Refrain: The Lord remembered his covenant.

1. 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 And 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, and sinned against the Lord.
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.

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.

Common Worship: Daily Prayer, material from which is included here, is copyright © The Archbishops' Council 2005 and published by Church House Publishing.

Join us in Daily Prayer

Daily Prayer is available from Church House Publishing

Download the Reflections on the Psalms app