

# The Psalter

## ¶ Introduction

When two or more gather together to worship, psalms may be sung or said in a number of different ways:

- ¶ by a solo voice while everyone else listens in silence;
- ¶ by everyone together;
- ¶ with the verses alternated between one half of the group and the other;
- ¶ with the verses alternated between the leader and the others;
- ¶ or responsorially, as a dialogue between the word of God and the response of the people. (In ancient times a cantor or reader recited the verses and the congregation replied with a refrain, sometimes just a simple 'Alleluia' as a song of praise, and sometimes a verse taken from the psalm itself, from another psalm, from elsewhere in the Scriptures or even from other sources.)

Some psalms, or parts of psalms, lend themselves to one method rather than another, and those leading worship should consider carefully which will be best in each instance.

Optional refrains – or 'antiphons', as they are often called – are provided for use at the beginning and end of each psalm (after the 'Glory to ...' when this is included), except for those psalms already having certain verses marked by italics as constituting possible refrains. The refrains are usually drawn from the psalm itself, but occasionally from elsewhere in the Psalter. They might first be said or sung by the leader and then repeated by all. In order to facilitate responsorial use, places where the refrain might also be used in the course of the psalm are indicated by the symbol [R]. These have not been set with a rigid consistency (e.g. after every second verse), but have been chosen as far as possible in relation to the sense of the particular psalm and its natural divisions.

Each psalm is also provided with an optional short prayer, which develops a theme from the text. Just as the refrains may be used without these prayers, so too the prayers may be used without the refrains. When they are used, it is desirable that the 'Glory to ...' be omitted and that a period of silence for individual reflection and prayer be kept at the end of the psalm (after the refrain, when this is included), before the prayer itself is said.

It should be kept in mind that these refrains and prayers are merely suggestions: they may be replaced by other suitable texts, especially those with a particular seasonal emphasis, or they may be omitted altogether.

## Notes

1 When saying a psalm aloud, the word 'blessed' is to be pronounced as two syllables: 'bless - ed'. Where spelled 'blest', the word is pronounced as one syllable.

2 A diamond ♦ marks the mid-point in each psalm verse where, traditionally, a pause is observed.

3 Each psalm or group of psalms may end with

**All** **Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

*(or)*

**All** **Glory to God, Source of all being,  
Eternal Word and Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

*Refrain:* The Lord knows the way of the righteous.

- 1 Blessed are they who have not walked  
in the counsel of the wicked, ♦  
nor lingered in the way of sinners,  
nor sat in the assembly of the scornful.
- 2 Their delight is in the law of the Lord ♦  
and they meditate on his law day and night.
- 3 Like a tree planted by streams of water  
bearing fruit in due season, with leaves that do not wither, ♦  
whatever they do, it shall prosper. [R]
- 4 As for the wicked, it is not so with them; ♦  
they are like chaff which the wind blows away.
- 5 Therefore the wicked shall not be able to stand in the judgement, ♦  
nor the sinner in the congregation of the righteous.
- 6 For the Lord knows the way of the righteous, ♦  
but the way of the wicked shall perish.

*Refrain:* The Lord knows the way of the righteous.

*Christ our wisdom,  
give us delight in your law,  
that we may bear fruits of patience and peace  
in the kingdom of the righteous;  
for your mercy's sake.*

*Refrain:* The Lord is the strength of his people,  
a safe refuge for his anointed.

- 1 Why are the nations in tumult, ♦  
and why do the peoples devise a vain plot?
- 2 The kings of the earth rise up,  
and the rulers take counsel together, ♦  
against the Lord and against his anointed:
- 3 'Let us break their bonds asunder ♦  
and cast away their cords from us.' [R]
- 4 He who dwells in heaven shall laugh them to scorn; ♦  
the Lord shall have them in derision.
- 5 Then shall he speak to them in his wrath ♦  
and terrify them in his fury:
- 6 'Yet have I set my king ♦  
upon my holy hill of Zion.' [R]
- 7 I will proclaim the decree of the Lord; ♦  
he said to me: 'You are my Son; this day have I begotten you.
- 8 'Ask of me and I will give you the nations for your inheritance ♦  
and the ends of the earth for your possession.
- 9 'You shall break them with a rod of iron ♦  
and dash them in pieces like a potter's vessel.' [R]
- 10 Now therefore be wise, O kings; ♦  
be prudent, you judges of the earth.
- 11 Serve the Lord with fear, and with trembling kiss his feet, ♦  
lest he be angry and you perish from the way,  
for his wrath is quickly kindled.
- 12 Happy are all they ♦  
who take refuge in him.

*Refrain:* The Lord is the strength of his people,  
a safe refuge for his anointed.

*Most high and holy God,  
lift our eyes to your Son  
enthroned on Calvary;  
and as we behold his meekness,  
shatter our earthly pride;  
for he is Lord for ever and ever.*

### Psalm 3

*Refrain:* You, Lord, are a shield about me.

- 1 Lord, how many are my adversaries; ♦  
many are they who rise up against me.
- 2 Many are they who say to my soul, ♦  
'There is no help for you in your God.' [R]
- 3 But you, Lord, are a shield about me; ♦  
you are my glory, and the lifter up of my head.
- 4 When I cry aloud to the Lord, ♦  
he will answer me from his holy hill;
- 5 I lie down and sleep and rise again, ♦  
because the Lord sustains me.
- 6 I will not be afraid of hordes of the peoples ♦  
that have set themselves against me all around. [R]
- 7 Rise up, O Lord, and deliver me, O my God, ♦  
for you strike all my enemies on the cheek  
and break the teeth of the wicked.
- 8 Salvation belongs to the Lord: ♦  
may your blessing be upon your people.

*Refrain:* You, Lord, are a shield about me.

*Shield us, Lord, from all evil,  
and lift us from apathy and despair,  
that even when we are terrified,  
we may trust your power to save;  
through Jesus Christ our Lord.*

## Psalm 4

*Refrain:* In peace I will lie down and sleep.

- 1 Answer me when I call, O God of my righteousness; ♦  
you set me at liberty when I was in trouble;  
have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory; ♦  
how long will you love vain things and seek after falsehood?
- 3 But know that the Lord has shown me his marvellous kindness; ♦  
when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not; ♦  
commune with your own heart upon your bed, and be still. [R]
- 5 Offer the sacrifices of righteousness ♦  
and put your trust in the Lord.
- 6 There are many that say, 'Who will show us any good?' ♦  
Lord, lift up the light of your countenance upon us.
- 7 You have put gladness in my heart, ♦  
more than when their corn and wine and oil increase.
- 8 In peace I will lie down and sleep, ♦  
for it is you Lord, only, who make me dwell in safety.

*Refrain:* In peace I will lie down and sleep.

*Give us today, O God,  
a glad heart and a clear conscience,  
that when we come to this day's end  
we may rest in peace with Christ our Lord.*

## Psalm 5

*Refrain:* You, O Lord, will bless the righteous.

- 1 Give ear to my words, O Lord; ♦  
consider my lamentation.
- 2 Hearken to the voice of my crying, my King and my God, ♦  
for to you I make my prayer.

- 3 In the morning, Lord, you will hear my voice; ♦  
early in the morning I make my appeal to you, and look up.
- 4 For you are the God who takes no pleasure in wickedness; ♦  
no evil can dwell with you. [R]
- 5 The boastful cannot stand in your sight; ♦  
you hate all those that work wickedness.
- 6 You destroy those who speak lies; ♦  
the bloodthirsty and deceitful the Lord will abhor.
- 7 But as for me, through the greatness of your mercy,  
I will come into your house; ♦  
I will bow down towards your holy temple in awe of you. [R]
- 8 Lead me, Lord, in your righteousness,  
because of my enemies; ♦  
make your way straight before my face.
- 9 For there is no truth in their mouth,  
in their heart is destruction, ♦  
their throat is an open sepulchre,  
and they flatter with their tongue.
- 10 Punish them, O God; ♦  
let them fall through their own devices.
- 11 Because of their many transgressions cast them out, ♦  
for they have rebelled against you. [R]
- 12 But let all who take refuge in you be glad; ♦  
let them sing out their joy for ever.
- 13 You will shelter them, ♦  
so that those who love your name may exult in you.
- 14 For you, O Lord, will bless the righteous; ♦  
and with your favour you will defend them as with a shield.

*Refrain:* You, O Lord, will bless the righteous.

*Lord, protect us from the deceit  
of flattering tongues and lying lips;  
give us words of life which speak your truth  
and bless your name;  
through Jesus Christ our Lord.*

*Refrain:* Turn again, O Lord, and deliver my soul.

- 1 O Lord, rebuke me not in your wrath; ♦  
neither chasten me in your fierce anger.
- 2 Have mercy on me, Lord, for I am weak; ♦  
Lord, heal me, for my bones are racked.
- 3 My soul also shakes with terror; ♦  
how long, O Lord, how long?
- 4 Turn again, O Lord, and deliver my soul; ♦  
save me for your loving mercy's sake.
- 5 For in death no one remembers you; ♦  
and who can give you thanks in the grave?
- 6 I am weary with my groaning; ♦  
every night I drench my pillow  
and flood my bed with my tears.
- 7 My eyes are wasted with grief ♦  
and worn away because of all my enemies. [R]
- 8 Depart from me, all you that do evil, ♦  
for the Lord has heard the voice of my weeping.
- 9 The Lord has heard my supplication; ♦  
the Lord will receive my prayer.
- 10 All my enemies shall be put to shame and confusion; ♦  
they shall suddenly turn back in their shame.

*Refrain:* Turn again, O Lord, and deliver my soul.

*Lord Jesus Christ,  
may the tears shed in your earthly life  
be balm for all who weep,  
and may the prayers of your pilgrimage  
give strength to all who suffer;  
for your mercy's sake.*

*Refrain:* Give judgement for me  
according to my righteousness, O Lord.

- 1 O Lord my God, in you I take refuge; ♦  
save me from all who pursue me, and deliver me,
- 2 Lest they rend me like a lion and tear me in pieces ♦  
while there is no one to help me.
- 3 O Lord my God, if I have done these things: ♦  
if there is any wickedness in my hands,
- 4 If I have repaid my friend with evil, ♦  
or plundered my enemy without a cause,
- 5 Then let my enemy pursue me and overtake me, ♦  
trample my life to the ground,  
and lay my honour in the dust. [R]
- 6 Rise up, O Lord, in your wrath;  
lift yourself up against the fury of my enemies. ♦  
Awaken, my God, the judgement that you have commanded.
- 7 Let the assembly of the peoples gather round you; ♦  
be seated high above them: O Lord, judge the nations.
- 8 Give judgement for me  
according to my righteousness, O Lord, ♦  
and according to the innocence that is in me.
- 9 Let the malice of the wicked come to an end,  
but establish the righteous; ♦  
for you test the mind and heart, O righteous God. [R]
- 10 God is my shield that is over me; ♦  
he saves the true of heart.
- 11 God is a righteous judge; ♦  
he is provoked all day long.
- 12 If they will not repent, God will whet his sword; ♦  
he has bent his bow and made it ready.
- 13 He has prepared the weapons of death; ♦  
he makes his arrows shafts of fire. [R]

- 14 Behold those who are in labour with wickedness, ♦  
who conceive evil and give birth to lies.
- 15 They dig a pit and make it deep ♦  
and fall into the hole that they have made for others.
- 16 Their mischief rebounds on their own head; ♦  
their violence falls on their own scalp.
- 17 I will give thanks to the Lord for his righteousness, ♦  
and I will make music to the name of the Lord Most High.

*Refrain:* Give judgement for me  
according to my righteousness, O Lord.

*Lord, your justice turns evil on itself:  
move us to examine our hearts  
and repent of all duplicity;  
for the sake of Jesus Christ,  
our Judge and righteous Saviour.*

*First version*

- 1 *O Lord our governor, ♦  
how glorious is your name in all the world!*
- 2 Your majesty above the heavens is praised ♦  
out of the mouths of babes at the breast.
- 3 You have founded a stronghold against your foes, ♦  
that you might still the enemy and the avenger.
- 4 When I consider your heavens, the work of your fingers, ♦  
the moon and the stars that you have ordained,
- 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 little lower than the angels ♦  
and crown him with glory and honour.
- 7 You have given him dominion over the works of your hands ♦  
and 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 moves in the paths of the sea.
- 10 *O Lord our governor, ♦  
how glorious is your name in all the world!*

*We bless you, master of the heavens,  
for the wonderful order which enfolds this world;  
grant that your whole creation  
may find fulfilment in the Son of Man,  
Jesus Christ our Saviour.*

*Second version*

- 1 *O Lord our governor, ♦  
how glorious is your name in all the world!*
- 2 Your majesty above the heavens is praised ♦  
out of the mouths of babes at the breast.
- 3 You have founded a stronghold against your foes, ♦  
that you might still the enemy and the avenger.
  
- 4 When I consider your heavens, the work of your fingers, ♦  
the moon and the stars that you have ordained,
- 5 What are mortals, that you should be mindful of them; ♦  
mere human beings, that you should seek them out?
- 6 You have made them little lower than the angels ♦  
and crown them with glory and honour.
- 7 You have given them dominion over the works of your hands ♦  
and put all things under their 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 moves in the paths of the sea.
  
- 10 *O Lord our governor, ♦  
how glorious is your name in all the world!*

*We bless you, master of the heavens,  
for the wonderful order which enfolds this world;  
grant that your whole creation  
may find fulfilment in the Son of Man,  
Jesus Christ our Saviour.*

*Refrain:* You, Lord, have never failed those who seek you.

- 1 I will give thanks to you, Lord, with my whole heart; ♦  
I will tell of all your marvellous works.
- 2 I will be glad and rejoice in you; ♦  
I will make music to your name, O Most High.
- 3 When my enemies are driven back, ♦  
they stumble and perish at your presence.
- 4 For you have maintained my right and my cause; ♦  
you sat on your throne giving righteous judgement. [R]
- 5 You have rebuked the nations and destroyed the wicked; ♦  
you have blotted out their name for ever and ever.
- 6 The enemy was utterly laid waste. ♦  
You uprooted their cities;  
their very memory has perished.
- 7 But the Lord shall endure for ever; ♦  
he has made fast his throne for judgement.
- 8 For he shall rule the world with righteousness ♦  
and govern the peoples with equity.
- 9 Then will the Lord be a refuge for the oppressed, ♦  
a refuge in the time of trouble.
- 10 And those who know your name will put their trust in you, ♦  
for you, Lord, have never failed those who seek you. [R]
- 11 Sing praises to the Lord who dwells in Zion; ♦  
declare among the peoples the things he has done.
- 12 The avenger of blood has remembered them; ♦  
he did not forget the cry of the oppressed.
- 13 Have mercy upon me, O Lord; ♦  
consider the trouble I suffer from those who hate me,  
you that lift me up from the gates of death;
- 14 That I may tell all your praises in the gates of the city of Zion ♦  
and rejoice in your salvation.

- 15 The nations shall sink into the pit of their making ♦  
and in the snare which they set will their own foot be taken.
- 16 The Lord makes himself known by his acts of justice; ♦  
the wicked are snared in the works of their own hands. [R]
- 17 They shall return to the land of darkness, ♦  
all the nations that forget God.
- 18 For the needy shall not always be forgotten ♦  
and the hope of the poor shall not perish for ever.
- 19 Arise, O Lord, and let not mortals have the upper hand; ♦  
let the nations be judged before your face.
- 20 Put them in fear, O Lord, ♦  
that the nations may know themselves to be but mortal.

*Refrain:* You, Lord, have never failed those who seek you.

*Remember, Lord, all who cry to you  
from death's dark gates;  
do not forget those whom the world forgets,  
but raise your faithful ones to Zion's gate,  
with your all-conquering Son,  
Jesus Christ our Lord.*

### *Psalm 10*

*Refrain:* You, Lord, have never failed those who seek you.

- 1 Why stand so far off, O Lord? ♦  
Why hide yourself in time of trouble?
- 2 The wicked in their pride persecute the poor; ♦  
let them be caught in the schemes they have devised.
- 3 The wicked boast of their heart's desire; ♦  
the covetous curse and revile the Lord.
- 4 The wicked in their arrogance say, 'God will not avenge it'; ♦  
in all their scheming God counts for nothing. [R]
- 5 They are stubborn in all their ways,  
for your judgements are far above out of their sight; ♦  
they scoff at all their adversaries.
- 6 They say in their heart, 'I shall not be shaken; ♦  
no harm shall ever happen to me.'

- 7 Their mouth is full of cursing, deceit and fraud; ♦  
under their tongue lie mischief and wrong.
- 8 They lurk in the outskirts  
and in dark alleys they murder the innocent; ♦  
their eyes are ever watching for the helpless.
- 9 They lie in wait, like a lion in his den;  
they lie in wait to seize the poor; ♦  
they seize the poor when they get them into their net.
- 10 The innocent are broken and humbled before them; ♦  
the helpless fall before their power.
- 11 They say in their heart, 'God has forgotten; ♦  
he hides his face away; he will never see it.' [R]
- 12 Arise, O Lord God, and lift up your hand; ♦  
forget not the poor.
- 13 Why should the wicked be scornful of God? ♦  
Why should they say in their hearts, 'You will not avenge it?'
- 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 the orphan.
- 16 Break the power of the wicked and malicious; ♦  
search out their wickedness until you find none. [R]
- 17 The Lord shall reign for ever and ever; ♦  
the nations shall perish from his land.
- 18 Lord, you will hear the desire of the poor; ♦  
you will incline your ear to the fullness of their heart,
- 19 To give justice to the orphan and oppressed, ♦  
so that people are no longer driven in terror from the land.

*Refrain:* You, Lord, have never failed those who seek you.

*When wickedness triumphs  
and the poor are betrayed,  
come to your kingdom, strong and holy God,  
destroy the masks of evil  
and reign in our broken hearts;  
through Jesus Christ our Lord.*

*Refrain:* The Lord's throne is in heaven.

- 1 In the Lord have I taken refuge; ♦  
how then can you say to me,  
‘Flee like a bird to the hills,
- 2 ‘For see how the wicked bend the bow  
and fit their arrows to the string, ♦  
to shoot from the shadows at the true of heart.
- 3 ‘When the foundations are destroyed, ♦  
what can the righteous do?’ [R]
- 4 The Lord is in his holy temple; ♦  
the Lord's throne is in heaven.
- 5 His eyes behold, ♦  
his eyelids try every mortal being.
- 6 The Lord tries the righteous as well as the wicked, ♦  
but those who delight in violence his soul abhors.
- 7 Upon the wicked he shall rain coals of fire  
and burning sulphur; ♦  
scorching wind shall be their portion to drink.
- 8 For the Lord is righteous;  
he loves righteous deeds, ♦  
and those who are upright shall behold his face.

*Refrain:* The Lord's throne is in heaven.

*God of heaven,  
when the foundations are shaken  
and there is no escape,  
test us, but not to destruction,  
look on the face of your anointed  
and heal us in Jesus Christ your Son.*

*Refrain:* You, O Lord, will watch over us.

- 1 Help me, Lord, for no one godly is left; ♦  
the faithful have vanished from the whole human race.
- 2 They all speak falsely with their neighbour; ♦  
they flatter with their lips, but speak from a double heart.
- 3 O that the Lord would cut off all flattering lips ♦  
and the tongue that speaks proud boasts!
- 4 Those who say, 'With our tongue will we prevail; ♦  
our lips we will use; who is lord over us?' [R]
- 5 'Because of the oppression of the needy,  
and the groaning of the poor, ♦  
I will rise up now,' says the Lord,  
'and set them in the safety that they long for.'
- 6 The words of the Lord are pure words, ♦  
like silver refined in the furnace  
and purified seven times in the fire.
- 7 You, O Lord, will watch over us ♦  
and guard us from this generation for ever.
- 8 The wicked strut on every side, ♦  
when what is vile is exalted by the whole human race.

*Refrain:* You, O Lord, will watch over us.

*Lord, when faith is faint  
and speech veils our intentions,  
restore us by your word of power and purity,  
both now and for ever.*

## Psalm 13

*Refrain: I love the Lord, for he has heard the voice of my supplication.*

- 1 How long will you forget me, O Lord; for ever? ♦  
How long will you hide your face from me?
- 2 How long shall I have anguish in my soul  
and grief in my heart, day after day? ♦  
How long shall my enemy triumph over me? [R]
- 3 Look upon me and answer, O Lord my God; ♦  
lighten my eyes, lest I sleep in death;
- 4 Lest my enemy say, 'I have prevailed against him,' ♦  
and my foes rejoice that I have fallen. [R]
- 5 But I put my trust in your steadfast love; ♦  
my heart will rejoice in your salvation.
- 6 I will sing to the Lord, ♦  
for he has dealt so bountifully with me.

*Refrain: I love the Lord, for he has heard the voice of my supplication.*

*Jesus Christ, Son of God,  
who passed through the dark sleep of death,  
remember those who cry to you  
in shame and silence and defeat  
and raise them to your risen life,  
for you are alive and reign for ever.*

*Refrain: The fear of the Lord is the beginning of wisdom.*

- 1 The fool has said in his heart, 'There is no God.' ♦  
Corrupt are they, and abominable in their wickedness;  
there is no one that does good.
- 2 The Lord has looked down from heaven  
upon the children of earth, ♦  
to see if there is anyone who is wise  
and seeks after God.
- 3 But every one has turned back;  
all alike have become corrupt: ♦  
there is none that does good; no, not one. [R]
- 4 Have they no knowledge, those evildoers, ♦  
who eat up my people as if they ate bread  
and do not call upon the Lord?
- 5 There shall they be in great fear; ♦  
for God is in the company of the righteous.
- 6 Though they would confound the counsel of the poor, ♦  
yet the Lord shall be their refuge.
- 7 O that Israel's salvation would come out of Zion! ♦  
When the Lord restores the fortunes of his people,  
then will Jacob rejoice and Israel be glad.

*Refrain: The fear of the Lord is the beginning of wisdom.*

*God of heaven,  
look with mercy on all who are consumed  
by ignorance and greed,  
and let the children of earth know  
that you are God for ever.*

*Refrain:* Through the greatness of your mercy,  
I will come into your house.

- 1 Lord, who may dwell in your tabernacle? ♦  
Who may rest upon your holy hill?
- 2 Whoever leads an uncorrupt life ♦  
and does the thing that is right;
- 3 Who speaks the truth from the heart ♦  
and bears no deceit on the tongue;
- 4 Who does no evil to a friend ♦  
and pours no scorn on a neighbour;
- 5 In whose sight the wicked are not esteemed, ♦  
but who honours those who fear the Lord.
- 6 Whoever has sworn to a neighbour ♦  
and never goes back on that word;
- 7 Who does not lend money in hope of gain, ♦  
nor takes a bribe against the innocent;
- 8 Whoever does these things ♦  
shall never fall.

*Refrain:* Through the greatness of your mercy,  
I will come into your house.

*Lord, lead us to our heavenly home  
by single steps of self-restraint  
and deeds of righteousness;  
through the grace of Jesus Christ our Lord.*

*Refrain:* The Lord is at my right hand; I shall not fall.

- 1 Preserve me, O God, for in you have I taken refuge; ♦  
I have said to the Lord, 'You are my lord,  
all my good depends on you.'
- 2 All my delight is upon the godly that are in the land, ♦  
upon those who are noble in heart.
- 3 Though the idols are legion that many run after, ♦  
their drink offerings of blood I will not offer,  
neither make mention of their names upon my lips.
- 4 The Lord himself is my portion and my cup; ♦  
in your hands alone is my fortune.
- 5 My share has fallen in a fair land; ♦  
indeed, I have a goodly heritage. [R]
- 6 I will bless the Lord who has given me counsel, ♦  
and in the night watches he instructs my heart.
- 7 I have set the Lord always before me; ♦  
he is at my right hand; I shall not fall.
- 8 Wherefore my heart is glad and my spirit rejoices; ♦  
my flesh also shall rest secure.
- 9 For you will not abandon my soul to Death, ♦  
nor suffer your faithful one to see the Pit.
- 10 You will show me the path of life;  
in your presence is the fullness of joy ♦  
and in your right hand are pleasures for evermore.

*Refrain:* The Lord is at my right hand; I shall not fall.

*Give to us, Lord Christ,  
the fullness of grace,  
your presence and your very self,  
for you are our portion and our delight,  
now and for ever.*

*Refrain:* Deliver me, O Lord, by your hand.

- 1 Hear my just cause, O Lord; consider my complaint; ♦  
listen to my prayer, which comes not from lying lips.
- 2 Let my vindication come forth from your presence; ♦  
let your eyes behold what is right.
- 3 Weigh my heart, examine me by night, ♦  
refine me, and you will find no impurity in me. [R]
- 4 My mouth does not trespass for earthly rewards; ♦  
I have heeded the words of your lips.
- 5 My footsteps hold fast in the ways of your commandments; ♦  
my feet have not stumbled in your paths. [R]
- 6 I call upon you, O God, for you will answer me; ♦  
incline your ear to me, and listen to my words.
- 7 Show me your marvellous loving-kindness, ♦  
O Saviour of those who take refuge at your right hand  
from those who rise up against them.
- 8 Keep me as the apple of your eye; ♦  
hide me under the shadow of your wings,
- 9 From the wicked who assault me, ♦  
from my enemies who surround me to take away my life. [R]
- 10 They have closed their heart to pity ♦  
and their mouth speaks proud things.
- 11 They press me hard, they surround me on every side, ♦  
watching how they may cast me to the ground,
- 12 Like a lion that is greedy for its prey, ♦  
like a young lion lurking in secret places. [R]
- 13 Arise, Lord; confront them and cast them down; ♦  
deliver me from the wicked by your sword.
- 14 Deliver me, O Lord, by your hand ♦  
from those whose portion in life is unending,
- 15 Whose bellies you fill with your treasure, ♦  
who are well supplied with children  
and leave their wealth to their little ones.

- 16 As for me, I shall see your face in righteousness; ♦  
when I awake and behold your likeness, I shall be satisfied.

*Refrain:* Deliver me, O Lord, by your hand.

*Generous Lord,  
deliver us from all envious thoughts,  
and when we are tempted by the desire for wealth,  
let us see your face;  
for your abundance is enough to clothe our lack;  
through Jesus Christ our Lord.*

### *Psalm 18*

*Refrain:* The Lord my God shall make my darkness to be bright.

- 1 I love you, O Lord my strength. ♦  
The Lord is my crag, my fortress and my deliverer,
- 2 My God, my rock in whom I take refuge, ♦  
my shield, the horn of my salvation and my stronghold.
- 3 I cried to the Lord in my anguish ♦  
and I was saved from my enemies. [R]
- 4 The cords of death entwined me ♦  
and the torrents of destruction overwhelmed me.
- 5 The cords of the Pit fastened about me ♦  
and the snares of death entangled me.
- 6 In my distress I called upon the Lord ♦  
and cried out to my God for help.
- 7 He heard my voice in his temple ♦  
and my cry came to his ears. [R]
- 8 The earth trembled and quaked; ♦  
the foundations of the mountains shook;  
they reeled because he was angry.
- 9 Smoke rose from his nostrils  
and a consuming fire went out of his mouth; ♦  
burning coals blazed forth from him.

- 10 He parted the heavens and came down ♦  
and thick darkness was under his feet.
- 11 He rode upon the cherubim and flew; ♦  
he came flying on the wings of the wind.
- 12 He made darkness his covering round about him, ♦  
dark waters and thick clouds his pavilion. [R]
- 13 From the brightness of his presence, through the clouds ♦  
burst hailstones and coals of fire.
- 14 The Lord also thundered out of heaven; ♦  
the Most High uttered his voice  
with hailstones and coals of fire.
- 15 He sent out his arrows and scattered them; ♦  
he hurled down lightnings and put them to flight.
- 16 The springs of the ocean were seen,  
and the foundations of the world uncovered ♦  
at your rebuke, O Lord,  
at the blast of the breath of your displeasure. [R]
- 17 He reached down from on high and took me; ♦  
he drew me out of the mighty waters.
- 18 He delivered me from my strong enemy, ♦  
from foes that were too mighty for me.
- 19 They came upon me in the day of my trouble; ♦  
but the Lord was my upholder.
- 20 He brought me out into a place of liberty; ♦  
he rescued me because he delighted in me. [R]
- 21 The Lord rewarded me after my righteous dealing; ♦  
according to the cleanness of my hands he recompensed me,
- 22 Because I had kept the ways of the Lord ♦  
and had not gone wickedly away from my God,
- 23 For I had an eye to all his laws, ♦  
and did not cast out his commandments from me.
- 24 I was also wholehearted before him ♦  
and kept myself from iniquity;
- 25 Therefore the Lord rewarded me  
after my righteous dealing, ♦  
and according to the cleanness of my hands in his sight. [R]

- 26 With the faithful you show yourself faithful; ♦  
with the true you show yourself true;
- 27 With the pure you show yourself pure, ♦  
but with the crooked you show yourself perverse.
- 28 For you will save a lowly people ♦  
and bring down the high looks of the proud.
- 29 You also shall light my candle; ♦  
the Lord my God shall make my darkness to be bright.
- 30 By your help I shall run at an enemy host; ♦  
with the help of my God I can leap over a wall. [R]
- 31 As for God, his way is perfect;  
the word of the Lord is tried in the fire; ♦  
he is a shield to all who trust in him.
- 32 For who is God but the Lord, ♦  
and who is the rock except our God?
- 33 It is God who girds me about with strength ♦  
and makes my way perfect.
- 34 He makes my feet like hinds' feet ♦  
so that I tread surely on the heights.
- 35 He teaches my hands to fight ♦  
and my arms to bend a bow of bronze. [R]
- 36 You have given me the shield of your salvation; ♦  
your right hand upholds me  
and your grace has made me great.
- 37 You enlarge my strides beneath me, ♦  
yet my feet do not slide.
- 38 I will pursue my enemies and overtake them, ♦  
nor turn again until I have destroyed them.
- 39 I will smite them down so they cannot rise; ♦  
they shall fall beneath my feet.
- 40 You have girded me with strength for the battle; ♦  
you will cast down my enemies under me;
- 41 You will make my foes turn their backs upon me ♦  
and I shall destroy them that hate me. [R]

- 42 They will cry out, but there shall be none to help them; ♦  
they will cry to the Lord, but he will not answer.
- 43 I shall beat them as small as the dust on the wind; ♦  
I will cast them out as the mire in the streets.
- 44 You will deliver me from the strife of the peoples; ♦  
you will make me the head of the nations.
- 45 A people I have not known shall serve me;  
as soon as they hear me, they shall obey me; ♦  
strangers will humble themselves before me.
- 46 The foreign peoples will lose heart ♦  
and come trembling out of their strongholds. [R]
- 47 The Lord lives, and blessed be my rock! ♦  
Praised be the God of my salvation,
- 48 Even the God who vindicates me ♦  
and subdues the peoples under me!
- 49 You that deliver me from my enemies,  
you will set me up above my foes; ♦  
from the violent you will deliver me;
- 50 Therefore will I give you thanks, O Lord, among the nations ♦  
and sing praises to your name,
- 51 To the one who gives great victory to his king ♦  
and shows faithful love to his anointed,  
to David and his seed for ever.

*Refrain:* The Lord my God shall make my darkness to be bright.

*From your royal throne, O God,  
you sent your living Word  
to pierce the gloom of oppression;  
so, in our souls' night,  
come with your saving help  
and penetrate our darkness with the  
rays of your glory  
in Jesus Christ our Lord.*

*Refrain:* The commandment of the Lord is pure  
and gives light to the eyes.

- 1 The heavens are telling the glory of God ♦  
and the firmament proclaims his handiwork.
- 2 One day pours out its song to another ♦  
and one night unfolds knowledge to another.
- 3 They have neither speech nor language ♦  
and their voices are not heard,
- 4 Yet their sound has gone out into all lands ♦  
and their words to the ends of the world.
- 5 In them has he set a tabernacle for the sun, ♦  
that comes forth as a bridegroom out of his chamber  
and rejoices as a champion to run his course.
- 6 It goes forth from the end of the heavens  
and runs to the very end again, ♦  
and there is nothing hidden from its heat. [R]
- 7 The law of the Lord is perfect, reviving the soul; ♦  
the testimony of the Lord is sure  
and gives wisdom to the simple.
- 8 The statutes of the Lord are right and rejoice the heart; ♦  
the commandment of the Lord is pure  
and gives light to the eyes.
- 9 The fear of the Lord is clean and endures for ever; ♦  
the judgements of the Lord are true  
and righteous altogether.
- 10 More to be desired are they than gold,  
more than much fine gold, ♦  
sweeter also than honey,  
dripping from the honeycomb.
- 11 By them also is your servant taught ♦  
and in keeping them there is great reward. [R]
- 12 Who can tell how often they offend? ♦  
O cleanse me from my secret faults!

- 13 Keep your servant also from presumptuous sins  
lest they get dominion over me; ♦  
so shall I be undefiled,  
and innocent of great offence.
- 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.

*Refrain:* The commandment of the Lord is pure  
and gives light to the eyes.

*Christ, the sun of righteousness,  
rise in our hearts this day,  
enfold us in the brightness of your love  
and bear us at the last to heaven's horizon;  
for your love's sake.*

## *Psalm 20*

*Refrain:* We will call on the name of the Lord our God.

- 1 May the Lord hear you in the day of trouble, ♦  
the name of the God of Jacob defend you;
- 2 Send you help from his sanctuary ♦  
and strengthen you out of Zion;
- 3 Remember all your offerings ♦  
and accept your burnt sacrifice;
- 4 Grant you your heart's desire ♦  
and fulfil all your mind.
- 5 May we rejoice in your salvation  
and triumph in the name of our God; ♦  
may the Lord perform all your petitions. [R]
- 6 Now I know that the Lord will save his anointed; ♦  
he will answer him from his holy heaven,  
with the mighty strength of his right hand.
- 7 Some put their trust in chariots and some in horses, ♦  
but we will call only on the name of the Lord our God.

- 8 They are brought down and fallen, ♦  
but we are risen and stand upright.
- 9 O Lord, save the king ♦  
and answer us when we call upon you.

*Refrain:* We will call on the name of the Lord our God.

*Merciful God,  
purify our hearts in the flame of your Spirit  
and transform our toil into an offering of praise,  
that we may reject the proud rule of might  
and trust in Christ alone,  
for he is our Lord for ever and ever.*

### *Psalm 21*

*Refrain:* The king puts his trust in the Lord.

- 1 The king shall rejoice in your strength, O Lord; ♦  
how greatly shall he rejoice in your salvation!
- 2 You have given him his heart's desire ♦  
and have not denied the request of his lips.
- 3 For you come to meet him with blessings of goodness ♦  
and set a crown of pure gold upon his head.
- 4 He asked of you life and you gave it him, ♦  
length of days, for ever and ever. [R]
- 5 His honour is great because of your salvation; ♦  
glory and majesty have you laid upon him.
- 6 You have granted him everlasting felicity ♦  
and will make him glad with joy in your presence.
- 7 For the king puts his trust in the Lord; ♦  
because of the loving-kindness of the Most High,  
he shall not be overthrown. [R]
- 8 Your hand shall mark down all your enemies; ♦  
your right hand will find out those who hate you.

- 9 You will make them like a fiery oven  
in the time of your wrath; ♦  
the Lord will swallow them up in his anger  
and the fire will consume them.
- 10 Their fruit you will root out of the land ♦  
and their seed from among its inhabitants. [R]
- 11 Because they intend evil against you ♦  
and devise wicked schemes  
which they cannot perform,
- 12 You will put them to flight ♦  
when you aim your bow at their faces.
- 13 Be exalted, O Lord, in your own might; ♦  
we will make music and sing of your power.

*Refrain:* The king puts his trust in the Lord.

*Crown us, O God, but with humility,  
and robe us with compassion,  
that, as you call us into the kingdom of your Son,  
we may strive to overcome all evil  
by the power of good  
and so walk gently on the earth  
with you, our God, for ever.*

## Psalm 22

*Refrain:* Be not far from me, O Lord.

- 1 My God, my God, why have you forsaken me, ♦  
and are so far from my salvation,  
from the words of my distress?
- 2 O my God, I cry in the daytime,  
but you do not answer; ♦  
and by night also, but I find no rest.
- 3 Yet you are the Holy One, ♦  
enthroned upon the praises of Israel.
- 4 Our forebears trusted in you; ♦  
they trusted, and you delivered them.

- 5 They cried out to you and were delivered; ♦  
they put their trust in you and were not confounded. [R]
- 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 deliver him, if he delights in him.'
- 9 But it is you that took me out of the womb ♦  
and laid me safe upon my mother's breast.
- 10 On you was I cast ever since I was born; ♦  
you are my God even from my mother's womb.
- 11 Be not far from me, for trouble is near at hand ♦  
and there is none to help. [R]
- 12 Mighty oxen come around me; ♦  
fat bulls of Bashan close me in on every side.
- 13 They gape upon me with their mouths, ♦  
as it were a ramping and a roaring lion.
- 14 I am poured out like water;  
all my bones are out of joint; ♦  
my heart has become like wax  
melting in the depths of my body.
- 15 My mouth is dried up like a potsherd;  
my tongue cleaves to my gums; ♦  
you have laid me in the dust of death. [R]
- 16 For the hounds are all about me,  
the pack of evildoers close in on me; ♦  
they pierce my hands and my feet.
- 17 I can count all my bones; ♦  
they stand staring and looking upon me.
- 18 They divide my garments among them; ♦  
they cast lots for my clothing.
- 19 Be not far from me, O Lord; ♦  
you are my strength; hasten to help me.
- 20 Deliver my soul from the sword, ♦  
my poor life from the power of the dog.

- 21 Save me from the lion's mouth,  
from the horns of wild oxen. ♦  
You have answered me! [R]
- 22 I will tell of your name to my people; ♦  
in the midst of the congregation will I praise you.
- 23 Praise the Lord, you that fear him; ♦  
O seed of Jacob, glorify him;  
stand in awe of him, O seed of Israel.
- 24 For he has not despised nor abhorred the suffering of the poor;  
neither has he hidden his face from them; ♦  
but when they cried to him he heard them.
- 25 From you comes my praise in the great congregation; ♦  
I will perform my vows  
in the presence of those that fear you.
- 26 The poor shall eat and be satisfied; ♦  
those who seek the Lord shall praise him;  
their hearts shall live for ever. [R]
- 27 All the ends of the earth  
shall remember and turn to the Lord, ♦  
and all the families of the nations shall bow before him.
- 28 For the kingdom is the Lord's ♦  
and he rules over the nations.
- 29 How can those who sleep in the earth  
bow down in worship, ♦  
or those who go down to the dust kneel before him?
- 30 He has saved my life for himself;  
my descendants shall serve him; ♦  
this shall be told of the Lord for generations to come.
- 31 They shall come and make known his salvation,  
to a people yet unborn, ♦  
declaring that he, the Lord, has done it.

*Refrain:* Be not far from me, O Lord.

*Restless with grief and fear,  
the abandoned turn to you:  
in every hour of trial,  
good Lord, deliver us,  
O God most holy, God most strong,  
whose wisdom is the cross of Christ.*

## **Psalm 23**

**Refrain:** *I will dwell in the house of the Lord for ever.*

- 1 The Lord is my shepherd; ♦  
therefore can I lack nothing.
- 2 He makes me lie down in green pastures ♦  
and leads me beside still waters. [R]
- 3 He shall refresh my soul ♦  
and guide me in the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow of death,  
I will fear no evil; ♦  
for you are with me;  
your rod and your staff, they comfort me. [R]
- 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 shall be full.
- 6 Surely goodness and loving mercy shall follow me  
all the days of my life, ♦  
and I will dwell in the house of the Lord for ever.

**Refrain:** *I will dwell in the house of the Lord for ever.*

*O God, our sovereign and shepherd,  
who brought again your Son Jesus Christ  
from the valley of death,  
comfort us with your protecting presence  
and your angels of goodness and love,  
that we also may come home  
and dwell with him in your house for ever.*

*Refrain:* The Lord of hosts: he is the King of glory.

- 1 The earth is the Lord's and all that fills it, ♦  
the compass of the world and all who dwell therein.
- 2 For he has founded it upon the seas ♦  
and set it firm upon the rivers of the deep. [R]
- 3 'Who shall ascend the hill of the Lord, ♦  
or who can rise up in his holy place?'
- 4 'Those who have clean hands and a pure heart, ♦  
who have not lifted up their soul to an idol,  
nor sworn an oath to a lie;
- 5 'They shall receive a blessing from the Lord, ♦  
a just reward from the God of their salvation.'
- 6 Such is the company of those who seek him, ♦  
of those who seek your face, O God of Jacob. [R]
- 7 Lift up your heads, O gates;  
be lifted up, you everlasting doors; ♦  
and the King of glory shall come in.
- 8 'Who is the King of glory?' ♦  
'The Lord, strong and mighty,  
the Lord who is mighty in battle.'
- 9 Lift up your heads, O gates;  
be lifted up, you everlasting doors; ♦  
and the King of glory shall come in.
- 10 'Who is this King of glory?' ♦  
'The Lord of hosts,  
he is the King of glory.'

*Refrain:* The Lord of hosts: he is the King of glory.

*O Lord of hosts,  
purify our hearts  
that the King of glory may come in,  
your Son, Jesus our redeemer.*

*Refrain:* Remember, Lord, your compassion and love.

- 1 To you, O Lord, I lift up my soul;  
O my God, in you I trust; ♦  
let me not be put to shame;  
let not my enemies triumph over me.
- 2 Let none who look to you be put to shame, ♦  
but let the treacherous be shamed and frustrated.
- 3 Make me to know 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;  
for you have I hoped all the day long.
- 5 Remember, Lord, your compassion and love, ♦  
for they are from everlasting. [R]
- 6 Remember not the sins of my youth  
or my transgressions, ♦  
but think on me in your goodness, O Lord,  
according to your steadfast love.
- 7 Gracious and upright is the Lord; ♦  
therefore shall he teach sinners in the way.
- 8 He will guide the humble in doing right ♦  
and teach his way to the lowly.
- 9 All the paths of the Lord are mercy and truth ♦  
to those who keep his covenant and his testimonies. [R]
- 10 For your name's sake, O Lord, ♦  
be merciful to my sin, for it is great.
- 11 Who are those who fear the Lord? ♦  
Them will he teach in the way that they should choose.
- 12 Their soul shall dwell at ease ♦  
and their offspring shall inherit the land.
- 13 The hidden purpose of the Lord is for those who fear him ♦  
and he will show them his covenant.
- 14 My eyes are ever looking to the Lord, ♦  
for he shall pluck my feet out of the net. [R]

- 15 Turn to me and be gracious to me, ♦  
for I am alone and brought very low.
- 16 The sorrows of my heart have increased; ♦  
O bring me out of my distress.
- 17 Look upon my adversity and misery ♦  
and forgive me all my sin.
- 18 Look upon my enemies, for they are many ♦  
and they bear a violent hatred against me.
- 19 O keep my soul and deliver me; ♦  
let me not be put to shame, for I have put my trust in you.
- 20 Let integrity and uprightness preserve me, ♦  
for my hope has been in you.
- 21 Deliver Israel, O God, ♦  
out of all his troubles.

*Refrain:* Remember, Lord, your compassion and love.

*Free us, God of mercy,  
from all that keeps us from you;  
relieve the misery of the anxious and the ashamed  
and fill us with the hope of peace;  
through Jesus Christ our Lord.*

*Refrain:* Lord, I love the place where your glory abides.

- 1 Give judgement for me, O Lord,  
for I have walked with integrity; ♦  
I have trusted in the Lord and have not faltered.
- 2 Test me, O Lord, and try me; ♦  
examine my heart and my mind.
- 3 For your love is before my eyes; ♦  
I have walked in your truth.
- 4 I have not joined the company of the false, ♦  
nor consorted with the deceitful. [R]
- 5 I hate the gathering of evildoers ♦  
and I will not sit down with the wicked.
- 6 I will wash my hands in innocence, O Lord, ♦  
that I may go about your altar,
- 7 To make heard the voice of thanksgiving ♦  
and tell of all your wonderful deeds.
- 8 Lord, I love the house of your habitation ♦  
and the place where your glory abides. [R]
- 9 Sweep me not away with sinners, ♦  
nor my life with the bloodthirsty,
- 10 Whose hands are full of wicked schemes ♦  
and their right hand full of bribes.
- 11 As for me, I will walk with integrity; ♦  
redeem me, Lord, and be merciful to me.
- 12 My foot stands firm; ♦  
in the great congregation I will bless the Lord.

*Refrain:* Lord, I love the place where your glory abides.

*Have mercy on us and redeem us, O Lord,  
for our merits are your mercies  
and in your judgement is our salvation;  
through Jesus Christ our Lord.*

*Refrain:*    *The Lord is my light and my salvation.*

- 1    The Lord is my light and my salvation;  
      whom then shall I fear? ♦  
      The Lord is the strength of my life;  
      of whom then shall I be afraid?
- 2    When the wicked, even my enemies and my foes,  
      came upon me to eat up my flesh, ♦  
      they stumbled and fell.
- 3    Though a host encamp against me,  
      my heart shall not be afraid, ♦  
      and though there rise up war against me,  
      yet will I put my trust in him.
- 4    One thing have I asked of the Lord  
      and that alone I seek: ♦  
      that I may dwell in the house of the Lord  
      all the days of my life,
- 5    To behold the fair beauty of the Lord ♦  
      and to seek his will in his temple.
- 6    For in the day of trouble  
      he shall hide me in his shelter; ♦  
      in the secret place of his dwelling shall he hide me  
      and set me high upon a rock.
- 7    And now shall he lift up my head ♦  
      above my enemies round about me;
- 8    Therefore will I offer in his dwelling an oblation  
      with great gladness; ♦  
      I will sing and make music to the Lord. [R]
- 9    Hear my voice, O Lord, when I call; ♦  
      have mercy upon me and answer me.
- 10    My heart tells of your word, 'Seek my face.' ♦  
      Your face, Lord, will I seek.
- 11    Hide not your face from me, ♦  
      nor cast your servant away in displeasure.

- 12 You have been my helper; ♦  
leave me not, neither forsake me, O God of my salvation.
- 13 Though my father and my mother forsake me, ♦  
the Lord will take me up.
- 14 Teach me your way, O Lord; ♦  
lead me on a level path,  
because of those who lie in wait for me.
- 15 Deliver me not into the will of my adversaries, ♦  
for false witnesses have risen up against me,  
and those who breathe out violence.
- 16 I believe that I shall see the goodness of the Lord ♦  
in the land of the living.
- 17 Wait for the Lord;  
be strong and he shall comfort your heart; ♦  
wait patiently for the Lord.

*Refrain:* The Lord is my light and my salvation.

*God, our light and our salvation,  
illuminate our lives,  
that we may see your goodness in the land of the living,  
and, looking on your beauty,  
may be changed into the likeness of Jesus Christ our Lord.*

*Refrain:* The Lord is my strength and my shield.

- 1 To you I call, O Lord my rock;  
be not deaf to my cry, ♦  
lest, if you do not hear me,  
I become like those who go down to the Pit.
- 2 Hear the voice of my prayer when I cry out to you, ♦  
when I lift up my hands to your holy of holies. [R]
- 3 Do not snatch me away with the wicked,  
with the evildoers, ♦  
who speak peaceably with their neighbours,  
while malice is in their hearts.
- 4 Repay them according to their deeds ♦  
and according to the wickedness of their devices. [R]
- 5 Reward them according to the work of their hands ♦  
and pay them their just deserts.
- 6 They take no heed of the Lord's doings,  
nor of the works of his hands; ♦  
therefore shall he break them down  
and not build them up. [R]
- 7 Blessed be the Lord, ♦  
for he has heard the voice of my prayer.
- 8 The Lord is my strength and my shield; ♦  
my heart has trusted in him and I am helped;
- 9 Therefore my heart dances for joy ♦  
and in my song will I praise him. [R]
- 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.

*Refrain:* The Lord is my strength and my shield.

*Hear us, Shepherd of your people,  
forgive us our sins  
and, in a world of pretences,  
make us true in heart and mind;  
through Jesus Christ our Lord.*

*Refrain: The Lord shall give his people the blessing of peace.*

- 1 Ascribe to the Lord, you powers of heaven; ♦  
ascribe to the Lord glory and strength.
- 2 Ascribe to the Lord the honour due to 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. [R]
- 4 The voice of the Lord is mighty in operation; ♦  
the voice of the Lord is a glorious voice.
- 5 The voice of the Lord breaks the cedar trees; ♦  
the Lord breaks the cedars of Lebanon;
- 6 He makes Lebanon skip like a calf ♦  
and Sirion like a young wild ox. [R]
- 7 The voice of the Lord splits the flash of lightning;  
the voice of the Lord shakes the wilderness; ♦  
the Lord shakes the wilderness of Kadesh.
- 8 The voice of the Lord makes the oak trees writhe  
and strips the forests bare; ♦  
in his temple all cry, 'Glory!'
- 9 The Lord sits enthroned above the water flood; ♦  
the Lord sits enthroned as king for evermore.
- 10 The Lord shall give strength to his people; ♦  
the Lord shall give his people the blessing of peace.

*Refrain: The Lord shall give his people the blessing of peace.*

*Open our ears, glorious Lord Christ,  
to hear the music of your voice  
above the chaos of this world;  
open our eyes to see the vision of your glory,  
for you are our King, now and for ever.*

*Refrain:* You brought me up, O Lord, from the dead.

- 1 I will exalt you, O Lord,  
because you have raised me up ♦  
and have not let my foes triumph over me.
- 2 O Lord my God, I cried out to you ♦  
and you have healed me.
- 3 You brought me up, O Lord, from the dead; ♦  
you restored me to life from among those that go down to the Pit.
- 4 Sing to the Lord, you servants of his; ♦  
give thanks to his holy name.
- 5 For his wrath endures but the twinkling of an eye,  
his favour for a lifetime. ♦  
Heaviness may endure for a night,  
but joy comes in the morning. [R]
- 6 In my prosperity I said,  
'I shall never be moved. ♦  
You, Lord, of your goodness,  
have made my hill so strong.'
- 7 Then you hid your face from me ♦  
and I was utterly dismayed.
- 8 To you, O Lord, I cried; ♦  
to the Lord I made my supplication:
- 9 'What profit is there in my blood,  
if I go down to the Pit? ♦  
Will the dust praise you or declare your faithfulness?
- 10 'Hear, O Lord, and have mercy upon me; ♦  
O Lord, be my helper.' [R]
- 11 You have turned my mourning into dancing; ♦  
you have put off my sackcloth and girded me with gladness;
- 12 Therefore my heart sings to you without ceasing; ♦  
O Lord my God, I will give you thanks for ever.

*Refrain:* You brought me up, O Lord, from the dead.

*Lord, you hide your face  
when we trust in ourselves;  
strip us of false security  
and re-clothe us in your praise,  
that we may know you  
as the one who raises us from death,  
as you raised your Son, our Saviour Jesus Christ.*

### *Psalm 31*

*Refrain: Into your hands I commend my spirit.*

- 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 fortress to save me,  
for you are my rock and my stronghold; ♦  
guide me, and lead me for your name's sake.
- 4 Take me out of the net  
that they have laid secretly for me, ♦  
for you are my strength.
- 5 Into your hands I commend my spirit, ♦  
for you have redeemed me, O Lord God of truth. [R]
- 6 I hate those who cling to worthless idols; ♦  
I put my trust in the Lord.
- 7 I will be glad and rejoice in your mercy, ♦  
for you have seen my affliction  
and known my soul in adversity.
- 8 You have not shut me up in the hand of the enemy; ♦  
you have set my feet in an open place. [R]
- 9 Have mercy on me, Lord, for I am in trouble; ♦  
my eye is consumed with sorrow,  
my soul and my body also.

- 10 For my life is wasted with grief,  
and my years with sighing; ♦  
my strength fails me because of my affliction,  
and my bones are consumed.
- 11 I have become a reproach to all my enemies  
and even to my neighbours,  
an object of dread to my acquaintances; ♦  
when they see me in the street they flee from me.
- 12 I am forgotten like one that is dead, out of mind; ♦  
I have become like a broken vessel.
- 13 For I have heard the whispering of the crowd;  
fear is on every side; ♦  
they scheme together against me,  
and plot to take my life. [R]
- 14 But my trust is in you, O Lord. ♦  
I have said, 'You are my God.
- 15 'My times are in your hand; ♦  
deliver me from the hand of my enemies,  
and from those who persecute me.
- 16 'Make your face to shine upon your servant, ♦  
and save me for your mercy's sake.'
- 17 Lord, let me not be confounded  
for I have called upon you; ♦  
but let the wicked be put to shame;  
let them be silent in the grave.
- 18 Let the lying lips be put to silence ♦  
that speak against the righteous  
with arrogance, disdain and contempt. [R]
- 19 How abundant is your goodness, O Lord,  
which you have laid up for those who fear you; ♦  
which you have prepared in the sight of all  
for those who put their trust in you.
- 20 You hide them in the shelter of your presence  
from those who slander them; ♦  
you keep them safe in your refuge from the strife of tongues.

- 21 Blessed be the Lord! ♦  
For he has shown me his steadfast love  
when I was as a city besieged.
- 22 I had said in my alarm,  
'I have been cut off from the sight of your eyes.' ♦  
Nevertheless, you heard the voice of my prayer  
when I cried out to you. [R]
- 23 Love the Lord, all you his servants; ♦  
for the Lord protects the faithful,  
but repays to the full the proud.
- 24 Be strong and let your heart take courage, ♦  
all you who wait in hope for the Lord.

*Refrain:* Into your hands I commend my spirit.

*Lord Jesus Christ,  
when scorn and shame besiege us  
and hope is veiled in grief,  
hold us in your wounded hands  
and make your face shine on us again,  
for you are our Lord and God.*

*Refrain:* Be glad, you righteous, and rejoice in the Lord.

- 1 Happy the one whose transgression is forgiven, ♦  
and whose sin is covered.
- 2 Happy the one to whom the Lord imputes no guilt, ♦  
and in whose spirit there is no guile.
- 3 For I held my tongue; ♦  
my bones wasted away  
through my groaning all the day long.
- 4 Your hand was heavy upon me day and night; ♦  
my moisture was dried up like the drought in summer. [R]
- 5 Then I acknowledged my sin to you ♦  
and my iniquity I did not hide.
- 6 I said, 'I will confess my transgressions to the Lord,' ♦  
and you forgave the guilt of my sin.
- 7 Therefore let all the faithful make their prayers to you  
in time of trouble; ♦  
in the great water flood, it shall not reach them.
- 8 You are a place for me to hide in;  
you preserve me from trouble; ♦  
you surround me with songs of deliverance. [R]
- 9 'I will instruct you and teach you  
in the way that you should go; ♦  
I will guide you with my eye.
- 10 'Be not like horse and mule which have no understanding; ♦  
whose mouths must be held with bit and bridle,  
or else they will not stay near you.'
- 11 Great tribulations remain for the wicked, ♦  
but mercy embraces those who trust in the Lord.
- 12 Be glad, you righteous, and rejoice in the Lord; ♦  
shout for joy, all who are true of heart.

*Refrain:* Be glad, you righteous, and rejoice in the Lord.

*Give us honest hearts, O God,  
and send your kindly Spirit  
to help us confess our sins  
and bring us the peace of your forgiveness;  
in Jesus Christ our Lord.*

## *Psalm 33*

*Refrain: The earth is full of the loving-kindness of the Lord.*

- 1 Rejoice in the Lord, O you righteous, ♦  
for it is good for the just to sing praises.
- 2 Praise the Lord with the lyre; ♦  
on the ten-stringed harp sing his praise.
- 3 Sing for him a new song; ♦  
play skilfully, with shouts of praise.
- 4 For the word of the Lord is true ♦  
and all his works are sure.
- 5 He loves righteousness and justice; ♦  
the earth is full of the loving-kindness of the Lord. [R]
- 6 By the word of the Lord were the heavens made ♦  
and all their host by the breath of his mouth.
- 7 He gathers up the waters of the sea as in a waterskin ♦  
and lays up the deep in his treasury.
- 8 Let all the earth fear the Lord; ♦  
stand in awe of him, all who dwell in the world.
- 9 For he spoke, and it was done; ♦  
he commanded, and it stood fast. [R]
- 10 The Lord brings the counsel of the nations to naught; ♦  
he frustrates the designs of the peoples.
- 11 But the counsel of the Lord shall endure for ever ♦  
and the designs of his heart from generation to generation.
- 12 Happy the nation whose God is the Lord ♦  
and the people he has chosen for his own. [R]

- 13 The Lord looks down from heaven ♦  
and beholds all the children of earth.
- 14 From where he sits enthroned he turns his gaze ♦  
on all who dwell on the earth.
- 15 He fashions all the hearts of them ♦  
and understands all their works.
- 16 No king is saved by the might of his host; ♦  
no warrior delivered by his great strength.
- 17 A horse is a vain hope for deliverance; ♦  
for all its strength it cannot save. [R]
- 18 Behold, the eye of the Lord  
is upon those who fear him, ♦  
on those who wait in hope for his steadfast love,
- 19 To deliver their soul from death ♦  
and to feed them in time of famine.
- 20 Our soul waits longingly for the Lord; ♦  
he is our help and our shield.
- 21 Indeed, our heart rejoices in him; ♦  
in his holy name have we put our trust.
- 22 Let your loving-kindness, O Lord, be upon us, ♦  
as we have set our hope on you.

*Refrain:* The earth is full of the loving-kindness of the Lord.

*Feed your people, Lord,  
with your holy word  
and free us from the emptiness of our  
wrongful desires,  
that we may sing the new song of salvation  
through Jesus Christ our Lord.*

*Refrain:* O taste and see that the Lord is gracious.

- 1 I will bless the Lord at all times; ♦  
his praise shall ever be in my mouth.
- 2 My soul shall glory in the Lord; ♦  
let the humble hear and be glad.
- 3 O magnify the Lord with me; ♦  
let us exalt his name together.
- 4 I sought the Lord and he answered me ♦  
and delivered me from all my fears.
- 5 Look upon him and be radiant ♦  
and your faces shall not be ashamed. [R]
- 6 This poor soul cried, and the Lord heard me ♦  
and saved me from all my troubles.
- 7 The angel of the Lord encamps around those who fear him ♦  
and delivers them.
- 8 O taste and see that the Lord is gracious; ♦  
blessed is the one who trusts in him.
- 9 Fear the Lord, all you his holy ones, ♦  
for those who fear him lack nothing.
- 10 Lions may lack and suffer hunger, ♦  
but those who seek the Lord  
lack nothing that is good. [R]
- 11 Come, my children, and listen to me; ♦  
I will teach you the fear of the Lord.
- 12 Who is there who delights in life ♦  
and longs for days to enjoy good things?
- 13 Keep your tongue from evil ♦  
and your lips from lying words.
- 14 Turn from evil and do good; ♦  
seek peace and pursue it. [R]
- 15 The eyes of the Lord are upon the righteous ♦  
and his ears are open to their cry.

- 16 The face of the Lord is against those who do evil, ♦  
to root out the remembrance of them from the earth.
- 17 The righteous cry and the Lord hears them ♦  
and delivers them out of all their troubles.
- 18 The Lord is near to the brokenhearted ♦  
and will save those who are crushed in spirit. [R]
- 19 Many are the troubles of the righteous; ♦  
from them all will the Lord deliver them.
- 20 He keeps all their bones, ♦  
so that not one of them is broken.
- 21 But evil shall slay the wicked ♦  
and those who hate the righteous will be condemned.
- 22 The Lord ransoms the life of his servants ♦  
and will condemn none who seek refuge in him.

*Refrain:* O taste and see that the Lord is gracious.

*Send your holy angels  
to watch over us, O God,  
that on our lips will be found your truth  
and in our hearts your love;  
so we may ever taste your goodness  
in the land of the living;  
through Jesus Christ our Lord.*

### *Psalm 35*

*Refrain:* Give me justice, O Lord my God,  
according to your righteousness.

- 1 Contend, O Lord, with those that contend with me; ♦  
fight against those that fight against me.
- 2 Take up shield and buckler ♦  
and rise up to help me.
- 3 Draw the spear and bar the way  
against those who pursue me; ♦  
say to my soul, 'I am your salvation.'

- 4 Let those who seek after my life be shamed and disgraced; ♦  
let those who plot my ruin fall back and be put to confusion.
- 5 Let them be as chaff before the wind, ♦  
with the angel of the Lord thrusting them down.
- 6 Let their way be dark and slippery, ♦  
with the angel of the Lord pursuing them. [R]
- 7 For they have secretly spread a net for me without a cause; ♦  
without any cause they have dug a pit for my soul.
- 8 Let ruin come upon them unawares; ♦  
let them be caught in the net they laid;  
let them fall in it to their destruction.
- 9 Then will my soul be joyful in the Lord ♦  
and glory in his salvation.
- 10 My very bones will say, 'Lord, who is like you? ♦  
You deliver the poor from those that are too strong for them,  
the poor and needy from those who would despoil them.' [R]
- 11 False witnesses rose up against me; ♦  
they charged me with things I knew not.
- 12 They rewarded me evil for good, ♦  
to the desolation of my soul.
- 13 But as for me, when they were sick I put on sackcloth ♦  
and humbled myself with fasting;
- 14 When my prayer returned empty to my bosom, ♦  
it was as though I grieved for my friend or brother;
- 15 I behaved as one who mourns for his mother, ♦  
bowed down and brought very low. [R]
- 16 But when I stumbled, they gathered in delight;  
they gathered together against me; ♦  
as if they were strangers I did not know  
they tore at me without ceasing.
- 17 When I fell they mocked me; ♦  
they gnashed at me with their teeth.
- 18 O Lord, how long will you look on? ♦  
Rescue my soul from their ravages,  
and my poor life from the young lions.

- 19 I will give you thanks in the great congregation; ♦  
I will praise you in the mighty throng. [R]
- 20 Do not let my treacherous foes rejoice over me, ♦  
or those who hate me without a cause  
mock me with their glances.
- 21 For they do not speak of peace, ♦  
but invent deceitful schemes against those  
that are quiet in the land.
- 22 They opened wide their mouths and derided me, saying ♦  
'We have seen it with our very eyes.'
- 23 This you have seen, O Lord; do not keep silent; ♦  
go not far from me, O Lord.
- 24 Awake, arise, to my cause, ♦  
to my defence, my God and my Lord!
- 25 Give me justice, O Lord my God,  
according to your righteousness; ♦  
let them not triumph over me. [R]
- 26 Let them not say to themselves,  
'Our heart's desire!' ♦  
Let them not say, 'We have swallowed him up.'
- 27 Let all who rejoice at my trouble be put to shame and confusion; ♦  
let those who boast against me  
be clothed with shame and dishonour.
- 28 Let those who favour my cause rejoice and be glad; ♦  
let them say always,  
'Great is the Lord, who delights in his servant's well-being.'
- 29 So shall my tongue be talking of your righteousness ♦  
and of your praise all the day long.

*Refrain:* Give me justice, O Lord my God,  
according to your righteousness.

*Free us, righteous God, from all oppression,  
and bring justice to the nations,  
that all the world may know you  
as King of kings and Lord of lords,  
now and for ever.*

*Refrain:* With you, O God, is the well of life.

- 1 Sin whispers to the wicked, in the depths of their heart; ♦  
there is no fear of God before their eyes.
- 2 They flatter themselves in their own eyes ♦  
that their abominable sin will not be found out.
- 3 The words of their mouth are unrighteous and full of deceit; ♦  
they have ceased to act wisely and to do good.
- 4 They think out mischief upon their beds  
and have set themselves in no good way; ♦  
nor do they abhor that which is evil. [R]
- 5 Your love, O Lord, reaches to the heavens ♦  
and your faithfulness to the clouds.
- 6 Your righteousness stands like the strong mountains,  
your justice like the great deep; ♦  
you, Lord, shall save both man and beast.
- 7 How precious is your loving mercy, O God! ♦  
All mortal flesh shall take refuge  
under the shadow of your wings.
- 8 They shall be satisfied with the abundance of your house; ♦  
they shall drink from the river of your delights.
- 9 For with you is the well of life ♦  
and in your light shall we see light. [R]
- 10 O continue your loving-kindness to those who know you ♦  
and your righteousness to those who are true of heart.
- 11 Let not the foot of pride come against me, ♦  
nor the hand of the ungodly thrust me away.
- 12 There are they fallen, all who work wickedness. ♦  
They are cast down and shall not be able to stand.

*Refrain:* With you, O God, is the well of life.

*O God, the well of life,  
make us bright with wisdom,  
that we may be lightened with the knowledge of your glory  
in the face of Jesus Christ our Lord.*

*Refrain:* The salvation of the righteous comes from the Lord.

- 1 Fret not because of evildoers; ♦  
be not jealous of those who do wrong.
- 2 For they shall soon wither like grass ♦  
and like the green herb fade away.
- 3 Trust in the Lord and be doing good; ♦  
dwell in the land and be nourished with truth.
- 4 Let your delight be in the Lord ♦  
and he will 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. [R]
- 7 Be still before the Lord and wait for him; ♦  
do not fret over those that prosper  
as they follow their evil schemes.
- 8 Refrain from anger and abandon wrath; ♦  
do not fret, lest you be moved to do evil.
- 9 For evildoers shall be cut off, ♦  
but those who wait upon the Lord shall possess the land.
- 10 Yet a little while and the wicked shall be no more; ♦  
you will search for their place and find them gone.
- 11 But the lowly shall possess the land ♦  
and shall delight in abundance of peace. [R]
- 12 The wicked plot against the righteous ♦  
and gnash at them with their teeth.
- 13 The Lord shall laugh at the wicked, ♦  
for he sees that their day is coming.
- 14 The wicked draw their sword and bend their bow  
to strike down the poor and needy, ♦  
to slaughter those who walk in truth.
- 15 Their sword shall go through their own heart ♦  
and their bows shall be broken.

- 16 The little that the righteous have ♦  
is better than great riches of the wicked.
- 17 For the arms of the wicked shall be broken, ♦  
but the Lord upholds the righteous. [R]
- 18 The Lord knows the days of the godly, ♦  
and their inheritance shall stand for ever.
- 19 They shall not be put to shame in the perilous time, ♦  
and in days of famine they shall have enough.
- 20 But the wicked shall perish;  
like the glory of the meadows  
the enemies of the Lord shall vanish; ♦  
they shall vanish like smoke.
- 21 The wicked borrow and do not repay, ♦  
but the righteous are generous in giving.
- 22 For those who are blest by God shall possess the land, ♦  
but those who are cursed by him shall be rooted out. [R]
- 23 When your steps are guided by the Lord ♦  
and you delight in his way,
- 24 Though you stumble, you shall not fall headlong, ♦  
for the Lord holds you fast by the hand.
- 25 I have been young and now am old, ♦  
yet never have I seen the righteous forsaken,  
or their children begging their bread.
- 26 All the day long they are generous in lending, ♦  
and their children also shall be blest. [R]
- 27 Depart from evil and do good ♦  
and you shall abide for ever.
- 28 For the Lord loves the thing that is right ♦  
and will not forsake his faithful ones.
- 29 The unjust shall be destroyed for ever, ♦  
and the offspring of the wicked shall be rooted out.
- 30 The righteous shall possess the land ♦  
and dwell in it for ever. [R]
- 31 The mouth of the righteous utters wisdom, ♦  
and their tongue speaks the thing that is right.

- 32 The law of their God is in their heart ♦  
and their footsteps shall not slide.
- 33 The wicked spy on the righteous ♦  
and seek occasion to slay them.
- 34 The Lord will not leave them in their hand, ♦  
nor let them be condemned when they are judged. [R]
- 35 Wait upon the Lord and keep his way; ♦  
he will raise you up to possess the land,  
and when the wicked are uprooted, you shall see it.
- 36 I myself have seen the wicked in great power ♦  
and flourishing like a tree in full leaf.
- 37 I went by and lo, they were gone; ♦  
I sought them, but they could nowhere be found.
- 38 Keep innocence and heed the thing that is right, ♦  
for that will bring you peace at the last. [R]
- 39 But the sinners shall perish together, ♦  
and the posterity of the wicked shall be rooted out.
- 40 The salvation of the righteous comes from the Lord; ♦  
he is their stronghold in the time of trouble.
- 41 The Lord shall stand by them and deliver them; ♦  
he shall deliver them from the wicked and shall save them,  
because they have put their trust in him.

*Refrain:* The salvation of the righteous comes from the Lord.

*Blessed and holy God,  
ever merciful and forgiving,  
may we turn from what is evil  
and do what is good in your sight,  
for you have saved us by the cross of your Son,  
our Saviour Jesus Christ.*

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

- 1    Rebuke me not, O Lord, in your anger; ♦  
      neither chasten me in your heavy displeasure.
- 2    For your arrows have stuck fast in me ♦  
      and your hand presses hard upon me.
- 3    There is no health in my flesh  
      because of your indignation; ♦  
      there is no peace in my bones because of my sin.
- 4    For my iniquities have gone over my head; ♦  
      their weight is a burden too heavy to bear. [R]
- 5    My wounds stink and fester ♦  
      because of my foolishness.
- 6    I am utterly bowed down and brought very low; ♦  
      I go about mourning all the day long.
- 7    My loins are filled with searing pain; ♦  
      there is no health in my flesh.
- 8    I am feeble and utterly crushed; ♦  
      I roar aloud because of the disquiet of my heart. [R]
- 9    O Lord, you know all my desires ♦  
      and my sighing is not hidden from you.
- 10   My heart is pounding, my strength has failed me; ♦  
      the light of my eyes is gone from me.
- 11   My friends and companions stand apart from my affliction; ♦  
      my neighbours stand afar off.
- 12   Those who seek after my life lay snares for me; ♦  
      and those who would harm me whisper evil  
      and mutter slander all the day long. [R]
- 13   But I am like one who is deaf and hears not, ♦  
      like one that is dumb, who does not open his mouth.
- 14   I have become like one who does not hear ♦  
      and from whose mouth comes no retort.

- 15 For in you, Lord, have I put my trust; ♦  
you will answer me, O Lord my God.
- 16 For I said, 'Let them not triumph over me, ♦  
those who exult over me when my foot slips.' [R]
- 17 Truly, I am on the verge of falling ♦  
and my pain is ever with me.
- 18 I will confess my iniquity ♦  
and be sorry for my sin.
- 19 Those that are my enemies without any cause are mighty, ♦  
and those who hate me wrongfully are many in number.
- 20 Those who repay evil for good are against me, ♦  
because the good is what I seek.
- 21 Forsake me not, O Lord; ♦  
be not far from me, O my God.
- 22 Make haste to help me, ♦  
O Lord of my salvation.

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

*Almighty Lord and Saviour,  
behold with pity the wounds of your people;  
do not forsake us, sinful as we are,  
but for the sake of the passion of your  
Beloved One, Jesus,  
come quickly to our aid,  
for his mercy's sake.*

### *Psalm 39*

*Refrain:* Lord, let me know my end and the number of my days.

- 1 I said, 'I will keep watch over my ways, ♦  
so that I offend not with my tongue.
- 2 'I will guard my mouth with a muzzle, ♦  
while the wicked are in my sight.'
- 3 So I held my tongue and said nothing; ♦  
I kept silent but to no avail. [R]

- 4 My distress increased, my heart grew hot within me; ♦  
while I mused, the fire was kindled  
and I spoke out with my tongue:
- 5 'Lord, let me know my end and the number of my days, ♦  
that I may know how short my time is.
- 6 'You have made my days but a handsbreadth,  
and my lifetime is as nothing in your sight; ♦  
truly, even those who stand upright are but a breath.
- 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. [R]
- 8 'And now, what is my hope? ♦  
Truly my hope is even in you.
- 9 'Deliver me from all my transgressions ♦  
and do not make me the taunt of the fool.'
- 10 I fell silent and did not open my mouth, ♦  
for surely it was your doing.
- 11 Take away your plague from me; ♦  
I am consumed by the blows of your hand.
- 12 With rebukes for sin you punish us;  
like a moth you consume our beauty; ♦  
truly, everyone is but a breath. [R]
- 13 Hear my prayer, O Lord, and give ear to my cry; ♦  
hold not your peace at my tears.
- 14 For I am but a stranger with you, ♦  
a wayfarer, as all my forebears were.
- 15 Turn your gaze from me, that I may be glad again, ♦  
before I go my way and am no more.

*Refrain:* Lord, let me know my end and the number of my days.

*O Christ, Son of the living God,  
help us when we are too cast down to pray,  
and grant that we may trust you all our days,  
for you are with us in our living and our dying,  
Jesus, Lord and God.*

Psalm 40

*Refrain:* Great are the wonders you have done, O Lord my God.

- 1 I waited patiently for the Lord; ♦  
he inclined to me and heard my cry.
- 2 He brought me out of the roaring pit,  
out of the mire and clay; ♦  
he set my feet upon a rock and made my footing sure.
- 3 He has put a new song in my mouth,  
a song of praise to our God; ♦  
many shall see and fear  
and put their trust in the Lord.
- 4 Blessed is the one who trusts in the Lord, ♦  
who does not turn to the proud that follow a lie.
- 5 Great are the wonders you have done, O Lord my God.  
How great your designs for us! ♦  
There is none that can be compared with you.
- 6 If I were to proclaim them and tell of them ♦  
they would be more than I am able to express. [R]
- 7 Sacrifice and offering you do not desire ♦  
but my ears you have opened;
- 8 Burnt offering and sacrifice for sin you have not required; ♦  
then said I: 'Lo, I come.
- 9 'In the scroll of the book it is written of me  
that I should do your will, O my God; ♦  
I delight to do it: your law is within my heart.'
- 10 I have declared your righteousness in the great congregation; ♦  
behold, I did not restrain my lips,  
and that, O Lord, you know.
- 11 Your righteousness I have not hidden in my heart;  
I have spoken of your faithfulness and your salvation; ♦  
I have not concealed your loving-kindness and truth  
from the great congregation. [R]

- 12 Do not withhold your compassion from me, O Lord; ♦  
let your love and your faithfulness always preserve me,
- 13 For innumerable troubles have come about me;  
my sins have overtaken me so that I cannot look up; ♦  
they are more in number than the hairs of my head,  
and my heart fails me.
- 14 Be pleased, O Lord, to deliver me; ♦  
O Lord, make haste to help me.
- 15 Let them be ashamed and altogether dismayed  
who seek after my life to destroy it; ♦  
let them be driven back and put to shame  
who wish me evil.
- 16 Let those who heap insults upon me ♦  
be desolate because of their shame. [R]
- 17 Let all who seek you rejoice in you and be glad; ♦  
let those who love your salvation say always,  
‘The Lord is great.’
- 18 Though I am poor and needy, ♦  
the Lord cares for me.
- 19 You are my helper and my deliverer; ♦  
O my God, make no delay.

*Refrain:* Great are the wonders you have done, O Lord my God.

*Free us from our sins, O God,  
and may our sacrifices be of praise  
to the glory of your Son,  
our Redeemer, Jesus Christ.*

*Refrain:* O Lord, be merciful to me.

- 1 Blessed are those who consider the poor and needy; ♦  
the Lord will deliver them in the time of trouble.
- 2 The Lord preserves them and restores their life,  
that they may be happy in the land; ♦  
he will not hand them over to the will of their enemies.
- 3 The Lord sustains them on their sickbed; ♦  
their sickness, Lord, you will remove.
- 4 And so I said, 'Lord, be merciful to me; ♦  
heal me, for I have sinned against you.' [R]
- 5 My enemies speak evil about me, ♦  
asking when I shall die and my name perish.
- 6 If they come to see me, they utter empty words; ♦  
their heart gathers mischief;  
when they go out, they tell it abroad.
- 7 All my enemies whisper together against me, ♦  
against me they devise evil,
- 8 Saying that a deadly thing has laid hold on me, ♦  
and that I will not rise again from where I lie.
- 9 Even my bosom friend, whom I trusted,  
who ate of my bread, ♦  
has lifted up his heel against me. [R]
- 10 But you, O Lord, be merciful to me ♦  
and raise me up, that I may reward them.
- 11 By this I know that you favour me, ♦  
that my enemy does not triumph over me.
- 12 Because of my integrity you uphold me ♦  
and will set me before your face for ever.
- 13 Blessed be the Lord God of Israel, ♦  
from everlasting to everlasting. Amen and Amen.

*Refrain:* O Lord, be merciful to me.

*God our deliverer,  
raise up the poor and comfort the betrayed,  
through the one who for our sakes became poor  
and whose betrayal brought our salvation,  
Jesus Christ our Lord.*

*Psalm 42*

- 1 As the deer longs for the water brooks, ♦  
so longs my soul for you, O God.
- 2 My soul is athirst for God, even for the living God; ♦  
when shall I come before the presence of God?
- 3 My tears have been my bread day and night, ♦  
while all day long they say to me, 'Where is now your God?'
- 4 Now when I think on these things, I pour out my soul: ♦  
how I went with the multitude  
and led the procession to the house of God,
- 5 With the voice of praise and thanksgiving, ♦  
among those who kept holy day.
- 6 *Why are you so full of heaviness, O my soul, ♦  
and why are you so disquieted within me?*
- 7 *O put your trust in God; ♦  
for I will yet give him thanks,  
who is the help of my countenance, and my God.*
- 8 My soul is heavy within me; ♦  
therefore I will remember you from the land of Jordan,  
and from Hermon and the hill of Mizar.
- 9 Deep calls to deep in the thunder of your waterfalls; ♦  
all your breakers and waves have gone over me.
- 10 The Lord will grant his loving-kindness in the daytime; ♦  
through the night his song will be with me,  
a prayer to the God of my life.
- 11 I say to God my rock,  
'Why have you forgotten me, ♦  
and why go I so heavily, while the enemy oppresses me?'

- 12 As they crush my bones, my enemies mock me; ♦  
while all day long they say to me, 'Where is now your God?'
- 13 *Why are you so full of heaviness, O my soul, ♦  
and why are you so disquieted within me?*
- 14 *O put your trust in God; ♦  
for I will yet give him thanks,  
who is the help of my countenance, and my God.*

*Come, creator Spirit, source of life;  
sustain us when our hearts are heavy  
and our wells have run dry,  
for you are the Father's gift,  
with him who is our living water,  
Jesus Christ our Lord.*

### *Psalm 43*

- 1 Give judgement for me, O God,  
and defend my cause against an ungodly people; ♦  
deliver me from the deceitful and the wicked.
- 2 For you are the God of my refuge;  
why have you cast 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 That I may go to the altar of God,  
to the God of my joy and gladness; ♦  
and on the lyre I will give thanks to you, O God my God.
- 5 *Why are you so full of heaviness, O my soul, ♦  
and why are you so disquieted within me?*
- 6 *O put your trust in God; ♦  
for I will yet give him thanks,  
who is the help of my countenance, and my God.*

*Come, creator Spirit, light and truth;  
bring us to the altar of life  
and renew our joy and gladness  
in Jesus Christ our Lord.*

## *Psalm 44*

*Refrain: Rise up, O Lord, to help us.*

- 1 We have heard with our ears, O God, our forebears have told us, ♦  
all that you did in their days, in time of old;
- 2 How with your hand you drove out nations and planted us in, ♦  
and broke the power of peoples and set us free.
- 3 For not by their own sword did our ancestors take the land ♦  
nor did their own arm save them,
- 4 But your right hand, your arm, and the light of your countenance, ♦  
because you were gracious to them. [R]
  
- 5 You are my King and my God, ♦  
who commanded salvation for Jacob.
- 6 Through you we drove back our adversaries; ♦  
through your name we trod down our foes.
- 7 For I did not trust in my bow; ♦  
it was not my own sword that saved me;
- 8 It was you that saved us from our enemies ♦  
and put our adversaries to shame.
- 9 We gloried in God all the day long, ♦  
and were ever praising your name. [R]
  
- 10 But now you have rejected us and brought us to shame, ♦  
and go not out with our armies.
- 11 You have made us turn our backs on our enemies, ♦  
and our enemies have despoiled us.
- 12 You have made us like sheep to be slaughtered, ♦  
and have scattered us among the nations.

- 13 You have sold your people for a pittance ♦  
and made no profit on their sale.
- 14 You have made us the taunt of our neighbours, ♦  
the scorn and derision of those that are round about us.
- 15 You have made us a byword among the nations; ♦  
among the peoples they wag their heads. [R]
- 16 My confusion is daily before me, ♦  
and shame has covered my face,
- 17 At the taunts of the slanderer and reviler, ♦  
at the sight of the enemy and avenger.
- 18 All this has come upon us,  
though we have not forgotten you ♦  
and have not played false to your covenant.
- 19 Our hearts have not turned back, ♦  
nor our steps gone out of your way,
- 20 Yet you have crushed us in the haunt of jackals, ♦  
and covered us with the shadow of death.
- 21 If we have forgotten the name of our God, ♦  
or stretched out our hands to any strange god,
- 22 Will not God search it out? ♦  
For he knows the secrets of the heart.
- 23 But for your sake are we killed all the day long, ♦  
and are counted as sheep for the slaughter. [R]
- 24 Rise up! Why sleep, O Lord? ♦  
Awake, and do not reject us for ever.
- 25 Why do you hide your face ♦  
and forget our grief and oppression?
- 26 Our soul is bowed down to the dust; ♦  
our belly cleaves to the earth.
- 27 Rise up, O Lord, to help us ♦  
and redeem us for the sake of your steadfast love.

*Refrain:* Rise up, O Lord, to help us.

*In the darkness of unknowing,  
when your love seems absent,  
draw near to us, O God,  
in Christ forsaken,  
in Christ risen,  
our Redeemer and our Lord.*

## *Psalm 45*

*Refrain: Behold our defender, O God,  
and look upon the face of your anointed.*

- 1 My heart is astir with gracious words; ♦  
as I make my song for the king,  
my tongue is the pen of a ready writer.
- 2 You are the fairest of men; ♦  
full of grace are your lips,  
for God has blest you for ever.
- 3 Gird your sword upon your thigh, O mighty one; ♦  
gird on your majesty and glory.
- 4 Ride on and prosper in the cause of truth ♦  
and for the sake of humility and righteousness.
- 5 Your right hand will teach you terrible things; ♦  
your arrows will be sharp in the heart of the king's enemies,  
so that peoples fall beneath you. [R]
- 6 Your throne is God's throne, for ever; ♦  
the sceptre of your kingdom is the sceptre of righteousness.
- 7 You love righteousness and hate iniquity; ♦  
therefore God, your God, has anointed you  
with the oil of gladness above your fellows.
- 8 All your garments are fragrant with myrrh, aloes and cassia; ♦  
from ivory palaces the music of strings makes you glad.
- 9 Kings' daughters are among your honourable women; ♦  
at your right hand stands the queen in gold of Ophir. [R]

- 10 Hear, O daughter; consider and incline your ear; ♦  
forget your own people and your father's house.
- 11 So shall the king have pleasure in your beauty; ♦  
he is your lord, so do him honour.
- 12 The people of Tyre shall bring you gifts; ♦  
the richest of the people shall seek your favour.
- 13 The king's daughter is all glorious within; ♦  
her clothing is embroidered cloth of gold.
- 14 She shall be brought to the king in raiment of needlework; ♦  
after her the virgins that are her companions.
- 15 With joy and gladness shall they be brought ♦  
and enter into the palace of the king.
- 16 'Instead of your fathers you shall have sons, ♦  
whom you shall make princes over all the land.
- 17 'I will make your name to be remembered through all generations; ♦  
therefore shall the peoples praise you for ever and ever.'

*Refrain:* Behold our defender, O God,  
and look upon the face of your anointed.

*Lord our God,  
bring your bride, your holy Church,  
with joy to the marriage feast of heaven,  
and unite us with your anointed Son,  
Jesus Christ our Lord.*

- 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 tremble in the heart of the sea;
- 3 Though the waters rage and swell, ♦  
and though the mountains quake at the towering seas.
  
- 4 There is a river whose streams make glad the city of God, ♦  
the holy place of the dwelling of the Most High.
- 5 God is in the midst of her;  
therefore shall she not be removed; ♦  
God shall help her at the break of day.
- 6 The nations are in uproar and the kingdoms are shaken, ♦  
but God utters his voice and the earth shall melt away.
- 7 *The Lord of hosts is with us; ♦  
the God of Jacob is our stronghold.*
  
- 8 Come and behold the works of the Lord, ♦  
what destruction he has wrought upon the earth.
- 9 He makes wars to cease in all the world; ♦  
he shatters the bow and snaps the spear  
and burns the chariots in the fire.
- 10 'Be still, and know that I am God; ♦  
I will be exalted among the nations;  
I will be exalted in the earth.'
- 11 *The Lord of hosts is with us; ♦  
the God of Jacob is our stronghold.*

*God of Jacob,  
when the earth shakes  
and the nations are in uproar,  
speak, and let the storm be still;  
through Jesus Christ our Lord.*

## Psalm 47

*Refrain:* O sing praises to God, sing praises.

- 1 Clap your hands together, all you peoples; ♦  
O sing to God with shouts of joy.
- 2 For the Lord Most High is to be feared; ♦  
he is the great King over all the earth.
- 3 He subdued the peoples under us ♦  
and the nations under our feet.
- 4 He has chosen our heritage for us, ♦  
the pride of Jacob, whom he loves. [R]
- 5 God has gone up with a merry noise, ♦  
the Lord with the sound of the trumpet.
- 6 O sing praises to God, sing praises; ♦  
sing praises to our King, sing praises.
- 7 For God is the King of all the earth; ♦  
sing praises with all your skill. [R]
- 8 God reigns over the nations; ♦  
God has taken his seat upon his holy throne.
- 9 The nobles of the peoples are gathered together ♦  
with the people of the God of Abraham.
- 10 For the powers of the earth belong to God ♦  
and he is very highly exalted.

*Refrain:* O sing praises to God, sing praises.

*As Christ was raised by your glory, O Father,  
so may we be raised to new life  
and rejoice to be called your children,  
both now and for ever.*

## Psalm 48

*Refrain:* We have waited on your loving-kindness, O God.

- 1 Great is the Lord and highly to be praised, ♦  
in the city of our God.

- 2 His holy mountain is fair and lifted high, ♦  
the joy of all the earth.
- 3 On Mount Zion, the divine dwelling place, ♦  
stands the city of the great king.
- 4 In her palaces God has shown himself ♦  
to be a sure refuge. [R]
- 5 For behold, the kings of the earth assembled ♦  
and swept forward together.
- 6 They saw, and were dumbfounded; ♦  
dismayed, they fled in terror.
- 7 Trembling seized them there;  
they writhed like a woman in labour, ♦  
as when the east wind shatters the ships of Tarshish.
- 8 As we had heard, so have we seen  
in the city of the Lord of hosts, the city of our God: ♦  
God has established her for ever. [R]
- 9 We have waited on your loving-kindness, O God, ♦  
in the midst of your temple.
- 10 As with your name, O God,  
so your praise reaches to the ends of the earth; ♦  
your right hand is full of justice.
- 11 Let Mount Zion rejoice and the daughters of Judah be glad, ♦  
because of your judgements, O Lord.
- 12 Walk about Zion and go round about her;  
count all her towers; ♦  
consider well her bulwarks; pass through her citadels,
- 13 That you may tell those who come after  
that such is our God for ever and ever. ♦  
It is he that shall be our guide for evermore.

*Refrain:* We have waited on your loving-kindness, O God.

*Father of lights,  
raise us with Christ to your eternal city,  
that, with kings and nations,  
we may wait in the midst of your temple  
and see your glory for ever and ever.*

*Refrain:* Blessed is the one who trusts in the Lord.

- 1 Hear this, all you peoples; ♦  
listen, all you that dwell in the world,
- 2 You of low or high degree, ♦  
both rich and poor together.
- 3 My mouth shall speak of wisdom ♦  
and my heart shall meditate on understanding.
- 4 I will incline my ear to a parable; ♦  
I will unfold my riddle with the lyre. [R]
- 5 Why should I fear in evil days, ♦  
when the malice of my foes surrounds me,
- 6 Such as trust in their goods ♦  
and glory in the abundance of their riches?
- 7 For no one can indeed ransom another ♦  
or pay to God the price of deliverance.
- 8 To ransom a soul is too costly; ♦  
there is no price one could pay for it,
- 9 So that they might live for ever, ♦  
and never see the grave.
- 10 For we see that the wise die also;  
with the foolish and ignorant they perish ♦  
and leave their riches to others.
- 11 Their tomb is their home for ever,  
their dwelling through all generations, ♦  
though they call their lands after their own names.
- 12 Those who have honour, but lack understanding, ♦  
are like the beasts that perish. [R]
- 13 Such is the way of those who boast in themselves, ♦  
the end of those who delight in their own words.
- 14 Like a flock of sheep they are destined to die;  
death is their shepherd; ♦  
they go down straight to the Pit.

- 15 Their beauty shall waste away, ♦  
and the land of the dead shall be their dwelling.
- 16 But God shall ransom my soul; ♦  
from the grasp of death will he take me. [R]
- 17 Be not afraid if some grow rich ♦  
and the glory of their house increases,
- 18 For they will carry nothing away when they die, ♦  
nor will their glory follow after them.
- 19 Though they count themselves happy while they live ♦  
and praise you for your success,
- 20 They shall enter the company of their ancestors ♦  
who will nevermore see the light.
- 21 Those who have honour, but lack understanding, ♦  
are like the beasts that perish.

*Refrain:* Blessed is the one who trusts in the Lord.

*Save us from envy, God our Redeemer,  
and deliver us from the chains of wealth,  
that, ransomed through your Son,  
we may inherit the crown of everlasting life;  
through Jesus Christ our Lord.*

*Refrain:* Offer to God a sacrifice of thanksgiving.

- 1 The Lord, the most mighty God, has spoken ♦  
and called the world from the rising of the sun to its setting.
- 2 Out of Zion, perfect in beauty, God shines forth; ♦  
our God comes and will not keep silence.
- 3 Consuming fire goes out before him ♦  
and a mighty tempest stirs about him.
- 4 He calls the heaven above, ♦  
and the earth, that he may judge his people:
- 5 'Gather to me my faithful, ♦  
who have sealed my covenant with sacrifice.'
- 6 Let the heavens declare his righteousness, ♦  
for God himself is judge. [R]
- 7 Hear, O my people, and I will speak: ♦  
'I will testify against you, O Israel;  
for I am God, your God.
- 8 'I will not reprove you for your sacrifices, ♦  
for your burnt offerings are always before me.
- 9 'I will take no bull out of your house, ♦  
nor he-goat out of your folds,
- 10 'For all the beasts of the forest are mine, ♦  
the cattle upon a thousand hills.
- 11 'I know every bird of the mountains ♦  
and the insect of the field is mine.
- 12 'If I were hungry, I would not tell you, ♦  
for the whole world is mine and all that fills it.
- 13 'Do you think I eat the flesh of bulls, ♦  
or drink the blood of goats?
- 14 'Offer to God a sacrifice of thanksgiving ♦  
and fulfil your vows to God Most High.
- 15 'Call upon me in the day of trouble; ♦  
I will deliver you and you shall honour me.' [R]

- 16 But to the wicked, says God: ♦  
‘Why do you recite my statutes  
and take my covenant upon your lips,
- 17 ‘Since you refuse to be disciplined ♦  
and have cast my words behind you?
- 18 ‘When you saw a thief, you made friends with him ♦  
and you threw in your lot with adulterers.
- 19 ‘You have loosed your lips for evil ♦  
and harnessed your tongue to deceit.
- 20 ‘You sit and speak evil of your brother; ♦  
you slander your own mother’s son.
- 21 ‘These things have you done, and should I keep silence? ♦  
Did you think that I am even such a one as yourself?
- 22 ‘But no, I must reprove you, ♦  
and set before your eyes the things that you have done.
- 23 ‘You that forget God, consider this well, ♦  
lest I tear you apart and there is none to deliver you.
- 24 ‘Whoever offers me the sacrifice of thanksgiving honours me ♦  
and to those who keep my way  
will I show the salvation of God.’

*Refrain:* Offer to God a sacrifice of thanksgiving.

*Mighty God,  
dwelling in unapproachable light,  
forgive our vain attempts to appease you,  
and show us your full salvation  
in Jesus Christ your Son our Lord.*

*Refrain:* The sacrifice of God is a broken spirit.

- 1 Have mercy on me, O God, in your great goodness; ♦  
according to the abundance of your compassion  
blot out my offences.
- 2 Wash me thoroughly from my wickedness ♦  
and cleanse me from my sin.
- 3 For I acknowledge my faults ♦  
and my sin is ever before me.
- 4 Against you only have I sinned ♦  
and done what is evil in your sight,
- 5 So that you are justified in your sentence ♦  
and righteous in your judgement. [R]
- 6 I have been wicked even from my birth, ♦  
a sinner when my mother conceived me.
- 7 Behold, you desire truth deep within me ♦  
and shall make me understand wisdom  
in the depths of my heart.
- 8 Purge me with hyssop and I shall be clean; ♦  
wash me and I shall be whiter than snow.
- 9 Make me hear of joy and gladness, ♦  
that the bones you have broken may rejoice. [R]
- 10 Turn your face from my sins ♦  
and blot out all my misdeeds.
- 11 Make 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 again the joy of your salvation ♦  
and sustain me with your gracious spirit;
- 14 Then shall I teach your ways to the wicked ♦  
and sinners shall return to you. [R]
- 15 Deliver me from my guilt, O God,  
the God of my salvation, ♦  
and my tongue shall sing of your righteousness.

- 16 O Lord, open my lips ♦  
and my mouth shall proclaim your praise.
- 17 For you desire no sacrifice, else I would give it; ♦  
you take no delight in burnt offerings.
- 18 The sacrifice of God is a broken spirit; ♦  
a broken and contrite heart, O God, you will not despise. [R]
- 19 O be favourable and gracious to Zion; ♦  
build up the walls of Jerusalem.
- 20 Then you will accept sacrifices offered in righteousness,  
the burnt offerings and oblations; ♦  
then shall they offer up bulls on your altar.

*Refrain:* The sacrifice of God is a broken spirit.

*Take away, good Lord, the sin that corrupts us;  
give us the sorrow that heals  
and the joy that praises  
and restore by grace your own image within us,  
that we may take our place among your people;  
in Jesus Christ our Lord.*

*Refrain: I trust in the goodness of God for ever and ever.*

- 1 Why do you glory in evil, you tyrant, ♦  
while the goodness of God endures continually?
- 2 You plot destruction, you deceiver; ♦  
your tongue is like a sharpened razor.
- 3 You love evil rather than good, ♦  
falsehood rather than the word of truth.
- 4 You love all words that hurt, ♦  
O you deceitful tongue.
- 5 Therefore God shall utterly bring you down; ♦  
he shall take you and pluck you out of your tent  
and root you out of the land of the living.
- 6 The righteous shall see this and tremble; ♦  
they shall laugh you to scorn, and say:
- 7 'This is the one who did not take God for a refuge, ♦  
but trusted in great riches and relied upon wickedness.'
- 8 But I am like a spreading olive tree in the house of God; ♦  
I trust in the goodness of God for ever and ever.
- 9 I will always give thanks to you for what you have done; ♦  
I will hope in your name,  
for your faithful ones delight in it.

*Refrain: I trust in the goodness of God for ever and ever.*

*Faithful and steadfast God,  
nourish your people in this wicked world,  
and, through prayer and the Scriptures,  
give us our daily bread;  
through Jesus Christ our Lord.*

*Refrain: The fear of the Lord is the beginning of wisdom.*

- 1 The fool has said in his heart, 'There is no God.' ♦  
Corrupt are they, and abominable in their wickedness;  
there is no one that does good.
- 2 God has looked down from heaven upon the children of earth, ♦  
to see if there is anyone who is wise and seeks after God.
- 3 They are all gone out of the way;  
all alike have become corrupt; ♦  
there is no one that does good, no not one. [R]
- 4 Have they no knowledge, those evildoers, ♦  
who eat up my people as if they ate bread,  
and do not call upon God?
- 5 There shall they be in great fear,  
such fear as never was; ♦  
for God will scatter the bones of the ungodly.
- 6 They will be put to shame, ♦  
because God has rejected them.
- 7 O that Israel's salvation would come out of Zion! ♦  
When God restores the fortunes of his people  
then will Jacob rejoice and Israel be glad.

*Refrain: The fear of the Lord is the beginning of wisdom.*

*Without you, O God, nothing is real,  
all things are open to corruption  
and we are deadened by deceit;  
do not abandon us to our folly,  
but give us hearts that seek you  
and, at the last, joy in your heavenly city;  
through Jesus Christ our Lord.*

*Refrain:* Behold, God is my helper.

- 1 Save me, O God, by your name ♦  
and vindicate me by your power.
- 2 Hear my prayer, O God; ♦  
give heed to the words of my mouth.
- 3 For strangers have risen up against me,  
and the ruthless seek after my life; ♦  
they have not set God before them.
- 4 Behold, God is my helper; ♦  
it is the Lord who upholds my life. [R]
- 5 May evil rebound on those who lie in wait for me; ♦  
destroy them in your faithfulness.
- 6 An offering of a free heart will I give you ♦  
and praise your name, O Lord, for it is gracious.
- 7 For he has delivered me out of all my trouble, ♦  
and my eye has seen the downfall of my enemies.

*Refrain:* Behold, God is my helper.

*O living God,  
reach through the violence of the proud  
and the despair of the weak  
to create in Jesus Christ  
a people free to praise your holy name,  
now and for ever.*

## Psalm 55

*Refrain:* Cast your burden upon the Lord and he will sustain you.

- 1 Hear my prayer, O God; ♦  
hide not yourself from my petition.
- 2 Give heed to me and answer me; ♦  
I am restless in my complaining.
- 3 I am alarmed at the voice of the enemy ♦  
and at the clamour of the wicked;
- 4 For they would bring down evil upon me ♦  
and are set against me in fury.
- 5 My heart is disquieted within me, ♦  
and the terrors of death have fallen upon me.
- 6 Fearfulness and trembling are come upon me, ♦  
and a horrible dread has overwhelmed me. [R]
- 7 And I said: 'O that I had wings like a dove, ♦  
for then would I fly away and be at rest.
- 8 'Then would I flee far away ♦  
and make my lodging in the wilderness.
- 9 'I would make haste to escape ♦  
from the stormy wind and tempest.'
- 10 Confuse their tongues, O Lord, and divide them, ♦  
for I have seen violence and strife in the city.
- 11 Day and night they go about on her walls; ♦  
mischief and trouble are in her midst.
- 12 Wickedness walks in her streets; ♦  
oppression and guile never leave her squares. [R]
- 13 For it was not an open enemy that reviled me, ♦  
for then I could have borne it;
- 14 Nor was it my adversary that puffed himself up against me, ♦  
for then I would have hid myself from him.
- 15 But it was even you, one like myself, ♦  
my companion and my own familiar friend.
- 16 We took sweet counsel together ♦  
and walked with the multitude in the house of God.

- 17 Let death come suddenly upon them;  
let them go down alive to the Pit; ♦  
for wickedness inhabits their dwellings, their very hearts. [R]
- 18 As for me, I will call upon God ♦  
and the Lord will deliver me.
- 19 In the evening and morning and at noonday  
I will pray and make my supplication, ♦  
and he shall hear my voice.
- 20 He shall redeem my soul in peace  
from the battle waged against me, ♦  
for many have come upon me.
- 21 God, who is enthroned of old,  
will hear and bring them down; ♦  
they will not repent, for they have no fear of God. [R]
- 22 My companion stretched out his hands against his friend ♦  
and has broken his covenant;
- 23 His speech was softer than butter, though war was in his heart; ♦  
his words were smoother than oil, yet are they naked swords.
- 24 Cast your burden upon the Lord and he will sustain you, ♦  
and will not let the righteous fall for ever.
- 25 But those that are bloodthirsty and deceitful, O God, ♦  
you will bring down to the pit of destruction.
- 26 They shall not live out half their days, ♦  
but my trust shall be in you, O Lord.

*Refrain:* Cast your burden upon the Lord and he will sustain you.

*Lord, in all times of fear and dread,  
grant that we may so cast our burdens upon you,  
that you may bear us on the holy wings of the Spirit  
to the stronghold of your peace;  
through Jesus Christ our Lord.*

*Refrain:* In God I trust, and will not fear.

- 1 Have mercy on me, O God, for they trample over me; ♦  
all day long they assault and oppress me.
- 2 My adversaries trample over me all the day long; ♦  
many are they that make proud war against me.
- 3 In the day of my fear I put my trust in you, ♦  
in God whose word I praise.
- 4 In God I trust, and will not fear, ♦  
for what can flesh do to me? [R]
- 5 All day long they wound me with words; ♦  
their every thought is to do me evil.
- 6 They stir up trouble; they lie in wait; ♦  
marking my steps, they seek my life.
- 7 Shall they escape for all their wickedness? ♦  
In anger, O God, cast the peoples down.
- 8 You have counted up my groaning;  
put my tears into your bottle; ♦  
are they not written in your book? [R]
- 9 Then shall my enemies turn back  
on the day when I call upon you; ♦  
this I know, for God is on my side.
- 10 In God whose word I praise,  
in the Lord whose word I praise, ♦  
in God I trust and will not fear:  
what can flesh do to me?
- 11 To you, O God, will I fulfil my vows; ♦  
to you will I present my offerings of thanks,
- 12 For you will deliver my soul from death  
and my feet from falling, ♦  
that I may walk before God in the light of the living.

*Refrain:* In God I trust, and will not fear.

*Faithful God,  
your deliverance is nearer than we know;  
free us from fear  
and help us to find courage in your Word,  
Jesus Christ our Lord.*

*Psalm 57*

- 1 Be merciful to me, O God, be merciful to me, ♦  
for my soul takes refuge in you;
- 2 In the shadow of your wings will I take refuge ♦  
until the storm of destruction has passed by.
- 3 I will call upon the Most High God, ♦  
the God who fulfils his purpose for me.
- 4 He will send from heaven and save me  
and rebuke those that would trample upon me; ♦  
God will send forth his love and his faithfulness.
- 5 I lie in the midst of lions, ♦  
people whose teeth are spears and arrows,  
and their tongue a sharp sword.
- 6 *Be exalted, O God, above the heavens, ♦  
and your glory over all the earth.*
- 7 They have laid a net for my feet;  
my soul is pressed down; ♦  
they have dug a pit before me  
and will fall into it themselves.
- 8 My heart is ready, O God, my heart is ready; ♦  
I will sing and give you praise.
- 9 Awake, my soul; awake, harp and lyre, ♦  
that I may awaken the dawn.
- 10 I will give you thanks, O Lord, among the peoples; ♦  
I will sing praise to you among the nations.
- 11 For your loving-kindness is as high as the heavens, ♦  
and your faithfulness reaches to the clouds.
- 12 *Be exalted, O God, above the heavens, ♦  
and your glory over all the earth.*

*Tender God,  
gentle protector in time of trouble,  
pierce the gloom of despair  
and give us, with all your people,  
the song of freedom and the shout of praise;  
in Jesus Christ our Lord.*

## *Psalm 58*

*Refrain: The Lord makes himself known by his acts of justice.*

- 1 Do you indeed speak justly, you mighty? ♦  
Do you rule the peoples with equity?
- 2 With unjust heart you act throughout the land; ♦  
your hands mete out violence.
- 3 The wicked are estranged, even from the womb; ♦  
those who speak falsehood go astray from their birth.
- 4 They are as venomous as a serpent; ♦  
they are like the deaf adder which stops its ears,
- 5 Which does not heed the voice of the charmers, ♦  
and is deaf to the skilful weaver of spells. [R]
- 6 Break, O God, their teeth in their mouths; ♦  
smash the fangs of these lions, O Lord.
- 7 Let them vanish like water that runs away; ♦  
let them wither like trodden grass.
- 8 Let them be as the slimy track of the snail, ♦  
like the untimely birth that never sees the sun.
- 9 Before ever their pots feel the heat of the thorns, ♦  
green or blazing, let them be swept away.
- 10 The righteous will be glad when they see God's vengeance; ♦  
they will bathe their feet in the blood of the wicked.
- 11 So that people will say,  
    'Truly, there is a harvest for the righteous; ♦  
truly, there is a God who judges in the earth.'

*Refrain: The Lord makes himself known by his acts of justice.*

*Living God,  
deliver us from a world without justice  
and a future without mercy;  
in your mercy, establish justice,  
and in your justice, remember the mercy  
revealed to us in Jesus Christ our Lord.*

*Psalm 59*

*Refrain:* You, O God, are my strong tower.

- 1 Rescue me from my enemies, O my God; ♦  
set me high above those that rise up against me.
- 2 Save me from the evildoers ♦  
and from murderous foes deliver me.
- 3 For see how they lie in wait for my soul ♦  
and the mighty stir up trouble against me.
- 4 Not for any fault or sin of mine, O Lord; ♦  
for no offence, they run and prepare themselves for war.
- 5 Rouse yourself, come to my aid and see; ♦  
for you are the Lord of hosts, the God of Israel.
- 6 Awake, and judge all the nations; ♦  
show no mercy to the evil traitors. [R]
- 7 They return at nightfall and snarl like dogs ♦  
and prowl about the city.
- 8 They pour out evil words with their mouths;  
swords are on their lips; ♦  
'For who', they say, 'can hear us?'
- 9 But you laugh at them, O Lord; ♦  
you hold all the nations in derision.
- 10 For you, O my strength, will I watch; ♦  
you, O God, are my strong tower.
- 11 My God in his steadfast love will come to me; ♦  
he will let me behold the downfall of my enemies. [R]

- 12 Slay them not, lest my people forget; ♦  
send them reeling by your might  
and bring them down, O Lord our shield.
- 13 For the sins of their mouth, for the words of their lips, ♦  
let them be taken in their pride.
- 14 For the cursing and falsehood they have uttered, ♦  
consume them in wrath, consume them till they are no more.
- 15 And they shall know that God rules in Jacob, ♦  
and to the ends of the earth. [R]
- 16 And still they return at nightfall and snarl like dogs ♦  
and prowl about the city.
- 17 Though they forage for something to devour, ♦  
and howl if they are not filled,
- 18 Yet will I sing of your strength ♦  
and every morning praise your steadfast love;
- 19 For you have been my stronghold, ♦  
my refuge in the day of my trouble.
- 20 To you, O my strength, will I sing; ♦  
for you, O God, are my refuge,  
my God of steadfast love.

*Refrain:* You, O God, are my strong tower.

*Strong and merciful God,  
stand with the oppressed  
against the triumph of evil  
and the complacency of your people,  
and establish in Jesus Christ  
your new order of generosity and joy,  
for he is alive and reigns now and for ever.*

*Refrain:* Restore us again, O God our Saviour.

- 1 O God, you have cast us off and broken us; ♦  
you have been angry; restore us to yourself again.
- 2 You have shaken the earth and torn it apart; ♦  
heal its wounds, for it trembles.
- 3 You have made your people drink bitter things; ♦  
we reel from the deadly wine you have given us.
- 4 You have made those who fear you to flee, ♦  
to escape from the range of the bow.
- 5 That your beloved may be delivered, ♦  
save us by your right hand and answer us. [R]
- 6 God has spoken in his holiness: ♦  
'I will triumph and divide Shechem,  
and share out the valley of Succoth.
- 7 'Gilead is mine and Manasseh is mine; ♦  
Ephraim is my helmet and Judah my sceptre.
- 8 'Moab shall be my washpot;  
over Edom will I cast my sandal; ♦  
across Philistia will I shout in triumph.' [R]
- 9 Who will lead me into the strong city? ♦  
Who will bring me into Edom?
- 10 Have you not cast us off, O God? ♦  
Will you no longer go forth with our troops?
- 11 Grant us your help against the enemy, ♦  
for earthly help is in vain.
- 12 Through God will we do great acts, ♦  
for it is he that shall tread down our enemies.

*Refrain:* Restore us again, O God our Saviour.

*Risen Christ,  
you claim your own among the nations;  
mend what is broken in us, loving Saviour;  
do not forsake us when we fail,  
but in your service grant us daring and love;  
for your name's sake.*

*Refrain:* You are my refuge, O God,  
a strong tower against the enemy.

- 1 Hear my crying, O God, ♦  
and listen to my prayer.
- 2 From the end of the earth I call to you with fainting heart; ♦  
O set me on the rock that is higher than I.
- 3 For you are my refuge, ♦  
a strong tower against the enemy.
- 4 Let me dwell in your tent for ever ♦  
and take refuge under the cover of your wings. [R]
- 5 For you, O God, will hear my vows; ♦  
you will grant the request of those who fear your name.
- 6 You will add length of days to the life of the king, ♦  
that his years may endure throughout all generations.
- 7 May he sit enthroned before God for ever; ♦  
may steadfast love and truth watch over him.
- 8 So will I always sing praise to your name, ♦  
and day by day fulfil my vows.

*Refrain:* You are my refuge, O God,  
a strong tower against the enemy.

*Risen Christ,  
as you knew the discipline of suffering  
and the victory that brings us salvation,  
so grant us your presence in our weakness  
and a place in your unending kingdom  
now and for evermore.*

*Refrain:* Wait on God alone in stillness, O my soul.

- 1 On God alone my soul in stillness waits; ♦  
from him comes my salvation.
- 2 He alone is my rock and my salvation, ♦  
my stronghold, so that I shall never be shaken.
- 3 How long will all of you assail me to destroy me, ♦  
as you would a tottering wall or a leaning fence?
- 4 They plot only to thrust me down from my place of honour;  
lies are their chief delight; ♦  
they bless with their mouth, but in their heart they curse.
- 5 Wait on God alone in stillness, O my soul; ♦  
for in him is my hope.
- 6 He alone is my rock and my salvation, ♦  
my stronghold, so that I shall not be shaken. [R]
- 7 In God is my strength and my glory; ♦  
God is my strong rock; in him is my refuge.
- 8 Put your trust in him always, my people; ♦  
pour out your hearts before him, for God is our refuge.
- 9 The peoples are but a breath,  
the whole human race a deceit; ♦  
on the scales they are altogether lighter than air.
- 10 Put no trust in oppression; in robbery take no empty pride; ♦  
though wealth increase, set not your heart upon it.
- 11 God spoke once, and twice have I heard the same, ♦  
that power belongs to God.
- 12 Steadfast love belongs to you, O Lord, ♦  
for you repay everyone according to their deeds.

*Refrain:* Wait on God alone in stillness, O my soul.

*O God, teach us to seek security,  
not in money or theft,  
not in human ambition or malice,  
not in our own ability or power,  
but in you, the only God,  
our rock and our salvation.*

*Refrain:* My soul is athirst for God, even for the living God.

- 1 O God, you are my God; eagerly I seek you; ♦  
my soul is athirst for you.
- 2 My flesh also faints for you, ♦  
as in a dry and thirsty land where there is no water.
- 3 So would I gaze upon you in your holy place, ♦  
that I might behold your power and your glory.
- 4 Your loving-kindness is better than life itself ♦  
and so my lips shall praise you.
- 5 I will bless you as long as I live ♦  
and lift up my hands in your name. [R]
- 6 My soul shall be satisfied, as with marrow and fatness, ♦  
and my mouth shall praise you with joyful lips,
- 7 When I remember you upon my bed ♦  
and meditate on you in the watches of the night.
- 8 For you have been my helper ♦  
and under the shadow of your wings will I rejoice.
- 9 My soul clings to you; ♦  
your right hand shall hold me fast. [R]
- 10 But those who seek my soul to destroy it ♦  
shall go down to the depths of the earth;
- 11 Let them fall by the edge of the sword ♦  
and become a portion for jackals.
- 12 But the king shall rejoice in God;  
all those who swear by him shall be glad, ♦  
for the mouth of those who speak lies shall be stopped.

*Refrain:* My soul is athirst for God, even for the living God.

*To you we come, radiant Lord,  
the goal of all our desiring,  
beyond all earthly beauty;  
gentle protector, strong deliverer,  
in the night you are our confidence;  
from first light be our joy;  
through Jesus Christ our Lord.*

*Refrain:* The righteous shall rejoice in the Lord.

- 1 Hear my voice, O God, in my complaint; ♦  
preserve my life from fear of the enemy.
- 2 Hide me from the conspiracy of the wicked, ♦  
from the gathering of evildoers.
- 3 They sharpen their tongue like a sword ♦  
and aim their bitter words like arrows,
- 4 That they may shoot at the blameless from hiding places; ♦  
suddenly they shoot, and are not seen.
- 5 They hold fast to their evil course; ♦  
they talk of laying snares, saying, 'Who will see us?'
- 6 They search out wickedness and lay a cunning trap, ♦  
for deep are the inward thoughts of the heart. [R]
- 7 But God will shoot at them with his swift arrow, ♦  
and suddenly they shall be wounded.
- 8 Their own tongues shall make them fall, ♦  
and all who see them shall wag their heads in scorn.
- 9 All peoples shall fear and tell what God has done, ♦  
and they will ponder all his works.
- 10 The righteous shall rejoice in the Lord  
and put their trust in him, ♦  
and all that are true of heart shall exult.

*Refrain:* The righteous shall rejoice in the Lord.

*Cut through the malice of our hearts, redeeming God,  
with the Spirit's sword,  
wound the pride of our rebellion  
with the grace that makes righteous  
and bring near the day of Christ,  
when love shall reign in joy;  
for he is alive and reigns, now and for ever.*

*Refrain:* Be joyful in God, all the earth.

- 1 Praise is due to you, O God, in Zion; ♦  
to you that answer prayer shall vows be paid.
- 2 To you shall all flesh come to confess their sins; ♦  
when our misdeeds prevail against us,  
you will purge them away.
- 3 Happy are they whom you choose  
and draw to your courts to dwell there. ♦  
We shall be satisfied with the blessings of your house,  
even of your holy temple. [R]
- 4 With wonders you will answer us in your righteousness,  
O God of our salvation, ♦  
O hope of all the ends of the earth  
and of the farthest seas.
- 5 In your strength you set fast the mountains ♦  
and are girded about with might.
- 6 You still the raging of the seas, ♦  
the roaring of their waves  
and the clamour of the peoples.
- 7 Those who dwell at the ends of the earth  
tremble at your marvels; ♦  
the gates of the morning and evening sing your praise. [R]
- 8 You visit the earth and water it; ♦  
you make it very plenteous.
- 9 The river of God is full of water; ♦  
you prepare grain for your people,  
for so you provide for the earth.
- 10 You drench the furrows and smooth out the ridges; ♦  
you soften the ground with showers and bless its increase.
- 11 You crown the year with your goodness, ♦  
and your paths overflow with plenty.
- 12 May the pastures of the wilderness flow with goodness ♦  
and the hills be girded with joy.

- 13 May the meadows be clothed with flocks of sheep ♦  
and the valleys stand so thick with corn  
that they shall laugh and sing.

*Refrain:* Be joyful in God, all the earth.

*May the richness of your creation, Lord,  
and the mystery of your providence  
lead us to that heavenly city  
where all peoples will bring their wealth,  
forsake their sins and find their true joy,  
Jesus Christ our Lord.*

### *Psalm 66*

*Refrain:* All the earth shall worship you, O Lord.

- 1 Be joyful in God, all the earth; ♦  
sing the glory of his name;  
sing the glory of his praise.
- 2 Say to God, 'How awesome are your deeds! ♦  
Because of your great strength  
your enemies shall bow before you.
- 3 'All the earth shall worship you, ♦  
sing to you, sing praise to your name.' [R]
- 4 Come now and behold the works of God, ♦  
how wonderful he is in his dealings with humankind.
- 5 He turned the sea into dry land;  
the river they passed through on foot; ♦  
there we rejoiced in him.
- 6 In his might he rules for ever;  
his eyes keep watch over the nations; ♦  
let no rebel rise up against him. [R]
- 7 Bless our God, O you peoples; ♦  
make the voice of his praise to be heard,

- 8 Who holds our souls in life ♦  
and suffers not our feet to slip.
- 9 For you, O God, have proved us; ♦  
you have tried us as silver is tried.
- 10 You brought us into the snare; ♦  
you laid heavy burdens upon our backs.
- 11 You let enemies ride over our heads;  
we went through fire and water; ♦  
but you brought us out into a place of liberty. [R]
- 12 I will come into your house with burnt offerings  
and will pay you my vows, ♦  
which my lips uttered  
and my mouth promised when I was in trouble.
- 13 I will offer you fat burnt sacrifices  
with the smoke of rams; ♦  
I will sacrifice oxen and goats. [R]
- 14 Come and listen, all you who fear God, ♦  
and I will tell you what he has done for my soul.
- 15 I called out to him with my mouth ♦  
and his praise was on my tongue.
- 16 If I had nursed evil in my heart, ♦  
the Lord would not have heard me,
- 17 But in truth God has heard me; ♦  
he has heeded the voice of my prayer.
- 18 Blessed be God, who has not rejected my prayer, ♦  
nor withheld his loving mercy from me.

*Refrain:* All the earth shall worship you, O Lord.

*How generous is your goodness, O God,  
how great is your salvation,  
how faithful is your love;  
help us to trust you in trial  
and praise you in deliverance;  
through Jesus Christ our Lord.*

- 1 God be gracious to us and bless us ♦  
and make his face to shine upon us,
- 2 That your way may be known upon earth, ♦  
your saving power among all nations.
- 3 *Let the peoples praise you, O God; ♦  
let all the peoples praise you.*
- 4 O let the nations rejoice and be glad, ♦  
for you will judge the peoples righteously  
and govern the nations upon earth.
- 5 *Let the peoples praise you, O God; ♦  
let all the peoples praise you.*
- 6 Then shall the earth bring forth her increase, ♦  
and God, our own God, will bless us.
- 7 God will bless us, ♦  
and all the ends of the earth shall fear him.

*In the face of Jesus Christ  
your light and glory have blazed forth,  
O God of all the nations;  
with all your people,  
may we make known your grace  
and walk in the ways of peace;  
for your name's sake.*

*Refrain:* Sing to God, sing praises to his name.

- 1 Let God arise and let his enemies be scattered; ♦  
let those that hate him flee before him.
- 2 As the smoke vanishes, so may they vanish away; ♦  
as wax melts at the fire,  
so let the wicked perish at the presence of God.
- 3 But let the righteous be glad and rejoice before God; ♦  
let them make merry with gladness.
- 4 Sing to God, sing praises to his name;  
exalt him who rides on the clouds. ♦  
The Lord is his name; rejoice before him.
- 5 Father of the fatherless, defender of widows, ♦  
God in his holy habitation!
- 6 God gives the solitary a home  
and brings forth prisoners to songs of welcome, ♦  
but the rebellious inhabit a burning desert. [R]
- 7 O God, when you went forth before your people, ♦  
when you marched through the wilderness,
- 8 The earth shook and the heavens dropped down rain,  
at the presence of God, the Lord of Sinai, ♦  
at the presence of God, the God of Israel.
- 9 You sent down a gracious rain, O God; ♦  
you refreshed your inheritance when it was weary.
- 10 Your people came to dwell there; ♦  
in your goodness, O God, you provide for the poor. [R]
- 11 The Lord gave the word;  
great was the company of women who bore the tidings: ♦  
'Kings and their armies they flee, they flee!'  
and women at home are dividing the spoil.
- 12 Though you stayed among the sheepfolds, ♦  
see now a dove's wings covered with silver  
and its feathers with green gold.
- 13 When the Almighty scattered the kings, ♦  
it was like snowflakes falling on Zalmon. [R]

- 14 You mighty mountain, great mountain of Bashan! ♦  
You towering mountain, great mountain of Bashan!
- 15 Why look with envy, you towering mountains,  
at the mount which God has desired for his dwelling, ♦  
the place where the Lord will dwell for ever?
- 16 The chariots of God are twice ten thousand,  
even thousands upon thousands; ♦  
the Lord is among them, the Lord of Sinai in holy power.
- 17 You have gone up on high and led captivity captive; ♦  
you have received tribute,  
even from those who rebelled,  
that you may reign as Lord and God. [R]
- 18 Blessed be the Lord who bears our burdens day by day, ♦  
for God is our salvation.
- 19 God is for us the God of our salvation; ♦  
God is the Lord who can deliver from death.
- 20 God will smite the head of his enemies, ♦  
the hairy scalp of those who walk in wickedness.
- 21 The Lord has said, 'From the heights of Bashan, ♦  
from the depths of the sea will I bring them back,
- 22 'Till you dip your foot in blood ♦  
and the tongue of your dogs has a taste of your enemies.' [R]
- 23 We see your solemn processions, O God, ♦  
your processions into the sanctuary, my God and my King.
- 24 The singers go before, the musicians follow after, ♦  
in the midst of maidens playing on timbrels.
- 25 In your companies, bless your God; ♦  
bless the Lord, you that are of the fount of Israel.
- 26 At the head there is Benjamin, least of the tribes,  
the princes of Judah in joyful company, ♦  
the princes of Zebulun and Naphtali. [R]

- 27 Send forth your strength, O God; ♦  
establish, O God, what you have wrought in us.
- 28 For your temple's sake in Jerusalem ♦  
kings shall bring their gifts to you.
- 29 Drive back with your word the wild beast of the reeds, ♦  
the herd of the bull-like, the brutish hordes.
- 30 Trample down those who lust after silver; ♦  
scatter the peoples that delight in war.
- 31 Vessels of bronze shall be brought from Egypt; ♦  
Ethiopia will stretch out her hands to God. [R]
- 32 Sing to God, you kingdoms of the earth; ♦  
make music in praise of the Lord;
- 33 He rides on the ancient heaven of heavens ♦  
and sends forth his voice, a mighty voice.
- 34 Ascribe power to God, whose splendour is over Israel, ♦  
whose power is above the clouds.
- 35 How terrible is God in his holy sanctuary, ♦  
the God of Israel, who gives power and strength to his people!  
Blessed be God.

*Refrain:* Sing to God, sing praises to his name.

*Blessed are you, gracious God;  
you make your home among the weak,  
you deliver us from death,  
you bring us joy beyond our imagining  
to the praise of Jesus Christ our Lord.*

*Refrain:* Hide not your face from your servant, O Lord.

- 1 Save me, O God, ♦  
for the waters have come up, even to my neck.
- 2 I sink in deep mire where there is no foothold; ♦  
I have come into deep waters and the flood sweeps over me.
- 3 I have grown weary with crying; my throat is raw; ♦  
my eyes have failed from looking so long for my God. [R]
- 4 Those who hate me without any cause ♦  
are more than the hairs of my head;
- 5 Those who would destroy me are mighty; ♦  
my enemies accuse me falsely:  
must I now give back what I never stole?
- 6 O God, you know my foolishness, ♦  
and my faults are not hidden from you.
- 7 Let not those who hope in you  
be put to shame through me, Lord God of hosts; ♦  
let not those who seek you be disgraced because of me,  
O God of Israel. [R]
- 8 For your sake have I suffered reproach; ♦  
shame has covered my face.
- 9 I have become a stranger to my 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. [R]
- 11 I humbled myself with fasting, ♦  
but that was turned to my reproach.
- 12 I put on sackcloth also ♦  
and became a byword among them.
- 13 Those who sit at the gate murmur against me, ♦  
and the drunkards make songs about me. [R]
- 14 But as for me, I make my prayer to you, O Lord; ♦  
at an acceptable time, O God.

- 15 Answer me, O God, in the abundance of your mercy ♦  
and with your sure salvation.
- 16 Draw me out of the mire, that I sink not; ♦  
let me be rescued from those who hate me  
and out of the deep waters. [R]
- 17 Let not the water flood drown me,  
neither the deep swallow me up; ♦  
let not the Pit shut its mouth upon me.
- 18 Answer me, Lord, for your loving-kindness is good; ♦  
turn to me in the multitude of your mercies.
- 19 Hide not your face from your servant; ♦  
be swift to answer me, for I am in trouble. [R]
- 20 Draw near to my soul and redeem me; ♦  
deliver me because of my enemies.
- 21 You know my reproach, my shame and my dishonour; ♦  
my adversaries are all in your sight.
- 22 Reproach has broken my heart; I am full of heaviness. ♦  
I looked for some to have pity, but there was no one,  
neither found I any to comfort me.
- 23 They gave me gall to eat, ♦  
and when I was thirsty, they gave me vinegar to drink. [R]
- 24 Let the table before them be a trap ♦  
and their sacred feasts a snare.
- 25 Let their eyes be darkened, that they cannot see, ♦  
and give them continual trembling in their loins.
- 26 Pour out your indignation upon them, ♦  
and let the heat of your anger overtake them.
- 27 Let their camp be desolate, ♦  
and let there be no one to dwell in their tents. [R]
- 28 For they persecute the one whom you have stricken, ♦  
and increase the sorrows of him whom you have pierced.
- 29 Lay to their charge guilt upon guilt, ♦  
and let them not receive your vindication.
- 30 Let them be wiped out of the book of the living ♦  
and not be written among the righteous. [R]

- 31 As for me, I am poor and in misery; ♦  
your saving help, O God, will lift me up.
- 32 I will praise the name of God with a song; ♦  
I will proclaim his greatness with thanksgiving.
- 33 This will please the Lord more than an offering of oxen, ♦  
more than bulls with horns and hooves.
- 34 The humble shall see and be glad; ♦  
you who seek God, your heart shall live. [R]
- 35 For the Lord listens to the needy, ♦  
and his own who are imprisoned 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 shall inherit it, ♦  
and they that love his name shall dwell therein.

*Refrain:* Hide not your face from your servant, O Lord.

*Thirsting on the cross,  
your Son shared the reproach of the oppressed  
and carried the sins of all;  
in him, O God, may the despairing find you,  
the afflicted gain life  
and the whole creation know its true king,  
Jesus Christ our Lord.*

*Refrain:* Come to me quickly, O God.

- 1 O God, make speed to save me; ♦  
O Lord, make haste to help me.
- 2 Let those who seek my life  
be put to shame and confusion; ♦  
let them be turned back and disgraced  
who wish me evil.
- 3 Let those who mock and deride me ♦  
turn back because of their shame. [R]
- 4 But let all who seek you rejoice and be glad in you; ♦  
let those who love your salvation say always, 'Great is the Lord!'
- 5 As for me, I am poor and needy; ♦  
come to me quickly, O God.
- 6 You are my help and my deliverer; ♦  
O Lord, do not delay.

*Refrain:* Come to me quickly, O God.

*O God, our helper and defender,  
deliver us in our weakness,  
answer our longings  
and vindicate our faith,  
that we may see your glory  
in Jesus Christ our Lord.*

*Refrain:* O God, be not far from me.

- 1 In you, O Lord, do I seek refuge; ♦  
let me never be put to shame.
- 2 In your righteousness, deliver me and set me free; ♦  
incline your ear to me and save me.
- 3 Be for me a stronghold to which I may ever resort; ♦  
send out to save me, for you are my rock and my fortress.
- 4 Deliver me, my God, from the hand of the wicked, ♦  
from the grasp of the evildoer and the oppressor.
- 5 For you are my hope, O Lord God, ♦  
my confidence, even from my youth.
- 6 Upon you have I leaned from my birth,  
when you drew me from my mother's womb; ♦  
my praise shall be always of you. [R]
- 7 I have become a portent to many, ♦  
but you are my refuge and my strength.
- 8 Let my mouth be full of your praise ♦  
and your glory all the day long.
- 9 Do not cast me away in the time of old age; ♦  
forsake me not when my strength fails.
- 10 For my enemies are talking against me, ♦  
and those who lie in wait for my life take counsel together.
- 11 They say, 'God has forsaken him;  
pursue him and take him, ♦  
because there is none to deliver him.'
- 12 O God, be not far from me; ♦  
come quickly to help me, O my God.
- 13 Let those who are against me  
be put to shame and disgrace; ♦  
let those who seek to do me evil  
be covered with scorn and reproach. [R]
- 14 But as for me I will hope continually ♦  
and will praise you more and more.

- 15 My mouth shall tell of your righteousness  
and salvation all the day long, ♦  
for I know no end of the telling.
- 16 I will begin with the mighty works of the Lord God; ♦  
I will recall your righteousness, yours alone. [R]
- 17 O God, you have taught me since I was young, ♦  
and to this day I tell of your wonderful works.
- 18 Forsake me not, O God,  
when I am old and grey-headed, ♦  
till I make known your deeds to the next generation  
and your power to all that are to come.
- 19 Your righteousness, O God, reaches to the heavens; ♦  
in the great things you have done, who is like you, O God?
- 20 What troubles and adversities you have shown me, ♦  
and yet you will turn and refresh me  
and bring me from the deep of the earth again.
- 21 Increase my honour; ♦  
turn again and comfort me. [R]
- 22 Therefore will I praise you upon the harp  
for your faithfulness, O my God; ♦  
I will sing to you with the lyre, O Holy One of Israel.
- 23 My lips will sing out as I play to you, ♦  
and so will my soul, which you have redeemed.
- 24 My tongue also will tell of your righteousness all the day long, ♦  
for they shall be shamed and disgraced  
who sought to do me evil.

*Refrain:* O God, be not far from me.

*Faithful Lord, living Saviour,  
in youth and old age,  
from the womb to the grave,  
may we know your protection  
and proclaim your great salvation  
to the glory of God the Father.*

*Refrain:* The Lord is king; let the earth rejoice.

- 1 Give the king your judgements, O God, ♦  
and your righteousness to the son of a king.
- 2 Then shall he judge your people righteously ♦  
and your poor with justice.
- 3 May the mountains bring forth peace, ♦  
and the little hills righteousness for the people.
- 4 May he defend the poor among the people, ♦  
deliver the children of the needy and crush the oppressor. [R]
- 5 May he live as long as the sun and moon endure, ♦  
from one generation to another.
- 6 May he come down like rain upon the mown grass, ♦  
like the showers that water the earth.
- 7 In his time shall righteousness flourish, ♦  
and abundance of peace  
till the moon shall be no more. [R]
- 8 May his dominion extend from sea to sea ♦  
and from the River to the ends of the earth.
- 9 May his foes kneel before him ♦  
and his enemies lick the dust.
- 10 The kings of Tarshish and of the isles shall pay tribute; ♦  
the kings of Sheba and Seba shall bring gifts.
- 11 All kings shall fall down before him; ♦  
all nations shall do him service. [R]
- 12 For he shall deliver the poor that cry out, ♦  
the needy and those who have no helper.
- 13 He shall have pity on the weak 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. [R]

- 15 Long may he live;  
unto him may be given gold from Sheba; ♦  
may prayer be made for him continually  
and may they bless him all the day long.
- 16 May there be abundance of grain on the earth,  
standing thick upon the hilltops; ♦  
may its fruit flourish like Lebanon  
and its grain grow like the grass of the field.
- 17 May his name remain for ever  
and be established as long as the sun endures; ♦  
may all nations be blest in him  
and call him blessed. [R]
- 18 Blessed be the Lord, the God of Israel, ♦  
who alone does wonderful things.
- 19 And blessed be his glorious name for ever. ♦  
May all the earth be filled with his glory.  
Amen. Amen.

*Refrain:* The Lord is king; let the earth rejoice.

*May your kingdom come, O God,  
with deliverance for the needy,  
with peace for the righteous,  
with overflowing blessing for all nations,  
with glory, honour and praise  
for Christ, the only Saviour.*

*Refrain:* In the Lord God have I made my refuge.

- 1 Truly, God is loving to Israel, ♦  
to those who are pure in heart.
- 2 Nevertheless, my feet were almost gone; ♦  
my steps had well-nigh slipped.
- 3 For I was envious of the proud; ♦  
I saw the wicked in such prosperity;
- 4 For they suffer no pains ♦  
and their bodies are sleek and sound;
- 5 They come to no misfortune like other folk; ♦  
nor are they plagued as others are;
- 6 Therefore pride is their necklace ♦  
and violence wraps them like a cloak.
- 7 Their iniquity comes from within; ♦  
the conceits of their hearts overflow. [R]
- 8 They scoff, and speak only of evil; ♦  
they talk of oppression from on high.
- 9 They set their mouth against the heavens, ♦  
and their tongue ranges round the earth;
- 10 And so the people turn to them ♦  
and find in them no fault.
- 11 They say, 'How should God know? ♦  
Is there knowledge in the Most High?'
- 12 Behold, these are the wicked; ♦  
ever at ease, they increase their wealth.
- 13 Is it in vain that I cleansed my heart ♦  
and washed my hands in innocence?
- 14 All day long have I been stricken ♦  
and chastened every morning.
- 15 If I had said, 'I will speak as they do,' ♦  
I should have betrayed the generation of your children. [R]
- 16 Then thought I to understand this, ♦  
but it was too hard for me,

- 17 Until I entered the sanctuary of God ♦  
and understood the end of the wicked:
- 18 How you set them in slippery places; ♦  
you cast them down to destruction.
- 19 How suddenly do they come to destruction, ♦  
perish and come to a fearful end!
- 20 As with a dream when one awakes, ♦  
so, Lord, when you arise you will despise their image.
- 21 When my heart became embittered ♦  
and I was pierced to the quick,
- 22 I was but foolish and ignorant; ♦  
I was like a brute beast in your presence. [R]
- 23 Yet I am always with you; ♦  
you hold me by my right hand.
- 24 You will guide me with your counsel ♦  
and afterwards receive me with glory.
- 25 Whom have I in heaven but you? ♦  
And there is nothing upon earth that I desire  
in comparison with you.
- 26 Though my flesh and my heart fail me, ♦  
God is the strength of my heart and my portion for ever.
- 27 Truly, those who forsake you will perish; ♦  
you will put to silence the faithless who betray you.
- 28 But it is good for me to draw near to God; ♦  
in the Lord God have I made my refuge,  
that I may tell of all your works.

*Refrain:* In the Lord God have I made my refuge.

*Holy God,  
may we find wisdom in your presence  
and set our hope not on uncertain riches  
but on the love that holds us to the end;  
in Jesus Christ our Lord.*

*Refrain:* Arise, O God, maintain your own cause.

- 1 O God, why have you utterly disowned us? ♦  
Why does your anger burn  
against the sheep of your pasture?
- 2 Remember your congregation that you purchased of old, ♦  
the tribe you redeemed for your own possession,  
and Mount Zion where you dwelt.
- 3 Hasten your steps towards the endless ruins, ♦  
where the enemy has laid waste all your sanctuary.
- 4 Your adversaries roared in the place of your worship; ♦  
they set up their banners as tokens of victory.
- 5 Like men brandishing axes on high in a thicket of trees, ♦  
all her carved work they smashed down with hatchet and hammer.
- 6 They set fire to your holy place; ♦  
they defiled the dwelling place of your name  
and razed it to the ground.
- 7 They said in their heart, 'Let us make havoc of them altogether,' ♦  
and they burned down all the sanctuaries of God in the land.
- 8 There are no signs to see, not one prophet left, ♦  
not one among us who knows how long.
- 9 How long, O God, will the adversary scoff? ♦  
Shall the enemy blaspheme your name for ever?
- 10 Why have you withheld your hand ♦  
and hidden your right hand in your bosom? [R]
- 11 Yet God is my king from of old, ♦  
who did deeds of salvation in the midst of the earth.
- 12 It was you that divided the sea by your might ♦  
and shattered the heads of the dragons on the waters;
- 13 You alone crushed the heads of Leviathan ♦  
and gave him to the beasts of the desert for food.
- 14 You cleft the rock for fountain and flood; ♦  
you dried up ever-flowing rivers.

- 15 Yours is the day, yours also the night; ♦  
you established the moon and the sun.
- 16 You set all the bounds of the earth; ♦  
you fashioned both summer and winter. [R]
- 17 Remember now, Lord, how the enemy scoffed, ♦  
how a foolish people despised your name.
- 18 Do not give to wild beasts the soul of your turtle dove; ♦  
forget not the lives of your poor for ever.
- 19 Look upon your creation,  
for the earth is full of darkness, ♦  
full of the haunts of violence.
- 20 Let not the oppressed turn away ashamed, ♦  
but let the poor and needy praise your name.
- 21 Arise, O God, maintain your own cause; ♦  
remember how fools revile you all the day long.
- 22 Forget not the clamour of your adversaries, ♦  
the tumult of your enemies that ascends continually.

*Refrain:* Arise, O God, maintain your own cause.

*Redeeming God,  
renew your broken people  
with your Holy Spirit,  
that they may walk your narrow way,  
and greet your coming dawn  
in Jesus Christ our Lord.*

*Refrain:* God alone is judge.

- 1 We give you thanks, O God, we give you thanks, ♦  
for your name is near, as your wonderful deeds declare.
- 2 'I will seize the appointed time; ♦  
I, the Lord, will judge with equity.
- 3 'Though the earth reels and all that dwell in her, ♦  
it is I that hold her pillars steady.
- 4 'To the boasters I say, "Boast no longer," ♦  
and to the wicked, "Do not lift up your horn.
- 5 "'Do not lift up your horn on high; ♦  
do not speak with a stiff neck.'" [R]
- 6 For neither from the east nor from the west, ♦  
nor yet from the wilderness comes exaltation.
- 7 But God alone is judge; ♦  
he puts down one and raises up another.
- 8 For in the hand of the Lord there is a cup, ♦  
well mixed and full of foaming wine.
- 9 He pours it out for all the wicked of the earth; ♦  
they shall drink it, and drain the dregs. [R]
- 10 But I will rejoice for ever ♦  
and make music to the God of Jacob.
- 11 All the horns of the wicked will I break, ♦  
but the horns of the righteous shall be exalted.

*Refrain:* God alone is judge.

*Judge of all the earth,  
restrain the ambition of the proud  
and establish among us the reign of the Messiah,  
who drained for us the cup of judgement  
and is alive with you and the Holy Spirit,  
one God, for ever and ever.*

*Refrain:* The Lord has made fast his throne for judgement.

- 1 In Judah God is known; ♦  
his name is great in Israel.
- 2 At Salem is his tabernacle, ♦  
and his dwelling place in Zion.
- 3 There broke he the flashing arrows of the bow, ♦  
the shield, the sword and the weapons of war. [R]
- 4 In the light of splendour you appeared, ♦  
glorious from the eternal mountains.
- 5 The boastful were plundered; they have slept their sleep; ♦  
none of the warriors can lift their hand.
- 6 At your rebuke, O God of Jacob, ♦  
both horse and chariot fell stunned. [R]
- 7 Terrible are you in majesty: ♦  
who can stand before your face when you are angry?
- 8 You caused your judgement to be heard from heaven; ♦  
the earth trembled and was still,
- 9 When God arose to judgement, ♦  
to save all the meek upon earth. [R]
- 10 You crushed the wrath of the peoples ♦  
and bridled the wrathful remnant.
- 11 Make a vow to the Lord your God and keep it; ♦  
let all who are round about him bring gifts  
to him that is worthy to be feared.
- 12 He breaks down the spirit of princes ♦  
and strikes terror in the kings of the earth.

*Refrain:* The Lord has made fast his throne for judgement.

*Majestic and gracious God,  
more awesome than the agents of war,  
more powerful than the wrath of nations,  
restrain the violence of the peoples  
and draw the despised of the earth  
into the joyful life of your kingdom,  
where you live and reign for ever and ever.*

*Refrain:* In the day of my trouble I have sought the Lord.

- 1 I cry aloud to God; ♦  
I cry aloud to God and he will hear me.
- 2 In the day of my trouble I have sought the Lord; ♦  
by night my hand is stretched out and does not tire;  
my soul refuses comfort.
- 3 I think upon God and I groan; ♦  
I ponder, and my spirit faints.
- 4 You will not let my eyelids close; ♦  
I am so troubled that I cannot speak. [R]
- 5 I consider the days of old; ♦  
I remember the years long past;
- 6 I commune with my heart in the night; ♦  
my spirit searches for understanding.
- 7 Will the Lord cast us off for ever? ♦  
Will he no more show us his favour?
- 8 Has his loving mercy clean gone for ever? ♦  
Has his promise come to an end for evermore?
- 9 Has God forgotten to be gracious? ♦  
Has he shut up his compassion in displeasure?
- 10 And I said, 'My grief is this: ♦  
that the right hand of the Most High has lost its strength.' [R]
- 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 works ♦  
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 worked wonders ♦  
and declared your power among the peoples.
- 15 With a mighty arm you redeemed your people, ♦  
the children of Jacob and Joseph. [R]

- 16 The waters saw you, O God;  
the waters saw you and were afraid; ♦  
the depths also were troubled.
- 17 The clouds poured out water; the skies thundered; ♦  
your arrows flashed on every side;
- 18 The voice of your thunder was in the whirlwind;  
your lightnings lit up the ground; ♦  
the earth trembled and shook.
- 19 Your way was in the sea, and your paths in the great waters, ♦  
but your footsteps were not known.
- 20 You led your people like sheep ♦  
by the hand of Moses and Aaron.

*Refrain:* In the day of my trouble I have sought the Lord.

*God our shepherd,  
you led us and saved us in times of old;  
do not forget your people in their troubles,  
but raise up your power  
to sustain the poor and helpless;  
for the honour of Jesus Christ our Lord.*

### *Psalm 78*

*Refrain:* O Lord, how glorious are your works.

- 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 pour forth mysteries from of old,
- 3 Such as we have heard and known, ♦  
which our forebears have told us.
- 4 We will not hide from their children,  
but will recount to generations to come, ♦  
the praises of the Lord and his power  
and the wonderful works he has done. [R]

- 5 He laid a solemn charge on Jacob  
and made it a law in 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 turn might tell it to their children;
- 7 So that they might put their trust in God ♦  
and not forget the deeds of God,  
but keep his commandments,
- 8 And not be like their forebears,  
a stubborn and rebellious generation, ♦  
a generation whose heart was not steadfast,  
and whose spirit was not faithful to God. [R]
- 9 The people of Ephraim, armed with the bow, ♦  
turned back in the day of battle;
- 10 They did not keep the covenant of God ♦  
and refused to walk in his law;
- 11 They forgot what he had done ♦  
and the wonders he had shown them.
- 12 For he did marvellous things in the sight of their forebears, ♦  
in the land of Egypt, in the field of Zoan. [R]
- 13 He divided the sea and let them pass through; ♦  
he made the waters stand still in a heap.
- 14 He led them with a cloud by day ♦  
and all the night through with a blaze 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 rock ♦  
and made water gush out like rivers. [R]
- 17 Yet for all this they sinned more against him ♦  
and defied the Most High in the wilderness.
- 18 They tested God in their hearts ♦  
and demanded food for their craving.

- 19 They spoke against God and said, ♦  
'Can God prepare a table in the wilderness?
- 20 'He struck the rock indeed, so that the waters gushed out  
and the streams overflowed, ♦  
but can he give bread or provide meat for his people?' [R]
- 21 When the Lord heard this, he was full of wrath; ♦  
a fire was kindled against Jacob  
and his anger went out against Israel,
- 22 For they had no faith in God ♦  
and put no trust in his saving help.
- 23 So he commanded the clouds above ♦  
and opened the doors of heaven.
- 24 He rained down upon them manna to eat ♦  
and gave them the grain of heaven.
- 25 So mortals ate the bread of angels; ♦  
he sent them food in plenty. [R]
- 26 He caused the east wind to blow in the heavens ♦  
and led out the south wind by his might.
- 27 He rained flesh upon them as thick as dust ♦  
and winged fowl like the sand of the sea.
- 28 He let it fall in the midst of their camp ♦  
and round about their tents.
- 29 So they ate and were well filled, ♦  
for he gave them what they desired.
- 30 But they did not stop their craving; ♦  
their food was still in their mouths,
- 31 When the anger of God rose against them, ♦  
and slew their strongest men  
and felled the flower of Israel. [R]
- 32 But for all this, they sinned yet more ♦  
and put no faith in his wonderful works.
- 33 So he brought their days to an end like a breath ♦  
and their years in sudden terror.

- 34 Whenever he slew them, they would seek him; ♦  
they would repent and earnestly search for God.
- 35 They remembered that God was their rock ♦  
and the Most High God their redeemer. [R]
- 36 Yet they did but flatter him with their mouth ♦  
and dissembled with their tongue.
- 37 Their heart was not steadfast towards him, ♦  
neither were they faithful to his covenant.
- 38 But he was so merciful that he forgave their misdeeds  
and did not destroy them; ♦  
many a time he turned back his wrath  
and did not suffer his whole displeasure to be roused.
- 39 For he remembered that they were but flesh, ♦  
a wind that passes by and does not return.

*Refrain:* O Lord, how glorious are your works.

*God our deliverer,  
as you led our ancestors through the wilderness,  
so lead us through the wilderness of this world,  
that we may be saved through Christ for ever.*

*Refrain:* Tremble, O earth, at the presence of the Lord.

- 40 How often they rebelled against him in the wilderness ♦  
and grieved him in the desert!
- 41 Again and again they tempted God ♦  
and provoked the Holy One of Israel.
- 42 They did not remember his power ♦  
in the day when he redeemed them from the enemy;
- 43 How he had wrought his signs in Egypt ♦  
and his wonders in the field of Zoan. [R]
- 44 He turned their rivers into blood, ♦  
so that they could not drink of their streams.
- 45 He sent swarms of flies among them, which devoured them, ♦  
and frogs which brought them ruin.

- 46 He gave their produce to the caterpillar, ♦  
the fruit of their toil to the locust.
- 47 He destroyed their vines with hailstones ♦  
and their sycamore trees with the frost. [R]
- 48 He delivered their cattle to hailstones ♦  
and their flocks to thunderbolts.
- 49 He set loose on them his blazing anger: ♦  
fury, displeasure and trouble,  
a troop of destroying angels.
- 50 He made a way for his anger  
and spared not their souls from death, ♦  
but gave their life over to the pestilence.
- 51 He smote the firstborn of Egypt, ♦  
the first fruits of their strength in the tents of Ham. [R]
- 52 But he led out his people like sheep ♦  
and guided them in the wilderness like a flock.
- 53 He led them to safety and they were not afraid, ♦  
but the sea overwhelmed their enemies.
- 54 He brought them to his holy place, ♦  
the mountain which his right hand took in possession.
- 55 He drove out the nations before them  
and shared out to them their inheritance; ♦  
he settled the tribes of Israel in their tents. [R]
- 56 Yet still they tested God Most High  
and rebelled against him, ♦  
and would not keep his commandments.
- 57 They turned back and fell away like their forebears, ♦  
starting aside like an unstrung bow.
- 58 They grieved him with their hill altars ♦  
and provoked him to displeasure with their idols.
- 59 God heard and was greatly angered, ♦  
and utterly rejected Israel. [R]
- 60 He forsook the tabernacle at Shiloh, ♦  
the tent of his presence on earth.

- 61 He gave the ark of his strength into captivity, ♦  
his splendour into the adversary's hand.
- 62 He delivered his people to the sword ♦  
and raged against his inheritance.
- 63 The fire consumed their young men; ♦  
there was no one to lament their maidens.
- 64 Their priests fell by the sword, ♦  
and their widows made no lamentation. [R]
- 65 Then the Lord woke as out of sleep, ♦  
like a warrior who had been overcome with wine.
- 66 He struck his enemies from behind ♦  
and put them to perpetual shame.
- 67 He rejected the tent of Joseph ♦  
and chose not the tribe of Ephraim,
- 68 But he chose the tribe of Judah ♦  
and the hill of Zion, which he loved. [R]
- 69 And there he built his sanctuary like the heights of heaven, ♦  
like the earth which he founded for ever.
- 70 He chose David also, his servant, ♦  
and took him away from the sheepfolds.
- 71 From following the ewes with their lambs he took him, ♦  
that he might shepherd Jacob his people  
and Israel his inheritance.
- 72 So he shepherded them with a devoted heart ♦  
and with skilful hands he guided them.

*Refrain:* Tremble, O earth, at the presence of the Lord.

*God our shepherd,  
in all our wanderings and temptations,  
teach us to rest in your mercy  
and trust in your defence;  
through him who laid down his life for us,  
Jesus Christ our Lord.*

Psalm 79

*Refrain:* Help us, O God of our salvation, for the glory of your name.

- 1 O God, the heathen have come into your heritage; ♦  
your holy temple have they defiled  
and made Jerusalem a heap of stones.
- 2 The dead bodies of your servants they have given  
to be food for the birds of the air, ♦  
and the flesh of your faithful to the beasts of the field.
- 3 Their blood have they shed like water  
on every side of Jerusalem, ♦  
and there was no one to bury them.
- 4 We have become the taunt of our neighbours, ♦  
the scorn and derision of those that are round about us. [R]
- 5 Lord, how long will you be angry, for ever? ♦  
How long will your jealous fury blaze like fire?
- 6 Pour out your wrath upon the nations that have not known you, ♦  
and upon the kingdoms that have not called upon your name.
- 7 For they have devoured Jacob ♦  
and laid waste his dwelling place. [R]
- 8 Remember not against us our former sins; ♦  
let your compassion make haste to meet us,  
for we are brought very low.
- 9 Help us, O God of our salvation, for the glory of your name; ♦  
deliver us, and wipe away our sins for your name's sake.
- 10 Why should the heathen say, ♦  
'Where is now their God?' [R]
- 11 Let vengeance for your servants' blood that is shed ♦  
be known among the nations in our sight.
- 12 Let the sorrowful sighing of the prisoners come before you, ♦  
and by your mighty arm  
preserve those who are condemned to die.
- 13 May the taunts with which our neighbours taunted you, Lord, ♦  
return sevenfold into their bosom.

- 14 But we that are your people and the sheep of your pasture  
will give you thanks for ever, ♦  
and tell of your praise from generation to generation.

*Refrain:* Help us, O God of our salvation, for the glory of your name.

*When faith is scorned  
and love grows cold,  
then, God of hosts, rebuild your Church  
on lives of thankfulness and patient prayer;  
through Christ your eternal Son.*

### *Psalm 80*

- 1 Hear, O Shepherd of Israel, ♦  
you that led Joseph like a flock;
- 2 Shine forth, you that are enthroned upon the cherubim, ♦  
before Ephraim, Benjamin and Manasseh.
- 3 Stir up your mighty strength ♦  
and come to our salvation.
- 4 *Turn us again, O God; ♦  
show the light of your countenance, and we shall be saved.*
- 5 O Lord God of hosts, ♦  
how long will you be angry at your people's prayer?
- 6 You feed them with the bread of tears; ♦  
you give them abundance of tears to drink.
- 7 You have made us the derision of our neighbours, ♦  
and our enemies laugh us to scorn.
- 8 *Turn us again, O God of hosts; ♦  
show the light of your countenance, and we shall be saved.*
- 9 You brought a vine out of Egypt; ♦  
you drove out the nations and planted it.
- 10 You made room around it, ♦  
and when it had taken root, it filled the land.
- 11 The hills were covered with its shadow ♦  
and the cedars of God by its boughs.

- 12 It stretched out its branches to the Sea ♦  
and its tendrils to the River.
- 13 Why then have you broken down its wall, ♦  
so that all who pass by pluck off its grapes?
- 14 The wild boar out of the wood tears it off, ♦  
and all the insects of the field devour it.
- 15 Turn again, O God of hosts, ♦  
look down from heaven and behold;
- 16 Cherish this vine which your right hand has planted, ♦  
and the branch that you made so strong for yourself.
- 17 Let those who burnt it with fire, who cut it down, ♦  
perish at the rebuke of your countenance.
- 18 Let your hand be upon the man at your right hand, ♦  
the son of man you made so strong for yourself.
- 19 And so will we not go back from you; ♦  
give us life, and we shall call upon your name.
- 20 *Turn us again, O Lord God of hosts; ♦  
show the light of your countenance, and we shall be saved.*

*Faithful shepherd of your people,  
as we look for the light of your countenance,  
restore in us the image of your glory  
and graft us into the risen life of your Son,  
Jesus Christ our Lord.*

## **Psalm 81**

**Refrain:** O come, let us sing to the Lord.

- 1 Sing merrily to God our strength, ♦  
shout for joy to the God of Jacob.
- 2 Take up the song and sound the timbrel, ♦  
the tuneful lyre with the harp.
- 3 Blow the trumpet at the new moon, ♦  
as at the full moon, upon our solemn feast day.
- 4 For this is a statute for Israel, ♦  
a law of the God of Jacob,

- 5 The charge he laid on the people of Joseph, ♦  
when they came out of the land of Egypt. [R]
- 6 I heard a voice I did not know, that said: ♦  
'I eased their shoulder from the burden;  
their hands were set free from bearing the load.
- 7 'You called upon me in trouble and I delivered you; ♦  
I answered you from the secret place of thunder  
and proved 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 up from the land of Egypt; ♦  
open your mouth wide and I shall fill it.' [R]
- 11 But my people would not hear my voice ♦  
and Israel would not obey me.
- 12 So I sent them away in the stubbornness of their hearts, ♦  
and let them walk after their own counsels.
- 13 O that my people would listen to me, ♦  
that Israel would walk in my ways!
- 14 Then I should soon put down their enemies ♦  
and turn my hand against their adversaries.
- 15 Those who hate the Lord would be humbled before him, ♦  
and their punishment would last for ever.
- 16 But Israel would I feed with the finest wheat ♦  
and with honey from the rock would I satisfy them.

*Refrain:* O come, let us sing to the Lord.

*Father of mercy,  
keep us joyful in your salvation  
and faithful to your covenant;  
and, as we journey to your kingdom,  
ever feed us with the bread of life,  
your Son, our Saviour Jesus Christ.*

*Refrain:* Arise, O God, and judge the earth.

- 1 God has taken his stand in the council of heaven; ♦  
in the midst of the gods he gives judgement:
- 2 'How long will you judge unjustly ♦  
and show such favour to the wicked?
- 3 'You were to judge the weak and the orphan; ♦  
defend the right of the humble and needy;
- 4 'Rescue the weak and the poor; ♦  
deliver them from the hand of the wicked. [R]
- 5 'They have no knowledge or wisdom;  
they walk on still in darkness: ♦  
all the foundations of the earth are shaken.
- 6 'Therefore I say that though you are gods ♦  
and all of you children of the Most High,
- 7 'Nevertheless, you shall die like mortals ♦  
and fall like one of their princes.'
- 8 Arise, O God and judge the earth, ♦  
for it is you that shall take all nations for your possession.

*Refrain:* Arise, O God, and judge the earth.

*God our deliverer,  
when the foundations are shaken  
and justice has departed,  
defend the poor and needy  
and give your people strength to fight all wrong  
in the name of your Son, Jesus Christ our Lord.*

*Refrain:* The wicked shall not be able to stand in the judgement.

- 1 Hold not your peace, O God, do not keep silent; ♦  
be not unmoved, O God;
- 2 For your enemies are in tumult ♦  
and those who hate you lift up their heads.
- 3 They take secret counsel against your people ♦  
and plot against those whom you treasure.
- 4 They say, 'Come, let us destroy them as a nation, ♦  
that the name of Israel be remembered no more.' [R]
- 5 They have conspired together with one mind; ♦  
they are in league against you:
- 6 The tents of Edom and the Ishmaelites, ♦  
Moab and the Hagarenes,
- 7 Gebal and Ammon and Amalek, ♦  
the Philistines and those who dwell in Tyre.
- 8 Ashur also has joined them ♦  
and has lent a strong arm to the children of Lot. [R]
- 9 Do to them as you did to Midian, ♦  
to Sisera and to Jabin at the river of Kishon,
- 10 Who perished at Endor ♦  
and became as dung for the earth.
- 11 Make their commanders like Oreb and Zeëb, ♦  
and all their princes like Zebah and Zalmunna,
- 12 Who said, 'Let us take for ourselves ♦  
the pastures of God as our possession.' [R]
- 13 O my God, make them like thistledown, ♦  
like chaff before the wind.
- 14 Like fire that consumes a forest, ♦  
like the flame that sets mountains ablaze,
- 15 So drive them with your tempest ♦  
and dismay them with your storm. [R]
- 16 Cover their faces with shame, O Lord, ♦  
that they may seek your name.

- 17 Let them be disgraced and dismayed for ever; ♦  
let them be put to confusion and perish;
- 18 And they shall know that you, whose name is the Lord, ♦  
are alone the Most High over all the earth.

*Refrain:* The wicked shall not be able to stand in the judgement.

*Lord God, most high over all the world,  
when the pride of nations obscures  
your glorious purpose,  
draw us into that unity which is your will for all people  
in Jesus Christ our Lord.*

### *Psalm 84*

*Refrain:* Blessed are they who dwell in your house.

- 1 How lovely is your dwelling place, O Lord of hosts! ♦  
My soul has a desire and longing to enter 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: ♦  
at your altars, O Lord of hosts, my King and my God.
- 3 Blessed are they who dwell in your house: ♦  
they will always be praising you. [R]
- 4 Blessed are those whose strength is in you, ♦  
in whose heart are the highways to Zion,
- 5 Who going through the barren valley find there a spring, ♦  
and the early rains will clothe it with blessing.
- 6 They will go from strength to strength ♦  
and appear before God in Zion. [R]
- 7 O Lord God of hosts, hear my prayer; ♦  
listen, 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. [R]

- 10 I would rather be a doorkeeper in the house of my God ♦  
than dwell in the tents of ungodliness.
- 11 For the Lord God is both sun and shield;  
he will give grace and glory; ♦  
no good thing shall the Lord withhold  
from those who walk with integrity.
- 12 O Lord God of hosts, ♦  
blessed are those who put their trust in you.

*Refrain:* Blessed are they who dwell in your house.

*Lord God,  
sustain us in this vale of tears  
with the vision of your grace and glory,  
that, strengthened by the bread of life,  
we may come to your eternal dwelling place;  
in the power of Jesus Christ our Lord.*

## *Psalm 85*

*Refrain:* Show us your mercy, O Lord.

- 1 Lord, you were gracious to your land; ♦  
you restored the fortunes of Jacob.
- 2 You forgave the offence of your people ♦  
and covered all their sins.
- 3 You laid aside all your fury ♦  
and turned from your wrathful indignation. [R]
- 4 Restore us again, O God our Saviour, ♦  
and let your anger cease from us.
- 5 Will you be displeased with us for ever? ♦  
Will you stretch out your wrath from one generation to another?
- 6 Will you not give us life again, ♦  
that your people may rejoice in you?
- 7 Show us your mercy, O Lord, ♦  
and grant us your salvation. [R]

- 8 I will listen to what the Lord God will say, ♦  
for he shall speak peace to his people and to the faithful,  
that they turn not again to folly.
- 9 Truly, his salvation is near to those who fear him, ♦  
that his glory may dwell in our land. [R]
- 10 Mercy and truth are met together, ♦  
righteousness and peace have kissed each other;
- 11 Truth shall spring up from the earth ♦  
and righteousness look down from heaven.
- 12 The Lord will indeed give all that is good, ♦  
and our land will yield its increase.
- 13 Righteousness shall go before him ♦  
and direct his steps in the way.

*Refrain:* Show us your mercy, O Lord.

*Most holy God,  
when we come to you fearing that  
truth condemns us,  
show us that truth is one with love  
in your Word made flesh,  
our Saviour Jesus Christ.*

## *Psalm 86*

*Refrain:* All nations you have made shall come and worship  
you, O Lord.

- 1 Incline your ear, O Lord, and answer me, ♦  
for I am poor and in misery.
- 2 Preserve my soul, for I am faithful; ♦  
save your servant, for I put my 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. [R]
- 5 For you, Lord, are good and forgiving, ♦  
abounding in steadfast love to all who call upon you.

- 6 Give ear, O Lord, to my prayer ♦  
and listen to the voice of my supplication.
- 7 In the day of my distress I will call upon you, ♦  
for you will answer me. [R]
- 8 Among the gods there is none like you, O Lord, ♦  
nor any works like yours.
- 9 All nations you have made shall come and worship you, O Lord, ♦  
and shall glorify your name.
- 10 For you are great and do wonderful things; ♦  
you alone are God. [R]
- 11 Teach me your way, O Lord, and I will walk in your truth; ♦  
knit my heart to you, that I may fear your name.
- 12 I will thank you, O Lord my God, with all my heart, ♦  
and glorify your name for evermore;
- 13 For great is your steadfast love towards me, ♦  
for you have delivered my soul from the depths of the grave. [R]
- 14 O God, the proud rise up against me  
and a ruthless horde seek after my life; ♦  
they have not set you before their eyes.
- 15 But you, 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 token of your favour,  
that those who hate me may see it and be ashamed; ♦  
because you, O Lord, have helped and comforted me.

*Refrain:* All nations you have made shall come and worship  
you, O Lord.

*God of mercy,  
who in your great love  
drew your Son from the depths of the Pit,  
bring your people from death to life,  
that we may rejoice in your compassion  
and praise you now and for ever.*

*Refrain:* The Lord has chosen Zion for himself.

- 1 His foundation is on the holy mountains. ♦  
The Lord loves the gates of Zion  
more than all the dwellings of Jacob.
- 2 Glorious things are spoken of you, ♦  
Zion, city of our God.
- 3 I record Egypt and Babylon as those who know me; ♦  
behold Philistia, Tyre and Ethiopia:  
in Zion were they born.
- 4 And of Zion it shall be said, 'Each one was born in her, ♦  
and the Most High himself has established her.'
- 5 The Lord will record as he writes up the peoples, ♦  
'This one also was born there.'
- 6 And as they dance they shall sing, ♦  
'All my fresh springs are in you.'

*Refrain:* The Lord has chosen Zion for himself.

*Lord, as you call us to your city  
founded on the rock of ages,  
let the springs of living water  
rise within us to eternal life;  
in Jesus Christ our Lord.*

*Refrain:* You are my refuge, my portion in the land of the living.

- 1 O Lord, God of my salvation, ♦  
I have cried day and night before you.
- 2 Let my prayer come into your presence; ♦  
incline your ear to my cry.
- 3 For my soul is full of troubles; ♦  
my life draws near to the land of death.
- 4 I am counted as one gone down to the Pit; ♦  
I am like one that 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. [R]
- 7 You have laid me in the lowest pit, ♦  
in a place of darkness in the abyss.
- 8 Your anger lies heavy upon me, ♦  
and you have afflicted me with all your waves.
- 9 You have put my friends far from me ♦  
and made me to be abhorred by them.
- 10 I am so fast in prison that I cannot get free; ♦  
my eyes fail from all my trouble. [R]
- 11 Lord, I have called daily upon you; ♦  
I have stretched out my hands to you.
- 12 Do you work wonders for the dead? ♦  
Will the shades stand up and praise you?
- 13 Shall your loving-kindness be declared in the grave, ♦  
your faithfulness in the land of destruction?
- 14 Shall your wonders be known in the dark ♦  
or your righteous deeds in the land where all is forgotten? [R]
- 15 But as for me, O Lord, I will cry to you; ♦  
early in the morning my prayer shall come before you.
- 16 Lord, why have you rejected my soul? ♦  
Why have you hidden your face from me?

- 17 I have been wretched and at the point of death from my youth; ♦  
I suffer your terrors and am no more seen.
- 18 Your wrath sweeps over me; ♦  
your horrors are come to destroy me;
- 19 All day long they come about me like water; ♦  
they close me in on every side.
- 20 Lover and friend have you put far from me ♦  
and hid my companions out of my sight.

*Refrain:* You are my refuge, my portion in the land of the living.

*In the depths of our isolation  
we cry to you, Lord God;  
give light in our darkness  
and bring us out of the prison of our despair  
through Jesus Christ our Lord.*

### *Psalm 89*

*Refrain:* Truly the Lord is our shield.

- 1 My song shall be always of the loving-kindness of the Lord: ♦  
with my mouth will I proclaim your faithfulness  
throughout all generations.
- 2 I will declare that your love is established for ever; ♦  
you have set your faithfulness as firm as the heavens.
- 3 For you said: 'I have made a covenant with my chosen one; ♦  
I have sworn an oath to David my servant:
- 4 "Your seed will I establish for ever ♦  
and build up your throne for all generations." ' [R]
- 5 The heavens praise your wonders, O Lord, ♦  
and your faithfulness in the assembly of the holy ones;
- 6 For who among the clouds can be compared to the Lord? ♦  
Who is like the Lord among the host of heaven?
- 7 A God feared in the council of the holy ones, ♦  
great and terrible above all those round about him.

- 8 Who is like you, Lord God of hosts? ♦  
Mighty Lord, your faithfulness is all around you. [R]
- 9 You rule the raging of the sea; ♦  
you still its waves when they arise.
- 10 You crushed Rahab with a deadly wound ♦  
and scattered your enemies with your mighty arm.
- 11 Yours are the heavens; the earth also is yours; ♦  
you established the world and all that fills it.
- 12 You created the north and the south; ♦  
Tabor and Hermon rejoice in your name. [R]
- 13 You have a mighty arm; ♦  
strong is your hand and high is your right hand.
- 14 Righteousness and justice are the foundation of your throne; ♦  
steadfast love and faithfulness go before your face.
- 15 Happy are the people who know the shout of triumph: ♦  
they walk, O Lord, in the light of your countenance.
- 16 In your name they rejoice all the day long ♦  
and are exalted in your righteousness.
- 17 For you are the glory of their strength, ♦  
and in your favour you lift up our heads.
- 18 Truly the Lord is our shield; ♦  
the Holy One of Israel is our king.

*Refrain:* Truly the Lord is our shield.

*As we sing of your love, O Lord,  
anoint us with the Spirit's seal,  
that we may praise your faithfulness  
and proclaim your truth from age to age;  
through Jesus Christ our Lord.*

*Refrain:* The Lord has sworn an oath to David,  
a promise from which he will not shrink.

- 19 You spoke once in a vision and said to your faithful people: ♦  
'I have set a youth above the mighty;  
I have raised a young man over the people.

- 20 'I have found David my servant; ♦  
with my holy oil have I anointed him.
- 21 'My hand shall hold him fast ♦  
and my arm shall strengthen him.
- 22 'No enemy shall deceive him, ♦  
nor any wicked person afflict him.
- 23 'I will strike down his foes before his face ♦  
and beat down those that hate him.
- 24 'My truth also and my steadfast love shall be with him, ♦  
and in my name shall his head be exalted.
- 25 I will set his dominion upon the sea ♦  
and his right hand upon the rivers.
- 26 'He shall call to me, "You are my Father, ♦  
my God, and the rock of my salvation;"
- 27 'And I will make him my firstborn, ♦  
the most high above the kings of the earth.
- 28 'The love I have pledged to him will I keep for ever, ♦  
and my covenant will stand fast with him.
- 29 'His seed also will I make to endure for ever ♦  
and his throne as the days of heaven. [R]
- 30 'But if his children forsake my law ♦  
and cease to walk in my judgements,
- 31 'If they break my statutes ♦  
and do not keep my commandments,
- 32 'I will punish their offences with a rod ♦  
and their sin with scourges.
- 33 'But I will not take from him my steadfast love ♦  
nor suffer my truth to fail.
- 34 'My covenant will I not break ♦  
nor alter what has gone out of my lips.
- 35 'Once for all have I sworn by my holiness ♦  
that I will not prove false to David.
- 36 'His seed shall endure for ever ♦  
and his throne as the sun before me;

37 'It shall stand fast for ever as the moon, ♦  
the enduring witness in the heavens.'

*Refrain:* The Lord has sworn an oath to David,  
a promise from which he will not shrink.

*Faithful God,  
remember your promise  
fulfilled in your anointed Son Jesus Christ,  
in whose strength alone we stand,  
now and for ever.*

*Refrain:* For your servant David's sake,  
turn not away the face of your anointed.

38 But you have cast off and rejected your anointed; ♦  
you have shown fierce anger against him.

39 You have broken the covenant with your servant, ♦  
and have cast his crown to the dust.

40 You have broken down all his walls ♦  
and laid his strongholds in ruins.

41 All who pass by despoil him, ♦  
and he has become the scorn of his neighbours.

42 You have exalted the right hand of his foes ♦  
and made all his enemies rejoice.

43 You have turned back the edge of his sword ♦  
and have not upheld him in battle.

44 You have made an end of his radiance ♦  
and cast his throne to the ground.

45 You have cut short the days of his youth ♦  
and have covered him with shame. [R]

46 How long will you hide yourself so utterly, O Lord? ♦  
How long shall your anger burn like fire?

47 Remember how short my time is, ♦  
how frail you have made all mortal flesh.

48 Which of the living shall not see death, ♦  
and shall deliver their soul from the power of darkness?

- 49 Where, O Lord, is your steadfast love of old, ♦  
which you swore to David in your faithfulness?
- 50 Remember, O Lord, how your servant is scorned, ♦  
how I bear in my bosom the taunts of many peoples,
- 51 While your enemies mock, O Lord, ♦  
while they mock the footsteps of your anointed.
- 52 Blessed be the Lord for evermore. ♦  
Amen and Amen.

*Refrain:* For your servant David's sake,  
turn not away the face of your anointed.

*Lord, when death appals us  
and you hide your face,  
may we know our life is hidden with Christ,  
our hope of glory and our risen Lord.*

### *Psalm 90*

*Refrain:* O Lord my God, in you I take refuge.

- 1 Lord, you have been our refuge ♦  
from one generation to another.
- 2 Before the mountains were brought forth,  
or the earth and the world were formed, ♦  
from everlasting to everlasting you are God.
- 3 You turn us back to dust and say: ♦  
'Turn back, O children of earth.'
- 4 For a thousand years in your sight are but as yesterday, ♦  
which passes like a watch in the night.
- 5 You sweep them away like a dream; ♦  
they fade away suddenly like the grass.
- 6 In the morning it is green and flourishes; ♦  
in the evening it is dried up and withered. [R]
- 7 For we consume away in your displeasure; ♦  
we are afraid at your wrathful indignation.

- 8 You have set our misdeeds before you ♦  
and our secret sins in the light of your countenance.
- 9 When you are angry, all our days are gone; ♦  
our years come to an end like a sigh.
- 10 The days of our life are three score years and ten,  
or if our strength endures, even four score; ♦  
yet the sum of them is but labour and sorrow,  
for they soon pass away and we are gone.
- 11 Who regards the power of your wrath ♦  
and your indignation like those who fear you?
- 12 So teach us to number our days ♦  
that we may apply our hearts to wisdom. [R]
- 13 Turn again, O Lord; how long will you delay? ♦  
Have compassion on your servants.
- 14 Satisfy us with your loving-kindness in the morning, ♦  
that we may rejoice and be glad all our days.
- 15 Give us gladness for the days you have afflicted us, ♦  
and for the years in which we have seen adversity.
- 16 Show your servants your works, ♦  
and let your glory be over their children.
- 17 May the gracious favour of the Lord our God be upon us; ♦  
prosper our handiwork; O prosper the work of our hands.

*Refrain:* O Lord my God, in you I take refuge.

*Almighty God,  
our eternal refuge,  
teach us to live with the knowledge of our death  
and to rejoice in the promise of your glory,  
revealed to us in Jesus Christ our Lord.*

*Refrain:* Keep me as the apple of your eye.

- 1 Whoever dwells in the shelter of the Most High ♦  
and abides under the shadow of the Almighty,
- 2 Shall say to the Lord, 'My refuge and my stronghold, ♦  
my God, in whom I put my trust.'
- 3 For he shall deliver you from the snare of the fowler ♦  
and from the deadly pestilence.
- 4 He shall cover you with his wings  
and you shall be safe under his feathers; ♦  
his faithfulness shall be your shield and buckler. [R]
- 5 You shall not be afraid of any terror by night, ♦  
nor of the arrow that flies by day;
- 6 Of the pestilence that stalks in darkness, ♦  
nor of the sickness that destroys at noonday.
- 7 Though a thousand fall at your side  
and ten thousand at your right hand, ♦  
yet it shall not come near you.
- 8 Your eyes have only to behold ♦  
to see the reward of the wicked. [R]
- 9 Because you have made the Lord your refuge ♦  
and the Most High your stronghold,
- 10 There shall no evil happen to you, ♦  
neither shall any plague come near your tent.
- 11 For he shall give his angels charge over you, ♦  
to keep you in all your ways.
- 12 They shall bear you in their hands, ♦  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; ♦  
the young lion and the serpent you shall trample underfoot. [R]
- 14 Because they have set their love upon me,  
therefore will I deliver them; ♦  
I will lift them up, because they know my name.
- 15 They will call upon me and I will answer them; ♦  
I am with them in trouble,  
I will deliver them and bring them to honour.

- 16 With long life will I satisfy them ♦  
and show them my salvation.

*Refrain:* Keep me as the apple of your eye.

Keep us, good Lord,  
under the shadow of your mercy  
and, as you have bound us to yourself in love,  
leave us not who call upon your name,  
but grant us your salvation,  
made known in the cross of Jesus Christ our Lord.

### Psalm 92

*Refrain:* You, O Lord, shall be exalted for evermore.

- 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 love early in the morning ♦  
and of your faithfulness in the night-time,
- 3 Upon the ten-stringed instrument, upon the harp, ♦  
and to the melody of the lyre.
- 4 For you, Lord, have made me glad by your acts, ♦  
and I sing aloud at the works of your hands.
- 5 O Lord, how glorious are your works! ♦  
Your thoughts are very deep. [R]
- 6 The senseless do not know, ♦  
nor do fools understand,
- 7 That though the wicked sprout like grass ♦  
and all the workers of iniquity flourish,
- 8 It is only to be destroyed for ever; ♦  
but you, O Lord, shall be exalted for evermore.
- 9 For lo, your enemies, O Lord,  
lo, your enemies shall perish, ♦  
and all the workers of iniquity shall be scattered.
- 10 But my horn you have exalted  
like the horns of wild oxen; ♦  
I am anointed with fresh oil.

- 11 My eyes will look down on my foes; ♦  
my ears shall hear the ruin of the evildoers  
who rise up against me. [R]
- 12 The righteous shall flourish like a palm tree, ♦  
and shall spread abroad like a cedar of Lebanon.
- 13 Such as are planted in the house of the Lord ♦  
shall flourish in the courts of our God.
- 14 They shall still bear fruit in old age; ♦  
they shall be vigorous and in full leaf;
- 15 That they may show that the Lord is true; ♦  
he is my rock,  
and there is no unrighteousness in him.

*Refrain:* You, O Lord, shall be exalted for evermore.

*Give us the music of your praise, Lord,  
morning, noon and night,  
that our lives may be fruitful  
and our lips confess you as the true and only God.*

## Psalm 93

*Refrain:* The Lord shall reign for ever and ever.

- 1 The Lord is king and has put on glorious apparel; ♦  
the Lord has put on his glory  
and girded himself with strength.
- 2 He has made the whole world so sure ♦  
that it cannot be moved.
- 3 Your throne has been established from of old; ♦  
you are from everlasting. [R]
- 4 The floods have lifted up, O Lord,  
the floods have lifted up their voice; ♦  
the floods lift up their pounding waves.
- 5 Mightier than the thunder of many waters,  
mightier than the breakers of the sea, ♦  
the Lord on high is mightier.

- 6 Your testimonies are very sure; ♦  
holiness adorns your house, O Lord, for ever.

*Refrain:* The Lord shall reign for ever and ever.

*Christ our King,  
you put on the apparel of our nature  
and raised us to your glory;  
reign from your royal throne  
above the chaos of this world,  
that all may see the victory you have won  
and trust in your salvation;  
for your glory's sake.*

### *Psalm 94*

*Refrain:* Righteous are you, O Lord, and true are your judgements.

- 1 Lord God to whom vengeance belongs, ♦  
O God to whom vengeance belongs, shine out in majesty.
- 2 Rise up, O Judge of the earth; ♦  
give the arrogant their just deserts.
- 3 Lord, how long shall the wicked, ♦  
how long shall the wicked triumph?
- 4 How long shall the evildoers boast ♦  
and pour out such impudent words? [R]
- 5 They crush your people, O Lord, ♦  
and afflict your heritage.
- 6 They murder the widow and the stranger; ♦  
the orphans they put to death.
- 7 And yet they say, 'The Lord will not see, ♦  
neither shall the God of Jacob regard it.' [R]
- 8 Consider, most stupid of people; ♦  
you fools, when will you understand?
- 9 He that planted the ear, shall he not hear? ♦  
He that formed the eye, shall he not see?
- 10 He who corrects the nations, shall he not punish? ♦  
He who teaches the peoples, does he lack knowledge?

- 11 The Lord knows every human thought, ♦  
that they are but a breath. [R]
- 12 Blessed are those whom you chasten, O Lord, ♦  
whom you instruct from your law;
- 13 That you may give them rest in days of adversity, ♦  
until a pit is dug for the wicked.
- 14 For the Lord will not fail his people, ♦  
neither will he forsake his inheritance.
- 15 For justice shall return to the righteous, ♦  
and all that are true of heart shall follow it. [R]
- 16 Who will rise up for me against the wicked? ♦  
Who will take my part against the evildoers?
- 17 If the Lord had not helped me, ♦  
my soul would soon have been put to silence.
- 18 And when I said, 'My foot has slipped', ♦  
your loving mercy, O Lord, upheld me.
- 19 In the multitude of cares that troubled my heart, ♦  
your comforts have refreshed my soul. [R]
- 20 Will you have anything to do with the throne of wickedness, ♦  
which fashions evil through its law?
- 21 They gather together against the life of the righteous ♦  
and condemn the innocent to death.
- 22 But the Lord has become my stronghold ♦  
and my God the rock of my trust.
- 23 He will turn against them their own wickedness  
and silence them through their own malice; ♦  
the Lord our God will put them to silence.

*Refrain:* Righteous are you, O Lord, and true are your judgements.

*Lord God, judge of all,  
before whom no secrets are hidden,  
let your justice shine out  
and your righteousness sweep wickedness from its throne,  
that we may live free from fear and stumbling;  
through Jesus Christ our Lord.*

*Refrain:* Come, let us worship and bow down.

- 1 O come, let us sing to the Lord; ♦  
let us heartily rejoice in the rock of our salvation.
- 2 Let us come into his presence with thanksgiving ♦  
and be glad in him with psalms.
- 3 For the Lord is a great God ♦  
and a great king above all gods. [R]
- 4 In his hand are the depths of the earth ♦  
and the heights of the mountains are his also.
- 5 The sea is his, for he made it, ♦  
and his hands have moulded the dry land.
- 6 Come, let us worship and bow down ♦  
and kneel before the Lord our Maker.
- 7 For he is our God; ♦  
we are the people of his pasture and the sheep of his hand. [R]
- 8 O that today you would listen to his voice: ♦  
'Harden not your hearts as at Meribah,  
on that day at Massah in the wilderness,
- 9 'When your forebears tested me, and put me to the proof, ♦  
though they had seen my works.
- 10 'Forty years long I detested that generation and said, ♦  
'This people are wayward in their hearts;  
they do not know my ways.'
- 11 'So I swore in my wrath, ♦  
'They shall not enter into my rest.' '

*Refrain:* Come, let us worship and bow down.

*Lord God, the maker of all,  
as we bow down in praise this day,  
make us attentive to your voice  
and do not test us beyond our enduring;  
through Jesus Christ our Lord.*

*Refrain:* O worship the Lord in the beauty of holiness.

- 1 Sing to the Lord a new song; ♦  
sing to the Lord, all the earth.
- 2 Sing to the Lord and bless his name; ♦  
tell out his salvation from day to day.
- 3 Declare his glory among the nations ♦  
and his wonders among all peoples. [R]
- 4 For great is the Lord and greatly to be praised; ♦  
he is more to be feared than all gods.
- 5 For all the gods of the nations are but idols; ♦  
it is the Lord who made the heavens.
- 6 Honour and majesty are before him; ♦  
power and splendour are in his sanctuary. [R]
- 7 Ascribe to the Lord, you families of the peoples; ♦  
ascribe to the Lord honour and strength.
- 8 Ascribe to the Lord the honour due to his name; ♦  
bring offerings and come into his courts.
- 9 O worship the Lord in the beauty of holiness; ♦  
let the whole earth tremble before him.
- 10 Tell it out among the nations that the Lord is king. ♦  
He has made the world so firm that it cannot be moved;  
he will judge the peoples with equity. [R]
- 11 Let the heavens rejoice and let the earth be glad; ♦  
let the sea thunder and all that is in it;
- 12 Let the fields be joyful and all that is in them; ♦  
let all the trees of the wood shout for joy before the Lord.
- 13 For he comes, he comes to judge the earth; ♦  
with righteousness he will judge the world  
and the peoples with his truth.

*Refrain:* O worship the Lord in the beauty of holiness.

*Lord God, you draw us by your beauty  
and transform us by your holiness;  
let our worship echo all creation's praise  
and declare your glory to the nations;  
through Jesus Christ our Lord.*

## *Psalm 97*

*Refrain: You, Lord, are most high over all the earth.*

- 1 The Lord is king: let the earth rejoice; ♦  
let the multitude of the isles be glad.
- 2 Clouds and darkness are round about him; ♦  
righteousness and justice are the foundation of his throne.
- 3 Fire goes before him ♦  
and burns up his enemies on every side. [R]
- 4 His lightnings lit up the world; ♦  
the earth saw it and trembled.
- 5 The mountains melted like wax at the presence of the Lord, ♦  
at the presence of the Lord of the whole earth.
- 6 The heavens declared his righteousness, ♦  
and all the peoples have seen his glory. [R]
- 7 Confounded be all who worship carved images  
and delight in mere idols. ♦  
Bow down before him, all you gods.
- 8 Zion heard and was glad, and the daughters of Judah rejoiced, ♦  
because of your judgements, O Lord.
- 9 For you, Lord, are most high over all the earth; ♦  
you are exalted far above all gods. [R]
- 10 The Lord loves those who hate evil; ♦  
he preserves the lives of his faithful  
and delivers them from the hand of the wicked.

- 11 Light has sprung up for the righteous ♦  
and joy for the true of heart.
- 12 Rejoice in the Lord, you righteous, ♦  
and give thanks to his holy name.

*Refrain:* You, Lord, are most high over all the earth.

*Most high and holy God,  
enthroned in fire and light,  
burn away the dross of our lives  
and kindle in us the fire of your love,  
that our lives may reveal the light and life  
we find in your Son, our Lord Jesus Christ.*

*Refrain:* The Lord has made known his salvation.

- 1 Sing to the Lord a new song, ♦  
for he has done marvellous things.
- 2 His own right hand and his holy arm ♦  
have won for him the victory.
- 3 The Lord has made known his salvation; ♦  
his deliverance has he openly shown in the sight of the nations.
- 4 He has remembered his mercy and faithfulness  
towards the house of Israel, ♦  
and all the ends of the earth have seen the salvation of our God. [R]
- 5 Sound praises to the Lord, all the earth; ♦  
break into singing and make music.
- 6 Make music to the Lord with the lyre, ♦  
with the lyre and the voice of melody.
- 7 With trumpets and the sound of the horn ♦  
sound praises before the Lord, the King. [R]
- 8 Let the sea thunder and all that fills it, ♦  
the world and all that dwell upon it.
- 9 Let the rivers clap their hands ♦  
and let the hills ring out together before the Lord,  
for he comes to judge the earth.
- 10 In righteousness shall he judge the world ♦  
and the peoples with equity.

*Refrain:* The Lord has made known his salvation.

*Lord God, just and true,  
you make your salvation known in the sight of the nations;  
tune the song of our hearts to the music of creation  
as you come among us to judge the earth;  
through our Saviour Jesus Christ.*

- 1 The Lord is king: let the peoples tremble; ♦  
he is enthroned above the cherubim: let the earth shake.
- 2 The Lord is great in Zion ♦  
and high above all peoples.
- 3 Let them praise your name, which is great and awesome; ♦  
the Lord our God is holy.
- 4 Mighty king, who loves justice,  
you have established equity; ♦  
you have executed justice and righteousness in Jacob.
- 5 *Exalt the Lord our God; ♦  
bow down before his footstool, for he is holy.*
- 6 Moses and Aaron among his priests  
and Samuel among those who call upon his name; ♦  
they called upon the Lord and he answered them.
- 7 He spoke to them out of the pillar of cloud; ♦  
they kept his testimonies and the law that he gave them.
- 8 You answered them, O Lord our God; ♦  
you were a God who forgave them  
and pardoned them for their offences.
- 9 *Exalt the Lord our God  
and worship him upon his holy hill, ♦  
for the Lord our God is holy.*

*Lord God, mighty king,  
you love justice and establish equity;  
may we love justice more than gain  
and mercy more than power;  
through Jesus Christ our Lord.*

## Psalm 100

*Refrain: The Lord is gracious; his steadfast love is everlasting.*

- 1 O be joyful in the Lord, all the earth; ♦  
serve the Lord with gladness  
and come before his presence with a song.
- 2 Know that the Lord is God; ♦  
it is he that has made us and we are his;  
we are his people and the sheep of his pasture. [R]
- 3 Enter his gates with thanksgiving  
and his courts with praise; ♦  
give thanks to him and bless his name.
- 4 For the Lord is gracious; his steadfast love is everlasting, ♦  
and his faithfulness endures from generation to generation.

*Refrain: The Lord is gracious; his steadfast love is everlasting.*

*O Christ, door of the sheepfold,  
may we enter your gates with praise  
and go from your courts to serve you  
in the poor, the lost and the wandering,  
this day and all our days.*

## Psalm 101

*Refrain: Blessed are those who fear the Lord.*

- 1 I will sing of faithfulness and justice; ♦  
to you, O Lord, will I sing.
- 2 Let me be wise in the way that is perfect: ♦  
when will you come to me?
- 3 I will walk with purity of heart ♦  
within the walls of my house.
- 4 I will not set before my eyes ♦  
a counsel that is evil.

- 5 I abhor the deeds of unfaithfulness; ♦  
they shall not cling to me. [R]
- 6 A crooked heart shall depart from me; ♦  
I will not know a wicked person.
- 7 One who slanders a neighbour in secret ♦  
I will quickly put to silence.
- 8 Haughty eyes and an arrogant heart ♦  
I will not endure. [R]
- 9 My eyes are upon the faithful in the land, ♦  
that they may dwell with me.
- 10 One who walks in the way that is pure ♦  
shall be my servant.
- 11 There shall not dwell in my house ♦  
one that practises deceit.
- 12 One who utters falsehood ♦  
shall not continue in my sight. [R]
- 13 Morning by morning will I put to silence ♦  
all the wicked in the land,
- 14 To cut off from the city of the Lord ♦  
all those who practise evil.

*Refrain:* Blessed are those who fear the Lord.

*Keep us, O Lord,  
in purity of heart and faithfulness to your commands,  
that your servants may walk before you  
in the way that is perfect;  
through Jesus Christ our Lord.*

*Refrain:* My help comes from the Lord.

- 1 O Lord, hear my prayer ♦  
and let my crying come before you.
- 2 Hide not your face from me ♦  
in the day of my distress.
- 3 Incline your ear to me; ♦  
when I call, make haste to answer me, [R]
- 4 For my days are consumed in smoke ♦  
and my bones burn away as in a furnace.
- 5 My heart is smitten down and withered like grass, ♦  
so that I forget to eat my bread.
- 6 From the sound of my groaning ♦  
my bones cleave fast to my skin.
- 7 I am become like a vulture in the wilderness, ♦  
like an owl that haunts the ruins.
- 8 I keep watch and am become like a sparrow ♦  
solitary upon the housetop.
- 9 My enemies revile me all the day long, ♦  
and those who rage at me have sworn together against me.
- 10 I have eaten ashes for bread ♦  
and mingled my drink with weeping,
- 11 Because of your indignation and wrath, ♦  
for you have taken me up and cast me down.
- 12 My days fade away like a shadow, ♦  
and I am withered like grass. [R]
- 13 But you, O Lord, shall endure for ever ♦  
and your name through all generations.
- 14 You will arise and have pity on Zion; ♦  
it is time to have mercy upon her;  
surely the time has come.
- 15 For your servants love her very stones ♦  
and feel compassion for her dust.

- 16 Then shall the nations fear your name, O Lord, ♦  
and all the kings of the earth your glory,
- 17 When the Lord has built up Zion ♦  
and shown himself in glory;
- 18 When he has turned to the prayer of the destitute ♦  
and has not despised their plea. [R]
- 19 This shall be written for those that come after, ♦  
and a people yet unborn shall praise the Lord.
- 20 For he has looked down from his holy height; ♦  
from the heavens he beheld the earth,
- 21 That he might hear the sighings of the prisoner ♦  
and set free those condemned to die;
- 22 That the name of the Lord may be proclaimed in Zion ♦  
and his praises in Jerusalem,
- 23 When peoples are gathered together ♦  
and kingdoms also, to serve the Lord. [R]
- 24 He has brought down my strength in my journey ♦  
and has shortened my days.
- 25 I pray, 'O my God, do not take me in the midst of my days; ♦  
your years endure throughout all generations.
- 26 'In the beginning you laid the foundations of the earth, ♦  
and the heavens are the work of your hands;
- 27 'They shall perish, but you will endure; ♦  
they all shall wear out like a garment.
- 28 'You change them like clothing, and they shall be changed; ♦  
but you are the same, and your years will not fail.
- 29 'The children of your servants shall continue, ♦  
and their descendants shall be established in your sight.'

*Refrain:* My help comes from the Lord.

*Have pity on our frailty, O God,  
and in the hour of our death  
cast us not away as clothing that is worn,  
for you are our eternal refuge;  
through Jesus Christ our Lord.*

*Refrain:* The Lord is full of compassion and mercy.

- 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 Who forgives all your sins ♦  
and heals all your infirmities;
- 4 Who redeems your life from the Pit ♦  
and crowns you with faithful love and compassion;
- 5 Who satisfies you with good things, ♦  
so that your youth is renewed like an eagle's. [R]
  
- 6 The Lord executes righteousness ♦  
and judgement 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, ♦  
neither 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. [R]
- 11 For as the heavens are high above the earth, ♦  
so great is his mercy upon those who fear him.
- 12 As far as the east is from the west, ♦  
so far has he set our sins from us.
- 13 As a father has compassion on his children, ♦  
so is the Lord merciful towards those who fear him. [R]
- 14 For he knows of what we are made; ♦  
he remembers that we are but dust.
- 15 Our days are but as grass; ♦  
we flourish as a flower of the field;
- 16 For as soon as the wind goes over it, it is gone, ♦  
and its place shall know it no more.

- 17 But the merciful goodness of the Lord is from of old  
and endures for ever on those who fear him, ♦  
and his righteousness on children's children;
- 18 On those who keep his covenant ♦  
and remember his commandments to do them. [R]
- 19 The Lord has established his throne in heaven, ♦  
and his kingdom 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.

*Refrain:* The Lord is full of compassion and mercy.

*Merciful Lord,  
as we come from dust and return to dust,  
show us the face of our Redeemer,  
that in our frailty we may bless your name  
and praise you all our days;  
through Jesus Christ our Lord.*

*Refrain:* I will sing to the Lord as long as I live.

- 1 Bless the Lord, O my soul. ♦  
O Lord my God, how excellent is your greatness!
- 2 You are clothed with majesty and honour, ♦  
wrapped in light as in a garment.
- 3 You spread out the heavens like a curtain ♦  
and lay the beams of your dwelling place in the waters above.
- 4 You make the clouds your chariot ♦  
and ride on the wings of the wind.
- 5 You make the winds your messengers ♦  
and flames of fire your servants. [R]
- 6 You laid the foundations of the earth, ♦  
that it never should move at any time.
- 7 You covered it with the deep like a garment; ♦  
the waters stood high above the hills.
- 8 At your rebuke they fled; ♦  
at the voice of your thunder they hastened away.
- 9 They rose up to the hills and flowed down to the valleys beneath, ♦  
to the place which you had appointed for them.
- 10 You have set them their bounds that they should not pass, ♦  
nor turn again to cover the earth. [R]
- 11 You send the springs into the brooks, ♦  
which run among the hills.
- 12 They give drink to every beast of the field, ♦  
and the wild asses quench their thirst.
- 13 Beside them the birds of the air make their nests ♦  
and sing among the branches.
- 14 You water the hills from your dwelling on high; ♦  
the earth is filled with the fruit of your works. [R]
- 15 You make grass to grow for the cattle ♦  
and plants to meet our needs,
- 16 Bringing forth food from the earth ♦  
and wine to gladden our hearts,

- 17 Oil to give us a cheerful countenance ♦  
and bread to strengthen our hearts.
- 18 The trees of the Lord are full of sap, ♦  
the cedars of Lebanon which he planted,
- 19 In which the birds build their nests, ♦  
while the fir trees are a dwelling for the stork.
- 20 The mountains are a refuge for the wild goats ♦  
and the stony cliffs for the conies. [R]
- 21 You appointed the moon to mark the seasons, ♦  
and the sun knows the time for its setting.
- 22 You make darkness that it may be night, ♦  
in which all the beasts of the forest creep forth.
- 23 The lions roar for their prey ♦  
and seek their food from God.
- 24 The sun rises and they are gone ♦  
to lay themselves down in their dens.
- 25 People go forth to their work ♦  
and to their labour until the evening. [R]
- 26 O Lord, how manifold are your works! ♦  
In wisdom you have made them all;  
the earth is full of your creatures.
- 27 There is the sea, spread far and wide, ♦  
and there move creatures beyond number, both small and great.
- 28 There go the ships, and there is that Leviathan ♦  
which you have made to play in the deep.
- 29 All of these look to you ♦  
to give them their food in due season.
- 30 When you give it them, they gather it; ♦  
you open your hand and they are filled with good.
- 31 When you hide your face they are troubled; ♦  
when you take away their breath,  
they die and return again to the dust.
- 32 When you send forth your spirit, they are created, ♦  
and you renew the face of the earth. [R]

- 33 May the glory of the Lord endure for ever; ♦  
may the Lord rejoice in his works;
- 34 He looks on the earth and it trembles; ♦  
he touches the mountains and they smoke.
- 35 I will sing to the Lord as long as I live; ♦  
I will make music to my God while I have my being.
- 36 So shall my song please him ♦  
while I rejoice in the Lord.
- 37 Let sinners be consumed out of the earth  
and the wicked be no more. ♦  
Bless the Lord, O my soul.  
Alleluia.

*Refrain:* I will sing to the Lord as long as I live.

*Creator God,  
send your Holy Spirit to renew this living world,  
that the whole creation,  
in its groaning and striving,  
may know your loving purpose  
and come to reflect your glory;  
in Jesus Christ our Lord.*

*Refrain:* Remember the marvels the Lord has done.

- 1 O give thanks to the Lord and call upon his name; ♦  
make known his deeds among the peoples.
- 2 Sing to him, sing praises, ♦  
and tell of all his marvellous works.
- 3 Rejoice in the praise of his holy name; ♦  
let the hearts of them rejoice who seek the Lord.
- 4 Seek the Lord and his strength; ♦  
seek his face continually.
- 5 Remember the marvels he has done, ♦  
his wonders and the judgements of his mouth,
- 6 O seed of Abraham his servant, ♦  
O children of Jacob his chosen. [R]
- 7 He is the Lord our God; ♦  
his judgements are in all the earth.
- 8 He has always been mindful of his covenant, ♦  
the promise that he made for a thousand generations:
- 9 The covenant he made with Abraham, ♦  
the oath that he swore to Isaac,
- 10 Which he established as a statute for Jacob, ♦  
an everlasting covenant for Israel,
- 11 Saying, 'To you will I give the land of Canaan ♦  
to be the portion of your inheritance.' [R]
- 12 When they were but few in number, ♦  
of little account, and sojourners in the land,
- 13 Wandering from nation to nation, ♦  
from one kingdom to another people,
- 14 He suffered no one to do them wrong ♦  
and rebuked even kings for their sake,
- 15 Saying, 'Touch not my anointed ♦  
and do my prophets no harm.' [R]
- 16 Then he called down famine over the land ♦  
and broke every staff of bread.

- 17 But he had sent a man before them, ♦  
Joseph, who was sold as a slave.
- 18 They shackled his feet with fetters; ♦  
his neck was ringed with iron.
- 19 Until all he foretold came to pass, ♦  
the word of the Lord tested him.
- 20 The king sent and released him; ♦  
the ruler of peoples set him free.
- 21 He appointed him lord of his household ♦  
and ruler of all he possessed,
- 22 To instruct his princes as he willed ♦  
and to teach his counsellors wisdom. [R]
- 23 Then Israel came into Egypt; ♦  
Jacob sojourned in the land of Ham.
- 24 And the Lord made his people exceedingly fruitful; ♦  
he made them too many for their adversaries,
- 25 Whose heart he turned, so that they hated his people ♦  
and dealt craftily with his servants. [R]
- 26 Then sent he Moses his servant ♦  
and Aaron whom he had chosen.
- 27 He showed his signs through their word ♦  
and his wonders in the land of Ham.
- 28 He sent darkness and it grew dark; ♦  
yet they did not heed his words.
- 29 He turned their waters into blood ♦  
and slew all their fish.
- 30 Their land swarmed with frogs, ♦  
even in their kings' chambers.
- 31 He spoke the word, and there came clouds of flies, ♦  
swarms of gnats within all their borders.
- 32 He gave them hailstones for rain ♦  
and flames of lightning in their land.
- 33 He blasted their vines and their fig trees ♦  
and shattered trees across their country.

- 34 He spoke the word, and the grasshoppers came ♦  
and young locusts without number;
- 35 They ate every plant in their land ♦  
and devoured the fruit of their soil.
- 36 He smote all the firstborn in their land, ♦  
the first fruits of all their strength. [R]
- 37 Then he brought them out with silver and gold; ♦  
there was not one among their tribes that stumbled.
- 38 Egypt was glad at their departing, ♦  
for a dread of them had fallen upon them.
- 39 He spread out a cloud for a covering ♦  
and a fire to light up the night.
- 40 They asked and he brought them quails; ♦  
he satisfied them with the bread of heaven. [R]
- 41 He opened the rock, and the waters gushed out ♦  
and ran in the dry places like a river.
- 42 For he remembered his holy word ♦  
and Abraham, his servant.
- 43 So he brought forth his people with joy, ♦  
his chosen ones with singing.
- 44 He gave them the lands of the nations ♦  
and they took possession of the fruit of their toil,
- 45 That they might keep his statutes ♦  
and faithfully observe his laws.  
Alleluia.

*Refrain:* Remember the marvels the Lord has done.

*God of our earthly pilgrimage,  
feed your Easter people with the bread of heaven,  
that we may hunger and thirst for righteousness  
until we reach our promised land;  
through Jesus Christ our Lord.*

*Refrain:*    *The Lord remembered his covenant.*

- 1 Alleluia.  
    Give thanks to the Lord, for he is gracious, ♦  
    for his faithfulness endures for ever.
- 2 Who can express the mighty acts of the Lord ♦  
    or show forth all his praise?
- 3 Blessed are those who observe what is right ♦  
    and always do what is just.
- 4 Remember me, O Lord, in the favour you bear for your people; ♦  
    visit me in the day of your salvation;
- 5 That I may see the prosperity of your chosen  
    and rejoice in the gladness of your people, ♦  
    and exult with your inheritance. [R]
- 6 We have sinned like our forebears; ♦  
    we have done wrong and dealt wickedly.
- 7 In Egypt they did not consider your wonders,  
    nor remember the abundance of your faithful love; ♦  
    they rebelled against the Most High at the Red Sea.
- 8 But he saved them for his name's sake, ♦  
    that he might make his power to be known.
- 9 He rebuked the Red Sea and it was dried up; ♦  
    so he led them through the deep as through the wilderness.
- 10 He saved them from the adversary's hand ♦  
    and redeemed them from the hand of the enemy.
- 11 As for those that troubled them, the waters overwhelmed them; ♦  
    there was not one of them left.
- 12 Then they believed his words ♦  
    and sang aloud his praise. [R]
- 13 But soon they forgot his deeds ♦  
    and would not wait for his counsel.
- 14 A craving seized them in the wilderness, ♦  
    and they put God to the test in the desert.

- 15 He gave them their desire, ♦  
but sent a wasting sickness among them.
- 16 They grew jealous of Moses in the camp ♦  
and of Aaron, the holy one of the Lord.
- 17 So the earth opened and swallowed up Dathan ♦  
and covered the company of Abiram.
- 18 A fire was kindled in their company; ♦  
the flame burnt up the wicked. [R]
- 19 They made a calf at Horeb ♦  
and worshipped the molten image;
- 20 Thus they exchanged their glory ♦  
for the image of an ox that feeds on hay.
- 21 They forgot God their saviour, ♦  
who had done such great things in Egypt,
- 22 Wonderful deeds in the land of Ham ♦  
and fearful things at the Red Sea.
- 23 So he would have destroyed them,  
had not Moses his chosen stood before him in the breach, ♦  
to turn away his wrath from consuming them. [R]
- 24 Then they scorned the Promised Land ♦  
and would not believe his word,
- 25 But murmured in their tents ♦  
and would not heed the voice of the Lord.
- 26 So he lifted his hand against them ♦  
and swore to overthrow them in the wilderness,
- 27 To disperse their descendants among the nations, ♦  
and to scatter them throughout the lands. [R]
- 28 They joined themselves to the Baal of Peor ♦  
and ate sacrifices offered to the dead.
- 29 They provoked him to anger with their evil deeds ♦  
and a plague broke out among them.
- 30 Then Phinehas stood up and interceded ♦  
and so the plague was stayed.
- 31 This was counted to him for righteousness ♦  
throughout all generations for ever.

- 32 They angered him also at the waters of Meribah, ♦  
so that Moses suffered for their sake;
- 33 For they so embittered his spirit ♦  
that he spoke rash words with his lips. [R]
- 34 They did not destroy the peoples ♦  
as the Lord had commanded them.
- 35 They mingled with the nations ♦  
and learned to follow their ways,
- 36 So that they worshipped their idols, ♦  
which became to them a snare.
- 37 Their own sons and daughters ♦  
they sacrificed to evil spirits.
- 38 They shed innocent blood, ♦  
the blood of their sons and daughters,
- 39 Which they offered to the idols of Canaan, ♦  
and the land was defiled with blood.
- 40 Thus were they polluted by their actions, ♦  
and in their wanton deeds went whoring after other gods. [R]
- 41 Therefore was the wrath of the Lord  
kindled against his people, ♦  
and he abhorred his inheritance.
- 42 He gave them over to the hand of the nations, ♦  
and those who hated them ruled over them.
- 43 So their enemies oppressed them ♦  
and put them in subjection under their hand.
- 44 Many a time did he deliver them,  
but they rebelled through their own devices ♦  
and were brought down through their wickedness.
- 45 Nevertheless, he saw their adversity, ♦  
when he heard their lamentation.
- 46 He remembered his covenant with them ♦  
and relented according to the greatness of his faithful love.
- 47 He made them also to be pitied ♦  
by all who had taken them captive. [R]

- 48 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.
- 49 Blessed be the Lord, the God of Israel,  
from everlasting and to everlasting; ♦  
and let all the people say, Amen.  
Alleluia.

*Refrain:* The Lord remembered his covenant.

*Holy God,  
when our memories blot out your kindness  
and we ignore your patient love,  
remember us, re-make us,  
and give to us poor sinners  
the rich inheritance of Jesus Christ our Lord.*

### *Psalm 107*

- 1 O give thanks to the Lord, for he is gracious, ♦  
for his steadfast love endures for ever.
- 2 Let the redeemed of the Lord say this, ♦  
those he redeemed from the hand of the enemy,
- 3 And gathered out of the lands  
from the east and from the west, ♦  
from the north and from the south.
- 4 Some went astray in desert wastes ♦  
and found no path to a city to dwell in.
- 5 Hungry and thirsty, ♦  
their soul was fainting within them.
- 6 So they cried to the Lord in their trouble ♦  
and he delivered them from their distress.
- 7 He set their feet on the right way ♦  
till they came to a city to dwell in.
- 8 *Let them give thanks to the Lord for his goodness ♦  
and the wonders he does for his children.*

- 9 *For he satisfies the longing soul ♦  
and fills the hungry soul with good.*
- 10 Some sat in darkness and in the shadow of death, ♦  
bound fast in misery and iron,
- 11 For they had rebelled against the words of God ♦  
and despised the counsel of the Most High.
- 12 So he bowed down their heart with heaviness; ♦  
they stumbled and there was none to help them.
- 13 Then they cried to the Lord in their trouble, ♦  
and he delivered them from their distress.
- 14 He brought them out of darkness and out of the shadow of death, ♦  
and broke their bonds asunder.
- 15 *Let them give thanks to the Lord for his goodness ♦  
and the wonders he does for his children.*
- 16 *For he has broken the doors of bronze ♦  
and breaks the bars of iron in pieces.*
- 17 Some were foolish and took a rebellious way, ♦  
and were plagued because of their wrongdoing.
- 18 Their soul abhorred all manner of food ♦  
and drew near to the gates of death.
- 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 destruction.
- 21 *Let them give thanks to the Lord for his goodness ♦  
and the wonders he does for his children.*
- 22 *Let them offer him sacrifices of thanksgiving ♦  
and tell of his acts with shouts of joy.*
- 23 Those who go down to the sea in ships ♦  
and ply their trade in great waters,
- 24 These have seen the works of the Lord ♦  
and his wonders in the deep.

- 25 For at his word the stormy wind arose ♦  
and lifted up the waves of the sea.
- 26 They were carried up to the heavens  
and down again to the deep; ♦  
their soul melted away in their peril.
- 27 They reeled and staggered like a drunkard ♦  
and were at their wits' end.
- 28 Then they cried to the Lord in their trouble, ♦  
and he brought them out of their distress.
- 29 He made the storm be still ♦  
and the waves of the sea were calmed.
- 30 Then were they glad because they were at rest, ♦  
and he brought them to the haven they desired.
- 31 *Let them give thanks to the Lord for his goodness ♦  
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.*
- 33 The Lord turns rivers into wilderness ♦  
and water springs into thirsty ground;
- 34 A fruitful land he makes a salty waste, ♦  
because of the wickedness of those who dwell there.
- 35 He makes the wilderness a pool of water ♦  
and water springs out of a thirsty land.
- 36 There he settles the hungry ♦  
and they build a city to dwell in.
- 37 They sow fields and plant vineyards ♦  
and bring in a fruitful harvest.
- 38 He blesses them, so that they multiply greatly; ♦  
he does not let their herds of cattle decrease.
- 39 He pours contempt on princes ♦  
and makes them wander in trackless wastes.
- 40 They are diminished and brought low, ♦  
through stress of misfortune and sorrow,

- 41 But he raises the poor from their misery ♦  
and multiplies their families like flocks of sheep.
- 42 The upright will see this and rejoice, ♦  
but all wickedness will shut its mouth.
- 43 Whoever is wise will ponder these things ♦  
and consider the loving-kindness of the Lord.

*O living Christ,  
rescue us from foolish passion  
and still the storms of our self-will;  
and, as you are our anchor in this life,  
so bring us to the haven you have prepared for us;  
for your mercy's sake.*

### *Psalm 108*

*Refrain:* Be exalted, O God, above the heavens.

- 1 My heart is ready, O God, my heart is ready; ♦  
I will sing and give you praise.
- 2 Awake, my soul; awake, harp and lyre, ♦  
that I may awaken the dawn.
- 3 I will give you thanks, O Lord, among the peoples; ♦  
I will sing praise to you among the nations. [R]
- 4 For your loving-kindness is as high as the heavens ♦  
and your faithfulness reaches to the clouds.
- 5 Be exalted, O God, above the heavens ♦  
and your glory over all the earth.
- 6 That your beloved may be delivered, ♦  
save us by your right hand and answer me. [R]
- 7 God has spoken in his holiness: ♦  
'I will triumph and divide Shechem  
and share out the valley of Succoth.
- 8 'Gilead is mine and Manasseh is mine; ♦  
Ephraim is my helmet and Judah my sceptre.

- 9 'Moab shall be my washpot,  
over Edom will I cast my sandal, ♦  
across Philistia will I shout in triumph.' [R]
- 10 Who will lead me into the strong city? ♦  
Who will bring me into Edom?
- 11 Have you not cast us off, O God? ♦  
Will you no longer go forth with our troops?
- 12 O grant us your help against the enemy, ♦  
for earthly help is in vain.
- 13 Through God will we do great acts, ♦  
for it is he that shall tread down our enemies.

*Refrain:* Be exalted, O God, above the heavens.

*In times of terror, O God,  
give us boldness  
to act with courage, yet with mercy,  
for you rule the nations with the  
sword of truth;  
in Jesus Christ our Lord.*

## Psalm 109

*Refrain:* O Lord my God,  
save me for your loving mercy's sake.

- 1 Keep silent no longer, O God of my praise, ♦  
for the mouth of wickedness and treachery  
is opened against me.
- 2 They have spoken against me with a lying tongue; ♦  
they encompassed me with words of hatred  
and fought against me without a cause.
- 3 In return for my love, they set themselves against me, ♦  
even though I had prayed for them.
- 4 Thus have they repaid me with evil for good, ♦  
and hatred for my good will.
- 5 They say, 'Appoint a wicked man over him, ♦  
and let an accuser stand at his right hand.

- 6 'When he is judged, let him be found guilty, ♦  
and let his prayer be counted as sin. [R]
- 7 'Let his days be few ♦  
and let another take his office.
- 8 'Let his children be fatherless ♦  
and his wife become a widow.
- 9 'Let his children wander to beg their bread; ♦  
let them seek it in desolate places.
- 10 'Let the creditor seize all that he has; ♦  
let strangers plunder the fruit of his toil.
- 11 'Let there be no one to keep faith with him, ♦  
or have compassion on his fatherless children.
- 12 'Let his line soon come to an end ♦  
and his name be blotted out in the next generation. [R]
- 13 'Let the wickedness of his fathers  
    be remembered before the Lord, ♦  
and no sin of his mother be blotted out;
- 14 'Let their sin be always before the Lord, ♦  
that he may root out their name from the earth;
- 15 'Because he was not minded to keep faith, ♦  
but persecuted the poor and needy  
    and sought to kill the brokenhearted.
- 16 'He loved cursing and it came to him; ♦  
he took no delight in blessing and it was far from him.
- 17 'He clothed himself with cursing as with a garment: ♦  
it seeped into his body like water  
    and into his bones like oil;
- 18 'Let it be to him like the cloak  
    which he wraps around him ♦  
and like the belt that he wears continually.'
- 19 Thus may the Lord repay my accusers ♦  
and those who speak evil against me. [R]
- 20 But deal with me, O Lord my God, according to your name; ♦  
O deliver me, for sweet is your faithfulness.

- 21 For I am helpless and poor ♦  
and my heart is disquieted within me.
- 22 I fade like a shadow that lengthens; ♦  
I am shaken off like a locust.
- 23 My knees are weak through fasting ♦  
and my flesh is dried up and wasted.
- 24 I have become a reproach to them; ♦  
those who see me shake their heads in scorn. [R]
- 25 Help me, O Lord my God; ♦  
save me for your loving mercy's sake,
- 26 And they shall know that this is your hand, ♦  
that you, O Lord, have done it.
- 27 Though they curse, may you bless; ♦  
let those who rise up against me be confounded,  
but let your servant rejoice.
- 28 Let my accusers be clothed with disgrace ♦  
and wrap themselves in their shame as in a cloak.
- 29 I will give great thanks to the Lord with my mouth; ♦  
in the midst of the multitude will I praise him;
- 30 Because he has stood at the right hand of the needy, ♦  
to save them from those who would condemn them.

*Refrain:* O Lord my God,  
save me for your loving mercy's sake.

*Lord, when we are repaid with evil for good,  
help us not to return evil for evil,  
but to bear witness to your steadfast love,  
shown in the face of your dear Son,  
our Saviour Jesus Christ.*

*Refrain: The Lord is king and has put on glorious apparel.*

- 1 The Lord said to my lord, 'Sit at my right hand, ♦  
until I make your enemies your footstool.'
- 2 May the Lord stretch forth the sceptre of your power; ♦  
rule from Zion in the midst of your enemies.
- 3 'Noble are you on this day of your birth; ♦  
on the holy mountain, from the womb of the dawn  
the dew of your new birth is upon you.' [R]
- 4 The Lord has sworn and will not retract: ♦  
'You are a priest for ever after the order of Melchizedek.'
- 5 The king at your right hand, O Lord, ♦  
shall smite down kings in the day of his wrath. [R]
- 6 In all his majesty, he shall judge among the nations, ♦  
smiting heads over all the wide earth.
- 7 He shall drink from the brook beside the way; ♦  
therefore shall he lift high his head.

*Refrain: The Lord is king and has put on glorious apparel.*

*Lord Jesus, divine Son and eternal priest,  
inspire us with the confidence of your final conquest of evil,  
and grant that daily on our way  
we may drink of the brook of your eternal life  
and so find courage against all adversities;  
for your mercy's sake.*

*Refrain: The Lord is gracious and full of compassion.*

- 1 Alleluia.  
I will give thanks to the Lord with my whole heart, ♦  
in the company of the faithful and in the congregation.
- 2 The works of the Lord are great, ♦  
sought out by all who delight in them.
- 3 His work is full of majesty and honour ♦  
and his righteousness endures for ever.
- 4 He appointed a memorial for his marvellous deeds; ♦  
the Lord is gracious and full of compassion. [R]
- 5 He gave food to those who feared him; ♦  
he is ever mindful of his covenant.
- 6 He showed his people the power of his works ♦  
in giving them the heritage of the nations.
- 7 The works of his hands are truth and justice; ♦  
all his commandments are sure. [R]
- 8 They stand fast for ever and ever; ♦  
they are done in truth and equity.
- 9 He sent redemption to his people;  
he commanded his covenant for ever; ♦  
holy and awesome is his name.
- 10 The fear of the Lord is the beginning of wisdom;  
a good understanding have those who live by it; ♦  
his praise endures for ever.

*Refrain: The Lord is gracious and full of compassion.*

*Gracious God, you are full of compassion;  
may we who long for your kingdom to come  
rejoice to do your will  
and acknowledge your power alone to save;  
through Jesus Christ our Lord.*

*Refrain: The righteous will be held in everlasting remembrance.*

1 Alleluia.

Blessed are those who fear the Lord ♦  
and have great delight in his commandments.

2 Their descendants will be mighty in the land, ♦  
a generation of the faithful that will be blest.

3 Wealth and riches will be in their house, ♦  
and their righteousness endures for ever.

4 Light shines in the darkness for the upright; ♦  
gracious and full of compassion are the righteous. [R]

5 It goes well with those who are generous in lending ♦  
and order their affairs with justice,

6 For they will never be shaken; ♦  
the righteous will be held in everlasting remembrance.

7 They will not be afraid of any evil tidings; ♦  
their heart is steadfast, trusting in the Lord. [R]

8 Their heart is sustained and will not fear, ♦  
until they see the downfall of their foes.

9 They have given freely to the poor;  
their righteousness stands fast for ever; ♦  
their head will be exalted with honour.

10 The wicked shall see it and be angry;  
they shall gnash their teeth in despair; ♦  
the desire of the wicked shall perish.

*Refrain: The righteous will be held in everlasting remembrance.*

*Generous God,  
save us from the meanness  
that calculates its interest and hoards its earthly gain;  
as we have freely received,  
so may we freely give;  
in the grace of Jesus Christ our Lord.*

*Refrain: From the rising of the sun to its setting  
let the name of the Lord be praised.*

- 1 Alleluia.  
Give praise, you servants of the Lord, ♦  
O praise the name of the Lord.
- 2 Blessed be the name of the Lord, ♦  
from this time forth and for evermore.
- 3 From the rising of the sun to its setting ♦  
let the name of the Lord be praised.
- 4 The Lord is high above all nations ♦  
and his glory above the heavens. [R]
- 5 Who is like the Lord our God,  
that has his throne so high, ♦  
yet humbles himself to behold  
the things of heaven and earth?
- 6 He raises the poor from the dust ♦  
and lifts the needy from the ashes,
- 7 To set them with princes, ♦  
with the princes of his people.
- 8 He gives the barren woman a place in the house ♦  
and makes her a joyful mother of children.  
Alleluia.

*Refrain: From the rising of the sun to its setting  
let the name of the Lord be praised.*

*From the rising of the sun to its setting  
we praise your name, O Lord;  
may your promise to raise the poor from the dust  
and turn the fortunes of the needy upside down  
be fulfilled in our time also,  
as it was in your Son, Jesus Christ our Lord.*

*Refrain:* Tremble, O earth, at the presence of the Lord.

- 1 When Israel came out of Egypt, ♦  
the house of Jacob from a people of a strange tongue,
- 2 Judah became his sanctuary, ♦  
Israel his dominion.
- 3 The sea saw that, and fled; ♦  
Jordan was driven back.
- 4 The mountains skipped like rams, ♦  
the little hills like young sheep. [R]
- 5 What ailed you, O sea, that you fled? ♦  
O Jordan, that you were driven 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 turns the hard rock into a pool of water, ♦  
the flint-stone into a springing well.

*Refrain:* Tremble, O earth, at the presence of the Lord.

*Strike the rock of our hard hearts, O God,  
and let our tears of joy and sorrow  
mould us to bear the imprint of your love,  
given in Christ our risen Lord.*

*Refrain:* The Lord has been mindful of us and he will bless us.

- 1 Not to us, Lord, not to us,  
but to your name give the glory, ♦  
for the sake of your loving mercy and truth.
- 2 Why should the nations say, ♦  
'Where is now their God?'
- 3 As for our God, he is in heaven; ♦  
he does whatever he pleases.
- 4 Their idols are silver and gold, ♦  
the work of human hands. [R]
- 5 They have mouths, but cannot speak; ♦  
eyes have they, but cannot see;
- 6 They have ears, but cannot hear; ♦  
noses have they, but cannot smell;
- 7 They have hands, but cannot feel;  
feet have they, but cannot walk; ♦  
not a whisper do they make from their throats.
- 8 Those who make them shall become like them ♦  
and so will all who put their trust in them. [R]
  
- 9 But you, Israel, put your trust in the Lord; ♦  
he is their help and their shield.
- 10 House of Aaron, trust in the Lord; ♦  
he is their help and their shield.
- 11 You that fear the Lord, trust in the Lord; ♦  
he is their help and their shield.
- 12 The Lord has been mindful of us and he will bless us; ♦  
may he bless the house of Israel;  
may he bless the house of Aaron;
- 13 May he bless those who fear the Lord, ♦  
both small and great together. [R]
- 14 May the Lord increase you more and more, ♦  
you and your children after you.

- 15 May you be blest by the Lord, ♦  
the maker of heaven and earth.
- 16 The heavens are the heavens of the Lord, ♦  
but the earth he has entrusted to his children.
- 17 The dead do not praise the Lord, ♦  
nor those gone down into silence;
- 18 But we will bless the Lord, ♦  
from this time forth for evermore.  
Alleluia.

*Refrain:* The Lord has been mindful of us and he will bless us.

*Living God,  
defend us from the idols which our hearts enthrone,  
that we may not go down into silence  
but be raised to our heaven of heavens  
in Jesus Christ our Lord.*

### *Psalm 116*

*Refrain:* Gracious is the Lord and righteous.

- 1 I love the Lord,  
for he has heard the voice of my supplication; ♦  
because he inclined his ear to me  
on the day I called to him.
- 2 The snares of death encompassed me;  
the pains of hell took hold of me; ♦  
by grief and sorrow was I held.
- 3 Then I called upon the name of the Lord: ♦  
'O Lord, I beg you, deliver my soul.'
- 4 Gracious is the Lord and righteous; ♦  
our God is full of compassion. [R]
- 5 The Lord watches over the simple; ♦  
I was brought very low and he saved me.
- 6 Turn again to your rest, O my soul, ♦  
for the Lord has been gracious to you.

- 7 For you have delivered my soul from death, ♦  
my eyes from tears and my feet from falling.
- 8 I will walk before the Lord ♦  
in the land of the living. [R]
- 9 I believed that I should perish  
for I was sorely troubled; ♦  
and I said in my alarm,  
‘Everyone is a liar.’
- 10 How shall I repay the Lord ♦  
for all the benefits he has given to me?
- 11 I will lift up the cup of salvation ♦  
and call upon the name of the Lord.
- 12 I will fulfil my vows to the Lord ♦  
in the presence of all his people. [R]
- 13 Precious in the sight of the Lord ♦  
is the death of his faithful servants.
- 14 O Lord, I am your servant, ♦  
your servant, the child of your handmaid;  
you have freed me from my bonds.
- 15 I will offer to you a sacrifice of thanksgiving ♦  
and call upon the name of the Lord.
- 16 I will fulfil my vows to the Lord ♦  
in the presence of all his people,
- 17 In the courts of the house of the Lord, ♦  
in the midst of you, O Jerusalem.  
Alleluia.

*Refrain:* Gracious is the Lord and righteous.

*As we walk through the valley of the shadow of death,  
may we call upon your name,  
raise the cup of salvation,  
and so proclaim your death, O Lord,  
until you come in glory.*

## Psalm 117

*Refrain:* Alleluia.

- 1 O praise the Lord, all you nations; ♦  
praise him, all you peoples.
- 2 For great is his steadfast love towards us, ♦  
and the faithfulness of the Lord endures for ever.  
Alleluia.

*Refrain:* Alleluia.

*Gracious God,  
we praise you for your faithfulness  
and pray that every nation may find your blessing  
in the face of Jesus Christ our Lord.*

## Psalm 118

*Refrain:* I will give thanks to you,  
for you have become my salvation.

- 1 O give thanks to the Lord, for he is good; ♦  
his mercy endures for ever.
- 2 Let Israel now proclaim, ♦  
'His mercy endures for ever.'
- 3 Let the house of Aaron now proclaim, ♦  
'His mercy endures for ever.'
- 4 Let those who fear the Lord proclaim, ♦  
'His mercy endures for ever.' [R]
- 5 In my constraint I called to the Lord; ♦  
the Lord answered and set me free.
- 6 The Lord is at my side; I will not fear; ♦  
what can flesh do to me?
- 7 With the Lord at my side as my saviour, ♦  
I shall see the downfall of my enemies.
- 8 It is better to take refuge in the Lord ♦  
than to put any confidence in flesh.

- 9 It is better to take refuge in the Lord ♦  
than to put any confidence in princes. [R]
- 10 All the nations encompassed me, ♦  
but by the name of the Lord I drove them back.
- 11 They hemmed me in, they hemmed me in on every side, ♦  
but by the name of the Lord I drove them back.
- 12 They swarmed about me like bees;  
they blazed like fire among thorns, ♦  
but by the name of the Lord I drove them back.
- 13 Surely, I was thrust to the brink, ♦  
but the Lord came to my help. [R]
- 14 The Lord is my strength and my song, ♦  
and he has become my salvation.
- 15 Joyful shouts of salvation ♦  
sound from the tents of the righteous:
- 16 'The right hand of the Lord does mighty deeds;  
the right hand of the Lord raises up; ♦  
the right hand of the Lord does mighty deeds.'
- 17 I shall not die, but live ♦  
and declare the works of the Lord.
- 18 The Lord has punished me sorely, ♦  
but he has not given me over to death. [R]
- 19 Open to me the gates of righteousness, ♦  
that I may enter and give thanks to the Lord.
- 20 This is the gate of the Lord; ♦  
the righteous shall enter through it.
- 21 I will give thanks to you, for you have answered me ♦  
and have become my salvation.
- 22 The stone which the builders rejected ♦  
has become the chief cornerstone.
- 23 This is the Lord's doing, ♦  
and it is marvellous in our eyes.
- 24 This is the day that the Lord has made; ♦  
we will rejoice and be glad in it.

- 25 Come, O Lord, and save us we pray. ♦  
Come, Lord, send us now prosperity.
- 26 Blessed is he who comes in the name of the Lord; ♦  
we bless you from the house of the Lord.
- 27 The Lord is God; he has given us light; ♦  
link the pilgrims with cords  
right to the horns of the altar. [R]
- 28 You are my God and I will thank you; ♦  
you are my God and I will exalt you.
- 29 O give thanks to the Lord, for he is good; ♦  
his mercy endures for ever.

*Refrain: I will give thanks to you,  
for you have become my salvation.*

*Saving God,  
open the gates of righteousness,  
that your pilgrim people may enter  
and be built into a living temple  
on the cornerstone of our salvation,  
Jesus Christ our Lord.*

## Psalm 119

### I ✠ Aleph

*Refrain: Teach me, O Lord, the way of your statutes.*

- 1 Blessed are those whose way is pure, ♦  
who walk in the law of the Lord.
- 2 Blessed are those who keep his testimonies ♦  
and seek him with their whole heart,
- 3 Those who do no wickedness, ♦  
but walk in his ways.
- 4 You, O Lord, have charged ♦  
that we should diligently keep your commandments. [R]

- 5 O that my ways were made so direct ♦  
that I might keep your statutes.
- 6 Then should I not be put to shame, ♦  
because I have regard for all your commandments.
- 7 I will thank you with an unfeigned heart, ♦  
when I have learned your righteous judgements.
- 8 I will keep your statutes; ♦  
O forsake me not utterly. [R]

2 ☞ *Beth*

- 9 How shall young people cleanse their way ♦  
to keep themselves according to your word?
- 10 With my whole heart have I sought you; ♦  
O let me not go astray from your commandments.
- 11 Your words have I hidden within my heart, ♦  
that I should not sin against you.
- 12 Blessed are you, O Lord; ♦  
O teach me your statutes. [R]
- 13 With my lips have I been telling ♦  
of all the judgements of your mouth.
- 14 I have taken greater delight in the way of your testimonies ♦  
than in all manner of riches.
- 15 I will meditate on your commandments ♦  
and contemplate your ways.
- 16 My delight shall be in your statutes ♦  
and I will not forget your word. [R]

3 ↯ *Gimel*

- 17 O do good to your servant that I may live, ♦  
and so shall I keep your word.
- 18 Open my eyes, that I may see ♦  
the wonders of your law.
- 19 I am a stranger upon earth; ♦  
hide not your commandments from me.
- 20 My soul is consumed at all times ♦  
with fervent longing for your judgements. [R]

- 21 You have rebuked the arrogant; ♦  
cursed are those who stray from your commandments.
- 22 Turn from me shame and rebuke, ♦  
for I have kept your testimonies.
- 23 Rulers also sit and speak against me, ♦  
but your servant meditates on your statutes.
- 24 For your testimonies are my delight; ♦  
they are my faithful counsellors. [R]

4 7 *Daleth*

- 25 My soul cleaves to the dust; ♦  
O give me life according to your word.
- 26 I have acknowledged my ways and you have answered me; ♦  
O teach me your statutes.
- 27 Make me understand the way of your commandments, ♦  
and so shall I meditate on your wondrous works.
- 28 My soul melts away in tears of sorrow; ♦  
raise me up according to your word. [R]
- 29 Take from me the way of falsehood; ♦  
be gracious to me through your law.
- 30 I have chosen the way of truth ♦  
and your judgements have I laid before me.
- 31 I hold fast to your testimonies; ♦  
O Lord, let me not be put to shame.
- 32 I will run the way of your commandments, ♦  
when you have set my heart at liberty.

*Refrain:* Teach me, O Lord, the way of your statutes.

*Faithful God,  
let your word be the treasure of our hearts,  
that we may delight in your truth  
and walk in the glorious liberty of your  
Son Jesus Christ.*

5 ¶ He

*Refrain:* My delight shall be in your commandments.

- 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 my whole heart.
- 35 Lead me in the path of your commandments, ♦  
for therein is my delight.
- 36 Incline my heart to your testimonies ♦  
and not to unjust gain. [R]
- 37 Turn away my eyes lest they gaze on vanities; ♦  
O give me life in your ways.
- 38 Confirm to your servant your promise, ♦  
which stands for all who fear you.
- 39 Turn away the reproach which I dread, ♦  
because your judgements are good.
- 40 Behold, I long for your commandments; ♦  
in your righteousness give me life. [R]

6 ¶ Waw

- 41 Let your faithful love come unto me, O Lord, ♦  
even your salvation, according to your promise.
- 42 Then shall I answer those who taunt me, ♦  
for my trust is in your word.
- 43 O take not the word of truth utterly out of my mouth, ♦  
for my hope is in your judgements.
- 44 So shall I always keep your law; ♦  
I shall keep it for ever and ever. [R]
- 45 I will walk at liberty, ♦  
because I study your commandments.
- 46 I will tell of your testimonies, even before kings, ♦  
and will not be ashamed.
- 47 My delight shall be in your commandments, ♦  
which I have greatly loved.

- 48 My hands will I lift up to your commandments,  
which I love, ♦  
and I will meditate on your statutes. [R]

7 † Zayin

- 49 Remember your word to your servant, ♦  
on which you have built my hope.
- 50 This is my comfort in my trouble, ♦  
that your promise gives me life.
- 51 The proud have derided me cruelly, ♦  
but I have not turned aside from your law.
- 52 I have remembered your everlasting judgements, O Lord, ♦  
and have been comforted. [R]
- 53 I am seized with indignation at the wicked, ♦  
for they have forsaken your law.
- 54 Your statutes have been like songs to me ♦  
in the house of my pilgrimage.
- 55 I have thought on your name in the night, O Lord, ♦  
and so have I kept your law.
- 56 These blessings have been mine, ♦  
for I have kept your commandments.

*Refrain:* My delight shall be in your commandments.

*God of loving mercy,  
in this place of our pilgrimage  
turn your laws into songs,  
that we may find your promises  
fulfilled in Jesus Christ our Lord.*

8 ¶ Heth

*Refrain:* I know, O Lord, that your judgements are right.

- 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 back to your testimonies.
- 60 I made haste and did not delay ♦  
to keep your commandments. [R]
- 61 Though the cords of the wicked entangle me, ♦  
I do not forget your law.
- 62 At midnight I will rise to give you thanks, ♦  
because of your righteous judgements.
- 63 I am a companion of all those who fear you, ♦  
those who keep your commandments.
- 64 The earth, O Lord, is full of your faithful love; ♦  
instruct me in your statutes. [R]

9 ♡ Teth

- 65 You have dealt graciously with your servant, ♦  
according to your word, O Lord.
- 66 O teach me true understanding and knowledge, ♦  
for I have trusted in your commandments.
- 67 Before I was afflicted I went astray, ♦  
but now I keep your word.
- 68 You are gracious and do good; ♦  
O Lord, teach me your statutes. [R]
- 69 The proud have smeared me with lies, ♦  
but I will keep your commandments with my whole heart.
- 70 Their heart has become gross with fat, ♦  
but my delight is in your law.
- 71 It is good for me that I have been afflicted, ♦  
that I may learn your statutes.
- 72 The law of your mouth is dearer to me ♦  
than a hoard of gold and silver. [R]

10 ʾ Yodh

- 73 Your hands have made me and fashioned me; ♦  
give me understanding, that I may learn your commandments.
- 74 Those who fear you will be glad when they see me, ♦  
because I have hoped in your word.
- 75 I know, O Lord, that your judgements are right, ♦  
and that in very faithfulness you caused me to be troubled.
- 76 Let your faithful love be my comfort, ♦  
according to your promise to your servant. [R]
- 77 Let your tender mercies come to me, that I may live, ♦  
for your law is my delight.
- 78 Let the proud be put to shame, for they wrong me with lies; ♦  
but I will meditate on your commandments.
- 79 Let those who fear you turn to me, ♦  
even those who know your testimonies.
- 80 Let my heart be sound in your statutes, ♦  
that I may not be put to shame.

*Refrain:* I know, O Lord, that your judgements are right.

*God our comforter,  
send your Holy Spirit  
to reveal your hidden mercy  
even in our failures and troubles;  
for the sake of Jesus Christ our Lord.*

11 ʾ Kaph

*Refrain:* Give me life, O Lord, according to your word.

- 81 My soul is pining for your salvation; ♦  
I have hoped in your word.
- 82 My eyes fail with watching for your word, ♦  
while I say, 'O when will you comfort me?'
- 83 I have become like a wineskin in the smoke, ♦  
yet I do not forget your statutes.
- 84 How many are the days of your servant? ♦  
When will you bring judgement on those who persecute me? [R]

- 85 The proud have dug pits for me ♦  
in defiance of your law.
- 86 All your commandments are true; ♦  
help me, for they persecute me with falsehood.
- 87 They had almost made an end of me on earth, ♦  
but I have not forsaken your commandments.
- 88 Give me life according to your loving-kindness; ♦  
so shall I keep the testimonies of your mouth. [R]

12 *↳ Lamedh*

- 89 O Lord, your word is everlasting; ♦  
it ever stands firm in the heavens.
- 90 Your faithfulness also remains from one generation to another; ♦  
you have established the earth and it abides.
- 91 So also your judgements stand firm this day, ♦  
for all things are your servants.
- 92 If your law had not been my delight, ♦  
I should have perished in my trouble. [R]
- 93 I will never forget your commandments, ♦  
for by them you have given me life.
- 94 I am yours, O save me! ♦  
For I have sought your commandments.
- 95 The wicked have waited for me to destroy me, ♦  
but I will meditate on your testimonies.
- 96 I have seen an end of all perfection, ♦  
but your commandment knows no bounds. [R]

13 *↻ Mem*

- 97 Lord, how I love your law! ♦  
All the day long it is my study.
- 98 Your commandments have made me wiser than my enemies, ♦  
for they are ever with me.
- 99 I have more understanding than all my teachers, ♦  
for your testimonies are my meditation.
- 100 I am wiser than the aged, ♦  
because I keep your commandments. [R]

- 101 I restrain my feet from every evil way, ♦  
that I may keep your word.
- 102 I have not turned aside from your judgements, ♦  
for you have been my teacher.
- 103 How sweet are your words on my tongue! ♦  
They are sweeter than honey to my mouth.
- 104 Through your commandments I get understanding; ♦  
therefore I hate all lying ways.

*Refrain:* Give me life, O Lord, according to your word.

*Lord Christ,  
as we sit at your feet,  
teach us your living way;  
for you are our Word and Wisdom,  
one God with the Father and the Holy Spirit,  
now and for ever.*

*14 ¶ Nun*

*Refrain:* O deal with your servant according to your faithful love.

- 105 Your word is a lantern to my feet ♦  
and a light upon my path.
- 106 I have sworn and will fulfil it, ♦  
to keep your righteous judgements.
- 107 I am troubled above measure; ♦  
give me life, O Lord, according to your word.
- 108 Accept the freewill offering of my mouth, O Lord, ♦  
and teach me your judgements. [R]
- 109 My soul is ever in my hand, ♦  
yet I do not forget your law.
- 110 The wicked have laid a snare for me, ♦  
but I have not strayed from your commandments.
- 111 Your testimonies have I claimed as my heritage for ever; ♦  
for they are the very joy of my heart.

112 I have applied my heart to fulfil your statutes: ♦  
always, even to the end. [R]

15 ▮ *Samekh*

113 I hate those who are double-minded, ♦  
but your law do I love.

114 You are my hiding place and my shield ♦  
and my hope is in your word.

115 Away from me, you wicked! ♦  
I will keep the commandments of my God.

116 Sustain me according to your promise, that I may live, ♦  
and let me not be disappointed in my hope. [R]

117 Hold me up and I shall be saved, ♦  
and my delight shall be ever in your statutes.

118 You set at nought those who depart from your statutes, ♦  
for their deceiving is in vain.

119 You consider all the wicked as dross; ♦  
therefore I love your testimonies.

120 My flesh trembles for fear of you ♦  
and I am afraid of your judgements. [R]

16 ▮ *Ayin*

121 I have done what is just and right; ♦  
O give me not over to my oppressors.

122 Stand surety for your servant's good; ♦  
let not the proud oppress me.

123 My eyes fail with watching for your salvation ♦  
and for your righteous promise.

124 O deal with your servant according to your faithful love ♦  
and teach me your statutes. [R]

125 I am your servant; O grant me understanding, ♦  
that I may know your testimonies.

126 It is time for you to act, O Lord, ♦  
for they frustrate your law.

- 127 Therefore I love your commandments ♦  
above gold, even much fine gold.
- 128 Therefore I direct my steps by all your precepts, ♦  
and all false ways I utterly abhor.

*Refrain:* O deal with your servant according to your faithful love.

O God, save us from ourselves,  
from double standards  
and divided hearts,  
and give us light and life  
in Jesus Christ our Lord.

17 **▷** Pe

*Refrain:* The opening of your word gives light.

- 129 Your testimonies are wonderful; ♦  
therefore my soul keeps them.
- 130 The opening of your word gives light; ♦  
it gives understanding to the simple.
- 131 I open my mouth and draw in my breath, ♦  
as I long for your commandments.
- 132 Turn to me and be gracious to me, ♦  
as is your way with those who love your name. [R]
- 133 Order my steps by your word, ♦  
and let no wickedness have dominion over me.
- 134 Redeem me from earthly oppressors ♦  
so that I may keep your commandments.
- 135 Show the light of your countenance upon your servant ♦  
and teach me your statutes.
- 136 My eyes run down with streams of water, ♦  
because the wicked do not keep your law. [R]

18  *Tsadhe*

- 137 Righteous are you, O Lord, ♦  
and true are your judgements.
- 138 You have ordered your decrees in righteousness ♦  
and in great faithfulness.
- 139 My indignation destroys me, ♦  
because my adversaries forget your word.
- 140 Your word has been tried to the uttermost ♦  
and so your servant loves it. [R]
- 141 I am small and of no reputation, ♦  
yet do I not forget your commandments.
- 142 Your righteousness is an everlasting righteousness ♦  
and your law is the truth.
- 143 Trouble and heaviness have taken hold upon me, ♦  
yet my delight is in your commandments.
- 144 The righteousness of your testimonies is everlasting; ♦  
O grant me understanding and I shall live. [R]

19  *Qoph*

- 145 I call with my whole heart; ♦  
answer me, O Lord, that I may keep your statutes.
- 146 To you I call, O save me! ♦  
And I shall keep your testimonies.
- 147 Early in the morning I cry to you, ♦  
for in your word is my trust.
- 148 My eyes are open before the night watches, ♦  
that I may meditate on your word. [R]
- 149 Hear my voice, O Lord, according to your faithful love; ♦  
according to your judgement, give me life.
- 150 They draw near that in malice persecute me, ♦  
who are far from your law.
- 151 You, O Lord, are near at hand, ♦  
and all your commandments are true.

152 Long have I known of your testimonies, ♦  
that you have founded them for ever.

*Refrain:* The opening of your word gives light.

*Lord, you are just  
and your commandments are eternal;  
teach us to love you with all our heart  
and our neighbour as ourselves,  
for the sake of Jesus Christ our Lord.*

20 ↷ *Resh*

*Refrain:* I have longed for your salvation, O Lord.

153 O consider my affliction and deliver me, ♦  
for I do not forget your law.

154 Plead my cause and redeem me; ♦  
according to your promise, give me life.

155 Salvation is far from the wicked, ♦  
for they do not seek your statutes.

156 Great is your compassion, O Lord; ♦  
give me life, according to your judgements. [R]

157 Many there are that persecute and oppress me, ♦  
yet do I not swerve from your testimonies.

158 It grieves me when I see the treacherous, ♦  
for they do not keep your word.

159 Consider, O Lord, how I love your commandments; ♦  
give me life according to your loving-kindness.

160 The sum of your word is truth, ♦  
and all your righteous judgements endure for evermore. [R]

21 ✨ *Shin*

161 Princes have persecuted me without a cause, ♦  
but my heart stands in awe of your word.

162 I am as glad of your word ♦  
as one who finds great spoils.

- 163 As for lies, I hate and abhor them, ♦  
but your law do I love.
- 164 Seven times a day do I praise you, ♦  
because of your righteous judgements. [R]
- 165 Great peace have they who love your law; ♦  
nothing shall make them stumble.
- 166 Lord, I have looked for your salvation ♦  
and I have fulfilled your commandments.
- 167 My soul has kept your testimonies ♦  
and greatly have I loved them.
- 168 I have kept your commandments and testimonies, ♦  
for all my ways are before you. [R]

22  *Taw*

- 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 have taught me your statutes.
- 172 My tongue shall sing of your word, ♦  
for all your commandments are righteous. [R]
- 173 Let your hand reach out to help me, ♦  
for I have chosen your commandments.
- 174 I have longed for your salvation, O Lord, ♦  
and your law is my delight.
- 175 Let my soul live and it shall praise you, ♦  
and let your judgements be my help.
- 176 I have gone astray like a sheep that is lost; ♦  
O seek your servant, for I do not forget your commandments.

*Refrain:* I have longed for your salvation, O Lord.

*God of mercy, swift to help us,  
as our lips pour forth your praise,  
fill our hearts with the peace you give  
to those who wait for your salvation  
in Jesus Christ our Lord.*

*Refrain:* Deliver me, O Lord, from lying lips.

- 1 When I was in trouble I called to the Lord; ♦  
I called to the Lord and he answered me.
- 2 Deliver me, O Lord, from lying lips ♦  
and from a deceitful tongue.
- 3 What shall be given to you? ♦  
What more shall be done to you, deceitful tongue?
- 4 The sharp arrows of a warrior, ♦  
tempered in burning coals! [R]
- 5 Woe is me, that I must lodge in Meshech ♦  
and dwell among the tents of Kedar.
- 6 My soul has dwelt too long ♦  
with enemies of peace.
- 7 I am for making peace, ♦  
but when I speak of it, they make ready for war.

*Refrain:* Deliver me, O Lord, from lying lips.

*God of consolation,  
look on us, pilgrims in a strange land;  
preserve us from slander and deceit,  
show us the truth  
and give to our souls the peace of Christ.*

*Refrain:* The Lord shall keep you from all evil.

- 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 suffer your foot to stumble; ♦  
he who watches over you will not sleep.
- 4 Behold, he who keeps watch over Israel ♦  
shall neither slumber nor sleep. [R]
- 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, ♦  
neither the moon by night.
- 7 The Lord shall keep you from all evil; ♦  
it is he who shall keep your soul.
- 8 The Lord shall keep watch over your going out  
and your coming in, ♦  
from this time forth for evermore.

*Refrain:* The Lord shall keep you from all evil.

*Lord, ever watchful and faithful,  
we look to you to be our defence  
and we lift our hearts to know your help;  
through Jesus Christ our Lord.*

*Refrain:* How lovely is your dwelling place, O Lord of hosts.

- 1 I was glad when they said to me, ♦  
'Let us go to the house of the Lord.'
- 2 And now our feet are standing ♦  
within your gates, O Jerusalem;
- 3 Jerusalem, built as a city ♦  
that is at unity in itself.
- 4 Thither the tribes go up, the tribes of the Lord, ♦  
as is decreed for Israel,  
to give thanks to the name of the Lord.
- 5 For there are set the thrones of judgement, ♦  
the thrones of the house of David. [R]
- 6 O pray for the peace of Jerusalem: ♦  
'May they prosper who love you.
- 7 'Peace be within your walls ♦  
and tranquillity within your palaces.'
- 8 For my kindred and companions' sake, ♦  
I will pray that peace be with you.
- 9 For the sake of the house of the Lord our God, ♦  
I will seek to do you good.

*Refrain:* How lovely is your dwelling place, O Lord of hosts.

*God of our pilgrimage,  
bring us with joy to the eternal city  
founded on the rock,  
and give to our earthly cities  
the peace that comes from above;  
through Jesus Christ our Lord.*

*Refrain:* Our eyes wait upon the Lord our God.

- 1 To you I lift up my eyes, ♦  
to you that are enthroned in the heavens.
- 2 As the eyes of servants look to the hand of their master, ♦  
or the eyes of a maid to the hand of her mistress,
- 3 So our eyes wait upon the Lord our God, ♦  
until he have mercy upon us. [R]
- 4 Have mercy upon us, O Lord, have mercy upon us, ♦  
for we have had more than enough of contempt.
- 5 Our soul has had more than enough of the scorn of the arrogant, ♦  
and of the contempt of the proud.

*Refrain:* Our eyes wait upon the Lord our God.

*Sovereign God, enthroned in the heavens,  
look upon us with your eyes of mercy,  
as we look on you with humility and love,  
and fill our souls with your peace  
through Jesus Christ our Lord.*

*Refrain:* Our help is in the name of the Lord.

- 1 If the Lord himself had not been on our side, ♦  
now may Israel say;
- 2 If the Lord had not been on our side, ♦  
when enemies rose up against us;
- 3 Then would they have swallowed us alive ♦  
when their anger burned against us;
- 4 Then would the waters have overwhelmed us  
and the torrent gone over our soul; ♦  
over our soul would have swept the raging waters. [R]
- 5 But blessed be the Lord ♦  
who has not given us over to be a prey for their teeth.
- 6 Our soul has escaped  
as a bird from the snare of the fowler; ♦  
the snare is broken and we are delivered.
- 7 Our help is in the name of the Lord, ♦  
who has made heaven and earth.

*Refrain:* Our help is in the name of the Lord.

*O God, maker of heaven and earth,  
you save us in the water of baptism  
and by the suffering of your Son you set us free;  
help us to put our trust in his victory  
and to know the salvation won for us  
by Jesus Christ our Lord.*

*Refrain:*    *Glorious things are spoken of you,  
Zion, city of our God.*

- 1    Those who trust in the Lord are like Mount Zion, ♦  
      which cannot be moved, but stands fast for ever.
- 2    As the hills stand about Jerusalem, ♦  
      so the Lord stands round about his people,  
      from this time forth for evermore.
- 3    The sceptre of wickedness shall not hold sway  
      over the land allotted to the righteous, ♦  
      lest the righteous turn their hands to evil.
- 4    Do good, O Lord, to those who are good, ♦  
      and to those who are true of heart.
- 5    Those who turn aside to crooked ways  
      the Lord shall take away with the evildoers; ♦  
      but let there be peace upon Israel.

*Refrain:*    *Glorious things are spoken of you,  
Zion, city of our God.*

*God of power,  
you are strong to save  
and you never fail those who trust in you;  
keep us under your protection  
and spread abroad your reign of peace  
through Jesus Christ our Lord.*

## Psalm 126

*Refrain:* The Lord has indeed done great things for us.

- 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 songs of joy.
- 3 Then said they among the nations, ♦  
'The Lord has done great things for them.'
- 4 The Lord has indeed done great things for us, ♦  
and therefore we rejoiced. [R]
- 5 Restore again our fortunes, O Lord, ♦  
as the river beds of the desert.
- 6 Those who sow in tears ♦  
shall reap with songs of joy.
- 7 Those who go out weeping, bearing the seed, ♦  
will come back with shouts of joy,  
bearing their sheaves with them.

*Refrain:* The Lord has indeed done great things for us.

*Lord, as you send rain and flowers  
even to the wilderness,  
renew us by your Holy Spirit,  
help us to sow good seed in time of adversity  
and to live to rejoice in your good harvest of all creation;  
through Jesus Christ our Lord.*

## Psalm 127

*Refrain:* The Lord shall keep watch over your going out  
and your coming in.

- 1 Unless the Lord builds the house, ♦  
those who build it labour in vain.

- 2 Unless the Lord keeps the city, ♦  
the guard keeps watch in vain.
- 3 It is in vain that you hasten to rise up early  
and go so late to rest, eating the bread of toil, ♦  
for he gives his beloved sleep. [R]
- 4 Children are a heritage from the Lord ♦  
and the fruit of the womb is his gift.
- 5 Like arrows in the hand of a warrior, ♦  
so are the children of one's youth.
- 6 Happy are those who have their quiver full of them: ♦  
they shall not be put to shame  
when they dispute with their enemies in the gate.

*Refrain:* The Lord shall keep watch over your going out  
and your coming in.

*Lord, you are ever watchful  
and bless us with your gifts;  
as you provide for all our needs,  
so help us to build only what pleases you;  
through Jesus Christ our Lord.*

## Psalm 128

*Refrain:* How abundant is your goodness, O Lord.

- 1 Blessed are all those who fear the Lord, ♦  
and walk in his ways.
- 2 You shall eat the fruit of the toil of your hands; ♦  
it shall go well with you, and happy shall you be. [R]
- 3 Your wife within your house  
shall be like a fruitful vine; ♦  
your children round your table,  
like fresh olive branches.
- 4 Thus shall the one be blest ♦  
who fears the Lord. [R]

- 5 The Lord from out of Zion bless you, ♦  
that you may see Jerusalem in prosperity  
all the days of your life.
- 6 May you see your children's children, ♦  
and may there be peace upon Israel.

*Refrain:* How abundant is your goodness, O Lord.

*O Christ, our true vine,  
may we your branches  
be ever fruitful in your service  
and share your love and peace with all your children,  
in the power of the Spirit and to the glory of the Father.*

### *Psalm 129*

*Refrain:* The Lord ransoms the life of his servants.

- 1 'Many a time have they fought against me from my youth,' ♦  
may Israel now say;
- 2 'Many a time have they fought against me from my youth, ♦  
but they have not prevailed against me.'
- 3 The ploughers ploughed upon my back ♦  
and made their furrows long.
- 4 But the righteous Lord ♦  
has cut the cords of the wicked in pieces. [R]
- 5 Let them be put to shame and turned backwards, ♦  
as many as are enemies of Zion.
- 6 Let them be like grass upon the housetops, ♦  
which withers before it can grow,
- 7 So that no reaper can fill his hand, ♦  
nor a binder of sheaves his bosom;
- 8 And none who go by may say,  
'The blessing of the Lord be upon you. ♦  
We bless you in the name of the Lord.'

*Refrain:* The Lord ransoms the life of his servants.

*Jesus our redeemer,  
you bore the cut of the lash  
for us and our salvation;  
help us to bear our sufferings  
and to share in the affliction  
of all who suffer for your holy name.*

## *Psalm 130*

*Refrain: My soul waits for the Lord.*

- 1 Out of the depths have I cried to you, O Lord;  
Lord, hear my voice; ♦  
let your ears consider well the voice of my supplication.
- 2 If you, Lord, were to mark what is done amiss, ♦  
O Lord, who could stand?
- 3 But there is forgiveness with you, ♦  
so that you shall be feared. [R]
- 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 the night watch for the morning, ♦  
more than the night watch for the morning. [R]
- 6 O Israel, wait for the Lord, ♦  
for with the Lord there is mercy;
- 7 With him is plenteous redemption ♦  
and he shall redeem Israel from all their sins.

*Refrain: My soul waits for the Lord.*

*Father, we commend to your faithful love  
those who are crying from the depths;  
help them to watch and pray  
through their time of darkness,  
in sure hope of the dawn of your  
forgiveness and redemption;  
through Jesus Christ our Lord.*

## Psalm 131

*Refrain:* O Israel, trust in the Lord.

- 1 O Lord, my heart is not proud; ♦  
my eyes are not raised in haughty looks.
- 2 I do not occupy myself with great matters, ♦  
with things that are too high for me.
- 3 But I have quieted and stilled my soul,  
like a weaned child on its mother's breast; ♦  
so my soul is quieted within me.
- 4 O Israel, trust in the Lord, ♦  
from this time forth for evermore.

*Refrain:* O Israel, trust in the Lord.

*Eternal God,  
calm and quieten our souls;  
keep us humble and full of wonder  
and trusting as we live in your love;  
through Jesus Christ our Lord.*

## Psalm 132

*Refrain:* Arise, O Lord, into your resting place.

- 1 Lord, remember for David ♦  
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 within the shelter 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.' [R]
- 6 Now, we heard of the ark in Ephrathah ♦  
and found it in the fields of Ja-ar.

- 7 Let us enter his dwelling place ♦  
and fall low before his footstool.
- 8 Arise, O Lord, into your resting place, ♦  
you and the ark of your strength.
- 9 Let your priests be clothed with righteousness ♦  
and your faithful ones sing with joy.
- 10 For your servant David's sake, ♦  
turn not away the face of your anointed. [R]
- 11 The Lord has sworn an oath to David, ♦  
a promise from which he will not shrink:
- 12 'Of the fruit of your body ♦  
shall I set upon your throne.
- 13 'If your children keep my covenant  
and my testimonies that I shall teach them, ♦  
their children also shall sit upon your throne for evermore.'
- 14 For the Lord has chosen Zion for himself; ♦  
he has desired her for his habitation: [R]
- 15 'This shall be my resting place for ever; ♦  
here will I dwell, for I have longed for her.
- 16 'I will abundantly bless her provision; ♦  
her poor will I satisfy with bread.
- 17 'I will clothe her priests with salvation, ♦  
and her faithful ones shall rejoice and sing.
- 18 'There will I make a horn to spring up for David; ♦  
I will keep a lantern burning for my anointed.
- 19 'As for his enemies, I will clothe them with shame; ♦  
but on him shall his crown be bright.'

*Refrain:* Arise, O Lord, into your resting place.

*Jesus, Son of David,  
make us a priestly people;  
clothe us in righteousness,  
make us fruitful,  
and give us hearts to shout for joy in your salvation;  
we pray in the power of the Spirit.*

## Psalm 133

*Refrain: Mercy and truth are met together,  
righteousness and peace have kissed each other.*

- 1 Behold how good and pleasant it is ♦  
to dwell together in unity.
- 2 It is like the precious oil upon the head, ♦  
running down upon the beard,
- 3 Even on Aaron's beard, ♦  
running down upon the collar of his clothing.
- 4 It is like the dew of Hermon ♦  
running down upon the hills of Zion.
- 5 For there the Lord has promised his blessing: ♦  
even life for evermore.

*Refrain: Mercy and truth are met together,  
righteousness and peace have kissed each other.*

*Grant to your people, good Lord,  
the spirit of unity,  
that they may dwell together in your love,  
and so bear to the world  
the ointment of your healing and the  
dew of your blessing;  
through Jesus Christ our Lord.*

## Psalm 134

*Refrain: Bless the Lord, O my soul.*

- 1 Come, bless the Lord, all you servants of the Lord, ♦  
you that by night stand in the house of the Lord.
- 2 Lift up your hands towards the sanctuary ♦  
and bless the Lord.
- 3 The Lord who made heaven and earth ♦  
give you blessing out of Zion.

*Refrain: Bless the Lord, O my soul.*

*Guard all your household, Lord,  
through the dark night of faith,  
and purify the hearts of those who wait on you,  
until your kingdom dawns with the  
rising of your Son,  
Christ, the morning star.*

## *Psalm 135*

*Refrain: Praise the Lord, for the Lord is good.*

- 1 Alleluia.  
Praise the name of the Lord; ♦  
give praise, you servants of the Lord,
- 2 You that 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; ♦  
make music to his name, for it is lovely.
- 4 For the Lord has chosen Jacob for himself ♦  
and Israel for his own possession. [R]
- 5 For I know that the Lord is great ♦  
and that our Lord is above all gods.
- 6 The Lord does whatever he pleases  
in heaven and on earth, ♦  
in the seas and in all the deeps.
- 7 He brings up the clouds from the ends of the earth; ♦  
he makes lightning with the rain  
and brings the winds out of his treasuries. [R]
- 8 He smote the firstborn of Egypt, ♦  
the firstborn of man and beast.
- 9 He sent signs and wonders into your midst, O Egypt, ♦  
upon Pharaoh and all his servants.
- 10 He smote many nations ♦  
and slew mighty kings:
- 11 Sihon, king of the Amorites,  
and Og, the king of Bashan, ♦  
and all the kingdoms of Canaan.

- 12 He gave their land as a heritage, ♦  
a heritage for Israel his people. [R]
- 13 Your name, O Lord, endures for ever ♦  
and shall be remembered through all generations.
- 14 For the Lord will vindicate his people ♦  
and have compassion on his servants. [R]
- 15 The idols of the nations are but silver and gold, ♦  
the work of human hands.
- 16 They have mouths, but cannot speak; ♦  
eyes have they, but cannot see;
- 17 They have ears, but cannot hear; ♦  
neither is there any breath in their mouths.
- 18 Those who make them shall become like them, ♦  
and so will all who put their trust in them. [R]
- 19 Bless the Lord, O house of Israel; ♦  
O house of Aaron, bless the Lord.
- 20 Bless the Lord, O house of Levi; ♦  
you who fear the Lord, bless the Lord.
- 21 Blessed be the Lord from Zion, ♦  
who dwells in Jerusalem.  
Alleluia.

*Refrain:* Praise the Lord, for the Lord is good.

*Wise and gracious God,  
save us from the idols of our hearts  
and keep us in your living presence,  
that we may become a people for your praise  
in Jesus Christ our Lord.*

- 1 Give thanks to the Lord, for he is gracious, ♦  
*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 alone does great wonders, ♦  
*for his mercy endures for ever;*
- 5 Who by wisdom made the heavens, ♦  
*for his mercy endures for ever;*
- 6 Who laid out the earth upon the waters, ♦  
*for his mercy endures for ever;*
- 7 Who made the great lights, ♦  
*for his mercy endures for ever;*
- 8 The sun to rule the day, ♦  
*for his mercy endures for ever;*
- 9 The moon and the stars to govern the night, ♦  
*for his mercy endures for ever;*
  
- 10 Who smote the firstborn of Egypt, ♦  
*for his mercy endures for ever;*
- 11 And brought out Israel from among them, ♦  
*for his mercy endures for ever;*
- 12 With a mighty hand and outstretched arm, ♦  
*for his mercy endures for ever;*
- 13 Who divided the Red Sea in two, ♦  
*for his mercy endures for ever;*
- 14 And made Israel to pass through the midst of it, ♦  
*for his mercy endures for ever;*
- 15 But Pharaoh and his host he overthrew in the Red Sea, ♦  
*for his mercy endures for ever;*
- 16 Who led his people through the wilderness, ♦  
*for his mercy endures for ever;*

- 17 Who smote great kings, ♦  
*for his mercy endures for ever;*
- 18 And slew mighty kings, ♦  
*for his mercy endures for ever;*
- 19 Sihon, king of the Amorites, ♦  
*for his mercy endures for ever;*
- 20 And Og, the king of Bashan, ♦  
*for his mercy endures for ever;*
- 21 And gave away their land for a heritage, ♦  
*for his mercy endures for ever;*
- 22 A heritage for Israel his servant, ♦  
*for his mercy endures for ever;*
- 23 Who remembered us when we were in trouble, ♦  
*for his mercy endures for ever;*
- 24 And delivered us from our enemies, ♦  
*for his mercy endures for ever;*
- 25 Who gives food to all creatures, ♦  
*for his mercy endures for ever.*
- 26 Give thanks to the God of heaven, ♦  
*for his mercy endures for ever.*

*Remember us, O God, and shape our history,  
form our inward eyes  
to see the shadow of the life-giving cross  
in the turbulence of our time;  
for his sake who died for all,  
Christ our Lord.*

*Refrain:* O pray for the peace of Jerusalem.

- 1 By the waters of Babylon we sat down and wept, ♦  
when we remembered Zion.
- 2 As for our lyres, we hung them up ♦  
on the willows that grow in that land.
- 3 For there our captors asked for a song,  
our tormentors called for mirth: ♦  
'Sing us one of the songs of Zion.' [R]
- 4 How shall we sing the Lord's song ♦  
in a strange land?
- 5 If I forget you, O Jerusalem, ♦  
let my right hand forget its skill.
- 6 Let my tongue cleave to the roof of my mouth  
if I do not remember you, ♦  
if I set not Jerusalem above my highest joy. [R]
- 7 Remember, O Lord, against the people of Edom  
the day of Jerusalem, ♦  
how they said, 'Down with it, down with it,  
even to the ground.'
- 8 O daughter of Babylon, doomed to destruction, ♦  
happy the one who repays you  
for all you have done to us;
- 9 Who takes your little ones, ♦  
and dashes them against the rock.

*Refrain:* O pray for the peace of Jerusalem.

*God of our pilgrimage,  
you sent your Son to our strange land  
to bring us home to you;  
give us your songs to sing,  
that even in our exile  
we may be filled with the breath of the Spirit  
of Jesus Christ our Lord.*

*Refrain:* Your loving-kindness, O Lord, endures for ever.

- 1 I will give thanks to you, O Lord, with my whole heart; ♦  
before the gods will I sing praise to you.
- 2 I will bow down towards your holy temple and praise your name,  
because of your love and faithfulness; ♦  
for you have glorified your name  
and your word above all things.
- 3 In the day that I called to you, you answered me; ♦  
you put new strength in my soul. [R]
- 4 All the kings of the earth shall praise you, O Lord, ♦  
for they have heard the words of your mouth.
- 5 They shall sing of the ways of the Lord, ♦  
that great is the glory of the Lord.
- 6 Though the Lord be high, he watches over the lowly; ♦  
as for the proud, he regards them from afar. [R]
- 7 Though I walk in the midst of trouble,  
you will preserve me; ♦  
you will stretch forth your hand against the fury of my enemies;  
your right hand will save me.
- 8 The Lord shall make good his purpose for me; ♦  
your loving-kindness, O Lord, endures for ever;  
forsake not the work of your hands.

*Refrain:* Your loving-kindness, O Lord, endures for ever.

*Lord our God, supreme over all things,  
look upon the humble and lowly  
and put new strength into our souls  
to complete your purpose for us  
in Jesus Christ our Lord.*

*Refrain:* Search me out, O God, and know my heart.

- 1 O 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 mark out my journeys and my resting place ♦  
and are acquainted with all my ways.
- 3 For there is not a word on my tongue, ♦  
but you, O Lord, know it altogether.
- 4 You encompass me behind and before ♦  
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me, ♦  
so high that I cannot attain it. [R]
- 6 Where can I go then from your spirit? ♦  
Or 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 shall lead me, ♦  
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 Even darkness is no darkness with you;  
the night is as clear as the day; ♦  
darkness and light to you are both alike. [R]
- 12 For you yourself created my inmost parts; ♦  
you knit me together in my mother's womb.
- 13 I thank you, for I am fearfully and wonderfully made; ♦  
marvellous are your works, my soul knows well.
- 14 My frame was not hidden from you, ♦  
when I was made in secret  
and woven in the depths of the earth.

- 15 Your eyes beheld my form, as yet unfinished; ♦  
already in your book were all my members written,
- 16 As day by day they were fashioned ♦  
when as yet there was none of them.
- 17 How deep are your counsels to me, O God! ♦  
How great is the sum of them!
- 18 If I count them, they are more in number than the sand, ♦  
and at the end, I am still in your presence. [R]
- 19 O that you would slay the wicked, O God, ♦  
that the bloodthirsty might depart from me!
- 20 They speak against you with wicked intent; ♦  
your enemies take up your name for evil.
- 21 Do I not oppose those, O Lord, who oppose you? ♦  
Do I not abhor those who rise up against you?
- 22 I hate them with a perfect hatred; ♦  
they have become my own enemies also.
- 23 Search me out, O God, and know my heart; ♦  
try me and examine my thoughts.
- 24 See if there is any way of wickedness in me ♦  
and lead me in the way everlasting.

*Refrain:* Search me out, O God, and know my heart.

*Creator God,  
may every breath we take be for your glory,  
may every footstep show you as our way,  
that, trusting in your presence in this world,  
we may, beyond this life, still be with you  
where you are alive and reign  
for ever and ever.*

### *Psalm 140*

*Refrain:* Keep me, O Lord, from the hands of the wicked.

- 1 Deliver me, O Lord, from evildoers ♦  
and protect me from the violent,

- 2 Who devise evil in their hearts ♦  
and stir up strife all the day long.
- 3 They have sharpened their tongues like a serpent; ♦  
adder's poison is under their lips.
- 4 Keep me, O Lord, from the hands of the wicked; ♦  
protect me from the violent  
who seek to make me stumble.
- 5 The proud have laid a snare for me  
and spread out a net of cords; ♦  
they have set traps along my path. [R]
- 6 I have said to the Lord, 'You are my God; ♦  
listen, O Lord, to the voice of my supplication.
- 7 'O Lord God, the strength of my salvation, ♦  
you have covered my head in the day of battle.
- 8 'Do not grant the desires of the wicked, O Lord, ♦  
do not prosper their wicked plans. [R]
- 9 'Let not those who surround me lift up their heads; ♦  
let the evil of their own lips fall upon them.
- 10 'Let hot burning coals rain upon them; ♦  
let them be cast into the depths, that they rise not again.'
- 11 No slanderer shall prosper on the earth, ♦  
and evil shall hunt down the violent to overthrow them. [R]
- 12 I know that the Lord will bring justice for the oppressed ♦  
and maintain the cause of the needy.
- 13 Surely, the righteous will give thanks to your name, ♦  
and the upright shall dwell in your presence.

*Refrain:* Keep me, O Lord, from the hands of the wicked.

*Glorious Saviour,  
rescue us from the subtle evils that are too strong for us,  
from poisonous words and the spirit of war;  
by your judgement overthrow the forces of violence,  
that all the world may join to worship you  
in thanksgiving and peace,  
now and for ever.*

*Refrain:* Set a watch before my mouth, O Lord.

- 1 O Lord, I call to you; come to me quickly; ♦  
hear my voice when I cry to you.
- 2 Let my prayer rise before you 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;
- 4 Let not my heart incline to any evil thing; ♦  
let me not be occupied in wickedness with evildoers,  
nor taste the pleasures of their table. [R]
- 5 Let the righteous smite me in friendly rebuke;  
but let not the oil of the unrighteous anoint my head; ♦  
for my prayer is continually against their wicked deeds.
- 6 Let their rulers be overthrown in stony places; ♦  
then they may know that my words are sweet.
- 7 As when a plough turns over the earth in furrows, ♦  
let their bones be scattered at the mouth of the Pit. [R]
- 8 But my eyes are turned to you, Lord God; ♦  
in you I take refuge; do not leave me defenceless.
- 9 Protect me from the snare which they have laid for me ♦  
and from the traps of the evildoers.
- 10 Let the wicked fall into their own nets, ♦  
while I pass by in safety.

*Refrain:* Set a watch before my mouth, O Lord.

*Lord God, our protector and guide,  
who made us knowing both good and evil,  
help us to desire all that is good,  
that the offering of our lives may be acceptable to you;  
through Jesus Christ our Lord.*

*Refrain:* Bring my soul out of prison,  
that I may give thanks to your name.

- 1 I cry aloud to the Lord; ♦  
to the Lord I make my supplication.
- 2 I pour out my complaint before him ♦  
and tell him of my trouble.
- 3 When my spirit faints within me, you know my path; ♦  
in the way wherein I walk have they laid a snare for me.
- 4 I look to my right hand, and find no one who knows me; ♦  
I have no place to flee to, and no one cares for my soul. [R]
- 5 I cry out to you, O Lord, and say: ♦  
'You are my refuge, my portion in the land of the living.
- 6 'Listen to my cry, for I am brought very low; ♦  
save me from my persecutors, for they are too strong for me.
- 7 'Bring my soul out of prison,  
that I may give thanks to your name; ♦  
when you have dealt bountifully with me,  
then shall the righteous gather around me.'

*Refrain:* Bring my soul out of prison,  
that I may give thanks to your name.

*God of compassion,  
you regard the forsaken  
and give hope to the crushed in spirit;  
hear those who cry to you in distress  
and bring your ransomed people to sing your glorious praise,  
now and for ever.*

*Refrain:* Show me, O Lord, the way that I should walk in.

- 1 Hear my prayer, O Lord,  
and in your faithfulness give ear to my supplications; ♦  
answer me in your righteousness.
- 2 Enter not into judgement with your servant, ♦  
for in your sight shall no one living be justified.
- 3 For the enemy has pursued me,  
crushing my life to the ground, ♦  
making me sit in darkness like those long dead.
- 4 My spirit faints within me; ♦  
my heart within me is desolate. [R]
- 5 I remember the time past; I muse upon all your deeds; ♦  
I consider the works of your hands.
- 6 I stretch out my hands to you; ♦  
my soul gasps for you like a thirsty land.
- 7 O Lord, make haste to answer me; my spirit fails me; ♦  
hide not your face from me  
lest I be like those who go down to the Pit.
- 8 Let me hear of your loving-kindness in the morning,  
for in you I put my trust; ♦  
show me the way I should walk in,  
for I lift up my soul to you. [R]
- 9 Deliver me, O Lord, from my enemies, ♦  
for I flee to you for refuge.
- 10 Teach me to do what pleases you, for you are my God; ♦  
let your kindly spirit lead me on a level path.
- 11 Revive me, O Lord, for your name's sake; ♦  
for your righteousness' sake, bring me out of trouble.
- 12 In your faithfulness, slay my enemies,  
and destroy all the adversaries of my soul, ♦  
for truly I am your servant.

*Refrain:* Show me, O Lord, the way that I should walk in.

*Jesus, our companion,  
when we are driven to despair,  
help us, through the friends and strangers  
we encounter on our path,  
to know you as our refuge,  
our way, our truth and our life.*

## *Psalm 144*

*Refrain: Happy are the people who have the Lord for their God.*

- 1 Blessed be the Lord my rock, ♦  
who teaches my hands for war and my fingers for battle;
- 2 My steadfast help and my fortress,  
my stronghold and my deliverer,  
my shield in whom I trust, ♦  
who subdues the peoples under me.
- 3 O Lord, what are mortals that you should consider them; ♦  
mere human beings, that you should take thought for them?
- 4 They are like a breath of wind; ♦  
their days pass away like a shadow. [R]
- 5 Bow your heavens, O Lord, and come down; ♦  
touch the mountains and they shall smoke.
- 6 Cast down your lightnings and scatter them; ♦  
shoot out your arrows and let thunder roar.
- 7 Reach down your hand from on high; ♦  
deliver me and take me out of the great waters,  
from the hand of foreign enemies,
- 8 Whose mouth speaks wickedness ♦  
and their right hand is the hand of falsehood. [R]
- 9 O God, I will sing to you a new song; ♦  
I will play to you on a ten-stringed harp,
- 10 You that give salvation to kings ♦  
and have delivered David your servant.
- 11 Save me from the peril of the sword ♦  
and deliver me from the hand of foreign enemies,

- 12 Whose mouth speaks wickedness ♦  
and whose right hand is the hand of falsehood; [R]
- 13 So that our sons in their youth  
may be like well-nurtured plants, ♦  
and our daughters like pillars  
carved for the corners of the temple;
- 14 Our barns be filled with all manner of store; ♦  
our flocks bearing thousands,  
and ten thousands in our fields;
- 15 Our cattle be heavy with young: ♦  
may there be no miscarriage or untimely birth,  
no cry of distress in our streets.
- 16 Happy are the people whose blessing this is. ♦  
Happy are the people who have the Lord for their God.

*Refrain:* Happy are the people who have the Lord for their God.

*God our deliverer,  
stir our weak wills,  
revive our weary spirits,  
and give us the courage  
to strive for the freedom of all your children,  
to the praise of your glorious name.*

## Psalm 145

*Refrain:* Great is the Lord and highly to be praised.

- 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 highly to be praised; ♦  
his greatness is beyond all searching out. [R]
- 4 One generation shall praise your works to another ♦  
and declare your mighty acts.
- 5 They shall speak of the majesty of your glory, ♦  
and I will tell of all your wonderful deeds.

- 6 They shall speak of the might of your marvellous acts, ♦  
and I will also tell of your greatness.
- 7 They shall pour forth the story of your abundant kindness ♦  
and joyfully sing of your righteousness.
- 8 The Lord is gracious and merciful, ♦  
long-suffering and of great goodness. [R]
- 9 The Lord is loving to everyone ♦  
and his mercy is over all his creatures.
- 10 All your works praise you, O Lord, ♦  
and your faithful servants bless you.
- 11 They tell of the glory of your kingdom ♦  
and speak of your mighty power,
- 12 To make known to all peoples your mighty acts ♦  
and the glorious splendour of your kingdom.
- 13 Your kingdom is an everlasting kingdom; ♦  
your dominion endures throughout all ages. [R]
- 14 The Lord is sure in all his words ♦  
and faithful in all his deeds.
- 15 The Lord upholds all those who fall ♦  
and lifts up all 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 fill all things living with plenty. [R]
- 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 fulfils the desire of those who fear him; ♦  
he hears their cry and saves them.
- 21 The Lord watches over those who love him, ♦  
but all the wicked shall he destroy.
- 22 My mouth shall speak the praise of the Lord, ♦  
and let all flesh bless his holy name for ever and ever.

*Refrain:* Great is the Lord and highly to be praised.

*King of the universe,  
you show the bright glory of your reign  
in acts of mercy and enduring love;  
raise the spirits of the downcast  
and restore those who have fallen away,  
that we may sing for ever of your love;  
through Jesus Christ our Lord.*

## *Psalm 146*

*Refrain:*    *The Lord shall reign for ever.*

- 1 Alleluia.  
    Praise the Lord, O my soul:  
    while I live will I praise the Lord; ♦  
as long as I have any being,  
    I will sing praises to my God.
- 2 Put not your trust in princes,  
    nor in any human power; ♦  
for there is no help in them.
- 3 When their breath goes forth, they return to the earth; ♦  
on that day all their thoughts perish. [R]
- 4 Happy are those who have the God of Jacob for their help, ♦  
whose hope is in the Lord their God;
- 5 Who made heaven and earth,  
    the sea and all that is in them; ♦  
who keeps his promise for ever;
- 6 Who gives justice to those that suffer wrong ♦  
and bread to those who hunger. [R]
- 7 The Lord looses those that are bound; ♦  
the Lord opens the eyes of the blind;
- 8 The Lord lifts up those who are bowed down; ♦  
the Lord loves the righteous;
- 9 The Lord watches over the stranger in the land;  
    he upholds the orphan and widow; ♦  
but the way of the wicked he turns upside down.

- 10 The Lord shall reign for ever, ♦  
your God, O Zion, throughout all generations.  
Alleluia.

*Refrain:* The Lord shall reign for ever.

*Lord of all,  
our breath and being come from you,  
yet our earthly end is dust;  
as you loose the bound and feed the hungry,  
so bring us in your mercy through the grave and gate of death  
to the feast of eternal life,  
where you reign for evermore.*

### *Psalm 147*

*Refrain:* Great is our Lord and mighty in power.

- 1 Alleluia.  
How good it is to make music for our God, ♦  
how joyful to honour him with praise.
- 2 The Lord builds up Jerusalem ♦  
and gathers together the outcasts of Israel.
- 3 He heals the brokenhearted ♦  
and binds up all their wounds. [R]
- 4 He counts the number of the stars ♦  
and calls them all by their names.
- 5 Great is our Lord and mighty in power; ♦  
his wisdom is beyond all telling.
- 6 The Lord lifts up the poor, ♦  
but casts down the wicked to the ground. [R]
- 7 Sing to the Lord with thanksgiving; ♦  
make music to our God upon the lyre;
- 8 Who covers the heavens with clouds ♦  
and prepares rain for the earth;
- 9 Who makes grass to grow upon the mountains ♦  
and green plants to serve our needs. [R]
- 10 He gives the beasts their food ♦  
and the young ravens when they cry.

- 11 He takes no pleasure in the power of a horse, ♦  
no delight in human strength;
- 12 But the Lord delights in those who fear him, ♦  
who put their trust in his steadfast love. [R]
- 13 Sing praise to the Lord, O Jerusalem; ♦  
praise your God, O Zion;
- 14 For he has strengthened the bars of your gates ♦  
and has blest your children within you.
- 15 He has established peace in your borders ♦  
and satisfies you with the finest wheat. [R]
- 16 He sends forth his command to the earth ♦  
and his word runs very swiftly.
- 17 He gives snow like wool ♦  
and scatters the hoarfrost like ashes.
- 18 He casts down his hailstones like morsels of bread; ♦  
who can endure his frost? [R]
- 19 He sends forth his word and melts them; ♦  
he blows with his wind and the waters flow.
- 20 He declares his word to Jacob, ♦  
his statutes and judgements to Israel.
- 21 He has not dealt so with any other nation; ♦  
they do not know his laws.  
Alleluia.

*Refrain:* Great is our Lord and mighty in power.

*Compassionate God,  
as you know each star you have created,  
so you know the secrets of every heart;  
in your loving mercy bring to your table  
all who are fearful and broken,  
all who are wounded and needy,  
that our hungers may be satisfied  
in the city of your peace;  
through Christ who is our peace.*

*Refrain:* O praise the name of the Lord.

- 1 Alleluia.  
Praise the Lord from the heavens; ♦  
praise him in the heights.
- 2 Praise him, all you his angels; ♦  
praise him, all his host.
- 3 Praise him, sun and moon; ♦  
praise him, all you stars of light.
- 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 fast for ever and ever; ♦  
he gave them a law which shall not pass away. [R]
- 7 Praise the Lord from the earth, ♦  
you sea monsters and all deeps;
- 8 Fire and hail, snow and mist, ♦  
tempestuous wind, fulfilling his word;
- 9 Mountains and all hills, ♦  
fruit trees and all cedars;
- 10 Wild beasts and all cattle, ♦  
creeping things and birds on the wing;
- 11 Kings of the earth and all peoples, ♦  
princes and all rulers of the world;
- 12 Young men and women,  
old and young together; ♦  
let them praise the name of the Lord.
- 13 For his name only is exalted, ♦  
his splendour above earth and heaven.
- 14 He has raised up the horn of his people  
and praise for all his faithful servants, ♦  
the children of Israel, a people who are near him.  
Alleluia.

*Refrain:* O praise the name of the Lord.

*O glorious God,  
your whole creation sings your marvellous work;  
may heaven's praise so echo in our hearts  
that we may be good stewards of the earth;  
through Jesus Christ our Lord.*

## *Psalm 149*

*Refrain: Sound praises to the Lord, all the earth.*

- 1 Alleluia.  
    O sing to the Lord a new song; ♦  
    sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in their 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 lyre.
- 4 For the Lord has pleasure in his people ♦  
    and adorns the poor with salvation. [R]
- 5 Let the faithful be joyful in glory; ♦  
    let them rejoice in their ranks,
- 6 With the praises of God in their mouths ♦  
    and a two-edged sword in their hands;
- 7 To execute vengeance on the nations ♦  
    and punishment on the peoples;
- 8 To bind their kings in chains ♦  
    and their nobles with fetters of iron;
- 9 To execute on them the judgement decreed: ♦  
    such honour have all his faithful servants.  
    Alleluia.

*Refrain: Sound praises to the Lord, all the earth.*

*Glorious and redeeming God,  
give us hearts to praise you all our days  
and wills to reject the world's deceits,  
that we may bind the evils of our age  
and proclaim the good news of salvation  
in Jesus Christ our Lord.*

## *Psalm 150*

*Refrain:* Let everything that has breath praise the Lord.

- 1 Alleluia.  
O praise God in his holiness; ♦  
praise him in the firmament of his power.
- 2 Praise him for his mighty acts; ♦  
praise him according to his excellent greatness. [R]
- 3 Praise him with the blast of the trumpet; ♦  
praise him upon the harp and lyre.
- 4 Praise him with timbrel and dances; ♦  
praise him upon the strings and pipe. [R]
- 5 Praise him with ringing cymbals; ♦  
praise him upon the clashing cymbals.
- 6 Let everything that has breath ♦  
praise the Lord.  
Alleluia.

*Refrain:* Let everything that has breath praise the Lord.

*God of life and love,  
whose Son was victorious over sin and death,  
make us alive with his life,  
that the whole world may resound with your praise;  
through Jesus Christ our Lord.*

