

My Book of Psalms: A 21st Century Christian Psalter

Psalm 1 *Beatus vir qui non abiit*

¹ Happy are they who have not walked in the counsel of the wicked, *
nor lingered in the way of sinners, nor sat in the seats of the scornful!

² Their delight is in the law of the **LORD**, *
and they meditate on his law day and night.

³ They are like trees planted by streams of water, bearing fruit in due season, with leaves that do not wither; *
everything they do shall prosper.

Psalm 2 *Quare fremuerunt gentes?*

⁷ Let me announce the decree of the Lord: *
he said to me, "You are my Son; this day have I begotten you.

⁸ Ask of me, and I will give you the nations for your inheritance *
and the ends of the earth for your possession."

¹³ Happy are they all *
who take refuge in him!

Psalm 3 *Domine, quid multiplicati*

³ You, O Lord, are a shield about me; *
you are my glory, the one who lifts up my head.

⁴ I call aloud upon the Lord, *
and he answers me from his holy hill;

⁵ I lie down and go to sleep; *
I wake again, because the Lord sustains me.

⁸ Deliverance belongs to the Lord. *
Your blessing be upon your people!

Psalm 4 *Cum invocarem*

¹ Answer me when I call, O God, defender of my cause; *
you set me free when I am hard-pressed;
have mercy on me and hear my prayer.

³ Know that the Lord does wonders for the faithful; *
when I call upon the Lord, he will hear me.

⁴ Tremble, then, and do not sin; *
speak to your heart in silence upon your bed.

⁵ Offer the appointed sacrifices *
and put your trust in the Lord.

⁶ Many are saying, "Oh, that we might see better times!" *
Lift up the light of your countenance upon us, O Lord.

⁷ You have put gladness in my heart, *
more than when grain and wine and oil increase.

⁸ I lie down in peace; at once I fall asleep; *
for only you, Lord, make me dwell in safety.

Psalm 5 *Verba mea auribus*

¹ Give ear to my words, O Lord; *
consider my meditation.

² Hearken to my cry for help, my King and my God, *
for I make my prayer to you.

³ In the morning, Lord, you hear my voice; *
early in the morning I make my appeal and watch for you.

⁷ Through the greatness of your mercy I will go into your house; *
I will bow down toward your holy temple in awe of you.

⁸ Lead me, O Lord, in your righteousness, ¹³ for all who take refuge in you will be glad; *
they will sing out their joy for ever.

¹⁴ You will shelter them, *
so that those who love your Name may exult in you.

¹⁵ For you, O Lord, will bless the righteous; *
you will defend them with your favor as with a shield.

Psalm 6 *Domine, ne in furore*

² Have pity on me, Lord, for I am weak; *
heal me, Lord, for my bones are racked.

³ My spirit shakes with terror; *
how long, O Lord, how long?

⁴ Turn, O Lord, and deliver me; *
save me for your mercy's sake.

⁶ I grow weary because of my groaning; *
every night I drench my bed and flood my couch with tears.

⁹ The Lord has heard my supplication; *
the Lord accepts my prayer.

Psalm 7 *Domine, Deus meus*

⁷ Awake, O my God, decree justice; *
let the assembly of the peoples gather round you.

⁸ Be seated on your lofty throne, O Most High; *
O Lord, judge the nations.

¹⁰ Let the malice of the wicked come to an end, but establish the righteous; *
for you test the mind and heart, O righteous God.

¹¹ God is my shield and defense; *
he is the savior of the true in heart.

¹² God is a righteous judge; *
God sits in judgment every day.

¹⁵ Look at those who are in labor with wickedness, *
who conceive evil, and give birth to a lie.

¹⁸ I will bear witness that the Lord is righteous; *
I will praise the Name of the Lord Most High.

8 *Domine, Dominus noster*

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

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

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

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

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

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

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

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

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

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

Psalm 9 *Confitebor tibi*

¹ I will give thanks to you, O Lord, with my whole heart; *
I will tell of all your marvelous works.

² I will be glad and rejoice in you; *
I will sing to your Name, O Most High.

⁸ It is he who rules the world with righteousness; *
he judges the peoples with equity.

⁹ The Lord will be a refuge for the oppressed, *
a refuge in time of trouble.

¹⁰ Those who know your Name will put their trust in you, *
for you never forsake those who seek you, O Lord.

¹¹ Sing praise to the Lord who dwells in Zion; *
proclaim to the peoples the things he has done.

¹⁸ For the needy shall not always be forgotten, *
and the hope of the poor shall not perish for ever.

Psalm 10 *Ut quid, Domine?*

¹² Rise up, O Lord; lift up your hand, O God; *
do not forget the afflicted.

¹⁴ Surely, you behold trouble and misery; *
you see it and take it into your own hand.

¹⁵ The helpless commit themselves to you, *
for you are the helper of orphans.

¹⁸ The Lord will hear the desire of the humble; *
you will strengthen their heart and your ears shall hear;

¹⁹ To give justice to the orphan and oppressed, *
so that mere mortals may strike terror no more.

Psalm 11 *In Domino confide*

³ When the foundations are being destroyed, *
what can the righteous do?"

⁴ The Lord is in his holy temple; *
the Lord's throne is in heaven.

⁵ His eyes behold the inhabited world; *
his piercing eye weighs our worth.

⁶ The Lord weighs the righteous as well as the wicked, *
but those who delight in violence he abhors.

⁸ For the Lord is righteous; he delights in righteous deeds; *
and the just shall see his face.

Psalm 12 *Salvum me fac*

⁵ "Because the needy are oppressed, and the poor cry out in misery, *
I will rise up," says the Lord, "and give them the help they long for."

⁶ The words of the Lord are pure words, *
like silver refined from ore and purified seven times in the fire.

⁷ O Lord, watch over us *
and save us from this generation for ever.

Psalm 13 *Usquequo, Domine?*

⁵ I put my trust in your mercy; *
my heart is joyful because of your saving help.

⁶ I will sing to the Lord, for he has dealt with me richly; *
I will praise the Name of the Lord Most High.

Psalm 14 *Dixit insipiens*

¹ The fool has said in his heart, "There is no God." *
All are corrupt and commit abominable acts; there is none who does any good.

² The Lord looks down from heaven upon us all, *
to see if there is any who is wise, if there is one who seeks after God.

³ Every one has proved faithless; all alike have turned bad; *
there is none who does good; no, not one.

⁴ Have they no knowledge, all those evildoers *
who eat up my people like bread and do not call upon the Lord?

⁵ See how they tremble with fear, *
because God is in the company of the righteous.

⁶ Their aim is to confound the plans of the afflicted, *
but the Lord is their refuge.

⁷ Oh, that Israel's deliverance would come out of Zion! *
when the Lord restores the fortunes of his people, Jacob will rejoice and Israel be glad.

Psalm 15 *Domine, quis habitabit?*

¹ Lord, who may dwell in your tabernacle? *
who may abide upon your holy hill?

² Whoever leads a blameless life and does what is right, *
who speaks the truth from his heart.

³ There is no guile upon his tongue; he does no evil to his friend; *
he does not heap contempt upon his neighbor.

⁴ In his sight the wicked is rejected, *
but he honors those who revere the Lord.

⁵ He has sworn to do no wrong *
and does not take back his word.

⁶ He does not give his money in hope of gain, *
nor does he take a bribe against the innocent.

⁷ Whoever does these things *
shall never be overthrown.

Psalm 16 *Conserva me, Domine*

¹ Protect me, O God, for I take refuge in you; *
I have said to the Lord, "You are my Lord, my good above all other."

⁵ O Lord, you are my portion and my cup; *
it is you who uphold my lot.

⁶ My boundaries enclose a pleasant land; *
indeed, I have a goodly heritage.

⁷ I will bless the Lord who gives me counsel; *
my heart teaches me, night after night.

⁸ I have set the Lord always before me; *
because he is at my right hand I shall not fall.

⁹ My heart, therefore, is glad, and my spirit rejoices; *
my body also shall rest in hope.

¹⁰ For you will not abandon me to the grave, *
nor let your holy one see the Pit.

¹¹ You will show me the path of life; *
in your presence there is fullness of joy, and in your right hand are pleasures for evermore.

Psalm 17 *Exaudi, Domine*

⁶ I call upon you, O God, for you will answer me; *
incline your ear to me and hear my words.

⁷ Show me your marvelous loving-kindness, *
O Savior of those who take refuge at your right hand.

⁸ Keep me as the apple of your eye; *
hide me under the shadow of your wings,

¹⁶ And at my vindication I shall see your face; *
when I awake, I shall be satisfied, beholding your likeness.

Psalm 18

Part 1 *Diligam te, Domine.*

¹ I love you, O Lord my strength, *
O Lord my stronghold, my crag, and my haven.

² My God, my rock in whom I put my trust, *
my shield, the horn of my salvation, and my refuge; you are worthy of praise.

¹⁷ He reached down from on high and grasped me; *
he drew me out of great waters.

20 He brought me out into an open place; *
he rescued me because he delighted in me.

Psalm 18

Part II *Et retribuet mihi*

26 With the faithful you show yourself faithful, O God; *
with the forthright you show yourself forthright.

29 You, O Lord, are my lamp; *
my God, you make my darkness bright.

30 With you I will break down an enclosure; *
with the help of my God I will scale any wall.

31 As for God, his ways are perfect; the words of the Lord are tried in the fire; *
he is a shield to all who trust in him.

32 For who is God, but the Lord? *
who is the Rock, except our God?

33 It is God who girds me about with strength *
and makes my way secure.

34 He makes me sure-footed like a deer *
and lets me stand firm on the heights.

36 * Your right hand also sustains me; your loving care makes me great.

37 You lengthen my stride beneath me, *
and my ankles do not give way.

46 The Lord lives! Blessed is my Rock! *
Exalted is the God of my salvation!

49 Therefore will I extol you among the nations, O Lord, *
and sing praises to your Name.

Psalm 19 *Cæli enarrant*

Part 1

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

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

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

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

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

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

Psalm 19 *Cæli enarrant*

Part 2

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

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

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

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

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

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

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

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

Psalm 20 *Exaudiat te Dominus*

¹ May the Lord answer you in the day of trouble, *
the Name of the God of Jacob defend you;

² Send you help from his holy place *
and strengthen you out of Zion;

⁴ Grant you your heart's desire *
and prosper all your plans.

⁷ Some put their trust in chariots and some in horses, *
but we will call upon the Name of the Lord our God.

Psalm 21 *Domine, in virtute tua*

¹ The king rejoices in your strength, O Lord; *
how greatly he exults in your victory!

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

³ For you meet him with blessings of prosperity, *
and set a crown of fine gold upon his head.

⁴ He asked you for life, and you gave it to him: *
length of days, for ever and ever.

⁵ His honor is great, because of your victory; *
splendor and majesty have you bestowed upon him.

⁶ For you will give him everlasting felicity *
and will make him glad with the joy of your presence.

⁷ For the king puts his trust in the Lord; *
because of the loving-kindness of the Most High, he will not fall.

Psalm 22 *Deus, Deus meus*

Part 1

¹ My God, my God, why have you forsaken me? *
and are so far from my cry and from the words of my distress?

² O my God, I cry in the daytime, but you do not answer; *
by night as well, but I find no rest.

³ Yet you are the Holy One, *
enthroned upon the praises of Israel.

⁴ Our forefathers put their trust in you; *
they trusted, and you delivered them.

⁵ They cried out to you and were delivered; *
they trusted in you and were not put to shame.

⁶ But as for me, I am a worm and no man, *
scorned by all and despised by the people.

⁷ All who see me laugh me to scorn; *
they curl their lips and wag their heads, saying,

⁸ "He trusted in the Lord; let him deliver him; *
let him rescue him, if he delights in him."

⁹ Yet you are he who took me out of the womb, *
and kept me safe upon my mother's breast.

¹⁰ I have been entrusted to you ever since I was born; *
you were my God when I was still in my mother's womb.

¹¹ Be not far from me, for trouble is near, *
and there is none to help.

¹² Many young bulls encircle me; *
strong bulls of Bashan surround me.

¹³ They open wide their jaws at me, *
like a ravening and a roaring lion.

¹⁴ I am poured out like water; all my bones are out of joint; *
my heart within my breast is melting wax.

¹⁵ My mouth is dried out like a pot-sherd; my tongue sticks to the roof of my mouth; *
and you have laid me in the dust of the grave.

¹⁶ Packs of dogs close me in, and gangs of evildoers circle around me; *
they pierce my hands and my feet; I can count all my bones.

¹⁷ They stare and gloat over me; *
they divide my garments among them; they cast lots for my clothing.

¹⁸ Be not far away, O Lord; *
you are my strength; hasten to help me.

¹⁹ Save me from the sword, *
my life from the power of the dog.

²⁰ Save me from the lion's mouth, *
my wretched body from the horns of wild bulls.

²¹ I will declare your Name to my brethren; *
in the midst of the congregation I will praise you.

Psalm 22 *Deus, Deus meus*

Part 2

²² Praise the Lord, you that revere him; *
stand in awe of him, O offspring of Israel; all you of Jacob's line, give glory.

²³ For he does not despise nor abhor the poor in their poverty; neither does he hide his face from them; *
but when they cry to him he hears them.

24 My praise is of him in the great assembly; *
I will perform my vows in the presence of those who worship him.

25 The poor shall eat and be satisfied, and those who seek the Lord shall praise him: *
"May your heart live for ever!"

26 All the ends of the earth shall remember and turn to the Lord, *
and all the families of the nations shall bow before him.

27 For kingship belongs to the Lord; *
he rules over the nations.

28 To him alone all who sleep in the earth bow down in worship; *
all who go down to the dust fall before him.

29 My soul shall live for him; my descendants shall serve him; *
they shall be known as the Lord's for ever.

30 They shall come and make known to a people yet unborn *
the saving deeds that he has done.

Psalm 23 *Dominus regit me*

1 The Lord is my shepherd; *
I shall not be in want.

2 He makes me lie down in green pastures *
and leads me beside still waters.

3 He revives my soul *
and guides me along right pathways for his Name's sake.

4 Though I walk through the valley of the shadow of death, I shall fear no evil; *
for you are with me; your rod and your staff, they comfort me.

5 You spread a table before me in the presence of those who trouble me; *
you have anointed my head with oil, and my cup is running over.

6 Surely your goodness and mercy shall follow me all the days of my life, *
and I will dwell in the house of the Lord for ever.

Salm 23 *I Ddafydd*

1 Yr ARGLWYDD yw fy mugail, ni bydd eisiau arnaf.

2 Gwna imi orwedd mewn porfeydd breision,
a thywys fi gerllaw dyfroedd tawel,

3 ac y mae ef yn fy adfywio.
Fe'm harwain ar hyd llwybrau cyfiawnder er mwyn ei enw.

4 Er imi gerdded trwy ddyffryn tywyll du, nid ofnaf unrhyw niwed,
oherwydd yr wyt ti gyda mi, a'th wialen a'th ffon yn fy nghysuro.

5 Yr wyt yn arlwyyo bwrdd o'm blaen yng ngŵydd fy ngelynyon;
yr wyt yn eninio fy mhen ag olew; y mae fy nghwpan yn llawn.

6 Yn sicr, bydd daioni a thrugaredd yn fy nilyn bob dydd o'm bywyd,
a byddaf yn byw yn nhŷ'r ARGLWYDD weddill fy nyddiau

Psaume 23 *De David*

1 Yahvé est mon berger, rien ne me manque.

2 Sur des prés d'herbe fraîche il me parque. Vers les eaux du repos il me mène,

3 il y refait mon âme; il me guide aux sentiers de justice à cause de son nom.

⁴ Passerais-je un ravin de ténèbre, je ne crains aucun mal car tu es près de moi; ton bâton, ta houlette sont là qui me consolent.

⁵ Devant moi tu apprêtes une table face à mes adversaires; d'une onction tu me parfumes la tête, ma coupe déborde.

⁶ Oui, grâce et bonheur me pressent tous les jours de ma vie; ma demeure est la maison de Yahvé en la longueur des jours.

Psalm 24 *Domini est terra*

¹ The earth is the Lord's and all that is in it, *
the world and all who dwell therein.

² For it is he who founded it upon the seas *
and made it firm upon the rivers of the deep.

³ "Who can ascend the hill of the Lord? *
and who can stand in his holy place?"

⁴ "Those who have clean hands and a pure heart, *
who have not pledged themselves to falsehood, nor sworn by what is a fraud.

⁵ They shall receive a blessing from the Lord *
and a just reward from the God of their salvation."

⁶ Such is the generation of those who seek him, *
of those who seek your face, O God of Jacob.

⁷ Lift up your heads, O gates; lift them high, O everlasting doors; *
and the King of glory shall come in.

⁸ "Who is this King of glory?" *
"The Lord, strong and mighty, the Lord, mighty in battle."

⁹ Lift up your heads, O gates; lift them high, O everlasting doors; *
and the King of glory shall come in.

¹⁰ "Who is he, this King of glory?" *
"The Lord of hosts, he is the King of glory."

Psalm 25 *Ad te, Domine, levavi*

¹ To you, O Lord, I lift up my soul; my God, I put my trust in you; *

³ Show me your ways, O Lord, *
and teach me your paths.

⁴ Lead me in your truth and teach me, *
for you are the God of my salvation; in you have I trusted all the day long.

⁵ Remember, O Lord, your compassion and love, *
for they are from everlasting.

⁶ *

Remember me according to your love and for the sake of your goodness, O Lord.

⁷ Gracious and upright is the Lord; *
therefore he teaches sinners in his way.

⁸ He guides the humble in doing right *
and teaches his way to the lowly.

⁹ All the paths of the Lord are love and faithfulness *

¹⁰ For your Name's sake, O Lord, *
forgive my sin, for it is great.

¹⁴ My eyes are ever looking to the Lord, *
for he shall pluck my feet out of the net.

¹⁵ Turn to me and have pity on me, *
for I am left alone and in misery.

¹⁶ The sorrows of my heart have increased; *
bring me out of my troubles.

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

¹⁹ Protect my life and deliver me; *

²⁰ Let integrity and uprightness preserve me, *
for my hope has been in you.

Psalm 26 *Judica me, Domine*

¹ Give judgment for me, O Lord, for I have lived with integrity; *
I have trusted in the Lord and have not faltered.

³ For your love is before my eyes; *
I have walked faithfully with you.

⁶ I will wash my hands in innocence, O Lord, *
that I may go in procession round your altar,

⁷ Singing aloud a song of thanksgiving *
and recounting all your wonderful deeds.

⁸ Lord, I love the house in which you dwell *
and the place where your glory abides.

¹¹ I will live with integrity; *
redeem me, O Lord, and have pity on me.

¹² My foot stands on level ground; *
in the full assembly I will bless the Lord.

Psalm 27 *Dominus illuminatio*

¹ The Lord is my light and my salvation; whom then shall I fear? *
the Lord is the strength of my life; of whom then shall I be afraid?

⁵ One thing have I asked of the Lord; one thing I seek; *
that I may dwell in the house of the Lord all the days of my life;

⁶ To behold the fair beauty of the Lord *
and to seek him in his temple.

⁷ For in the day of trouble he shall keep me safe in his shelter; *
he shall hide me in the secrecy of his dwelling and set me high upon a rock.

⁹ Therefore I will offer in his dwelling an oblation with sounds of great gladness; *
I will sing and make music to the Lord.

¹⁰ Hearken to my voice, O Lord, when I call; *
have mercy on me and answer me.

¹¹ You speak in my heart and say, "Seek my face." *
Your face, Lord, will I seek.

¹⁷ What if I had not believed that I should see the goodness of the Lord *
in the land of the living!

¹⁸ O tarry and await the Lord's pleasure; be strong, and he shall comfort your heart; *
wait patiently for the Lord.

Psalm 28 *Ad te, Domine*

7 Blessed is the Lord! *
for he has heard the voice of my prayer.
8 The Lord is my strength and my shield; *
my heart trusts in him, and I have been helped;
9 Therefore my heart dances for joy, *
and in my song will I praise him.
10 The Lord is the strength of his people, *
a safe refuge for his anointed.
11 Save your people and bless your inheritance; *
shepherd them and carry them for ever.

Psalm 29 *Afferte Domino*

2 Ascribe to the Lord the glory due his Name; *
worship the Lord in the beauty of holiness.
3 The voice of the Lord is upon the waters; the God of glory thunders; *
the Lord is upon the mighty waters.
4 The voice of the Lord is a powerful voice; *
the voice of the Lord is a voice of splendor.
9 And in the temple of the Lord *
all are crying, "Glory!"
11 The Lord shall give strength to his people; *
the Lord shall give his people the blessing of peace.

Psalm 30 *Exaltabo te, Domine*

1 I will exalt you, O Lord, because you have lifted me up *
2 O Lord my God, I cried out to you, *
and you restored me to health.
3 You brought me up, O Lord, from the dead; *
you restored my life as I was going down to the grave.
4 Sing to the Lord, you servants of his; *
give thanks for the remembrance of his holiness.
6 Weeping may spend the night, *
but joy comes in the morning.
11 Hear, O Lord, and have mercy upon me; *
O Lord, be my helper."
13 My heart sings to you without ceasing; *
O Lord my God, I will give you thanks for ever.

Psalm 31 *In te, Domine, speravi*

1 In you, O Lord, have I taken refuge; let me never be put to shame; *
deliver me in your righteousness.
2 Incline your ear to me; *
make haste to deliver me.
3 Be my strong rock, a castle to keep me safe, for you are my crag and my stronghold; *
for the sake of your Name, lead me and guide me, 4 for you are my tower of strength.

⁵ Into your hands I commend my spirit, *
for you have redeemed me, O Lord, O God of truth.

⁷ I will rejoice and be glad because of your mercy; *

⁸ *

you have set my feet in an open place.

¹⁴ I have trusted in you, O Lord. *

I have said, "You are my God.

¹⁵ My times are in your hand; *

¹⁶ Make your face to shine upon your servant, *
and in your loving-kindness save me."

¹⁹ How great is your goodness, O Lord! *

which you have done in the sight of all for those who put their trust in you.

²¹ Blessed be the Lord! *

for he has shown me the wonders of his love in a besieged city.

²³ Love the Lord, all you who worship him; *

the Lord protects the faithful.

²⁴ Be strong and let your heart take courage, *

all you who wait for the Lord.

Psalm 32 *Beati quorum*

¹ Happy are they whose transgressions are forgiven, *
and whose sin is put away!

² Happy are they to whom the Lord imputes no guilt, *
and in whose spirit there is no guile!

⁸ You are my hiding-place.

⁹ "I will instruct you and teach you in the way that you should go; *
I will guide you with my eye.

¹¹ *

Mercy embraces those who trust in the Lord.

¹² Be glad, you righteous, and rejoice in the Lord; *
shout for joy, all who are true of heart.

Psalm 33 *Exultate, justi*

¹ Rejoice in the Lord, you righteous; *
it is good for the just to sing praises.

² Praise the Lord with the harp; *
play to him upon the psaltery and lyre.

³ Sing for him a new song; *
sound a fanfare with all your skill upon the trumpet.

⁴ For the word of the Lord is right, *
and all his works are sure.

⁵ He loves righteousness and justice; *
the loving-kindness of the Lord fills the whole earth.

⁶ By the word of the Lord were the heavens made, *
by the breath of his mouth all the heavenly hosts.

7 He gathers up the waters of the ocean as in a water-skin *
and stores up the depths of the sea.

8 *

Let all who dwell in the world stand in awe of him.

9 For he spoke, and it came to pass; *
he commanded, and it stood fast.

11 The Lord's will stands fast for ever, *
and the designs of his heart from age to age.

13 The Lord looks down from heaven, *
and beholds all the people in the world.

14 From where he sits enthroned he turns his gaze *
on all who dwell on the earth.

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

18 Behold, the eye of the Lord is *
on those who wait upon his love,

20 Our soul waits for the Lord; *
he is our help and our shield.

21 Indeed, our heart rejoices in him, *
for in his holy Name we put our trust.

22 Let your loving-kindness, O Lord, be upon us, *
as we have put our trust in you.

Psalm 34 *Benedicam Dominum*

1 I will bless the Lord at all times; *
his praise shall ever be in my mouth.

2 I will glory in the Lord; *
let the humble hear and rejoice.

3 Proclaim with me the greatness of the Lord;
let us exalt his Name together.

5 Look upon him and be radiant, *
and let not your faces be ashamed.

6 I called in my affliction and the Lord heard me *
and saved me from all my troubles.

8 Taste and see that the Lord is good; *
happy are they who trust in him!

12 Who among you loves life *
and desires long life to enjoy prosperity?

13 Keep your tongue from evil-speaking *
and your lips from lying words.

14 Turn from evil and do good; *
seek peace and pursue it.

15 The eyes of the Lord are upon the righteous, *
and his ears are open to their cry.

17 The righteous cry, and the Lord hears them *
and delivers them from all their troubles.

18 The Lord is near to the brokenhearted *
and will save those whose spirits are crushed.

19 Many are the troubles of the righteous, *
but the Lord will deliver him out of them all.

20 He will keep safe all his bones; *
not one of them shall be broken.

22 The Lord ransoms the life of his servants, *
and none will be punished who trust in him.

Psalm 35 *Judica, Domine*

3 * Say to my soul, "I am your salvation."

18 I will give you thanks in the great congregation; *
I will praise you in the mighty throng.

28 And my tongue shall be talking of your righteousness *
and of your praise all the day long.

Psalm 36 *Dixit injustus*

5 Your love, O Lord, reaches to the heavens, *
and your faithfulness to the clouds.

6 Your righteousness is like the strong mountains, your justice like the great deep; *
you save both man and beast, O Lord.

7 How priceless is your love, O God! *
your people take refuge under the shadow of your wings.

8 They feast upon the abundance of your house; *
you give them drink from the river of your delights.

9 For with you is the well of life, *
and in your light we see light.

10 Continue your loving-kindness to those who know you, *
and your favor to those who are true of heart.

Psalm 37

Part I *Noli æmulari*

1 Do not fret yourself because of evildoers; *

2 For they shall soon wither like the grass, *

3 Put your trust in the Lord and do good; *
dwell in the land and feed on its riches.

4 Take delight in the Lord, *
and he shall give you your heart's desire.

5 Commit your way to the Lord and put your trust in him, *
and he will bring it to pass.

6 He will make your righteousness as clear as the light *
and your just dealing as the noonday.

7 Be still before the Lord *
and wait patiently for him.

9 Refrain from anger, leave rage alone; *
do not fret yourself; it leads only to evil.

10 *

For those who wait upon the Lord shall possess the land.

12 *

they will delight in abundance of peace.

17 The little that the righteous has *
is better than great riches of the wicked.

18 For the power of the wicked shall be broken, *
but the Lord upholds the righteous.

Psalm 37

Part II *Novit Dominus*

24 Our steps are directed by the Lord; *
he strengthens those in whose way he delights.

25 If they stumble, they shall not fall headlong, *
for the Lord holds them by the hand.

28 Turn from evil, and do good, *
and dwell in the land for ever.

29 For the Lord loves justice; *
he does not forsake his faithful ones.

32 The mouth of the righteous utters wisdom, *
and their tongue speaks what is right.

33 The law of their God is in their heart, *
and their footsteps shall not falter.

39 Mark those who are honest; observe the upright; *
for there is a future for the peaceable.

41 The deliverance of the righteous comes from the Lord; *
he is their stronghold in time of trouble.

42 The Lord will help them and rescue them; *
he will rescue them from the wicked and deliver them, because they seek refuge in him.

Psalm 38 *Domine, ne in furore*

15 In you, O Lord, have I fixed my hope; *
you will answer me, O Lord my God.

21 O Lord, do not forsake me; *
be not far from me, O my God.

22 Make haste to help me, *
O Lord of my salvation.

Psalm 39 *Dixi, Custodiam*

5 Lord, let me know my end and the number of my days, *
so that I may know how short my life is.

6 You have given me a mere handful of days, and my lifetime is as nothing in your sight; *
truly, even those who stand erect are but a puff of wind.

7 We walk about like a shadow, and in vain we are in turmoil; *
we heap up riches and cannot tell who will gather them.

8 And now, what is my hope? *
O Lord, my hope is in you.

¹⁴ For I am but a sojourner with you, *
a wayfarer, as all my forebears were.

Psalm 40 *Expectans, expectavi*

¹ I waited patiently upon the Lord; *
he stooped to me and heard my cry.

² He lifted me out of the desolate pit, out of the mire and clay; *
he set my feet upon a high cliff and made my footing sure.

³ He put a new song in my mouth, a song of praise to our God; *
many shall see, and stand in awe, and put their trust in the Lord.

⁵ Great things are they that you have done, O Lord my God! how great your wonders and your plans for us! *
there is none who can be compared with you.

⁶ Oh, that I could make them known and tell them! *
but they are more than I can count.

⁷ In sacrifice and offering you take no pleasure *
(you have given me ears to hear you);

⁸ Burnt-offering and sin-offering you have not required, *
and so I said, "Behold, I come.

⁹ In the roll of the book it is written concerning me: *
'I love to do your will, O my God; your law is deep in my heart.'"

¹⁰ I proclaimed righteousness in the great congregation; *
behold, I did not restrain my lips; and that, O Lord, you know.

¹¹ Your righteousness have I not hidden in my heart; I have spoken of your faithfulness and your deliverance; *
I have not concealed your love and faithfulness from the great congregation.

¹⁴ Be pleased, O Lord, to deliver me; *
O Lord, make haste to help me.

¹⁷ Let all who seek you rejoice in you and be glad; *
let those who love your salvation continually say, "Great is the Lord!"

¹⁸ Though I am poor and afflicted, *
the Lord will have regard for me.

¹⁹ You are my helper and my deliverer; *
do not tarry, O my God.

Psalm 41 *Beatus qui intelligit*

¹ Happy are they who consider the poor and needy! *
the Lord will deliver them in the time of trouble.

² The Lord preserves them and keeps them alive, so that they may be happy in the land; *

³ The Lord sustains them on their sickbed *
and ministers to them in their illness.

⁹ Even my best friend, whom I trusted, who broke bread with me, *
has lifted up his heel and turned against me.

¹⁰ But you, O Lord, be merciful to me and raise me up, *

¹¹ By this I know you are pleased with me, *
that my enemy does not triumph over me.

¹² In my integrity you hold me fast, *
and shall set me before your face for ever.

¹³ Blessed be the Lord God of Israel, *
from age to age. Amen. Amen.

Psalm 42 *Quemadmodum*

¹ As the deer longs for the water-brooks, *
so longs my soul for you, O God.

² My soul is athirst for God, athirst for the living God; *
when shall I come to appear before the presence of God?

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

⁷ Put your trust in God; *
for I will yet give thanks to him, who is the help of my countenance, and my God.

¹⁰ The Lord grants his loving-kindness in the daytime; *
in the night season his song is with me, a prayer to the God of my life.

¹⁵ Put your trust in God; *
for I will yet give thanks to him, who is the help of my countenance, and my God.

Psalm 43 *Judica me, Deus*

¹ Give sentence with me, O God, and defend my cause against an ungodly people; *
O deliver me from the deceitful and the wicked.

² For you are the God of my strength; why have you put me from you? *
and why 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 to your holy hill and to your dwelling;

⁴ And that I may go to the altar of God, even to the God of my joy and gladness; *
and on the harp will I give thanks to you, O God my God.

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

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

Psalm 44 *Deus, auribus*

¹ We have heard with our ears, O God, our forefathers have told us, *
the deeds you did in their days, in the days of old.

⁸ Every day we gloried in God, *
and we will praise your Name for ever.

²² For your sake we are killed all the day long; *
we are accounted as sheep for the slaughter.

²⁶ Rise up, and help us, *
and save us, for the sake of your steadfast love.

Psalm 45 *Eruclavit cor meum*

⁷ Your throne, O God, endures for ever and ever, *
a scepter of righteousness is the scepter of your kingdom; you love righteousness and hate iniquity.

Psalm 46 *Deus noster refugium*

¹ God is our refuge and strength, *
a very present help in trouble.

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

Psalm 47 *Omnes gentes, plaudite*

¹ Clap your hands, all you peoples; *
shout to God with a cry of joy.
⁵ God has gone up with a shout, *
the Lord with the sound of the ram's-horn.
⁶ Sing praises to God, sing praises; *
sing praises to our King, sing praises.
⁷ For God is King of all the earth; *
sing praises with all your skill.

Psalm 48 *Magnus Dominus*

¹ Great is the Lord, and highly to be praised; *
in the city of our God is his holy hill.
² Beautiful and lofty, the joy of all the earth, is the hill of Zion, *
the very center of the world and the city of the great King.
³ God is in her citadels; *
he is known to be her sure refuge.
⁷ As we have heard, so have we seen, in the city of the Lord of hosts, in the city of our God; *
God has established her for ever.
⁸ We have waited in silence on your loving-kindness, O God, *
in the midst of your temple.
⁹ Your praise, like your Name, O God, reaches to the world's end; *
your right hand is full of justice.

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

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

Psalm 49 *Audite hæc, omnes*

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

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

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

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

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

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

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

Psalm 50 *Deus deorum*

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

² Out of Zion, perfect in its beauty, *
God reveals himself in glory.

⁶ Let the heavens declare the rightness of his cause; *
for God himself is judge.

¹⁰ For all the beasts of the forest are mine, *
the herds in their thousands upon the hills.

¹¹ I know every bird in the sky, *
and the creatures of the fields are in my sight.

¹⁴ Offer to God a sacrifice of thanksgiving *
and make good your vows to the Most High.

¹⁵ Call upon me in the day of trouble; *
I will deliver you, and you shall honor me."

²⁴ Whoever offers me the sacrifice of thanksgiving honors me; *
and to those who keep in my way will I show the salvation of God."

Psalm 51 *Miserere mei, Deus*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Psalm 52 *Quid gloriaris?*

⁸ I am like a green olive tree in the house of God; *
I trust in the mercy of God for ever and ever.

⁹ I will give you thanks for what you have done *
and declare the goodness of your Name in the presence of the godly.

Psalm 53 *Dixit insipiens*

¹ The fool has said in his heart, "There is no God." *
All are corrupt and commit abominable acts; there is none who does any good.

² God looks down from heaven upon us all, *
to see if there is any who is wise, if there is one who seeks after God.

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

Psalm 54 *Deus, in nomine*

¹ Save me, O God, by your Name; *
in your might, defend my cause.

² Hear my prayer, O God; *
give ear to the words of my mouth.

⁴ Behold, God is my helper; *
it is the Lord who sustains my life.

⁶ I will offer you a freewill sacrifice *
and praise your Name, O Lord, for it is good.

Psalm 55 *Exaudi, Deus*

¹ Hear my prayer, O God; *
do not hide yourself from my petition.

² Listen to me and answer me; *
I have no peace, because of my cares.

⁷ And I said, "Oh, that I had wings like a dove! *
I would fly away and be at rest.

⁸ I would flee to a far-off place *
and make my lodging in the wilderness.

⁹ I would hasten to escape *
from the stormy wind and tempest."

¹³ For had it been an adversary who taunted me, then I could have borne it; *
or had it been an enemy who vaunted himself against me, then I could have hidden from him.

¹⁴ But it was you, a man after my own heart, *
my companion, my own familiar friend.

¹⁵ We took sweet counsel together, *
and walked with the throng in the house of God.

¹⁷ But I will call upon God, *
and the Lord will deliver me.

²⁴ Cast your burden upon the Lord, and he will sustain you; *
he will never let the righteous stumble.

Psalm 56 *Miserere mei, Deus*

³ Whenever I am afraid, *
I will put my trust in you.

⁴ In God, whose word I praise, in God I trust and will not be afraid, *

¹¹ I am bound by the vow I made to you, O God; *
I will present to you thank-offerings;

¹² For you have rescued my soul from death and my feet from stumbling, *
that I may walk before God in the light of the living.

Psalm 57 *Miserere mei, Deus*

¹ Be merciful to me, O God, be merciful, for I have taken refuge in you; *
in the shadow of your wings will I take refuge until this time of trouble has gone by.

² I will call upon the Most High God, *

³ He will send from heaven and save me; *
God will send forth his love and his faithfulness.

⁶ Exalt yourself above the heavens, O God, *
and your glory over all the earth.

⁷ My heart is firmly fixed, O God, my heart is fixed; *
I will sing and make melody.

⁸ Wake up, my spirit; awake, lute and harp; *
I myself will waken the dawn.

⁹ I will confess you among the peoples, O Lord; *
I will sing praise to you among the nations.

¹⁰ For your loving-kindness is greater than the heavens, *
and your faithfulness reaches to the clouds.

¹¹ Exalt yourself above the heavens, O God, *
and your glory over all the earth.

Psalm 58 *Si vere utique* [no vss.]

Psalm 59 *Eripe me de inimicis*

¹⁰ My eyes are fixed on you, O my Strength; *
for you, O God, are my stronghold.

¹¹ My merciful God comes to meet me; *

¹⁸ For my part, I will sing of your strength; *
I will celebrate your love in the morning;

¹⁹ For you have become my stronghold, *
a refuge in the day of my trouble.

²⁰ To you, O my Strength, will I sing; *
for you, O God, are my stronghold and my merciful God.

Psalm 60 *Deus, repulisti nos*

⁵ Save us by your right hand and answer us, *
that those who are dear to you may be delivered.

Psalm 61 *Exaudi, Deus*

¹ Hear my cry, O God, *
and listen to my prayer.

² I call upon you from the ends of the earth with heaviness in my heart; *
set me upon the rock that is higher than I.

⁴ I will dwell in your house for ever; *
I will take refuge under the cover of your wings.

⁸ So will I always sing the praise of your Name, *
and day by day I will fulfill my vows.

Psalm 62 *Nonne Deo?*

¹ For God alone my soul in silence waits; *
from him comes my salvation.

² He alone is my rock and my salvation, *
my stronghold, so that I shall not be greatly shaken.

⁶ For God alone my soul in silence waits; *
truly, my hope is in him.

⁷ He alone is my rock and my salvation, *
my stronghold, so that I shall not be shaken.

⁸ In God is my safety and my honor; *
God is my strong rock and my refuge.

⁹ Put your trust in him always, O people, *
pour out your hearts before him, for God is our refuge.

¹³ God has spoken once, twice have I heard it, *
that power belongs to God.

¹⁴ Steadfast love is yours, O Lord, *
for you repay everyone according to his deeds.

Psalm 63 *Deus, Deus meus*

¹ O God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water.

² Therefore I have gazed upon you in your holy place, *
that I might behold your power and your glory.

³ For your loving-kindness is better than life itself; *
my lips shall give you praise.

⁴ So will I bless you as long as I live *
and lift up my hands in your Name.

⁵ My soul is content, as with marrow and fatness, *
and my mouth praises you with joyful lips,

⁶ When I remember you upon my bed, *
and meditate on you in the night watches.

⁷ For you have been my helper, *
and under the shadow of your wings I will rejoice.

⁸ My soul clings to you; *
your right hand holds me fast.

Psalm 64 *Exaudi, Deus*

⁷ The human mind and heart are a mystery; *

⁹ I will stand in awe and declare God's deeds; *
I will recognize his works.

¹⁰ The righteous will rejoice in the Lord and put their trust in him, *
and all who are true of heart will glory.

Psalm 65 *Te decet hymnus*

¹ You are to be praised, O God, in Zion; *
to you shall vows be performed in Jerusalem.

² To you that hear prayer shall all flesh come, *
because of their transgressions.

³ Our sins are stronger than we are, *
but you will blot them out.

⁴ Happy are they whom you choose and draw to your courts to dwell there! *
they will be satisfied by the beauty of your house, by the holiness of your temple.

⁵ Awesome things will you show us in your righteousness, O God of our salvation, *
O Hope of all the ends of the earth and of the seas that are far away.

⁶ You make fast the mountains by your power; *
they are girded about with might.

⁷ You still the roaring of the seas, *
the roaring of their waves, and the clamor of the peoples.

⁸ Those who dwell at the ends of the earth will tremble at your marvelous signs; *
you make the dawn and the dusk to sing for joy.

⁹ You visit the earth and water it abundantly; you make it very plenteous; *
the river of God is full of water.

¹⁰ You prepare the grain, *
for so you provide for the earth.

¹¹ You drench the furrows and smooth out the ridges; *
with heavy rain you soften the ground and bless its increase.

¹² You crown the year with your goodness, *
and your paths overflow with plenty.

¹³ May the fields of the wilderness be rich for grazing, *
and the hills be clothed with joy.

¹⁴ May the meadows cover themselves with flocks, and the valleys cloak themselves with grain; *
let them shout for joy and sing.

Psalm 66 *Jubilate Deo*

¹ Be joyful in God, all you lands; *
sing the glory of his Name; sing the glory of his praise.

² Say to God, "How awesome are your deeds! *"

³ All the earth bows down before you, *
sings to you, sings out your Name."

⁴ Come now and see the works of God, *
how wonderful he is in his doing toward all people.

⁷ Bless our God, you peoples; *
make the voice of his praise to be heard;

⁸ Who holds our souls in life, *
and will not allow our feet to slip.

¹⁴ Come and listen, all you who fear God, *
and I will tell you what he has done for me.

¹⁵ I called out to him with my mouth, *
and his praise was on my tongue.

¹⁷ In truth God has heard me; *
he has attended to the voice of my prayer.

¹⁸ Blessed be God, who has not rejected my prayer, *
nor withheld his love from me.

Psalm 67 *Deus misereatur*

¹ May God be merciful to us and bless us, *
show us the light of his countenance and come to us.

² Let your ways be known upon earth, *
your saving health among all nations.

³ Let the peoples praise you, O God; *
let all the peoples praise you.

⁴ Let the nations be glad and sing for joy, *
for you judge the peoples with equity and guide all the nations upon earth.

⁵ Let the peoples praise you, O God; *
let all the peoples praise you.

⁶ The earth has brought forth her increase; *
may God, our own God, give us his blessing.

⁷ May God give us his blessing, *
and may all the ends of the earth stand in awe of him.

Psalm 68 *Exsurgat Deus*

³ Let the righteous be glad and rejoice before God; *
let them also be merry and joyful.

⁴ Sing to God, sing praises to his Name; exalt him who rides upon the heavens; *
Yahweh is his Name, rejoice before him!

⁵ Father of orphans, defender of widows, *
God in his holy habitation!

⁶ God gives the solitary a home and brings forth prisoners into freedom; *

⁹ You sent a gracious rain, O God, upon your inheritance; *
you refreshed the land when it was weary.

¹⁰ Your people found their home in it; *
in your goodness, O God, you have made provision for the poor.

¹¹ The Lord gave the word; *
great was the company of women who bore the tidings:

¹⁸ You have gone up on high and led captivity captive; you have received gifts even from your enemies, *
that the Lord God might dwell among them.

¹⁹ Blessed be the Lord day by day, *
the God of our salvation, who bears our burdens.

²⁰ He is our God, the God of our salvation; *
God is the Lord, by whom we escape death.

²⁶ Bless God in the congregation; *
bless the Lord, you that are of the fountain of Israel.

³³ Sing to God, O kingdoms of the earth; *
sing praises to the Lord.

³⁴ He rides in the heavens, the ancient heavens; *
he sends forth his voice, his mighty voice.

³⁵ Ascribe power to God; *
his majesty is over Israel; his strength is in the skies.

³⁶ How wonderful is God in his holy places! *
the God of Israel giving strength and power to his people! Blessed be God!

Psalm 69 *Salvum me fac*

¹ Save me, O God, *
for the waters have risen up to my neck.

² I am sinking in deep mire, *
and there is no firm ground for my feet.

³ I have come into deep waters, *
and the torrent washes over me.

⁴ I have grown weary with my crying; my throat is inflamed; *
my eyes have failed from looking for my God.

⁶ O God, you know my foolishness, *
and my faults are not hidden from you.

⁷ Let not those who hope in you be put to shame through me, Lord God of hosts; *
let not those who seek you be disgraced because of me, O God of Israel.

⁸ Surely, for your sake have I suffered reproach, *
and shame has covered my face.

⁹ I have become a stranger to my own kindred, *
an alien to my mother's children.

¹⁰ Zeal for your house has eaten me up; *
the scorn of those who scorn you has fallen upon me.

¹⁴ But as for me, this is my prayer to you, *
at the time you have set, O Lord:

¹⁵ "In your great mercy, O God, *
answer me with your unfailing help.

¹⁸ Answer me, O Lord, for your love is kind; *
in your great compassion, turn to me.'

¹⁹ "Hide not your face from your servant; *
be swift and answer me, for I am in distress.

²⁰ Draw near to me and redeem me; *

²³ They gave me gall to eat, *
and when I was thirsty, they gave me vinegar to drink.

²⁷ Let their camp be desolate, *
and let there be none to dwell in their tents.

³¹ As for me, I am afflicted and in pain; *
your help, O God, will lift me up on high.

³² I will praise the Name of God in song; *
I will proclaim his greatness with thanksgiving.

³⁴ The afflicted shall see and be glad; *
you who seek God, your heart shall live.

³⁵ For the Lord listens to the needy, *
and his prisoners he does not despise.

³⁶ Let the heavens and the earth praise him, *
the seas and all that moves in them;

³⁷ For God will save Zion and rebuild the cities of Judah; *
they shall live there and have it in possession.

³⁸ The children of his servants will inherit it, *
and those who love his Name will dwell therein.

Psalm 70 *Deus, in adjutorium*

¹ Be pleased, O God, to deliver me; *
O Lord, make haste to help me.

⁴ Let all who seek you rejoice and be glad in you; *
let those who love your salvation say for ever, "Great is the Lord!"

⁶ You are my helper and my deliverer; *
O Lord, do not tarry.

Psalm 71 *In te, Domine, speravi*

¹ In you, O Lord, have I taken refuge; *

² In your righteousness, deliver me and set me free; *
incline your ear to me and save me.

³ Be my strong rock, a castle to keep me safe; *
you are my crag and my stronghold.

⁵ For you are my hope, O Lord God, *
my confidence since I was young.

⁶ I have been sustained by you ever since I was born; from my mother's womb you have been my strength; *
my praise shall be always of you.

⁸ Let my mouth be full of your praise *
and your glory all the day long.

¹² O God, be not far from me; *
come quickly to help me, O my God.

¹⁴ I shall always wait in patience, *
and shall praise you more and more.

¹⁵ My mouth shall recount your mighty acts and saving deeds all day long; *
though I cannot know the number of them.

¹⁶ I will begin with the mighty works of the Lord God *
I will recall your righteousness, yours alone.

¹⁷ O God, you have taught me since I was young, *
and to this day I tell of your wonderful works.

¹⁸ And now that I am old and gray-headed, O God, do not forsake me, *
till I make known your strength to this generation and your power to all who are to come.

¹⁹ Your righteousness, O God, reaches to the heavens; *
you have done great things; who is like you, O God?

²¹ You strengthen me more and more;
you enfold and comfort me,

²² Therefore I will praise you upon the lyre for your faithfulness, O my God; *
I will sing to you with the harp, O Holy One of Israel.

²³ My lips will sing with joy when I play to you, *
and so will my soul, which you have redeemed.

²⁴ My tongue will proclaim your righteousness all day long. *

Psalm 72 *Deus, iudicium*

- ¹ Give the King your justice, O God, *
and your righteousness to the King's Son;
- ² That he may rule your people righteously *
and the poor with justice;
- ³ That the mountains may bring prosperity to the people, *
and the little hills bring righteousness.
- ⁴ He shall defend the needy among the people; *
he shall rescue the poor and crush the oppressor.
- ⁵ He shall live as long as the sun and moon endure, *
from one generation to another.
- ⁶ He shall come down like rain upon the mown field, *
like showers that water the earth.
- ⁷ In his time shall the righteous flourish; *
there shall be abundance of peace till the moon shall be no more.
- ⁸ He shall rule from sea to sea, *
and from the River to the ends of the earth.
- ¹⁰ The kings of Tarshish and of the isles shall pay tribute, *
and the kings of Arabia and Saba offer gifts.
- ¹¹ All kings shall bow down before him, *
and all the nations do him service.
- ¹² For he shall deliver the poor who cries out in distress, *
and the oppressed who has no helper.
- ¹³ He shall have pity on the lowly and poor; *
he shall preserve the lives of the needy.
- ¹⁴ He shall redeem their lives from oppression and violence, *
and dear shall their blood be in his sight.
- ¹⁵ Long may he live! and may there be given to him gold from Arabia; *
may prayer be made for him always, and may they bless him all the day long.
- ¹⁶ May there be abundance of grain on the earth, growing thick even on the hilltops; *
may its fruit flourish like Lebanon, and its grain like grass upon the earth.
- ¹⁷ May his Name remain for ever and be established as long as the sun endures; *
may all the nations bless themselves in him and call him blessed.
- ¹⁸ Blessed be the Lord God, the God of Israel, *
who alone does wondrous deeds!
- ¹⁹ And blessed be his glorious Name for ever! *
and may all the earth be filled with his glory. Amen. Amen.

Psalm 73 *Quam bonus Israel!*

- ¹ Truly, God is good to Israel, *
to those who are pure in heart.
- ² But as for me, my feet had nearly slipped; *
I had almost tripped and fallen;
- ²³ Yet I am always with you; *
you hold me by my right hand.

24 You will guide me by your counsel, *
and afterwards receive me with glory.

25 Whom have I in heaven but you? *
and having you I desire nothing upon earth.

26 Though my flesh and my heart should waste away, *
God is the strength of my heart and my portion for ever.

28 It is good for me to be near God; *
I have made the Lord God my refuge.

Psalm 74 *Ut quid, Deus?*

11 God is my King from ancient times, *
victorious in the midst of the earth.

15 Yours is the day, yours also the night; *
you established the moon and the sun.

16 You fixed all the boundaries of the earth; *
you made both summer and winter.

18 *

never forget the lives of your poor.

20 *

let the poor and needy praise your Name.

Psalm 75 *Confitebimur tibi*

1 We give you thanks, O God, we give you thanks, *
calling upon your Name and declaring all your wonderful deeds.

2 "I will appoint a time," says God; *
"I will judge with equity.

3 Though the earth and all its inhabitants are quaking, *
I will make its pillars fast.

4 I will say to the boasters, 'Boast no more,' *
and to the wicked, 'Do not toss your horns;

5 Do not toss your horns so high, *
nor speak with a proud neck.'"

6 For judgment is neither from the east nor from the west, *
nor yet from the wilderness or the mountains.

7 It is God who judges; *

9 And so I will rejoice for ever; *
I will sing praises to the God of Jacob.

Psalm 76 *Notus in Judæa*

1 In Judah is God known; *
his Name is great in Israel.

2 At Salem is his tabernacle, *
and his dwelling is in Zion.

4 How glorious you are! *
more splendid than the everlasting mountains!

11 Make a vow to the Lord your God and keep it; *
let all around him bring gifts.

Psalm 77 *Voce mea ad Dominum*

¹ I will cry aloud to God; *
I will cry aloud, and he will hear me.

⁵ I consider the days of old; *
I remember the years long past;

⁶ I commune with my heart in the night; *
I ponder and search my mind.

¹¹ I will remember the works of the Lord, *
and call to mind your wonders of old time.

¹² I will meditate on all your acts *
and ponder your mighty deeds.

¹³ Your way, O God, is holy; *
who is so great a god as our God?

¹⁴ You are the God who works wonders *
and have declared your power among the peoples.

¹⁹ Your way was in the sea, and your paths in the great waters, *
yet your footsteps were not seen.

Psalm 78

Part I *Attendite, popule*

¹ Hear my teaching, O my people; *
incline your ears to the words of my mouth.

² I will open my mouth in a parable; *
I will declare the mysteries of ancient times.

³ That which we have heard and known, and what our forefathers have told us, *
we will not hide from their children.

⁴ We will recount to generations to come the praiseworthy deeds and the power of the Lord, *
and the wonderful works he has done.

⁵ He gave his decrees to Jacob and established a law for Israel, *
which he commanded them to teach their children;

⁶ That the generations to come might know, and the children yet unborn; *
that they in their turn might tell it to their children;

⁷ So that they might put their trust in God, *
and not forget the deeds of God, but keep his commandments;

¹² He worked marvels in the sight of their forefathers, *
in the land of Egypt, in the field of Zoan.

¹³ He split open the sea and let them pass through; *
he made the waters stand up like walls.

¹⁴ He led them with a cloud by day, *
and all the night through with a glow of fire.

¹⁵ He split the hard rocks in the wilderness *
and gave them drink as from the great deep.

¹⁶ He brought streams out of the cliff, *
and the waters gushed out like rivers.

¹⁷ But they went on sinning against him, *
rebellious in the desert against the Most High.

18 They tested God in their hearts, *
demanding food for their craving.

19 They railed against God and said, *
“Can God set a table in the wilderness?”

20 True, he struck the rock, the waters gushed out, and the gullies overflowed; *
but is he able to give bread or to provide meat for his people?”

23 So he commanded the clouds above *
and opened the doors of heaven.

24 He rained down manna upon them to eat *
and gave them grain from heaven.

25 So mortals ate the bread of angels; *
he provided for them food enough.

37 Their heart was not steadfast toward him, *
and they were not faithful to his covenant.

38 But he was so merciful that he forgave their sins and did not destroy them; *
many times he held back his anger and did not permit his wrath to be roused.

39 For he remembered that they were but flesh, *
a breath that goes forth and does not return.

Psalm 78

Part II *Quoties exacerbaverunt*

68 The Lord chose the tribe of Judah *
and Mount Zion, which he loved.

69 He built his sanctuary like the heights of heaven, *
like the earth which he founded for ever.

70 He chose David his servant, *
and took him away from the sheepfolds.

71 He brought him from following the ewes, *
to be a shepherd over Jacob his people and over Israel his inheritance.

72 So he shepherded them with a faithful and true heart *
and guided them with the skillfulness of his hands.

Psalm 79 *Deus, venerunt*

8 Remember not our past sins; let your compassion be swift to meet us; *
for we have been brought very low.

9 Help us, O God our Savior, for the glory of your Name; *
deliver us and forgive us our sins, for your Name's sake.

11 Let the sorrowful sighing of the prisoners come before you, *
and by your great might spare those who are condemned to die.

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

Psalm 80 *Qui regis Israel*

1 Hear, O Shepherd of Israel, leading Joseph like a flock; *
shine forth, you that are enthroned upon the cherubim.

2 In the presence of Ephraim, Benjamin, and Manasseh, *
stir up your strength and come to help us.

³ Restore us, O God of hosts; *
show the light of your countenance, and we shall be saved.

⁸ You have brought a vine out of Egypt; *
and planted it.

⁹ You prepared the ground for it; *
it took root and filled the land.

¹⁰ The mountains were covered by its shadow *
and the towering cedar trees by its boughs.

¹¹ You stretched out its tendrils to the Sea *
and its branches to the River.

¹⁴ Turn now, O God of hosts, look down from heaven; behold and tend this vine; *
preserve what your right hand has planted.

¹⁶ Let your hand be upon the man of your right hand, *
the son of man you have made so strong for yourself.

¹⁷ And so will we never turn away from you; *
give us life, that we may call upon your Name.

¹⁸ Restore us, O Lord God of hosts; *
show the light of your countenance, and we shall be saved.

Psalm 81 *Exultate Deo*

¹ Sing with joy to God our strength *
and raise a loud shout to the God of Jacob.

² Raise a song and sound the timbrel, *
the merry harp, and the lyre.

³ Blow the ram's-horn at the new moon, *
and at the full moon, the day of our feast.

⁴ For this is a statute for Israel, *
a law of the God of Jacob.

⁵ He laid it as a solemn charge upon Joseph, *
when he came out of the land of Egypt.

⁶ I heard an unfamiliar voice saying *
"I eased his shoulder from the burden; his hands were set free from bearing the load."

⁷ You called on me in trouble, and I saved you; *
I answered you from the secret place of thunder and tested you at the waters of Meribah.

⁸ Hear, O my people, and I will admonish you: *
O Israel, if you would but listen to me!

⁹ There shall be no strange god among you; *
you shall not worship a foreign god.

¹⁰ I am the Lord your God, who brought you out of the land of Egypt and said, *
"Open your mouth wide, and I will fill it."

¹¹ And yet my people did not hear my voice, *
and Israel would not obey me.

¹² So I gave them over to the stubbornness of their hearts, *
to follow their own devices.

¹³ Oh, that my people would listen to me! *
that Israel would walk in my ways!

¹⁶ Then Israel would I feed with the finest wheat *
and satisfy him with honey from the rock.

Psalm 82 and 83 *Deus stetit and Deus, quis similis?*

¹ God takes his stand in the council of heaven; *
he gives judgment in the midst of the gods:

² "How long will you judge unjustly, *
and show favor to the wicked?

³ Save the weak and the orphan; *
defend the humble and needy;

⁴ Rescue the weak and the poor; *
deliver them from the power of the wicked.

⁵ They do not know, neither do they understand; they go about in darkness; *
all the foundations of the earth are shaken.

⁶ Now I say to you, 'You are gods, *
and all of you children of the Most High;

⁷ Nevertheless, you shall die like mortals, *
and fall like any prince.'"

⁸ Arise, O God, and rule the earth, *
for you shall take all nations for your own.

^{83:18} Let them know that you, whose Name is Yahweh, *
you alone are the Most High over all the earth.

Psalm 84 *Quam dilecta!*

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

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

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

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

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

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

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

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

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

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

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

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

Psalm 85 *Benedixisti, Domine*

⁷ Show us your mercy, O Lord, *
and grant us your salvation.

⁸ I will listen to what the Lord God is saying, *
for he is speaking peace to his faithful people and to those who turn their hearts to him.

⁹ Truly, his salvation is very near to those who adore him, *
that his glory may dwell in our land.

¹⁰ Mercy and truth have met together; *
righteousness and peace have kissed each other.

¹¹ Truth shall spring up from the earth, *
and righteousness shall look down from heaven.

¹² The Lord will indeed grant prosperity, *
and our land will yield its increase.

¹³ Righteousness shall go before him, *
and peace shall be a pathway for his feet.

Psalm 86 *Inclina, Domine*

¹ Bow down your ear, O Lord, and answer me, *
for I am poor and in misery.

² Keep watch over my life, for I am faithful; *
save your servant who puts his trust in you.

³ Be merciful to me, O Lord, for you are my God; *
I call upon you all the day long.

⁴ Gladden the soul of your servant, *
for to you, O Lord, I lift up my soul.

⁵ For you, O Lord, are good and forgiving, *
and great is your love toward all who call upon you.

⁶ Give ear, O Lord, to my prayer, *
and attend to the voice of my supplications.

⁷ In the time of my trouble I will call upon you, *
for you will answer me.

⁹ All nations you have made will come and worship you, O Lord, *
and glorify your Name.

¹⁰ For you are great; you do wondrous things; *
and you alone are God.

¹¹ Teach me your way, O Lord, and I will walk in your truth; *
knit my heart to you that I may adore your Name.

¹² I will thank you, O Lord my God, with all my heart, *
and glorify your Name for evermore.

¹³ For great is your love toward me; *
you have delivered me from the nethermost Pit.

¹⁵ You, O Lord, are gracious and full of compassion, *
slow to anger, and full of kindness and truth.

¹⁶ Turn to me and have mercy upon me; *
give your strength to your servant; and save the child of your handmaid.

¹⁷ Show me a sign of your favor; *
because you, O Lord, have helped me and comforted me.

Psalm 87 *Fundamenta ejus*

¹ On the holy mountain stands the city he has founded; *
the Lord loves the gates of Zion more than all the dwellings of Jacob.

² Glorious things are spoken of you, *
O city of our God.

³ I count Egypt and Babylon among those who know me; *
behold Philistia, Tyre, and Ethiopia: in Zion were they born.

⁴ Of Zion it shall be said, "Everyone was born in her, *
and the Most High himself shall sustain her."

⁵ The Lord will record as he enrolls the peoples, *
"These also were born there."

⁶ The singers and the dancers will say, *
"All my fresh springs are in you."

Psalm 88 *Domine, Deus*

¹ O Lord, my God, my Savior, *
by day and night I cry to you.

² Let my prayer enter into your presence; *
incline your ear to my lamentation.

³ For I am full of trouble; *
my life is at the brink of the grave.

⁴ I am counted among those who go down to the Pit; *
I have become like one who has no strength;

⁵ Lost among the dead, *
like the slain who lie in the grave,

⁶ Whom you remember no more, *
for they are cut off from your hand.

⁷ You have laid me in the depths of the Pit, *
in dark places, and in the abyss.

⁸ Your anger weighs upon me heavily, *
and all your great waves overwhelm me.

⁹ You have put my friends far from me; you have made me to be abhorred by them; *
I am in prison and cannot get free.

¹⁰ My sight has failed me because of trouble; *
Lord, I have called upon you daily; I have stretched out my hands to you.

¹¹ Do you work wonders for the dead? *
will those who have died stand up and give you thanks?

¹² Will your loving-kindness be declared in the grave? *
your faithfulness in the land of destruction?

¹³ Will your wonders be known in the dark? *
or your righteousness in the country where all is forgotten?

¹⁴ But as for me, O Lord, I cry to you for help; *
in the morning my prayer comes before you.

¹⁵ Lord, why have you rejected me? *
why have you hidden your face from me?

¹⁶ Ever since my youth, I have been wretched and at the point of death; *
I have borne your terrors with a troubled mind.

¹⁷ Your blazing anger has swept over me; *
your terrors have destroyed me;

¹⁸ They surround me all day long like a flood; *
they encompass me on every side.

¹⁹ My friend and my neighbor you have put away from me, *
and darkness is my only companion.

Psalm 89

Part I *Misericordias Domini*

¹ Your love, O Lord, for ever will I sing; *
from age to age my mouth will proclaim your faithfulness.

² For I am persuaded that your love is established for ever; *
you have set your faithfulness firmly in the heavens.

⁵ The heavens bear witness to your wonders, O Lord, *
and to your faithfulness in the assembly of the holy ones;

⁸ Who is like you, Lord God of hosts? *
O mighty Lord, your faithfulness is all around you.

¹¹ Yours are the heavens; the earth also is yours; *
you laid the foundations of the world and all that is in it.

¹⁴ Righteousness and justice are the foundations of your throne; *
love and truth go before your face.

¹⁵ Happy are the people who know the festal shout! *
they walk, O Lord, in the light of your presence.

¹⁶ They rejoice daily in your Name; *
they are jubilant in your righteousness.

Psalm 89

Part II *Tunc locutus es*

²⁰ I have found David my servant; *
with my holy oil have I anointed him.

²⁶ He will say to me, 'You are my Father, *
my God, and the rock of my salvation.'

²⁸ I will keep my love for him for ever, *
and my covenant will stand firm for him.

²⁹ I will establish his line for ever *
and his throne as the days of heaven."

³⁶ His line shall endure for ever *
and his throne as the sun before me;

³⁷ It shall stand fast for evermore like the moon, *
the abiding witness in the sky.'"

⁵² Blessed be the Lord for evermore! *
Amen, I say, Amen.

Psalm 90 *Domine, refugium*

¹ Lord, you have been our refuge *
from one generation to another.

² Before the mountains were brought forth, or the land and the earth were born, *
from age to age you are God.

³ You turn us back to the dust and say, *
"Go back, O child of earth."

⁴ For a thousand years in your sight are like yesterday when it is past *
and like a watch in the night.

⁵ You sweep us away like a dream; *
we fade away suddenly like the grass.

⁶ In the morning it is green and flourishes; *
in the evening it is dried up and withered.

¹² So teach us to number our days *
that we may apply our hearts to wisdom.

¹⁴ Satisfy us by your loving-kindness in the morning; *
so shall we rejoice and be glad all the days of our life.

¹⁶ Show your servants your works *
and your splendor to their children.

¹⁷ May the graciousness of the Lord our God be upon us; *
prosper the work of our hands; prosper our handiwork.

Psalm 91 *Qui habitat*

¹ He who dwells in the shelter of the Most High, *
abides under the shadow of the Almighty.

² He shall say to the Lord, "You are my refuge and my stronghold, *
my God in whom I put my trust."

⁴ He shall cover you with his pinions, and you shall find refuge under his wings; *
his faithfulness shall be a shield and buckler.

¹¹ For he shall give his angels charge over you, *
to keep you in all your ways.

¹² They shall bear you in their hands, *
lest you dash your foot against a stone.

¹⁴ Because he is bound to me in love, therefore will I deliver him; *
I will protect him, because he knows my Name.

¹⁵ He shall call upon me, and I will answer him; *
I am with him in trouble; I will rescue him and bring him to honor.

¹⁶ With long life will I satisfy him, *
and show him my salvation.

Psalm 92 *Bonum est confiteri*

¹ It is a good thing to give thanks to the Lord, *
and to sing praises to your Name, O Most High;

² To tell of your loving-kindness early in the morning *
and of your faithfulness in the night season;

³ On the psaltery, and on the lyre, *
and to the melody of the harp.

⁴ For you have made me glad by your acts, O Lord; *
and I shout for joy because of the works of your hands.

⁵ Lord, how great are your works! *
your thoughts are very deep.

¹² Those who are planted in the house of the Lord *
shall flourish in the courts of our God;

¹³ They shall still bear fruit in old age; *
they shall be green and succulent;

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

Psalm 93 *Dominus regnavit*

¹ The Lord is King; he has put on splendid apparel; *
the Lord has put on his apparel and girded himself with strength.

² He has made the whole world so sure *
that it cannot be moved;

³ Ever since the world began, your throne has been established; *
you are from everlasting.

⁴ The waters have lifted up, O Lord, the waters have lifted up their voice; *
the waters have lifted up their pounding waves.

⁵ Mightier than the sound of many waters, mightier than the breakers of the sea, *
mightier is the Lord who dwells on high.

⁶ Your testimonies are very sure, *
and holiness adorns your house, O Lord, for ever and for evermore.

Psalm 94 *Deus ultionum*

¹¹ The Lord knows our human thoughts; *
how like a puff of wind they are.

¹² Happy are they whom you instruct, O Lord! *

¹³ to give them rest in evil days, *

¹⁴ For the Lord will not abandon his people, *
nor will he forsake his own.

¹⁵ For judgment will again be just, *
and all the true of heart will follow it.

¹⁷ If the Lord had not come to my help, *
I should soon have dwelt in the land of silence.

¹⁸ As often as I said, "My foot has slipped," *
your love, O Lord, upheld me.

¹⁹ When many cares fill my mind, *
your consolations cheer my soul.

²² But the Lord has become my stronghold, *
and my God the rock of my trust.

Psalm 95 *Venite, exultemus*

- ¹ Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
- ² Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.
- ³ For the Lord is a great God, *
and a great King above all gods.
- ⁴ In his hand are the caverns of the earth, *
and the heights of the hills are his also.
- ⁵ The sea is his, for he made it, *
and his hands have molded the dry land.
- ⁶ Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.
- ⁷ For he is our God, and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!

Psalm 96 *Cantate Domino*

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

Psalm 97 *Dominus regnavit*

- ¹ The Lord is King; let the earth rejoice; *
let the multitude of the isles be glad.

⁶ The heavens declare his righteousness, *
and all the peoples see his glory.

¹¹ Light has sprung up for the righteous, *
and joyful gladness for those who are truehearted.

¹² Rejoice in the Lord, you righteous, *
and give thanks to his holy Name.

Psalm 98 *Cantate Domino*

¹ Sing to the Lord a new song, *
for he has done marvelous things.

² With his right hand and his holy arm *
has he won for himself the victory.

³ The Lord has made known his victory; *
his righteousness has he openly shown in the sight of the nations.

⁴ He remembers his mercy and faithfulness to the house of Israel, *
and all the ends of the earth have seen the victory of our God.

⁵ Shout with joy to the Lord, all you lands; *
lift up your voice, rejoice, and sing.

⁶ Sing to the Lord with the harp, *
with the harp and the voice of song.

⁷ With trumpets and the sound of the horn *
shout with joy before the King, the Lord.

⁸ Let the sea make a noise and all that is in it, *
the lands and those who dwell therein.

⁹ Let the rivers clap their hands, *
and let the hills ring out with joy before the Lord, when he comes to judge the earth.

¹⁰ In righteousness shall he judge the world *
and the peoples with equity.

Psalm 99 *Dominus regnavit*

² The Lord is great in Zion; *
he is high above all peoples.

³ Let them confess his Name, which is great and awesome; *
he is the Holy One.

⁴ "O mighty King, lover of justice, you have established equity; *
you have executed justice and righteousness in Jacob."

⁵ Proclaim the greatness of the Lord our God and fall down before his footstool; *
he is the Holy One.

⁹ Proclaim the greatness of the Lord our God and worship him upon his holy hill; *
for the Lord our God is the Holy One.

Psalm 100 *Jubilate Deo*

¹ Be joyful in the Lord, all you lands; *
serve the Lord with gladness and come before his presence with a song.

² Know this: The Lord himself is God; *
he himself has made us, and we are his; we are his people and the sheep of his pasture.

³ Enter his gates with thanksgiving; go into his courts with praise; *
give thanks to him and call upon his Name.

⁴ For the Lord is good; his mercy is everlasting; *
and his faithfulness endures from age to age.

Psalm 101 *Misericordiam et iudicium*

¹ I will sing of mercy and justice; *
to you, O Lord, will I sing praises.

² I will strive to follow a blameless course; oh, when will you come to me? *
I will walk with sincerity of heart within my house.

Psalm 102 *Domine, exaudi*

¹ Lord, hear my prayer, and let my cry come before you; *

² Incline your ear to me; *
when I call, make haste to answer me,

¹¹ My days pass away like a shadow, *
and I wither like the grass.

¹² But you, O Lord, endure for ever, *
and your Name from age to age.

¹⁶ For the Lord will build up Zion, *
and his glory will appear.

¹⁷ He will look with favor on the prayer of the homeless; *
he will not despise their plea.

¹⁸ Let this be written for a future generation, *
so that a people yet unborn may praise the Lord.

¹⁹ For the Lord looked down from his holy place on high; *
from the heavens he beheld the earth;

²⁰ That he might hear the groan of the captive *
and set free those condemned to die;

²¹ That they may declare in Zion the Name of the Lord, *
and his praise in Jerusalem;

²² When the peoples are gathered together, *
and the kingdoms also, to serve the Lord.

²⁵ In the beginning, O Lord, you laid the foundations of the earth, *
and the heavens are the work of your hands;

²⁶ They shall perish, but you will endure; they all shall wear out like a garment; *
as clothing you will change them, and they shall be changed;

²⁷ But you are always the same, *
and your years will never end.

²⁸ The children of your servants shall continue, *
and their offspring shall stand fast in your sight."

Psalm 103 *Benedic, anima mea*

¹ Bless the Lord, O my soul, *
and all that is within me, bless his holy Name.

² Bless the Lord, O my soul, *
and forget not all his benefits.

³ He forgives all your sins *
and heals all your infirmities;

⁴ He redeems your life from the grave *
and crowns you with mercy and loving-kindness;

⁵ He satisfies you with good things, *
and your youth is renewed like an eagle's.

⁶ The Lord executes righteousness *
and judgment for all who are oppressed.

⁷ He made his ways known to Moses *
and his works to the children of Israel.

⁸ The Lord is full of compassion and mercy, *
slow to anger and of great kindness.

⁹ He will not always accuse us, *
nor will he keep his anger for ever.

¹⁰ He has not dealt with us according to our sins, *
nor rewarded us according to our wickedness.

¹¹ For as the heavens are high above the earth, *
so is his mercy great upon those who adore him.

¹² As far as the east is from the west, *
so far has he removed our sins from us.

¹³ As a father cares for his children, *
so does the Lord care for those who adore him.

¹⁴ For he himself knows whereof we are made; *
he remembers that we are but dust.

¹⁵ Our days are like the grass; *
we flourish like a flower of the field;

¹⁶ When the wind goes over it, it is gone, *
and its place shall know it no more.

¹⁷ But the merciful goodness of the Lord endures for ever on those who adore him, *
and his righteousness on children's children;

¹⁸ On those who keep his covenant *
and remember his commandments and do them.

¹⁹ The Lord has set his throne in heaven, *
and his kingship has dominion over all.

²⁰ Bless the Lord, you angels of his, you mighty ones who do his bidding, *
and hearken to the voice of his word.

²¹ Bless the Lord, all you his hosts, *
you ministers of his who do his will.

²² Bless the Lord, all you works of his, in all places of his dominion; *
bless the Lord, O my soul.

Psalm 104 *Benedic, anima mea*

Part 1

¹ Bless the Lord, O my soul; *
O Lord my God, how excellent is your greatness! you are clothed with majesty and splendor.

² You wrap yourself with light as with a cloak *
and spread out the heavens like a curtain.

³ You lay the beams of your chambers in the waters above; *
you make the clouds your chariot; you ride on the wings of the wind.

⁴ You make the winds your messengers *
and flames of fire your servants.

⁵ You have set the earth upon its foundations, *
so that it never shall move at any time.

⁶ You covered it with the Deep as with a mantle; *
the waters stood higher than the mountains.

⁷ At your rebuke they fled; *
at the voice of your thunder they hastened away.

⁸ They went up into the hills and down to the valleys beneath, *
to the places you had appointed for them.

⁹ You set the limits that they should not pass; *
they shall not again cover the earth.

¹⁰ You send the springs into the valleys; *
they flow between the mountains.

¹¹ All the beasts of the field drink their fill from them, *
and the wild asses quench their thirst.

¹² Beside them the birds of the air make their nests *
and sing among the branches.

¹³ You water the mountains from your dwelling on high; *
the earth is fully satisfied by the fruit of your works.

¹⁴ You make grass grow for flocks and herds *
and plants to serve mankind;

¹⁵ That they may bring forth food from the earth, *
and wine to gladden our hearts,

¹⁶ Oil to make a cheerful countenance, *
and bread to strengthen the heart.

Psalm 104 *Benedic, anima mea*

Part 2

¹⁷ The trees of the Lord are full of sap, *
the cedars of Lebanon which he planted,

¹⁸ In which the birds build their nests, *
and in whose tops the stork makes his dwelling.

¹⁹ The high hills are a refuge for the mountain goats, *
and the stony cliffs for the rock badgers.

²⁰ You appointed the moon to mark the seasons, *
and the sun knows the time of its setting.

²¹ You make darkness that it may be night, *
in which all the beasts of the forest prowl.

²² The lions roar after their prey *
and seek their food from God.

23 The sun rises, and they slip away *
and lay themselves down in their dens.

24 Man and woman go forth to their work *
and to their labor until the evening.

Psalm 104 *Benedic, anima mea*

Part 3

25 O Lord, how manifold are your works! *
in wisdom you have made them all; the earth is full of your creatures.

26 Yonder is the great and wide sea with its living things too many to number, *
creatures both small and great.

27 There move the ships, and there is that Leviathan, *
which you have made for the sport of it.

28 All of them look to you *
to give them their food in due season.

29 You give it to them; they gather it; *
you open your hand, and they are filled with good things.

31 You send forth your Spirit, and they are created; *
and so you renew the face of the earth.

32 May the glory of the Lord endure for ever; *
may the Lord rejoice in all his works.

34 I will sing to the Lord as long as I live; *
I will praise my God while I have my being.

35 May these words of mine please him; *
I will rejoice in the Lord.

37 Bless the Lord, O my soul. *
Hallelujah!

Psalm 105

Part 1 *Confitemini Domino*

1 Give thanks to the Lord and call upon his Name; *
make known his deeds among the peoples.

2 Sing to him, sing praises to him, *
and speak of all his marvelous works.

3 Glory in his holy Name; *
let the hearts of those who seek the Lord rejoice.

4 Search for the Lord and his strength; *
continually seek his face.

5 Remember the marvels he has done. *

Psalm 105

Part 2 *Et intravit Israel*

23 Israel came into Egypt, *
and Jacob became a sojourner in the land of Ham.

37 He led out his people with silver and gold; *
in all their tribes there was not one that stumbled.

³⁹ He spread out a cloud for a covering *
and a fire to give light in the night season.

⁴⁰ They asked, and quails appeared, *
and he satisfied them with bread from heaven.

⁴¹ He opened the rock, and water flowed, *
so the river ran in the dry places.

⁴² For God remembered his holy word *
and Abraham his servant.

⁴³ So he led forth his people with gladness, *
his chosen with shouts of joy. Hallelujah!

Psalm 106

Part 1 *Confitemini Domino*

¹ Hallelujah! Give thanks to the Lord, for he is good, *
for his mercy endures for ever.

² Who can declare the mighty acts of the Lord *
or show forth all his praise?

³ Happy are those who act with justice *
and always do what is right!

⁴ Remember me, O Lord, with the favor you have for your people, *
and visit me with your saving help;

⁵ That I may see the prosperity of your elect and be glad with the gladness of your people, *
that I may glory with your inheritance.

Psalm 106

Part 2 *Et fecerunt vitulum*

⁴⁷ Save us, O Lord our God, and gather us from among the nations, *
that we may give thanks to your holy Name and glory in your praise.

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

Psalm 107

Part 1 *Confitemini Domino*

¹ Give thanks to the Lord, for he is good, *
and his mercy endures for ever.

² Let all those whom the Lord has redeemed proclaim *
that he redeemed them from the hand of the foe.

³ He gathered them out of the lands; *
from the east and from the west, from the north and from the south.

⁴ Some wandered in desert wastes; *
they found no way to a city where they might dwell.

⁵ They were hungry and thirsty; *
their spirits languished within them.

⁶ Then they cried to the Lord in their trouble, *
and he delivered them from their distress.

⁷ He put their feet on a straight path *
to go to a city where they might dwell.

⁸ Let them give thanks to the Lord for his mercy *
and the wonders he does for his children.

⁹ For he satisfies the thirsty *
and fills the hungry with good things.

Psalm 107

Part 2

¹⁰ Some sat in darkness and deep gloom, *
bound fast in misery and iron;

¹³ Then they cried to the Lord in their trouble, *
and he delivered them from their distress.

¹⁴ He led them out of darkness and deep gloom *
and broke their bonds asunder.

¹⁵ Let them give thanks to the Lord for his mercy *
and the wonders he does for his children.

¹⁶ For he shatters the doors of bronze *
and breaks in two the iron bars.

Psalm 107

Part 3

¹⁷ Some were fools and took to rebellious ways; *
they were afflicted because of their sins.

¹⁸ They abhorred all manner of food *
and drew near to death's door.

¹⁹ Then they cried to the Lord in their trouble, *
and he delivered them from their distress.

²⁰ He sent forth his word and healed them *
and saved them from the grave.

²¹ Let them give thanks to the Lord for his mercy *
and the wonders he does for his children.

²² Let them offer a sacrifice of thanksgiving *
and tell of his acts with shouts of joy.

Psalm 107

Part 4

²³ Some went down to the sea in ships *
and plied their trade in deep waters;

²⁴ They beheld the works of the Lord *
and his wonders in the deep.

²⁶ They mounted up to the heavens and fell back to the depths; *
their hearts melted because of their peril.

²⁷ They reeled and staggered like drunkards *
and were at their wits' end.

²⁸ Then they cried to the Lord in their trouble,
and he delivered them from their distress.

29 He stilled the storm to a whisper *
and quieted the waves of the sea.

30 Then were they glad because of the calm, *
and he brought them to the harbor they were bound for.

31 Let them give thanks to the Lord for his mercy *
and the wonders he does for his children.

32 Let them exalt him in the congregation of the people *
and praise him in the council of the elders.

Psalm 107

Part 5 *Posuit flumina*

35 He changed deserts into pools of water *
and dry land into water-springs.

36 He settled the hungry there, *
and they founded a city to dwell in.

37 They sowed fields, and planted vineyards, *
and brought in a fruitful harvest.

38 He blessed them, so that they increased greatly; *
he did not let their herds decrease.

39 Yet when they were diminished and brought low, *
through stress of adversity and sorrow,

41 He lifted up the poor out of misery *
and multiplied their families like flocks of sheep.

43 Whoever is wise will ponder these things, *
and consider well the mercies of the Lord.

Psalm 108 *Paratum cor meum*

1 My heart is firmly fixed, O God, my heart is fixed; *
I will sing and make melody.

2 Wake up, my spirit; awake, lute and harp; *
I myself will waken the dawn.

3 I will confess you among the peoples, O Lord; *
I will sing praises to you among the nations.

4 For your loving-kindness is greater than the heavens, *
and your faithfulness reaches to the clouds.

5 Exalt yourself above the heavens, O God, *
and your glory over all the earth.

6 So that those who are dear to you may be delivered, *
save with your right hand and answer me.

Psalm 109 *Deus, laudem*

(7 Let his days be few, *
and let another take his office.)

²⁰ O Lord my God, deal with me according to your Name; *
for your tender mercy's sake, deliver me.

²⁵ Help me, O Lord my God; *
save me for your mercy's sake.

³⁰ Because you stand at the right hand of the needy, *
to save his life from those who would condemn him.

Psalm 110 *Dixit Dominus*

¹ The Lord said to my Lord, "Sit at my right hand, *
until I make your enemies your footstool."

² The Lord will send the scepter of your power out of Zion, *
saying, "Rule over your enemies round about you.

³ Princely state has been yours from the day of your birth; *
in the beauty of holiness have I begotten you, like dew from the womb of the morning."

⁴ The Lord has sworn and he will not recant: *
"You are a priest for ever after the order of Melchizedek."

Psalm 111 *Confitebor tibi*

¹ Hallelujah! I will give thanks to the Lord with my whole heart, *
in the assembly of the upright, in the congregation.

² Great are the deeds of the Lord! *
they are studied by all who delight in them.

³ His work is full of majesty and splendor, *
and his righteousness endures for ever.

⁴ He makes his marvelous works to be remembered; *
the Lord is gracious and full of compassion.

⁷ The works of his hands are faithfulness and justice; *
all his commandments are sure.

⁸ They stand fast for ever and ever, *
because they are done in truth and equity.

⁹ He sent redemption to his people; he commanded his covenant for ever; *
holy and awesome is his Name.

¹⁰ The admiration of the Lord is the beginning of wisdom; *
those who act accordingly have a good understanding; his praise endures for ever.

Psalm 112 *Beatus vir*

¹ Hallelujah! Happy are they who admire the Lord *
and have great delight in his commandments!

⁴ Light shines in the darkness for the upright; *
the righteous are merciful and full of compassion.

⁵ It is good for them to be generous in lending *
and to manage their affairs with justice.

⁶ For they will never be shaken; *
the righteous will be kept in everlasting remembrance.

⁷ They will not be afraid of any evil rumors; *
their heart is right; they put their trust in the Lord.

⁸ Their heart is established and will not shrink, *

⁹ They have given freely to the poor, *

and their righteousness stands fast for ever; they will hold up their head with honor.

Psalm 113 *Laudate, pueri*

¹ Hallelujah! Give praise, you servants of the Lord; *
praise the Name of the Lord.

² Let the Name of the Lord be blessed, *
from this time forth for evermore.

³ From the rising of the sun to its going down *
let the Name of the Lord be praised.

⁴ The Lord is high above all nations, *
and his glory above the heavens.

⁵ Who is like the Lord our God, who sits enthroned on high *
but stoops to behold the heavens and the earth?

⁶ He takes up the weak out of the dust *
and lifts up the poor from the ashes.

Psalm 114 *In exitu Israel*

¹ Hallelujah! When Israel came out of Egypt, *
the house of Jacob from a people of strange speech,

² Judah became God's sanctuary *
and Israel his dominion.

³ The sea beheld it and fled; *
Jordan turned and went back.

⁴ The mountains skipped like rams, *
and the little hills like young sheep.

⁵ What ailed you, O sea, that you fled? *
O Jordan, that you turned back?

⁶ You mountains, that you skipped like rams? *
you little hills like young sheep?

⁷ Tremble, O earth, at the presence of the Lord, *
at the presence of the God of Jacob,

⁸ Who turned the hard rock into a pool of water *
and flint-stone into a flowing spring.

Psalm 115 *Non nobis, Domine*

¹ Not to us, O Lord, not to us, but to your Name give glory; *
because of your love and because of your faithfulness.

¹¹ You who admire the Lord, trust in the Lord; *
he is their help and their shield.

¹² The Lord has been mindful of us, and he will bless us; *
he will bless the house of Israel; he will bless the house of Aaron;

¹³ He will bless those who admire the Lord, *
both small and great together.

¹⁴ May the Lord increase you more and more, *
you and your children after you.

¹⁵ May you be blessed by the Lord, *
the maker of heaven and earth.

¹⁶ The heaven of heavens is the Lord's, *
but he entrusted the earth to its peoples.

¹⁸ We will bless the Lord, *
from this time forth for evermore. Hallelujah!

Psalm 116 *Dilexi, quoniam*

¹ I love the Lord, because he has heard the voice of my supplication, *
because he has inclined his ear to me whenever I called upon him.

² The cords of death entangled me; the grip of the grave took hold of me; *
I came to grief and sorrow.

³ Then I called upon the Name of the Lord: *
"O Lord, I pray you, save my life."

⁴ Gracious is the Lord and righteous; *
our God is full of compassion.

⁵ The Lord watches over the innocent; *
I was brought very low, and he helped me.

⁶ Turn again to your rest, O my soul, *
for the Lord has treated you well.

⁷ For you have rescued my life from death, *
my eyes from tears, and my feet from stumbling.

⁸ I will walk in the presence of the Lord *
in the land of the living.

⁹ I believed, even when I said, "I have been brought very low." *
In my distress I said, "No one can be trusted."

¹⁰ How shall I repay the Lord *
for all the good things he has done for me?

¹¹ I will lift up the cup of salvation *
and call upon the Name of the Lord.

¹² I will fulfill my vows to the Lord *
in the presence of all his people.

¹³ Precious in the sight of the Lord *
is the death of his servants.

¹⁴ O Lord, I am your servant; *
I am your servant and the child of your handmaid; you have freed me from my bonds.

¹⁵ I will offer you the sacrifice of thanksgiving *
and call upon the Name of the Lord.

¹⁶ I will fulfill my vows to the Lord *
in the presence of all his people,

¹⁷ In the courts of the Lord's house, *
in the midst of you, O Jerusalem. Hallelujah!

Psalm 117 *Laudate Dominum*

¹ Praise the Lord, all you nations; *
laud him, all you peoples.

² For his loving-kindness toward us is great, *
and the faithfulness of the Lord endures for ever. Hallelujah!

Psalm 118 *Confitemini Domino*

¹ Give thanks to the Lord, for he is good; *
his mercy endures for ever.

² Let Israel now proclaim, *
"His mercy endures for ever."

³ Let the house of Aaron now proclaim, *
"His mercy endures for ever."

⁴ Let those who admire the Lord now proclaim, *
"His mercy endures for ever."

⁵ I called to the Lord in my distress; *
the Lord answered by setting me free.

⁶ The Lord is at my side, therefore I will not fear; *
what can anyone do to me?

⁸ It is better to rely on the Lord *
than to put any trust in flesh.

⁹ It is better to rely on the Lord *
than to put any trust in rulers.

¹⁴ The Lord is my strength and my song, *
and he has become my salvation.

¹⁵ There is a sound of exultation and victory *
in the tents of the righteous:

¹⁶ "The right hand of the Lord has triumphed! *
the right hand of the Lord is exalted! the right hand of the Lord has triumphed!"

¹⁷ I shall not die, but live, *
and declare the works of the Lord.

¹⁹ Open for me the gates of righteousness; *
I will enter them; I will offer thanks to the Lord.

²⁰ "This is the gate of the Lord; *
he who is righteous may enter."

²¹ I will give thanks to you, for you answered me *
and have become my salvation.

²² The same stone which the builders rejected *
has become the chief cornerstone.

²³ This is the Lord's doing, *
and it is marvelous in our eyes.

²⁴ On this day the Lord has acted; *
we will rejoice and be glad in it.

²⁵ Hosannah, Lord, hosannah! *
Lord, send us now success.

²⁶ Blessed is he who comes in the name of the Lord; *
we bless you from the house of the Lord.

²⁷ God is the Lord; he has shined upon us; *
form a procession with branches up to the horns of the altar.

²⁸ "You are my God, and I will thank you; *
you are my God, and I will exalt you."

²⁹ Give thanks to the Lord, for he is good; *
his mercy endures for ever.

Psalm 119

Aleph *Beati immaculati*

¹ Happy are they whose way is blameless, *
who walk in the law of the Lord!

² Happy are they who observe his decrees *
and seek him with all their hearts!

³ Who never do any wrong, *
but always walk in his ways.

⁴ You laid down your commandments, *
that we should fully keep them.

⁵ Oh, that my ways were made so direct *
that I might keep your statutes!

Psalm 119

Beth *In quo corrigit?*

⁹ How shall a young man cleanse his way? *
By keeping to your words.

¹⁰ With my whole heart I seek you; *
let me not stray from your commandments.

¹¹ I treasure your promise in my heart, *
that I may not sin against you.

¹² Blessed are you, O Lord; *
instruct me in your statutes.

¹³ With my lips will I recite *
all the judgments of your mouth.

¹⁴ I have taken greater delight in the way of your decrees *
than in all manner of riches.

¹⁵ I will meditate on your commandments *
and give attention to your ways.

¹⁶ My delight is in your statutes; *
I will not forget your word.

Psalm 119

Gimel *Retribuere servo tuo*

¹⁷ Deal bountifully with your servant, *
that I may live and keep your word.

¹⁸ Open my eyes, that I may see *
the wonders of your law.

¹⁹ I am a stranger here on earth; *

²⁴ And so your decrees are my delight, *
and they are my counselors.

Psalm 119

Daleth *Adhæsit pavimento*

²⁵ My soul cleaves to the dust; *
give me life according to your word.

²⁶ I have confessed my ways, and you answered me; *
instruct me in your statutes.

²⁷ Make me understand the way of your commandments, *
that I may meditate on your marvelous works.

²⁸ My soul melts away for sorrow; *
strengthen me according to your word.

²⁹ Take from me the way of lying; *
let me find grace through your law.

³⁰ I have chosen the way of faithfulness; *
I have set your judgments before me.

³¹ I hold fast to your decrees; *
O Lord, let me not be put to shame.

³² I will run the way of your commandments, *
for you have set my heart at liberty.

Psalm 119

He *Legem pone*

³³ Teach me, O Lord, the way of your statutes, *
and I shall keep it to the end.

³⁴ Give me understanding, and I shall keep your law; *
I shall keep it with all my heart.

³⁵ Make me go in the path of your commandments, *
for that is my desire.

³⁶ Incline my heart to your decrees *
and not to unjust gain.

³⁷ Turn my eyes from watching what is worthless; *
give me life in your ways.

³⁸ Fulfill your promise to your servant, *
which you make to those who adore you.

³⁹ Turn away the reproach which I dread, *
because your judgments are good.

⁴⁰ Behold, I long for your commandments; *
in your righteousness preserve my life.

Psalm 119

Waw *Et veniat super me*

⁴¹ Let your loving-kindness come to me, O Lord, *
and your salvation, according to your promise.

43 Do not take the word of truth out of my mouth, *
for my hope is in your judgments.

44 I shall continue to keep your law; *
I shall keep it for ever and ever.

45 I will walk at liberty, *
because I study your commandments.

47 I delight in your commandments, *
which I have always loved.

48 I will lift up my hands to your commandments, *
and I will meditate on your statutes.

Psalm 119

Zayin *Memor esto verbi tui*

49 Remember your word to your servant, *
because you have given me hope.

50 This is my comfort in my trouble, *
that your promise gives me life.

52 When I remember your judgments of old, *
O Lord, I take great comfort.

53 I am filled with a burning rage, *
because of the wicked who forsake your law.

54 Your statutes have been like songs to me *
wherever I have lived as a stranger.

55 I remember your Name in the night, O Lord, *
and dwell upon your law.

56 This is how it has been with me, *
because I have kept your commandments.

Psalm 119

Heth *Portio mea, Domine*

57 You only are my portion, O Lord; *
I have promised to keep your words.

58 I entreat you with all my heart, *
be merciful to me according to your promise.

59 I have considered my ways *
and turned my feet toward your decrees.

60 I hasten and do not tarry *
to keep your commandments.

62 At midnight I will rise to give you thanks, *
because of your righteous judgments.

63 I am a companion of all who admire you; *
and of those who keep your commandments.

64 The earth, O Lord, is full of your love; *
instruct me in your statutes.

Psalm 119

Teth *Bonitatem fecisti*

65 O Lord, you have dealt graciously with your servant, *
according to your word.

66 Teach me discernment and knowledge, *
for I have believed in your commandments.

68 You are good and you bring forth good; *
instruct me in your statutes.

72 The law of your mouth is dearer to me *
than thousands in gold and silver.

Psalm 119

Yodh *Manus tuæ fecerunt me*

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

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

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

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

Psalm 119

Kaph *Defecit in salutare*

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

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

Psalm 119

Lamedh *In æternum, Domine*

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

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

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

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

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

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

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

Psalm 119

Mem *Quomodo dilexi!*

⁹⁷ Oh, how I love your law! *
all the day long it is in my mind.

¹⁰³ How sweet are your words to my taste! *
they are sweeter than honey to my mouth.

Psalm 119

Nun *Lucerna pedibus meis*

¹⁰⁵ Your word is a lantern to my feet *
and a light upon my path.

¹⁰⁶ I have sworn and am determined *
to keep your righteous judgments.

¹⁰⁸ Accept, O Lord, the willing tribute of my lips, *
and teach me your judgments.

¹⁰⁹ My life is always in my hand, *
yet I do not forget your law.

¹¹¹ Your decrees are my inheritance for ever; *
truly, they are the joy of my heart.

¹¹² I have applied my heart to fulfill your statutes *
for ever and to the end.

Psalm 119

Samekh *Iniquos odio habui*

¹¹⁴ You are my refuge and shield; *
my hope is in your word.

¹¹⁷ Hold me up, and I shall be safe, *
and my delight shall be ever in your statutes.

Psalm 119

Ayin *Feci iudicium*

¹²⁴ Deal with your servant according to your loving-kindness *
and teach me your statutes.

¹²⁵ I am your servant; grant me understanding, *
that I may know your decrees.

¹²⁷ Truly, I love your commandments *
more than gold and precious stones.

Psalm 119

Pe *Mirabilia*

¹²⁹ Your decrees are wonderful; *
therefore I obey them with all my heart.

¹³⁰ When your word goes forth it gives light; *
it gives understanding to the simple.

¹³¹ I open my mouth and pant; *
I long for your commandments.

132 Turn to me in mercy, *
as you always do to those who love your Name.

133 Steady my footsteps in your word; *
let no iniquity have dominion over me.

135 Let your countenance shine upon your servant *
and teach me your statutes.

Psalm 119

Sadhe *Justus es, Domine*

137 You are righteous, O Lord, *
and upright are your judgments.

138 You have issued your decrees *
with justice and in perfect faithfulness.

140 Your word has been tested to the uttermost, *
and your servant holds it dear.

141 I am small and of little account, *
yet I do not forget your commandments.

142 Your justice is an everlasting justice *
and your law is the truth.

144 The righteousness of your decrees is everlasting; *
grant me understanding, that I may live.

Psalm 119

Qoph *Clamavi in toto corde meo*

145 I call with my whole heart; *
answer me, O Lord, that I may keep your statutes.

146 I call to you; oh, that you would save me! *
I will keep your decrees.

147 Early in the morning I cry out to you, *
for in your word is my trust.

148 My eyes are open in the night watches, *
that I may meditate upon your promise.

149 Hear my voice, O Lord, according to your loving-kindness; *
according to your judgments, give me life.

151 You, O Lord, are near at hand, *
and all your commandments are true.

152 Long have I known from your decrees *
that you have established them for ever.

Psalm 119

Resh *Vide humilitatem*

156 Great is your compassion, O Lord; *
preserve my life, according to your judgments.

159 See how I love your commandments! *
O Lord, in your mercy, preserve me.

160 The heart of your word is truth; *
all your righteous judgments endure for evermore.

Psalm 119

Shin *Principes persecuti sunt*

161 *

My heart stands in awe of your word.

162 I am glad because of your promise *

163 *

Your law is my love.

164 Seven times a day do I praise you, *
because of your righteous judgments.

165 Great peace have they who love your law; *
for them there is no stumbling block.

166 I have hoped for your salvation, O Lord, *
and I have fulfilled your commandments.

167 I have kept your decrees *
and I have loved them deeply.

168 I have kept your commandments and decrees, *
for all my ways are before you.

Psalm 119

Taw *Appropinquet deprecatio*

169 Let my cry come before you, O Lord; *
give me understanding, according to your word.

170 Let my supplication come before you; *
deliver me, according to your promise.

171 My lips shall pour forth your praise, *
when you teach me your statutes.

172 My tongue shall sing of your promise, *
for all your commandments are righteous.

173 Let your hand be ready to help me, *
for I have chosen your commandments.

174 I long for your salvation, O Lord, *
and your law is my delight.

175 Let me live, and I will praise you, *
and let your judgments help me.

176 I have gone astray like a sheep that is lost; *
search for your servant, for I do not forget your commandments.

Psalm 120 *Ad Dominum*

1 When I was in trouble, I called to the Lord; *
I called to the Lord, and he answered me.

Psalm 121 *Levavi oculos*

1 I lift up my eyes to the hills; *
from where is my help to come?

2 My help comes from the Lord, *
the maker of heaven and earth.

³ He will not let your foot be moved *
and he who watches over you will not fall asleep.

⁴ Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;

⁵ The Lord himself watches over you; *
the Lord is your shade at your right hand,

⁶ So that the sun shall not strike you by day, *
nor the moon by night.

⁷ The Lord shall preserve you from all evil; *
it is he who shall keep you safe.

⁸ The Lord shall watch over your going out and your coming in, *
from this time forth for evermore.

Psalm 122 *Lætatus sum*

¹ I was glad when they said to me, *
"Let us go to the house of the Lord."

² Now our feet are standing *
within your gates, O Jerusalem.

³ Jerusalem is built as a city *
that is at unity with itself;

⁴ To which the tribes go up, the tribes of the Lord, *
the assembly of Israel, to praise the Name of the Lord.

⁵ For there are the thrones of judgment, *
the thrones of the house of David.

⁶ Pray for the peace of Jerusalem: *
"May they prosper who love you.

⁷ Peace be within your walls *
and quietness within your towers.

⁸ For my brethren and companions' sake, *
I pray for your prosperity.

⁹ Because of the house of the Lord our God, *
I will seek to do you good."

Psalm 123 *Ad te levavi oculos meos*

¹ To you I lift up my eyes, *
to you enthroned in the heavens.

² As the eyes of servants look to the hand of their masters, *
and the eyes of a maid to the hand of her mistress,

³ So our eyes look to the Lord our God, *
until he show us his mercy.

⁴ Have mercy upon us, O Lord, have mercy. *

Psalm 124 *Nisi quia Dominus*

¹ If the Lord had not been on our side, *
let Israel now say;

² If the Lord had not been on our side, *
when enemies rose up against us;

³ Then would they have swallowed us up alive *
in their fierce anger toward us;

⁴ Then would the waters have overwhelmed us *
and the torrent gone over us;

⁵ Then would the raging waters *
have gone right over us.

⁶ Blessed be the Lord! *
he has not given us over to be a prey for their teeth.

⁷ We have escaped like a bird from the snare of the fowler; *
the snare is broken, and we have escaped.

⁸ Our help is in the Name of the Lord, *
the maker of heaven and earth.

Psalm 125 *Qui confidunt*

¹ Those who trust in the Lord are like Mount Zion, *
which cannot be moved, but stands fast for ever.

² The hills stand about Jerusalem; *
so does the Lord stand round about his people, from this time forth for evermore.

⁴ Show your goodness, O Lord, to those who are good *
and to those who are true of heart.

Psalm 126 *In convertendo*

¹ When the Lord restored the fortunes of Zion, *
then were we like those who dream.

² Then was our mouth filled with laughter, *
and our tongue with shouts of joy.

³ Then they said among the nations, *
"The Lord has done great things for them."

⁴ The Lord has done great things for us, *
and we are glad indeed.

⁵ Restore our fortunes, O Lord, *
like the watercourses of the Negev.

⁶ Those who sowed with tears *
will reap with songs of joy.

⁷ Those who go out weeping, carrying the seed, *
will come again with joy, shouldering their sheaves.

Psalm 127 *Nisi Dominus*

¹ Unless the Lord builds the house, *
their labor is in vain who build it.

² Unless the Lord watches over the city, *
in vain the watchman keeps his vigil.

³ It is in vain that you rise so early and go to bed so late; *
vain, too, to eat the bread of toil, for he gives to his beloved sleep.

⁴ Children are a heritage from the Lord, *
and the fruit of the womb is a gift.

Psalm 128 *Beati omnes*

¹ Happy are they all who adore the Lord, *
and who follow in his ways!

² You shall eat the fruit of your labor; *
happiness and prosperity shall be yours.

³ Your wife shall be like a fruitful vine within your house, *
your children like olive shoots round about your table.

⁴ The man who adore the Lord *
shall thus indeed be blessed.

⁵ The Lord bless you from Zion, *
and may you see the prosperity of Jerusalem all the days of your life.

⁶ May you live to see your children's children; *
may peace be upon Israel.

Psalm 129 *Sæpe expugnaverunt*

⁸ "The Lord prosper you. *
We wish you well in the Name of the Lord."

Psalm 130 *De profundis*

¹ Out of the depths have I called to you, O Lord; Lord, hear my voice; *
let your ears consider well the voice of my supplication.

² If you, Lord, were to note what is done amiss, *
O Lord, who could stand?

³ For there is forgiveness with you; *
therefore you shall be revered.

⁴ I wait for the Lord; my soul waits for him; *
in his word is my hope.

⁵ My soul waits for the Lord, more than watchmen for the morning, *
more than watchmen for the morning.

⁶ O Israel, wait for the Lord, *
for with the Lord there is mercy;

⁷ With him there is plenteous redemption, *
and he shall redeem Israel from all their sins.

Psalm 131 *Domine, non est*

¹ O Lord, I am not proud; *
I have no haughty looks.

² I do not occupy myself with great matters, *
or with things that are too hard for me.

³ But I still my soul and make it quiet, like a child upon its mother's breast; *
my soul is quieted within me.

⁴ O Israel, wait upon the Lord, *
from this time forth for evermore.

Psalm 132 *Memento, Domine*

¹ Lord, remember David, *
and all the hardships he endured;

² How he swore an oath to the Lord *
and vowed a vow to the Mighty One of Jacob:

³ "I will not come under the roof of my house," *
nor climb up into my bed;

⁴ I will not allow my eyes to sleep, *
nor let my eyelids slumber;

⁵ Until I find a place for the Lord, *
a dwelling for the Mighty One of Jacob."

⁶ "The ark! We heard it was in Ephratah; *
we found it in the fields of Jearim.

⁷ Let us go to God's dwelling place; *
let us fall upon our knees before his footstool."

⁸ Arise, O Lord, into your resting-place, *
you and the ark of your strength.

⁹ Let your priests be clothed with righteousness; *
let your faithful people sing with joy.

¹⁰ For your servant David's sake, *
do not turn away the face of your Anointed.

¹¹ The Lord has sworn an oath to David; *
in truth, he will not break it:

¹² "A son, the fruit of your body *
will I set upon your throne.

¹³ If your children keep my covenant and my testimonies that I shall teach them, *
their children will sit upon your throne for evermore."

¹⁴ For the Lord has chosen Zion; *
he has desired her for his habitation:

¹⁵ "This shall be my resting-place for ever; *
here will I dwell, for I delight in her.

¹⁶ I will surely bless her provisions, *
and satisfy her poor with bread.

¹⁷ I will clothe her priests with salvation, *
and her faithful people will rejoice and sing.

¹⁸ There will I make the horn of David flourish; *
I have prepared a lamp for my Anointed.

Psalm 133 *Ecce, quam bonum!*

¹ Oh, how good and pleasant it is, *
when brethren live together in unity!

² It is like fine oil upon the head *
that runs down upon the beard,

³ Upon the beard of Aaron, *
and runs down upon the collar of his robe.

⁴ It is like the dew of Hermon *
that falls upon the hills of Zion.

⁵ For there the Lord has ordained the blessing: *
life for evermore.

Psalm 134 *Ecce nunc*

¹ Behold now, bless the Lord, all you servants of the Lord, *
you that stand by night in the house of the Lord.

² Lift up your hands in the holy place and bless the Lord; *
the Lord who made heaven and earth bless you out of Zion.

Psalm 135 *Laudate nomen*

¹ Hallelujah! Praise the Name of the Lord; *
give praise, you servants of the Lord,

² You who stand in the house of the Lord, *
in the courts of the house of our God.

³ Praise the Lord, for the Lord is good; *
sing praises to his Name, for it is lovely.

⁵ For I know that the Lord is great, *
and that our Lord is above all gods.

⁷ He brings up rain clouds from the ends of the earth; *
he sends out lightning with the rain, and brings the winds out of his storehouse.

¹³ O Lord, your Name is everlasting; *
your renown, O Lord, endures from age to age.

¹⁴ For the Lord gives his people justice *
and shows compassion to his servants.

¹⁹ Bless the Lord, O house of Israel; *
O house of Aaron, bless the Lord.

²⁰ Bless the Lord, O house of Levi; *
you who adore the Lord, bless the Lord.

²¹ Blessed be the Lord out of Zion, *
who dwells in Jerusalem. Hallelujah!

Psalm 136 *Confitemini*

¹ Give thanks to the Lord, for he is good, *
for his mercy endures for ever.

² Give thanks to the God of gods, *
for his mercy endures for ever.

³ Give thanks to the Lord of Lords, *
for his mercy endures for ever.

⁴ Who only does great wonders, *
for his mercy endures for ever;

⁵ Who by wisdom made the heavens, *
for his mercy endures for ever;

⁶ Who spread out the earth upon the waters, *
for his mercy endures for ever;

⁷ Who created great lights, *
for his mercy endures for ever;

⁸ The sun to rule the day, *
for his mercy endures for ever;

⁹ The moon and the stars to govern the night, *
for his mercy endures for ever.

²⁵ Who gives food to all creatures, *
for his mercy endures for ever.

²⁶ Give thanks to the God of heaven, *
for his mercy endures for ever.

Psalm 137 *Super flumina*

¹ By the waters of Babylon we sat down and wept, *
when we remembered you, O Zion.

² As for our harps, we hung them up *
on the trees in the midst of that land.

³ For those who led us away captive asked us for a song, and our oppressors called for mirth: *
“Sing us one of the songs of Zion.”

⁴ How shall we sing the Lord’s song *
upon an alien soil?

⁵ If I forget you, O Jerusalem, *
let my right hand forget its skill.

⁶ Let my tongue cleave to the roof of my mouth if I do not remember you, *
if I do not set Jerusalem above my highest joy.

Psalm 138 *Confitebor tibi*

¹ I will give thanks to you, O Lord, with my whole heart; *

² I will bow down toward your holy temple and praise your Name, *
because of your love and faithfulness;

³ For you have glorified your Name *
and your word above all things.

⁴ When I called, you answered me; *
you increased my strength within me.

⁵ All the kings of the earth will praise you, O Lord, *
when they have heard the words of your mouth.

⁶ They will sing of the ways of the Lord, *
that great is the glory of the Lord.

⁷ Though the Lord be high, he cares for the lowly; *

⁸ Though I walk in the midst of trouble, you keep me safe; *
your right hand shall save me.

⁹ The Lord will make good his purpose for me; *
O Lord, your love endures for ever.

Psalm 139 *Domine, probasti*

¹ Lord, you have searched me out and known me; *
you know my sitting down and my rising up; you discern my thoughts from afar.

² You trace my journeys and my resting-places *
and are acquainted with all my ways.

³ Indeed, there is not a word on my lips, *
but you, O Lord, know it altogether.

⁴ You press upon me behind and before *
and lay your hand upon me.

⁵ Such knowledge is too wonderful for me; *
it is so high that I cannot attain to it.

⁶ Where can I go then from your Spirit? *
where can I flee from your presence?

⁷ If I climb up to heaven, you are there; *
if I make the grave my bed, you are there also.

⁸ If I take the wings of the morning *
and dwell in the uttermost parts of the sea,

⁹ Even there your hand will lead me *
and your right hand hold me fast.

¹⁰ If I say, "Surely the darkness will cover me, *
and the light around me turn to night,"

¹¹ Darkness is not dark to you; the night is as bright as the day; *
darkness and light to you are both alike.

¹² For you yourself created my inmost parts; *
you knit me together in my mother's womb.

¹³ I will thank you because I am marvelously made; *
your works are wonderful, and I know it well.

¹⁴ My body was not hidden from you, *
while I was being made in secret and woven in the depths of the earth.

¹⁵ Your eyes beheld my limbs, yet unfinished in the womb; all of them were written in your book; *
they were fashioned day by day, when as yet there was none of them.

¹⁶ How deep I find your thoughts, O God! *
how great is the sum of them!

¹⁷ If I were to count them, they would be more in number than the sand; *
to count them all, my life span would need to be like yours.

²² Search me out, O God, and know my heart; *
try me and know my restless thoughts.

²³ Look well whether there be any wickedness in me *
and lead me in the way that is everlasting.

Psalm 140 *Eripe me, Domine*

¹ Deliver me, O Lord, from evildoers; *
protect me from the violent,

⁶ I have said to the Lord, "You are my God; *
listen, O Lord, to my supplication.

⁸ Do not grant the desires of the wicked, O Lord, *
Nor let their evil plans prosper.

¹⁰ Let hot burning coals fall upon them." *
and do not let them escape.

¹² I know that the Lord will maintain the cause of the poor *
and render justice to the needy.

¹³ Surely, the righteous will give thanks to your Name, *
and the upright shall continue in your sight.

Psalm 141 *Domine, clamavi*

¹ O Lord, I call to you; come to me quickly; *
hear my voice when I cry to you.

² Let my prayer be set forth in your sight as incense, *
the lifting up of my hands as the evening sacrifice.

³ Set a watch before my mouth, O Lord, and guard the door of my lips; *
let not my heart incline to any evil thing.

⁵ Let the righteous smite me in friendly rebuke. *

⁸ My eyes are turned to you, Lord God; *
in you I take refuge.

Psalm 142 *Voce mea ad Dominum*

¹ I cry to the Lord with my voice; *
to the Lord I make loud supplication.

² I pour out my complaint before him *
and tell him all my trouble.

³ When my spirit languishes within me, you know my path. *

⁴ I look to my right hand and find no one who knows me; *
I have no place to flee to, and no one cares for me.

⁵ I cry out to you, O Lord; *
I say, "You are my refuge, my portion in the land of the living."

⁶ Listen to my cry for help, for I have been brought very low. *

⁷ Bring me out of prison, that I may give thanks to your Name. *

Psalm 143 *Domine, exaudi*

¹ Lord, hear my prayer, and in your faithfulness heed my supplications; *
answer me in your righteousness.

² Enter not into judgment with your servant, *
for in your sight shall no one living be justified.

⁵ I remember the time past; I muse upon all your deeds; *
I consider the works of your hands.

⁶ I spread out my hands to you; *
my soul gasps to you like a thirsty land.

⁸ Let me hear of your loving-kindness in the morning, for I put my trust in you; *
show me the road that I must walk, for I lift up my soul to you.

¹⁰ Teach me to do what pleases you, for you are my God; *
let your good Spirit lead me on level ground.

Psalm 144 *Benedictus Dominus*

¹ Blessed be the Lord my rock! *

² My help and my fortress, my stronghold and my deliverer, *
my shield in whom I trust.

³ O Lord, what are we that you should care for us? *
mere mortals that you should think of us?

⁴ We are like a puff of wind; *
our days are like a passing shadow.

⁹ O God, I will sing to you a new song; *
I will play to you on a ten-stringed lyre.

- 14 May our barns be filled to overflowing with all manner of crops; *
may the flocks in our pastures increase by thousands and tens of thousands; may our cattle be fat and sleek.
- 15 May there be no breaching of the walls, no going into exile, *
no wailing in the public squares.
- 16 Happy are the people of whom this is so! *
happy are the people whose God is the Lord!

Psalm 145 *Exaltabo te, Deus*

- 1 I will exalt you, O God my King, *
and bless your Name for ever and ever.
- 2 Every day will I bless you *
and praise your Name for ever and ever.
- 3 Great is the Lord and greatly to be praised; *
there is no end to his greatness.
- 4 One generation shall praise your works to another *
and shall declare your power.
- 5 I will ponder the glorious splendor of your majesty *
and all your marvelous works.
- 6 They shall speak of the might of your wondrous acts, *
and I will tell of your greatness.
- 7 They shall publish the remembrance of your great goodness; *
they shall sing of your righteous deeds.
- 8 The Lord is gracious and full of compassion, *
slow to anger and of great kindness.
- 9 The Lord is loving to everyone *
and his compassion is over all his works.
- 10 All your works praise you, O Lord, *
and your faithful servants bless you.
- 11 They make known the glory of your kingdom *
and speak of your power;
- 12 That the peoples may know of your power *
and the glorious splendor of your kingdom.
- 13 Your kingdom is an everlasting kingdom; *
your dominion endures throughout all ages.
- 14 The Lord is faithful in all his words *
and merciful in all his deeds.
- 15 The Lord upholds all those who fall; *
he lifts up those who are bowed down.
- 16 The eyes of all wait upon you, O Lord, *
and you give them their food in due season.
- 17 You open wide your hand *
and satisfy the needs of every living creature.
- 18 The Lord is righteous in all his ways *
and loving in all his works.
- 19 The Lord is near to those who call upon him, *
to all who call upon him faithfully.

20 He fulfills the desire of those who adore him; *
he hears their cry and helps them.

21 The Lord preserves all those who love him, *

22 My mouth shall speak the praise of the Lord; *
let all flesh bless his holy Name for ever and ever.

Psalm 146 *Lauda, anima mea*

1 Hallelujah! Praise the Lord, O my soul! *

I will praise the Lord as long as I live; I will sing praises to my God while I have my being.

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

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

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

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

8 The Lord loves the righteous; the Lord cares for the stranger; *
he sustains the orphan and widow.

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

Psalm 147 *Laudate Dominum*

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

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

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

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

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

6 The Lord lifts up the lowly. *

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

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

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

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

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

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

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

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

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

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

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

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

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

Psalm 148 *Laudate Dominum*

¹ Hallelujah! Praise the Lord from the heavens; *
praise him in the heights.

² Praise him, all you angels of his; *
praise him, all his host.

³ Praise him, sun and moon; *
praise him, all you shining stars.

⁴ Praise him, heaven of heavens, *
and you waters above the heavens.

⁵ Let them praise the Name of the Lord; *
for he commanded, and they were created.

⁶ He made them stand fast for ever and ever; *
he gave them a law which shall not pass away.

⁷ Praise the Lord from the earth, *
you sea-monsters and all deeps;

⁸ Fire and hail, snow and fog, *
tempestuous wind, doing his will;

⁹ Mountains and all hills, *
fruit trees and all cedars;

¹⁰ Wild beasts and all cattle, *
creeping things and winged birds;

¹¹ Kings of the earth and all peoples, *
princes and all rulers of the world;

¹² Young men and maidens, *
old and young together.

¹³ Let them praise the Name of the Lord, *
for his Name only is exalted, his splendor is over earth and heaven.

¹⁴ He has raised up strength for his people and praise for all his loyal servants, *
the children of Israel, a people who are near him. Hallelujah!

Psalm 149 *Cantate Domino*

¹ Hallelujah! Sing to the Lord a new song; *
sing his praise in the congregation of the faithful.

² Let Israel rejoice in his Maker; *
let the children of Zion be joyful in their King.

³ Let them praise his Name in the dance; *
let them sing praise to him with timbrel and harp.

⁴ For the Lord takes pleasure in his people *
and adorns the poor with victory.

⁵ Let the faithful rejoice in triumph; *
let them be joyful on their beds.

⁶ Let the praises of God be in their throat *
⁹ this is glory for all his faithful people. Hallelujah!

Psalm 150 *Laudate Dominum*

¹ Hallelujah! Praise God in his holy temple; *
praise him in the firmament of his power.

² Praise him for his mighty acts; *
praise him for his excellent greatness.

³ Praise him with the blast of the ram's-horn; *
praise him with lyre and harp.

⁴ Praise him with timbrel and dance; *
praise him with strings and pipe.

⁵ Praise him with resounding cymbals; *
praise him with loud-clanging cymbals.

⁶ Let everything that has breath *
praise the Lord. Hallelujah!