

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.

Common Worship: Daily Prayer, material from which is included here,

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