



*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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