep His testimonies, * and seek Him with their whole heart;

3 Even those who do no wickedness, * and walk in His ways.

4 You have charged * that we shall diligently keep Your commandments.

5 O that my ways were made so direct, * that I might keep Your statutes!

6 So shall I not be confounded, * while I have respect unto all Your commandments.

7 I will thank You with an upright heart, * when I shall have learned the judgements of Your righteousness.

8 I will keep Your statutes; * O forsake me not utterly.

II. *In quo corrigit?*

HOW shall a young man cleanse his way? * even by ruling himself after Your word.

10 With my whole heart have I sought You; * O let me not wander from Your commandments.

11 Your word have I hid within my heart, * that I should not sin against You.

12 Blessed are You, O LORD; * O teach me Your statutes.

13 With my lips have I been telling * of all the judgements of Your mouth.

14 I have had as great delight in the way of Your testimonies, * as in all manner of riches.

15 I will talk of Your commandments, * and have respect unto Your ways.

16 My delight shall be in Your statutes, * and I will not forget Your word.

III. *Retribue servo tuo.*

O DO well with Your servant; * that I may live, and keep Your word.

18 Open my eyes; * that I may see the wondrous things of Your law.

19 I am a stranger upon earth; * O hide not Your commandments from me.

20 My soul breaks out for the very fervent desire * that it has always unto Your judgements.

21 You have rebuked the proud; * and cursed are those who err from Your commandments.

22 Remove from me shame and rebuke; * for I have kept Your testimonies.

23 Princes also did sit and speak against me; * but Your servant is occupied in Your statutes.

24 For Your testimonies are my delight, * and my counselors.

IV. *Adhaesit pavimento.*

MY soul clings to the dust; * O revive me, according to Your word.

26 I have acknowledged my ways, and You heard me: * O teach me Your statutes.

27 Make me to understand the way of Your commandments; * and so shall I talk of Your wondrous works.

28 My soul melts away for very heaviness; * comfort me according to Your word.

29 Take from me the way of lying, * and cause me to make much of Your law.

30 I have chosen the way of truth, * and Your judgements have I laid before me.

31 I have clung to Your testimonies; * O LORD, confound me not.

32 I will run the way of Your commandments, * when You have set my heart at liberty.

The Twenty-fifth Day

Morning Prayer

V. *Legem pone.*

TEACH me, O LORD, the way of Your statutes, * and I shall keep it unto the end.

34 Give me understanding, and I shall keep Your law; * yes, I shall keep it with my whole heart.

35 Make me to go in the path of Your commandments; * for therein is my desire.

36 Incline my heart unto Your testimonies, * and not to covetousness.

37 O turn away my eyes, lest they behold vanity; * and revive me in Your way.

38 O establish Your word in Your servant, * that I may fear You.

39 Take away the rebuke that I am afraid of; * for Your judgements are good.

40 Behold, my delight is in Your commandments; * O revive me in Your righteousness.

VI. *Et veniat super me.*

LET Your loving mercy come also unto me, O LORD, * even Your salvation, according unto Your word.

42 So shall I have an answer for my adversaries; * for my trust is in Your word.

43 O take not the word of Your truth utterly out of my mouth; * for my hope is in Your judgements.

44 So shall I always keep Your law; * yes, for ever and ever.

45 And I will walk at liberty; * for I seek Your commandments.

46 I will speak of Your testimonies also, even before kings, * and will not be ashamed.

47 And my delight shall be in Your commandments, * which I have loved.

48 My hands also will I lift up unto Your commandments, which I have loved; * and my study shall be in Your statutes.

VII. *Memor esto verbi tui.*

O THINK upon Your servant, as concerning Your word, * wherein You have caused me to put my trust.

50 The same is my comfort in my trouble; * for Your word has revived me.

51 The proud have had me exceedingly in derision; * yet have I not shrunk from Your law.

52 For I remembered Your everlasting judgements, O LORD, * and received comfort.

53 I am horribly afraid, * for the ungodly who forsake Your law.

54 Your statutes have been my songs, * in the house of my pilgrimage.

55 I have thought upon Your Name, O LORD, in the night season, * and have kept Your law.

56 This I had, * because I kept Your commandments.

VIII. *Portio mea, Domine.*

YOU are my portion, O LORD; * I have promised to keep Your law.

58 I made my humble petition in Your presence with my whole heart; * O be merciful unto me, according to Your word.

59 I called my own ways to remembrance, * and turned my feet unto Your testimonies.

60 I made haste, and prolonged not the time, * to keep Your commandments.

61 The snares of the ungodly have bound me; * but I have not forgotten Your law.

62 At midnight I will rise to give thanks unto You, * because of Your righteous judgements.

63 I am a companion of all those who fear You, * and keep Your commandments.

64 The earth, O LORD, is full of Your mercy: * O teach me Your statutes.

IX. *Bonitatem fecisti.*

O LORD, You have dealt graciously with Your servant, * according to Your word.

66 O teach me true understanding and knowledge; * for I have believed Your commandments.

67 Before I was troubled, I went wrong; * but now have I kept Your word.

68 You are good and gracious; * O teach me Your statutes.

69 The proud have imagined a lie against me; * but I will keep Your commandments with my whole heart.

70 Their heart is as fat as grease; * but my delight has been in Your law.

71 It is good for me that I have been in trouble; * that I may learn Your statutes.

72 The law of Your mouth is dearer unto me * than thousands of gold and silver.

Evening Prayer

X. *Manus tuae fecerunt me.*

YOUR hands have made me and fashioned me: * O give me understanding, that I may learn Your commandments.

74 Those who fear You will be glad when they see me; * because I have put my trust in Your word.

75 I know, O LORD, that Your judgements are right, * and that in faithfulness You have afflicted me.

76 O let Your merciful kindness be my comfort, * according to Your word unto Your servant.

77 O let Your loving mercies come unto me, that I may live; * for Your law is my delight.

78 Let the proud be confounded, for they go wickedly about to destroy me; * but I will be occupied in Your commandments.

79 Let such as fear You, and have known Your testimonies, * be turned unto me.

80 O let my heart be blameless regarding Your statutes, * that I be not ashamed.

XI. *Defecit anima mea.*

MY soul has longed for Your salvation, * and I have a good hope because of Your word.

82 My eyes fail from searching Your word; * saying, O when will You comfort me?

83 For I have become like a wineskin in the smoke; * yet I do not forget Your statutes.

84 How many are the days of Your servant? * when will You be avenged of those who persecute me?

85 The proud have dug pits for me, * which is not according to Your law.

86 All Your commandments are true: * they persecute me falsely; O be my help.

87 They almost made an end of me upon earth; * but I forsook not Your commandments.

88 O revive me according to Your loving-kindness; * and so shall I keep the testimonies of Your mouth.

XII. *In aeternum, Domine.*

O LORD, Your word * endures for ever in heaven.

90 Your truth also remains from one generation to

another; * You have laid the foundation of the earth, and it abides.

91 They continue this day according to Your ordinance; * for all things serve You.

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

93 I will never forget Your commandments; * for with them You have revived me.

94 I am Yours: O save me, * for I have sought Your commandments.

95 The ungodly laid wait for me, to destroy me; * but I will consider Your testimonies.

96 I see that all things come to an end; * but Your commandment is exceeding broad.

XIII. *Quomodo dilexi!*

LORD, what love have I for Your law! * all the day long is my study in it.

98 You, through Your commandments, have made me wiser than my enemies; * for they are ever with me.

99 I have more understanding than my teachers; * for Your testimonies are my study.

100 I am wiser than the aged; * because I keep Your commandments.

101 I have restrained my feet from every evil way, * that I may keep Your word.

102 I have not departed from Your judgements; * for You teach me.

103 O how sweet are Your words to my taste; * yes, sweeter than honey unto my mouth!

104 Through Your commandments I get understanding; * therefore I hate all evil ways.

The Twenty-sixth Day

Morning Prayer*XIV. Lucerna pedibus meis.*

YOUR word is a lantern unto my feet, * and a light unto my paths.

106 I have sworn, and am steadfastly purposed, * to keep Your righteous judgements.

107 I am troubled above measure: * revive me, O LORD, according to Your word.

108 Let the free-will offerings of my mouth please You, O LORD; * and teach me Your judgements.

109 My soul is always in my hand; * yet do I not forget Your law.

110 The ungodly have laid a snare for me; * but yet I swerved not from Your commandments.

111 Your testimonies have I claimed as my heritage for ever; * and why? they are the very joy of my heart.

112 I have applied my heart to fulfil Your statutes always,* even unto the end.

XV. Iniquos odio habui.

IHATE those who imagine evil things; * but Your law do I love.

114 You are my defence and shield; * and my trust is in Your word.

115 Away from me, you wicked; * I will keep the commandments of my God.

116 O establish me according to Your word, that I may live; * and let me not be disappointed of my hope.

117 Hold me up, and I shall be safe; * yes, my delight shall be ever in Your statutes.

118 You have trodden down all those who depart from Your statutes; * for they imagine but deceit.

119 You put away all the ungodly of the earth like dross;* therefore I love Your testimonies.

120 My flesh trembles for fear of You; * and I am afraid of Your judgements.

XVI. *Feci iudicium.*

I DEAL with the thing that is lawful and right; * O give me not over unto my oppressors.

122 Make Your servant to delight in that which is good, * that the proud may do me no wrong.

123 My eyes are wasted away with looking for Your salvation, * and for the word of Your righteousness.

124 O deal with Your servant according unto Your loving mercy, * and teach me Your statutes.

125 I am Your servant; O grant me understanding, * that I may know Your testimonies.

126 It is time for You, LORD, to put forth Your hand; * for they have destroyed Your law.

127 For I love Your commandments * above gold and precious stones.

128 Therefore I hold right all Your commandments; * and all false ways I utterly abhor.

XVII. *Mirabilia.*

YOUR testimonies are wonderful; * therefore does my soul keep them.

130 When Your word goes forth, * it gives light and understanding unto the simple.

131 I opened my mouth, and drew in my breath; * for my delight was in Your commandments.

132 O look upon me, and be merciful unto me, * as Your custom was to those who love Your Name.

133 Order my steps in Your word; * and so shall no wickedness have dominion over me.

134 O deliver me from the wrongful dealings of men; * and so shall I keep Your commandments.

135 Show the light of Your countenance upon Your servant, * and teach me Your statutes.

136 My eyes gush out with water, * because men keep not Your law.

XVIII. *Justus es, Domine.*

RIGHTEOUS are You, O LORD; * and true are Your judgements.

138 The testimonies that You have commanded * are exceedingly righteous and true.

139 My zeal has even consumed me; * because my enemies have forgotten Your words.

140 Your word is tried to the uttermost, * and Your servant loves it.

141 I am small and of no reputation; * yet do I not forget Your commandments.

142 Your righteousness is an everlasting righteousness, * and Your law is the truth.

143 Trouble and heaviness have taken hold upon me; * yet is my delight in Your commandments.

144 The righteousness of Your testimonies is everlasting; * O grant me understanding, and I shall live.

Evening Prayer

XIX. *Clamavi in toto corde meo.*

ICALL with my whole heart; * hear me, O LORD; I will keep Your statutes.

146 Yes, even unto You do I call; * help me, and I shall keep Your testimonies.

147 Early in the morning do I cry unto You; * for in Your word is my trust.

148 I wake before the night watches; * that I might be occupied in Your word.

149 Hear my voice, O LORD, according to Your lovingkindness; * revive me, according to Your judgements.

150 They draw near who of malice persecute me, * and are far from Your law.

151 Be near at hand, O LORD; * for all Your commandments are true.

152 As concerning Your testimonies, I have known of old, * that You have grounded them for ever.

XX. *Vide humilitatem.*

O CONSIDER my adversity, and deliver me, * for I do not forget Your law.

154 Avenge my cause, and deliver me; * revive me according to Your word.

155 Health is far from the ungodly; * for they regard not Your statutes.

156 Great is Your mercy, O LORD; * revive me, as You desire.

157 Many there are who trouble me, and persecute me; * yet do I not swerve from Your testimonies.

158 It grieves me when I see the transgressors; * because they keep not Your law.

159 Consider, O LORD, how I love Your commandments; * O revive me, according to Your loving-kindness.

160 Your word is true from everlasting; * all the judgements of Your righteousness endure for evermore.

XXI. *Principes persecuti sunt.*

PRINCES have persecuted me without a cause; * but my heart stands in awe of Your word.

162 I am as glad of Your word, * as one who finds great spoils.

163 As for lies, I hate and abhor them; * but Your law do I love.

164 Seven times a day do I praise You; * because of Your righteous judgements.

165 Great is the peace that they have who love Your law; * and they have no occasion to stumble.

166 LORD, I have looked for Your salvation, * and do Your commandments.

167 My soul has kept Your testimonies, * and loved them exceedingly.

168 I have kept Your commandments and testimonies; * for all my ways are before You.

XXII. *Appropinquet deprecatio.*

LET my complaint come before You, O LORD; * give me understanding according to Your word.

170 Let my supplication come before You; * deliver me according to Your word.

171 My lips shall speak of Your praise, * when You have taught me Your statutes.

172 Yes, my tongue shall sing of Your word; * for all Your commandments are righteous.

173 Let Your hand help me; * for I have chosen Your commandments.

174 I have longed for Your salvation, O LORD; * and in Your law is my delight.

175 O let my soul live, and it shall praise You; * and Your judgements shall help me.

176 I have gone astray like a sheep that is lost; * O seek Your servant, for I do not forget Your commandments.

The Twenty-seventh Day

Morning Prayer

Psalm 120. *Ad Dominum.*

WHEN I was in trouble, I called upon the LORD, * and He heard me.

2 Deliver my soul, O LORD, from lying lips, * and from a deceitful tongue.

3 What reward shall be given or done unto you, you false tongue? * even mighty and sharp arrows, with hot burning coals.

4 Woe is me, that I am compelled to dwell with Meshech,* and to have my habitation among the tents of Kedar!

5 My soul has long dwelt among those * who are enemies unto peace.

6 I labour for peace; but when I speak unto them about it, * they prepare themselves ready to battle.

Psalm 121. *Levavi oculos.*

I WILL lift up my eyes unto the hills; * from where comes my help?

2 My help comes even from the LORD, * Who has made heaven and earth.

3 He will not allow your foot to be moved; * and He Who keeps you will not sleep.

4 Behold, He Who keeps Israel * shall neither slumber nor sleep.

5 The LORD Himself is your keeper; * the LORD is your defence upon your right hand;

6 So that the sun shall not burn you by day, * neither the moon by night.

7 The LORD shall preserve you from all evil; * yes, it is even He Who shall keep your soul.

8 The LORD shall preserve your going out, and your coming in, * from this time forth for evermore.

Psalm 122. *Lætatus sum.*

I WAS glad when they said unto me, * We will go into the house of the LORD.

2 Our feet shall stand in your gates, * O Jerusalem.

3 Jerusalem is built as a city * that is at unity in itself.

4 For there the tribes go up, even the tribes of the LORD,* to testify unto Israel, to give thanks unto the Name of the LORD.

5 For there is the seat of judgment, * even the seat of the house of David.

6 O pray for the peace of Jerusalem; * they shall prosper who love you.

7 Peace be within your walls, * and plenteousness within your palaces.

8 For my brethren and companions' sakes, * I will wish you prosperity.

9 Yes, because of the house of the LORD our God, * I will seek to do you good.

Psalm 123. *Ad te levavi oculos meos.*

UNTO You I lift up my eyes, * O You Who dwell in the heavens.

2 Behold, even as the eyes of servants look unto the hand of their masters, and as the eyes of a maiden unto the hand of her mistress, * even so our eyes wait upon the LORD our God, until He has mercy upon us.

3 Have mercy upon us, O LORD, have mercy upon us; * for we are utterly despised.

4 Our soul is filled with the scornful reproof of the wealthy, * and with the despitefulness of the proud.

Psalm 124. *Nisi quia Dominus.*

IF the LORD Himself had not been on our side, now may Israel say; * if the LORD Himself had not been on our side, when men rose up against us;

2 They would have swallowed us up alive; * when they were so wrathfully displeased at us.

3 Yes, the waters would have drowned us, * and the stream would have gone over our soul.

4 The deep waters of the proud * would have gone even over our soul.

5 But praised be the LORD, * Who has not given us over for a prey unto their teeth.

6 Our soul is escaped even as a bird out of the snare of the fowler; * the snare is broken, and we are delivered.

7 Our help stands in the Name of the LORD, * Who has made heaven and earth.

Psalm 125. *Qui confidunt.*

THOSE who put their trust in the LORD shall be even as the mount Sion, * which may not be removed, but stands fast for ever.

2 The hills stand about Jerusalem; * even so stands the LORD round about His people, from this time forth for evermore.

3 For the sceptre of the ungodly shall not abide upon the lot of the righteous; * lest the righteous put their hand out to wickedness.

4 Do well, O LORD, * unto those who are good and true of heart.

5 As for such as turn back unto their own wickedness, * the LORD shall lead them forth with the evil doers; but peace shall be upon Israel.

Evening Prayer

Psalm 126. *In convertendo.*

WHEN the LORD turned again the captivity of Sion, * then were we like those who dream.

2 Then was our mouth filled with laughter, * and our tongue with joy.

3 Then said they among the nations, * The LORD has done great things for them.

4 Yes, the LORD has done great things for us already; * whereof we rejoice.

5 Turn our captivity, O LORD, * as the rivers in the south.

6 They who sow in tears * shall reap in joy.

7 He who now goes on his way weeping, and bears forth good seed, * shall doubtless come again with joy, and bring his sheaves with him.

Psalm 127. *Nisi Dominus.*

EXCEPT the LORD build the house, * their labour is but lost who build it.

2 Except the LORD keep the city, * the watchman wakes but in vain.

3 It is but lost labour that you haste to rise up early, and so late take rest, and eat the bread of carefulness; * for so He gives His beloved sleep.

4 Behold, children, and the fruit of the womb, * are a heritage and gift that comes from the LORD.

5 Like as the arrows in the hand of the giant, * even so are the young children.

6 Happy in the man who has his quiver full of them; * they shall not be ashamed when they speak with their enemies in the gate.

Psalm 128. *Beati omnes.*

BLESSED are all those who fear the LORD, * and walk in His ways.

2 For you shall eat the labours of your hands: * It will be well with you, and happy shall you be.

3 Your wife shall be as the fruitful vine * upon the walls of your house.

4 Your children like the olive-branches * round about your table.

5 Behold, thus shall the man be blessed * who fears the LORD.

6 The LORD from out of Sion shall so bless you * that you shall see Jerusalem in prosperity all your life long;

7 Yes, that you shall see your children's children, * and peace upon Israel.

Psalm 129. *Saepe expugnaverunt.*

MANY a time have they fought against me from my youth up, * may Israel now say.

2 Yes, many a time have they afflicted me from my youth up; * but they have not prevailed against me.

3 The plowers plowed upon my back, * and made long furrows.

4 But the righteous LORD * has cut the snares of the ungodly in pieces.

5 Let them be confounded and turned backward, * as many as hate Sion.

6 Let them be even as the grass upon the house-tops, * which withers before it has grown up;

7 With which the mower fills not his hand, * nor he who binds up the sheaves his arms.

8 So that those who go by say not so much as, The LORD prosper you; * we wish you good luck in the Name of the LORD.

Psalm 130. *De profundis.*

OUT of the deep have I called unto You, O LORD; * Lord, hear my voice.

2 O let Your ears consider well * to the voice of my complaint.

3 If You, LORD, will be extreme to mark what is done amiss, * O Lord, who may abide it?

4 For there is mercy with You; * therefore shall You be feared.

5 I look for the LORD; my soul waits for Him; * in His word is my trust.

6 My soul flees unto the Lord before the morning watch; * I say, before the morning watch.

7 Israel, trust in the LORD; for with the LORD there is mercy, * and with Him is plenteous redemption.

8 And He shall redeem Israel * from all his sins.

Psalm 131. *Domine, non est.*

LORD, I am not high-minded; * I have no proud looks.
 2 I do not concern myself in great matters * which are too profound for me.

3 But I refrain my soul, and keep it low, like as a child who is weaned from his mother: * yes, my soul is even as a weaned child.

4 O Israel, trust in the LORD * from this time forth for evermore.

The Twenty-eighth Day

Morning PrayerPsalm 132. *Memento, Domine.*

LORD, remember David, * and all his trouble;
 2 How he swore unto the LORD, * and vowed a vow unto the Almighty God of Jacob;

3 I will not come within the tabernacle of my house, * nor climb up into my bed;

4 I will not cause my eyes to sleep, nor my eye-lids to slumber; * nor the temples of my head to take any rest;

5 Until I find out a place for the temple of the LORD; * a habitation for the Mighty God of Jacob.

6 Behold, we heard of the same at Ephratah, * and found it in the wood.

7 We will go into His tabernacle, * and fall low on our knees before His footstool.

8 Arise, O LORD, into Your resting-place; * You, and the ark of Your strength.

9 Let Your priests be clothed with righteousness; * and let Your saints sing with joyfulness.

10 For Your servant David's sake, * turn not away the face of Your Anointed.

11 The LORD has made a faithful oath to David, * and He shall not turn from it:

12 Of the fruit of your body * shall I set upon your throne.

13 If your children will keep My covenant, and My testimonies that I shall teach them;* their children also shall sit upon your throne for evermore.

14 For the LORD has chosen Sion to be a habitation for Himself; * He has longed for her.

15 This shall be My rest for ever: * here will I dwell, for I have a delight therein.

16 I will bless her provisions with increase, * and will satisfy her poor with bread.

17 I will clothe her priests with health, * and her saints shall rejoice and sing.

18 There shall I make the horn of David to flourish: * I have ordained a lamp for My Anointed.

19 As for his enemies, I shall clothe them with shame; * but upon himself shall his crown flourish.

Psalm 133. *Ecce, quam bonum.*

BEHOLD, how good and joyful a thing it is, * for brethren to dwell together in unity

2 It is like the precious oil upon the head, that ran down into the beard, * even into Aaron's beard, and went down to the edges of his clothing.

3 It is like the dew of Hermon, * which fell upon the hill of Sion.

4 For there the LORD promised His blessing, * and life for evermore.

Psalm 134. *Ecce nunc.*

BEHOLD now, praise the LORD, * all you servants of the LORD;

2 You who by night stand in the house of the LORD, * even in the courts of the house of our God.

3 Lift up your hands in the sanctuary, * and praise the LORD.

4 The LORD Who made heaven and earth * give you blessing out of Sion.

Psalm 135. *Laudate Nomen.*

O PRAISE the LORD, praise the Name of the LORD; * praise it, O you servants of the LORD;

2 You who stand in the house of the LORD, * in the courts of the house of our God.

3 O praise the LORD, for the LORD is gracious; * O sing praises unto His Name, for it is lovely.

4 For why? the LORD has chosen Jacob for Himself, * and Israel for His Own possession.

5 For I know that the LORD is great, * and that our LORD is above all gods.

6 Whatsoever the LORD pleased, that did He in heaven, and in earth; * and in the sea, and in all deep places.

7 He brought forth the clouds from the ends of the world,* and sends forth lightnings with the rain, bringing the winds out of His treasures.

8 He destroyed the first-born of Egypt, * both of man and beast.

9 He has sent signs and wonders into the midst of you, O land of Egypt; * upon Pharaoh, and all his servants.

10 He destroyed many nations, * and slew mighty kings:

11 Sihon king of the Amorites; and Og, the king of Bashan; * and all the kingdoms of Canaan;

12 And gave their land to be a heritage, * even a heritage to Israel His people.

13 Your Name, O LORD, endures for ever; * so does Your memorial, O LORD, from one generation to another.

14 For the LORD will avenge His people, * and be gracious unto His servants.

15 As for the images of the heathen, they are but silver and gold; * the work of men's hands.

16 They have mouths, and speak not; * eyes have they, but they see not.

17 They have ears, and yet they hear not; * neither is there any breath in their mouths.

18 Those who make them are like them; * and so are all those who put their trust in them.

19 Praise the LORD, you house of Israel; * praise the LORD, you house of Aaron.

20 Praise the LORD, you house of Levi; * you who fear the LORD, praise the LORD.

21 Praised be the LORD out of Sion, * Who dwells at Jerusalem.

Evening Prayer

Psalm 136. *Confitemini.*

O GIVE thanks unto the LORD, for He is gracious: * and His mercy endures for ever.

2 O give thanks unto the God of all gods: * for His mercy endures for ever.

3 O thank the Lord of all lords: * for His mercy endures for ever.

4 Who only does great wonders: * for His mercy endures for ever.

5 Who by His excellent wisdom made the heavens: * for His mercy endures for ever.

6 Who laid out the earth above the waters: * for His mercy endures for ever.

7 Who has made great lights: * for His mercy endures for ever;

8 The sun to rule the day: * for His mercy endures for ever;

9 The moon and the stars to govern the night: * for His mercy endures for ever.

10 Who struck Egypt with their first-born: * for His mercy endures for ever;

11 And brought out Israel from among them: * for His mercy endures for ever;

12 With a mighty hand, and stretched out arm; * for His mercy endures for ever.

13 Who divided the Red sea in two parts; * for His mercy endures for ever;

14 And made Israel to go through the midst of it; * for His mercy endures for ever.

15 But as for Pharaoh and his host, He overthrew them in the Red Sea: * for His mercy endures for ever.

16 Who led His people through the wilderness: * for His mercy endures for ever.

17 Who struck great kings: * for His mercy endures for ever;

18 Yea, and slew mighty kings: * for His mercy endures for ever:

19 Sihon king of the Amorites: * for His mercy endures for ever;

20 And Og, the king of Bashan: * for His mercy endures for ever;

21 And gave away their land for a heritage: * for His mercy endures for ever;

22 Even for a heritage unto Israel His servant: * for His mercy endures for ever.

23 Who remembered us when we were in trouble: * for His mercy endures for ever;

24 And has delivered us from our enemies: * for His mercy endures for ever.

25 Who gives food to all flesh: * for His mercy endures for ever.

26 O give thanks unto the God of heaven: * for His mercy endures for ever.

27 O give thanks unto the Lord of lords: * for His mercy endures for ever.

Psalm 137. *Super flumina.*

BY the waters of Babylon we sat down and wept, * when we remembered you, O Sion.

2 As for our harps, we hung them up * upon the trees that are therein.

3 For those who led us away captive required of us then a song, and melody, in our sorrow: * Sing us one of the songs of Sion.

4 How shall we sing the LORD's song * in a strange land?

5 If I forget you, O Jerusalem, * let my right hand forget her cunning.

6 If I do not remember you, let my tongue cleave to the roof of my mouth; * yea, if I prefer not Jerusalem in my great joy.

7 Remember the children of Edom, O LORD, in the day of Jerusalem; * how they said, Down with it, down with it, even to the ground.

8 O daughter of Babylon, wasted with misery; * yea, happy shall he be who repays you, as you have served us.

9 Blessed shall he be who takes your children, * and throws them against the stones.

Psalm 138. *Confitebor tibi.*

I WILL give thanks unto You, O Lord, with my whole heart; * even before the gods will I sing praise unto You.

2 I will worship toward Your holy temple, and praise Your Name, because of Your loving-kindness and truth; * for You have magnified Your Name, and Your Word, above all things.

3 When I called upon You, You heard me; * and empowered my soul with much strength.

4 All the kings of the earth shall praise You, O LORD, * for they have heard the words of Your mouth.

5 Yes, they shall sing in the ways of the LORD, * that great is the glory of the LORD.

6 For though the LORD is high, yet has He respect towards the lowly; * as for the proud, he knows them from afar.

7 Though I walk in the midst of trouble, yet shall You refresh me; * You shall stretch forth Your hand upon the furiousness of my enemies, and Your right hand shall save me.

8 The LORD shall make good His loving-kindness toward me; * yes, Your mercy, O LORD, endures for ever; despise not then the works of Your Own hands.

The Twenty-ninth Day

Morning Prayer

Psalm 139. *Domine, probasti.*

O LORD, You have searched me out, and known me. * You know my sitting down, and my rising up; You understand my thoughts long before.

2 You are about my path, and about my bed; * and are acquainted with all my ways.

3 For behold, there is not a word in my tongue, * but You, O LORD, know it altogether.

4 You have hedged me behind and before, * and laid Your hand upon me.

5 Such knowledge is too wonderful and excellent for me; * I cannot attain it.

6 Where shall I go then from Your Spirit? * or where shall I go then from Your presence?

7 If I climb up into heaven, You are there; * if I go down to Hades, You are there also.

8 If I take the wings of the morning, * and remain in the uttermost parts of the sea;

9 Even there also shall Your hand lead me, * and Your right hand shall hold me.

10 If I say, Surely the darkness shall cover me; * then shall my night be turned to day.

11 Yes, the darkness is no darkness with You, but the night is as clear as the day; * the darkness and light are both alike to You.

12 For my inward parts are Yours; * You have covered me in my mother's womb.

13 I will give thanks unto You, for I am fearfully and wonderfully made: * marvellous are Your works, and that my soul knows quite well.

14 My bones are not hidden from You, * though I am made secretly, and fashioned beneath in the earth.

15 Your eyes saw my substance, being yet unformed; * and in Your book were all my members written;

16 Which day by day were fashioned, * when as yet there was none of them.

17 How dear are Your counsels to me, O God; * O how great is the sum of them!

18 If I count them, they are more in number than the sand: * when I wake up, I am still with You.

19 Will You not slay the wicked, O God? * depart from me, you blood-thirsty men.

20 For they speak unrighteously against You; * and Your enemies take Your Name in vain.

21 Do not I hate them, O LORD, who hate You? * and do I not loathe those who rise up against You?

22 Yes, I hate them with perfect hatred; * even as if they were my enemies.

23 Search me, O God, and know my heart; * prove me, and examine my thoughts.

24 And see if there is any wickedness in me; * and lead me in the way everlasting.

Psalm 140. *Eripe me, Domine.*

DELIVER me, O LORD, from the evil man; * and preserve me from the wicked man.

2 Who imagine mischief in their hearts, * and stir up strife all the day long.

3 They have sharpened their tongues like a serpent; * the venom of asps is under their lips.

4 Keep me, O LORD, from the hands of the ungodly; * preserve me from the wicked men, who have purposed to make my steps stumble.

5 The proud have laid a snare for me, and spread a net abroad with cords; * yes, and set traps in my way.

6 I said unto the LORD, You are my God, * hear the voice of my prayers, O LORD.

7 O LORD God, the strength of my salvation; * You have covered my head in the day of battle.

8 Let not the ungodly have his desire, O LORD; * let not his mischievous imagination prosper, lest they be too proud.

9 Let the mischief of their own lips fall upon the head of those * who surround me.

10 Let hot burning coals fall upon them; * let them be cast into the fire, and into the pit, that they never rise up again.

11 A man full of words shall not prosper upon the earth: * evil shall hunt the wicked person to overthrow him.

12 I know that the LORD will avenge the poor, * and maintain the cause of the helpless.

13 The righteous also shall give thanks unto Your Name; * and the just shall continue in Your sight.

Psalm 141. *Domine, clamavi.*

LORD, I call upon You; make haste to me, * and consider my voice when I cry unto You.

2 Let my prayer be set forth in Your sight as the incense; * and let the lifting up of my hands be an evening sacrifice.

3 Set a watch, O LORD, before my mouth, * and keep watch over the door of my lips.

4 O let not my heart be inclined to any evil thing; * let me not be occupied in ungodly works with the men who work wickedness, neither let me eat of such things as please them.

5 Let the righteous rather strike me kindly, and reprove me; * yes, let not my head refuse their precious balms.

6 As for the ungodly, * I will still pray against their wickedness.

7 Let their judges be overthrown in stony places, * that they may hear my words; for they are sweet.

8 Our bones lie scattered before the pit, * like when one breaks and cuts wood upon the earth.

9 But my eyes look unto You, O LORD God; * in You is my trust; O cast not out my soul.

10 Keep me from the snare that they have laid for me, * and from the traps of the workers of iniquity.

11 Let the ungodly fall into their own nets together, * and let me ever escape them.

Psalm 142. *Voce mea ad Dominum.*

I CRIED unto the LORD with my voice; * yes, even unto the LORD I made my supplication.

2 I poured out my complaints before Him, * and declared before Him my trouble.

3 When my spirit was in heaviness, You knew my path; * in the way in which I walked have they secretly laid a snare for me.

4 I looked also at my right hand, * and saw there was no man who would acknowledge me.

5 I had no place to flee, * and no man cared for my soul.

6 I cried unto You, O LORD, and said, * You are my hope, and my portion in the land of the living.

7 Consider my complaint; * for I am brought very low.

8 O deliver me from my persecutors; * for they are too strong for me.

9 Bring my soul out of prison, that I may give thanks unto Your Name; * which thing if You will grant me, then shall the righteous surround me.

Psalm 143. *Domine, exaudi.*

HEAR my prayer, O LORD, and consider my supplication; * listen to me for Your truth and righteousness' sake.

2 And enter not into judgement with Your servant; * for in Your sight shall no man living is justified.

3 For the enemy has persecuted my soul; he has crushed my life down to the ground; * he has laid me in the darkness, as the men who have been long dead.

4 Therefore is my spirit overwhelmed within me, * and my heart within me is desolate.

5 Yet do I remember the time past; I muse upon all Your works; * yes, I exercise myself in the works of Your hands.

6 I stretch forth my hands unto You; * my soul longs for You like a thirsty land.

7 Hear me, O LORD, and that soon; for my spirit fails: * hide not Your face from me, lest I be like Those who go down into the pit.

8 O let me hear thy loving-kindness in the morning, for in You is my trust: * show me the way in which I should walk, for I lift up my soul to You.

9 Deliver me, O LORD, from my enemies; * for I flee unto You to hide me.

10 Teach me to do the thing that pleases You, for You are my God: * let Your loving Spirit lead me forth into the land of righteousness.

11 Revive me, O LORD, for Your Name's sake; * and for Your righteousness' sake bring my soul out of trouble.

12 And of Your goodness slay my enemies, * and destroy all those who afflict my soul; for I am Your servant.

The Thirtieth Day

Morning Prayer

Psalm 144. *Benedictus Dominus.*

BLESSED be the LORD my strength, * who teaches my hands to war, and my fingers to fight;

2 My hope and my fortress, my castle and deliverer, my defender in Whom I trust;* Who subdues my people who are under me.

3 LORD, what is man, that You have such respect for him? * or the son of man, that You so regard him?

4 Man is like a breath; * his time passes away like a shadow.

5 Bow down Your heavens, O LORD, and come down; * touch the mountains, and they shall smoke.

6 Cast forth Your lightning, and scatter them; * shoot out Your arrows, and consume them.

7 Send down Your hand from above; * deliver me, and take me out of the great waters, from the hand of strangers;

8 Whose mouths talk of vanity, * and their right hand is a right hand of wickedness.

9 I will sing a new song unto You, O God; * and sing praises unto You upon a ten-stringed lute.

10 You have given victory unto kings, * and have delivered David Your servant from the peril of the sword.

11 Save me, and deliver me from the hand of strangers; * whose mouths talk of lies, and their right hand is a right hand of falsehood.

12 That our sons may grow up as the young plants, * and that our daughters may be as the polished corners of the temple.

13 That our barns may be full and plenteous with all manner of produce; * that our sheep may bring forth thousands, and ten thousands in our fields.

14 That our oxen may be strong for labour; that there be no weakness, * no leading into captivity, and no complaining in our streets.

15 Happy are the people who are in such a state; * yes, blessed are the people who have the LORD for their God.

Psalm 145. *Exaltabo te, Deus.*

I WILL magnify You, O God, my King; * and I will praise Your Name for ever and ever.

2 Every day will I give thanks unto You; * and praise Your Name for ever and ever.

3 Great is the LORD, and marvellous worthy to be praised; * there is no end of His greatness.

4 One generation shall praise Your works unto another, * and declare Your power.

5 As for me, I will be talking of Your worship, * Your glory, Your praise, and wondrous works;

6 So that men shall speak of the might of Your marvellous acts; * and I will also tell of Your greatness.

7 The memorial of Your abundant kindness shall be shown; * and men shall sing of Your righteousness.

8 The LORD is gracious, and merciful; * long-suffering, and of great goodness.

9 The LORD is loving unto every man; * and His mercy is over all His works.

10 All Your works praise You, O LORD; * and Your saints give thanks unto You.

11 They show the glory of Your kingdom, * and talk of Your power;

12 That Your power, Your glory, and mightiness of Your kingdom * might be known unto men.

13 Your kingdom is an everlasting kingdom, * and Your dominion endures throughout all ages.

14 The LORD upholds all such as fall, * and lifts up all those who are bowed down.

15 The eyes of all wait upon You, O Lord; * and You give them their food in due season.

16 You open Your hand, * and fill all things living with plenteousness.

17 The LORD is righteous in all His ways, * and holy in all His works.

18 The LORD is near to all those who call upon Him; * yes, to all those who call upon him faithfully.

19 He will fulfil the desire of those who fear Him; * He also will hear their cry, and will help them.

20 The LORD preserves all those who love Him; * but scatters abroad all the ungodly.

21 My mouth shall speak the praise of the LORD; * and let all flesh give thanks unto His holy Name for ever and ever.

Psalm 146. *Lauda, anima mea.*

PRAISE the LORD, O my soul: while I live will I praise the LORD; * yes, as long as I have any being, I will sing praises unto my God.

2 O put not your trust in princes, nor in any child of man; * for there is no help in them.

3 For when the breath of man goes forth, he shall turn again to his earth, * and then all his thoughts perish.

4 Blessed is he who has the God of Jacob for his help, * and whose hope is in the LORD his God;

5 Who made heaven and earth, the sea, and all that therein is; * Who keeps His promise for ever.

6 Who executes justice for those who suffer wrong; * Who feeds the hungry.

7 The LORD frees men out of prison; * the LORD gives sight to the blind.

8 The LORD helps those who are fallen; * the LORD cares for the righteous.

9 The LORD cares for the strangers; He defends the fatherless and widow: * as for the way of the ungodly, He turns it upside down.

10 The LORD your God, O Sion, shall be King for evermore, * and throughout all generations.

Psalm 147. *Laudate Dominum.*

PRAISE the LORD, for it is a good thing to sing praises unto our God; * yes, a joyful and pleasant thing it is to be thankful.

2 The LORD builds up Jerusalem, * and gathers together the out-casts of Israel.

3 He heals those who are broken in heart, * and gives medicine to heal their sickness.

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

5 Great is our Lord, and great is His power; * yes, and His wisdom is infinite.

6 The LORD lifts up the meek, * and brings the ungodly down to the ground.

7 O sing unto the LORD with thanksgiving; * sing praises upon the harp unto our God;

8 Who covers the heaven with clouds, and prepares rain for the earth; * and makes the grass to grow upon the mountains, and herb for the use of men;

9 Who gives fodder for the cattle, * and feeds the young ravens that call upon Him.

10 He has no pleasure in the strength of a horse; * neither delights He in any man's legs.

11 But the LORD's delight is in those who fear Him, * and put their trust in His mercy.

12 Praise the LORD, O Jerusalem; * praise Your God, O Sion.

13 For He has made fast the bars of your gates, * and has blessed your children within you.

14 He makes peace in your borders, * and fills you with the flour of wheat.

15 He sends forth His commandment upon earth, * and His word runs very swiftly.

16 He gives snow like wool, * and scatters the frost like ashes.

17 He casts forth His ice like morsels: * who is able to stand His frost?

18 He sends out His word, and melts them: * He blows with His wind, and the waters flow.

19 He shows His word unto Jacob, * His statutes and ordinances unto Israel.

20 He has not dealt so with any nation; * neither have the Gentiles knowledge of His laws.

Psalm 148. *Laudate Dominum.*

O PRAISE the LORD from the heavens; * Praise Him in the heights!

2 Praise Him, all you angels of His; * Praise Him, all His hosts!

3 Praise Him, sun and moon; * Praise Him, all you stars of light!

4 Praise Him, all you heavens, * and you waters that are above the heavens!

5 Let them praise the Name of the LORD: * for He spoke the word, and they were made; He commanded, and they were created.

6 He has made them firm for ever and ever: * He has given them a law which shall not be broken.

7 Praise the LORD upon earth, * you great sea creatures, and all the depths;

8 Fire and hail, snow and clouds, * wind and storm, fulfilling His word;

9 Mountains and all hills; * fruitful trees and all cedars;

10 Beasts and all cattle; * creeping things and feathered fowl;

11 Kings of the earth and all peoples; * princes, and all judges of the world;

12 Young men and maidens, old men and children, praise the Name of the LORD: * for His Name only is excellent, and His praise above heaven and earth.

13 He shall exalt the horn of His people; all His saints shall praise Him; * even the children of Israel, even the people who serve Him.

Psalm 149. *Cantate Domino.*

O SING unto the LORD a new song; * let the congregation of saints praise Him.

2 Let Israel rejoice in Him Who made him, * and let the children of Sion be joyful in their King.

3 Let them praise His Name in the dance: * let them sing praises unto Him with timbrel and harp.

4 For the LORD has pleasure in His people, * and helps the meek-hearted.

5 Let the saints be joyful with glory; * let them rejoice in their beds.

6 Let the praises of God be in their mouth; * and a two-edged sword in their hands;

7 To be avenged of the nations; * and to rebuke the peoples;

8 To bind their kings in chains, * and their nobles with links of iron.

9 To execute judgement upon them; as it is written, * Such honour have all His saints.

Psalm 150. *Laudate Dominum.*

O PRAISE God in His sanctuary: * praise Him in the firmament of His power.

2 Praise Him in His noble acts: * praise Him according to His excellent greatness.

3 Praise Him in the sound of the trumpet: * praise Him upon the lute and harp.

4 Praise Him in the timbrels and dances: * praise Him upon the strings and pipe.

5 Praise Him upon the well-tuned cymbals: * praise Him upon the loud cymbals.

6 Let every thing that has breath * praise the LORD.

The End of the Psalter