Let my prayer rise before you as incense, the lifting up of my hands as the evening sacrifice.

O Lord, I call to you; come to me quickly; hear my voice when I cry to you.

Set a watch before my mouth, O Lord, and guard the door of my lips;

Let not my heart incline to any evil thing; let me not be occupied in wickedness with evildoers.

But my eyes are turned to you, Lord God; in you I take refuge; do not leave me defenceless.

Psalm 141.1-4b,8

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