

Refrain: Set a watch before my mouth, O Lord.

1 O Lord, I call to you; come to me quickly; □

hear my voice when I cry to you.

2 Let my prayer rise before you as incense, □

the lifting up of my hands as the evening sacrifice.

3 Set a watch before my mouth, O Lord, □

and guard the door of my lips;

4 Let not my heart incline to any evil thing; □

let me not be occupied in wickedness with evildoers,

nor taste the pleasures of their table. [R]

5 Let the righteous smite me in friendly rebuke;

but let not the oil of the unrighteous anoint my head; □

for my prayer is continually against their wicked deeds.

6 Let their rulers be overthrown in stony places; □

then they may know that my words are sweet.

7 As when a plough turns over the earth in furrows, □

let their bones be scattered at the mouth of the Pit. [R]

8 But my eyes are turned to you, Lord God; □

in you I take refuge; do not leave me defenceless.

9 Protect me from the snare which they have laid for me □

and from the traps of the evildoers.

10 Let the wicked fall into their own nets, □

while I pass by in safety.

Refrain: Set a watch before my mouth, O Lord.

Lord God, our protector and guide,

who made us knowing both good and evil,

help us to desire all that is good,

that the offering of our lives may be acceptable to you;

through Jesus Christ our Lord.

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