

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.

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.

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.

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](#)



[the Word](#)

[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-143>