



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.

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.

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.'

Common Worship: Services and Prayers for the Church of England, material from which is included here,  
is copyright © The Archbishops' Council 2000 and published by Church House Publishing.

[Copy to clipboard](#)



## [Related Resources](#)



## [Buy the Book](#)

[Common Worship: Main Volume is available from Church House Publishing](#)

## Download the Reflections on the Psalms app



**Source URL:** <https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/common-material/psalter/psalm-45>