

The Plainsong Psalter

THE PSALMS OF DAVID

according to the
AMERICAN BOOK OF COMMON PRAYER

POINTED AND SET TO GREGORIAN CHANTS
by
THE JOINT COMMISSION ON CHURCH MUSIC

under the authority of
GENERAL CONVENTION



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BY

CHARLES WINFRED DOUGLAS

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INTRODUCTION

A GREGORIAN Psalm Tone consists of an Intonation, used only in presenting the first Verse of each Psalm, and in each Verse of the Gospel Canticles; two Recitations; and two Cadences, called the Mediation and the Ending.

The notes of the Intonation, Recitations, Mediation, and Ending are sung at the same pace, even when two or more notes are sung to one syllable in certain Endings: except that the final notes of both Mediation and Ending are lengthened as indicated in the music.

All of the words are to be read distinctly, deliberately, smoothly, and naturally: but also evenly, not hurrying little syllables; nor delaying heavy ones, unless two accented syllables occur together, in which case the first is naturally lengthened. The notes of the chant take their rhythm from the words, not the words from the notes.

Single notes written in the chant are never slurred together on a syllable; nor are connected notes in the chant ever divided between syllables. The natural rhetorical accent of the words is always to be kept, unaltered by the music.

The two verses of *Gloria Patri* are sung precisely like the others; without preliminary retard in the preceding Verse or pause after it; and without the use of the Intonation. They may properly be sung full when no Antiphon follows.

The signs used in the pointing are as follows:

The Dot · which is placed before the first syllable of each Mediation and Ending. The singer need only remember that with the syllable following the Dot he leaves the reciting note and begins a cadence.

The Asterisk * which now marks, in the Book of Common Prayer, the central pause in each Psalm Verse, whether read or sung. In singing, this pause should be long enough for a leisurely plentiful breath, and should be rhythmically related to the preceding cadence.

The Flex † always indicates a shorter pause for breath in the first half of a Psalm Verse. It is an ancient custom to inflect the voice on a weak syllable or syllables preceding the Flex. These inflections follow. An accented syllable before the Flex does not change from the reciting note.

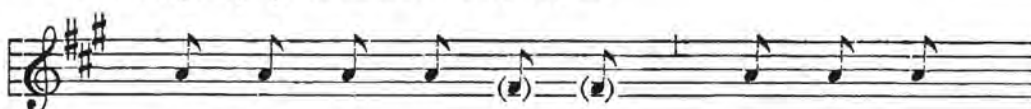
INTRODUCTION

Tones I, IV, VI, VII a whole tone down.



and my foes, † came up - on
the be - gin - ning, † is now and
and be sat - is - fied; † they that seek

Tones II, III, V, VIII a minor third down.



the LORD of hosts, † in the city
in the be - gin - ning, † is now and
things in thy righ - teous - ness, † O God of

RULES FOR CHANTING THE PSALMS

1 The Intonation is sung by the Cantor at the same pace as the Recitation; he sings alone through the Mediation: after the Asterisk, the full Choir completes the first Verse. Succeeding Verses are sung alternately from side to side. *Gloria Patri* may be sung full.

2 The Recitation is neither faster nor slower than any other part of the Chant. It is joined to the Cadence without any rhythmical break. Commas in the Recitation are observed only by a very slight prolongation of the previous syllables, not by a break in the tone for breath.

3 The Flex, a colon, semicolon, period, or question mark indicate the only breaks for breath.

4 The syllable following a Dot is sung to the first note of the Mediation or of the Ending as the case may be. Accented syllables after the Dot are normally attracted to notes in the cadences which are marked with accents. Where extra unaccented syllables occur, the parenthetic notes, with stems turned down, will be used, as needed.



and let • go dis - pleas - ure: in the LORD and be do - ing good;

5 All phrases should close with a slight *diminuendo*: this should be more marked when the final syllable is weak.

INTRODUCTION

6 In the Mediations of Tones II, IV, V, VI C, and VIII, the notes following the note marked with an accent are omitted when the first half of the Psalm Verse ends with an accented syllable.

say of my • soul, one god • ly man left;
and to the • Son, and • to the Son,

7 In the Mediations of Tones I B, III, VI B, and VII, the abbreviated forms made necessary by unusual combinations of syllables are invariably written out in full, and will be found in footnotes throughout the book.

The present volume, containing the Psalms only, is set forth by direction of the General Convention of 1931. A second part, containing the Canticles at Morning and Evening Prayer, with the Choral Responses, is now under preparation, and will be issued in 1932 in one volume with the Psalms as here printed. Pending the completion of Part II, Canticles are available in a publication called "The Canticles at Evensong."

WINFRED DOUGLAS
WALTER WILLIAMS, *Committee*
WALLACE GOODRICH, *Secretary*

New York, October 20, 1931

The Psalter

or

Psalms of David

BOOK I

THE FIRST DAY
MORNING PRAYER

Psalm 1

Beatus vir qui non abiit

Tone I B 1



BLESSED is the man that hath not walked in the counsel of the ungodly, † nor stood in the · way of sinners, * and hath not sat in the seat · of the scornful.

2 But his delight is in the · law of the LORD; * and in his law will he éxercise · himself day and night.

3¹ And he shall be like a tree planted by the · water-side, * that will bring forth his fruit · in due season.

4 His leaf also · shall not wither; * and look, whatsoever he doeth · it shall prosper.

5 As for the ungodly it · is not so with them; * but they are like the chaff, which the wind scattereth away from the · face of the earth.

6 Therefore the ungodly shall not be able to · stand in the judgment, * neither the sinners in the congregation · of the righteous.

7 But the LORD knoweth the · way of the righteous; * and the way of the ungod·ly shall perish.

8 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

9 As it was in the beginning, † is now and · ever shall be, * world · without end. Amen.

¹ The abrupt mediation is used in verse 3.



Psalm 2*Quare fremuerunt gentes?***Tone III A 4**

WHY do the heathen so furiously · rage together? * and why do the
people imagine · a vain thing?

2 The kings of the earth stand up, and the rulers take · counsel
together * against the LORD and against his · Anointed:

3 Let us break their · bonds asunder, * and cast away · their
cords from us.

4 He that dwelleth in heaven shall · laugh them to scorn: * the
Lord shall have them in · derision.

5 Then shall he speak unto · them in his wrath, * and vex them in
his sore · displeasure:

6 · Yet have I set my King * upon my holy hill · of Sion.

7 I will re·hearse the decree; * the LORD hath said unto me, Thou
art my Son, this day have I · begotten thee.

8 Desire of me, and I shall give thee the nations for · thine inherit-
ance, * and the utmost parts of the earth for thy · possession.

9 Thou shalt bruise them with a · rod of iron, * and break them
in pieces like a pot·ter's vessel.

10 Be wise now · therefore O ye kings; * be instructed, ye that
are judg·es of the earth.

11 · Serve the LORD in fear, * and rejoice unto him · with reverence.

12 Kiss the Son, lest he be angry, † and so ye perish from the right
way, if his wrath be kindled · yea but a little. * Blessed are all they that
put · their trust in him.

13 Glory be to the · Father and to the Son, * and to · the Holy
Ghost;

14 As it was in the beginning, † is now and · ever shall be, * world
with·out end. Amen.

Psalm 3*Domine, quid multiplicati?***Tone II 1**

LORD, how are they increased that · trouble me! * many are they that rise · against me.

2 Many one there be that say of my · soul, * There is no help for · him in his God.

3 But thou O LORD art my de·fender; * thou art my worship and the lifter up · of my head.

4 I did call upon the LORD with my · voice, * and he heard me out of · his holy hill.

5 I laid me down and slept, and rose · up again; * for the LORD · sustained me.

6 I will not be afraid for ten thousands of the · people, * that have set themselves against · me round about.

7 Up LORD and help me O my · God, * for thou smitest all mine enemies upon the cheek-bone; thou hast broken the teeth of the · ungodly.

8 Salvation belongeth unto the · LORD; * and thy blessing is upon · thy people.

9 Glory be to the Father and to the · Son, * and to · the Holy Ghost;

10 As it was in the beginning, † is now and ever · shall be, * world with·out end. Amen.

Psalm 4*Cum invocarem***Tone VIII 1**

HEAR me when I call, O God of my · righteousness: * thou hast set me at liberty when I was in trouble; have mercy upon me and hearken · unto my prayer.

2 O ye sons of men, how long will ye blaspheme mine · honour, * and have such pleasure in vanity and seek · after falsehood?



3 Know this also that the LORD hath chosen to himself the man that is · godly; * when I call upon the LORD · he will hear me.

4 Stand in awe and sin · not; * commune with your own heart and in your · chamber and be still.

5 Offer the sacrifice of · righteousness, * and put your · trust in the LORD.

6 There be many that · say, * Who will · show us any good?

7 LORD, lift thou · up * the light of thy counte·nance upon us.

8 Thou hast put gladness in my · heart; * yea more than when their corn and · wine and oil increase.

9 I will lay me down in peace and take my · rest; * for it is thou LORD only, that makest me · dwell in safety.

10 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

11 As it was in the beginning, † is now and ever · shall be,* world · without end. Amen.

Psalm 5*Verba mea auribus***Tone I A 4**

PONDER my words · O LORD, * consider my · meditation.

2 O hearken thou unto the voice of my calling, my King and · my God: * for unto thee · will I make my prayer.

3 My voice shalt thou hear betimes · O LORD; * early in the morning will I direct my prayer unto thee · and will look up.

4 For thou art the God that hast no pleasure in wick·edness; * neither shall any · evil dwell with thee.

5 Such as be foolish shall not stand in · thy sight; * for thou hatest all them that · work iniquity.

6 Thou shalt destroy them that · speak lies: * the LORD will abhor both the blood-thirsty · and deceitful man.

7 But as for me, in the multitude of thy mercy I will come into ·
thine house; * and in thy fear will I worship toward thy · holy temple.

8 Lead me O LORD in thy righteousness, because of mine en · emies;
* make thy way · plain before my face.

9 For there is no faithfulness in · their mouth; * their inward
parts are · very wickedness.

10 Their throat is an open se · pulchre; * they · flatter with their
tongue.

11 Destroy thou them O God; let them perish through their own
imagi · nations; * cast them out in the multitude of their ungodliness;
for they have rebell · ed against thee.

12 And let all them that put their trust in thee · rejoice: * they
shall ever be giving of thanks because thou defendest them; they that
love thy Name shall be · joyful in thee;

13 For thou LORD wilt give thy blessing unto the · righteous, * and
with thy favourable kindness wilt thou defend · him as with a shield.

14 Glory be to the Father and to · the Son, * and · to the Holy
Ghost;

15 As it was in the beginning, † is now and ever · shall be, *
world · without end. Amen.

EVENING PRAYER

Psalm 6

Domine, ne in furore

Tone VIII 5



O LORD rebuke me not in thine indig · nation, * neither chasten
me in · thy displeasure.

2 Have mercy upon me O LORD for I am · weak; * O LORD, heal
me for my · bones are vexed.

3 My soul also is sore · troubled: * but LORD how long · wilt thou
punish me?

4 Turn thee O LORD and deliver my · soul; * O save me · for thy
mercy's sake.



5 For in death no man remembereth · thee; * and who will give thee · thanks in the pit?

6 I am weary of my · groaning; * every night wash I my bed and water my · couch with my tears.

7 My beauty is gone for very · trouble, * and worn away because of · all mine enemies.

8 Away from me all ye that work in·iquity; * for the LORD hath heard the voice · of my weeping.

9 The LORD hath heard my pe·tition; * the LORD · will receive my prayer.

10 All mine enemies shall be confounded and sore · vexed; * they shall be turned back and put · to shame suddenly.

11 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

12 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 7*Domine, Deus meus***Tone I A 1**

O LORD my God, in thee have I put · my trust: * save me from all them that persecute me · and deliver me;

2 Lest he devour my soul like a lion and tear it in · pieces, * while · there is none to help.

3 O LORD my God, if I have done any · such thing; * or if there be any wick·edness in my hands;

4 If I have rewarded evil unto him that dealt friendly · with me; * (yea I have delivered him that without any cause · is mine enemy;)

5 Then let mine enemy persecute my soul and · take me; * yea let him tread my life down upon the earth, and lay mine · honour in the dust.

6 Stand up O LORD in thy wrath, † and lift up thyself because of the indignation of mine en·emies; * arise up for me in the judgment that thou · hast commanded.

7 And so shall the congregation of the peoples come a·bout thee: * for their sakes therefore lift · up thyself again.

8 The LORD shall judge the peoples: † give sentence with me · O LORD, * according to my righteousness, and according to the innocency · that is in me.

9 O let the wickedness of the ungodly come to · an end; * but · guide thou the just.

10 For the right·eous God * trieth the · very hearts and reins.

11 My help cometh · of God, * who preserveth them · that are true of heart.

12 God is a righteous Judge, strong and · patient; * and God is pro·voked every day.

13 If a man will not turn, he will whet · his sword; * he hath bent his bow and · made it ready.

14 He hath prepared for him the instruments · of death; * he ordaineth his arrows against the · persecutors.

15 Behold the ungodly travaileth with ini·quity; * he hath conceived mischief and · brought forth falsehood.

16 He hath graven and digged up · a pit, * and is fallen himself into the destruction that he · made for other.

17 For his travail shall come upon his · own head, * and his wickedness shall fall · on his own pate.

18 I will give thanks unto the LORD according to his right·eousness; * and I will praise the Name · of the LORD Most High.

19 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

20 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 8*Domine, Dominus noster***Tone V 2**

O LORD our Governor, how excellent is thy Name in all the · world;
* thou that hast set thy glory a · bove the heavens!

2 Out of the mouth of very babes and sucklings hast thou or · dained strength, † because of thine · enemies, * that thou mightest still the enemy and · the avenger.

3 When I consider thy heavens, even the work of thy · fingers;
* the moon and the stars which · thou hast ordained;

4 What is man that thou art mindful of · him? * and the son of man that thou · visitest him?

5 Thou madest him lower than the · angels, * to crown him with · glory and worship.

6 Thou makest him to have dominion of the works of thy · hands;
* and thou hast put all things in subjection · under his feet:

7 All sheep and · oxen; * yea and the · beasts of the field;

8 The fowls of the air and the fishes of the · sea; * and whatsoever walketh through the · paths of the seas.

9 O LORD our · Governor, * how excellent is thy · Name in all the world!

10 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

11 As it was in the beginning, † is now and ever · shall be, * world without end. Amen.

THE SECOND DAY
MORNING PRAYER

Psalm 9*Confitebor tibi***Tone VI C**

I WILL give thanks unto thee O LORD with my · whole heart; *
I will speak of all · thy marvellous works.

2 I will be glad and rejoice · in thee; * yea my songs will I make of thy Name, O · thou Most Highest.

3 While mine enemies are dri·ven back, * they shall fall and perish · at thy presence.

4 For thou hast maintained my right and · my cause; * thou art set in the · throne that judgest right.

5 Thou hast rebuked the heathen, and destroyed the · ungodly; * thou hast put out their name for ev·er and ever.

6 O thou enemy, thy destructions are come to a perpetu·al end; * even as the cities which thou hast destroyed, whose memorial is pe·rished with them.

7 But the LORD shall endure · for ever; * he hath also prepared his · seat for judgment.

8 For he shall judge the world · in righteousness, * and minister true judgment un·to the people.

9 The LORD also will be a defence for the · oppressed, * even a refuge in due · time of trouble.

10 And they that know thy Name will put their trust · in thee; * for thou LORD, hast never failed · them that seek thee.

11 O praise the LORD which dwelleth · in Sion; * show the people · of his doings.

12 For when he maketh inquisition for blood, he remember·eth them, * and forgetteth not the · complaint of the poor.

13 Have mercy upon me O LORD; consider the trouble which I suffer of them · that hate me, * thou that liftest me up · from the gates of death;

14 That I may show all thy praises within the gates of the daughter · of Sion: * I will rejoice in · thy salvation.

15 The heathen are sunk down in the pit that · they made; * in the same net which they hid privily is · their foot taken.

16 The LORD is known to exe·cute judgment; * the ungodly is trapped in the work · of his own hands.

17 The wicked shall be turned to · destruction, * and all the peo·ple · that forget God.



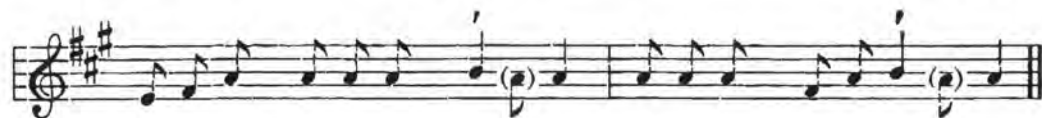
18 For the poor shall not alway be · forgotten; * the patient abiding of the meek shall not pe · rish for ever.

19 Up LORD, and let not man have the up · per hand; * let the heathen be · judged in thy sight.

20 Put them in fear · O LORD, * that the heathen may know themselves to be but men.

21 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

22 As it was in the beginning, † is now and ev · er shall be, * world with · out end. Amen.

Psalm 10*Ut quid, Domine?***Tone VIII 2**

WHY standest thou so far off O · LORD, * and hidest thy face in the needful · time of trouble?

2 The ungodly for his own lust doth persecute the · poor: * let them be taken in the crafty wiliness that they · have imagined.

3 For the ungodly hath made boast of his own heart's de · sire, * and speaketh good of the covetous whom the · LORD abhorreth.

4 The ungodly is so proud that he careth not for · God, * neither is · God in all his thoughts.

5 His ways are alway · grievous; * thy judgments are far above out of his sight, and therefore defieth he · all his enemies.

6 For he hath said in his heart, Tush, I shall never be cast · down, * there shall no harm · happen unto me.

7 His mouth is full of cursing, deceit and · fraud; * under his tongue is ungodli · ness and vanity.

8 He sitteth lurking in the thievish corners of the · streets, * and privily in his lurking dens doth he murder the innocent; his eyes are · set against the poor.

9 For he lieth waiting secretly; † even as a lion lurketh he in his den, * that he may ravish the poor.

10 He doth ravish the poor, * when he getteth him into his net.

11 He falleth down and humbleth him·self, * that the congregation of the poor may fall into the hands of his captains.

12 He hath said in his heart, Tush, God hath for·gotten; * he hideth away his face and he will never see it.

13 Arise O LORD God and lift up thine hand; * forget not the poor.

14 Wherefore should the wicked blaspheme God, * while he doth say in his heart, Tush, thou God carest not for it?

15 Surely thou hast seen it; * for thou beholdest ungodliness and wrong, that thou mayest take the matter into thy hand.

16 The poor committeth himself unto thee; * for thou art the helper of the friendless.

17 Break thou the power of the ungodly and ma·licious; * search out his ungodliness un·til thou find none.

18 The LORD is King for ever and ever, * and the heathen are perished out of the land.

19 LORD thou hast heard the desire of the poor; * thou preparest their heart, and thine ear hearkeneth;

20 To help the fatherless and poor unto their right, * that the man of the earth be no more exalt·ed against them.

21 Glory be to the Father and to the Son, * and to the Holy Ghost;

22 As it was in the beginning, † is now and ever shall be, * world without end. Amen.

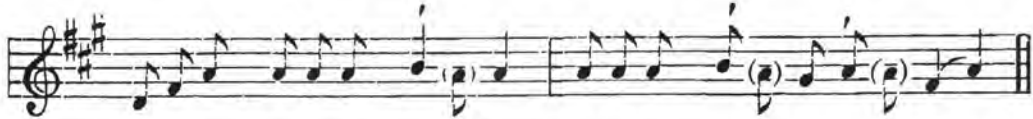
Psalm 11

In Domino confido

Tone V 2



IN the LORD put I my trust; * how say ye then to my soul, that she should flee as a bird unto the hill?



2 For lo the ungodly bend their bow, † and make ready their arrows within the · quiver, * that they may privily shoot at · them which are true of heart.

3 If the foundations be de·stroyed, * · what can the righteous do?

4 The LORD is in his holy · temple; * the LORD's · seat is in hea·ven.

5 His eyes consider the · poor, * and his eyelids try the · children of men.

6 The LORD approveth the · righteous: * but the ungodly and him that delighteth in wickedness · doth his soul abhor.

7 Upon the ungodly he shall rain snares, fire and brimstone, storm and · tempest: * this shall be their · portion to drink.

8 For the righteous LORD loveth · righteousness; * his countenance will behold the · thing that is just.

9 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

10 As it was in the beginning, † is now and ever · shall be, * · world without end. Amen.

EVENING PRAYER

Psalm 12*Salvum me fac***Tone IV 9**

HELP me LORD, for there is not one god·ly man left; * for the faithful are minished from among the children · of men.

2 They talk of vanity every one · with his neighbour; * they do but flatter with their lips, and dissemble in their dou·ble heart.

3 The LORD shall root out all de·ceitful lips, * and the tongue that speaketh · proud things;

4 Which have said, With our tongue will · we prevail; * we are they that ought to speak: who is lord o·ver us?

5 Now for the comfortless troubles' sake · of the needy, * and because of the deep sighing of · the poor,

6 I will up · saith the LORD; * and will help every one from him that swelleth against him, and will set him · at rest.

7 The words of the · LORD are pure words; * even as the silver which from the earth is tried, and purified seven times in · the fire.

8 Thou shalt keep · them O LORD; * thou shalt preserve them from this generation for · ever.

9 The ungodly walk on · every side: * when they are exalted, the children of men are put to · rebuke.

10 Glory be to the Father and · to the Son, * and to the Ho·ly Ghost;

11 As it was in the beginning, † is now and · ever shall be, * world without end · Amen.

Psalm 13*Usquequo, Domine?***Tone III A 4**

How long wilt thou forget me O · LORD; for ever? * how long wilt thou hide · thy face from me?

2 How long shall I seek counsel in my soul, and be so · vexed in my heart? * how long shall mine enemy tri·umph over me?

3 Consider and · hear me O LORD my God; * lighten mine eyes, that I sleep · not in death;

4 Lest mine enemy say, I have pre·vailed against him: * for if I be cast down, they that trouble me will · rejoice at it.

5 But my trust is · in thy mercy, * and my heart is joyful in thy · salvation.

6 I will sing of the LORD, because he hath dealt so · lovingly with me; * yea I will praise the Name of the Lord · Most Highest.

7 Glory be to the · Father and to the Son, * and to · the Holy Ghost;

8 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

Psalm 14*Dixit insipiens***Tone VII 4**

THE fool hath · said in his heart,* · – There is no God.¹

2 They are corrupt, and become abominable · in their doings;*
there is none that doeth · good no not one.

3 The LORD looked down from heaven upon the · children of
men, * to see if there were any that would understand, and · seek
after God.

4 But they are all gone out of the way, they are altogether
become a · bominable; * there is none that doeth · good no not one.

5 Have they no knowledge, that they are all such · workers of
mischief, * eating up my people as it were bread, and call · not upon
the LORD?

6² There were they brought in great fear, even where · no fear
was; * for God is in the generation · of the righteous.

7 As for you, ye have made a mock at the · counsel of the poor; *
because he putteth his · trust in the LORD.

8 Who shall give salvation unto Israel · out of Sion? * When the
LORD turneth the captivity of his people, then shall Jacob rejoice and ·
Israel shall be glad.


9 Glory be to the · Father and to the Son, * and · to the Holy
Ghost;

10 As it was in the beginning, † is now and · ever shall be, * · world
without end. Amen.

THE THIRD DAY
MORNING PRAYER

Psalm 15*Domine, quis habitabit?***Tone III A 5**

LORD, who shall dwell in thy · tabernacle? * or who shall rest upon
· thy holy hill?

¹ The first note of the ending is omitted. ² Abrupt mediation. 

2 Even he that leadeth an · uncorrupt life, * and doeth the thing which is right, and speaketh the truth · from his heart.

3 He that hath used no deceit in his tongue, nor done evil · to his neighbour, * and hath not slandered · his neighbour.

4 He that setteth not by himself but is lowly · in his own eyes, * and maketh much of them · that fear the LORD.

5 He that sweareth unto his neighbour and disap·pointeth him not, * though it were to his · own hindrance.

6¹ He that hath not given his money upon · usury, * nor taken reward against · the innocent.

7 Whoso · doeth these things * · shall never fall.

8 Glory be to the · Father and to the Son, * and to · the Holy Ghost;

9 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

Psalm 16*Conserva me, Domine***Tone VIII 5**

PRESERVE me O · God; * for in thee · have I put my trust.

2 O my soul, thou hast said unto the · LORD, * Thou art my God; I have no · good like unto thee.

3 All my delight is upon the saints that are in the · earth, * and upon such as ex·cel in virtue.

4 But they that run after an·other god * shall · have great trouble.

5 Their drink-offerings of blood will I not · offer, * neither make mention of their · names within my lips.

6 The LORD himself is the portion of mine inheritance and of my · cup; * thou · shalt maintain my lot.

7 The lot is fallen unto me in a fair · ground; * yea I have a · goodly heritage.

¹ Abrupt mediation.





8 I will thank the LORD for giving me · warning; * my reins also chasten me in · the night season.

9 I have set the LORD always be · fore me; * for he is on my right hand, there · fore I shall not fall.

10 Wherefore my heart is glad and my glory re · joiceth: * my flesh al · so shall rest in hope.

11 For why? thou shalt not leave my soul in · hell; * neither shalt thou suffer thy Holy One to · see corruption.

12 Thou shalt show me the path of life: in thy presence is the ful · ness of · joy, * and at thy right hand there is plea · sure for evermore.

13 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

14 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 17*Exaudi, Domine***Tone VII 6**


HEAR the right O LORD, con · sider my complaint, * and hearken unto my prayer, that goeth not · out of feigned lips.

2 Let my sentence come · forth from thy presence; * and let thine eyes look upon the · thing that is equal.

3 Thou hast proved and visited mine heart in the night season; † thou hast tried me and shalt find no · wickedness in me; * for I am utterly purposed that my · mouth shall not offend.

4¹ As for the · works of men, * by the word of thy lips I have kept me from the ways of · the destroyer.

5 O hold thou up my · goings in thy paths, * that my · foot · steps slip not.

¹ Abrupt mediation in v. 4 and 7. 

6 I have called upon thee O God, for · thou shalt hear me: * in-
cline thine ear to me, and hearken · unto my words.

7¹ Show thy marvellous loving-kindness, † thou that art the Saviour
of them which put their · trust in thee, * from such as re·sist thy right
hand.

8 Keep me as the · apple of an eye; * hide me under the · shadow
of thy wings,

9 From the un·godly that trouble me; * mine enemies compass
me round about to · take away my soul.

10 They are inclosed · in their own fat, * and their mouth · speak-
eth proud things.

11 They lie waiting in our · way on every side, * watching to cast
us · down to the ground;

12 Like as a lion that is · greedy of his prey, * and as it were a
lion's whelp lurking in · secret places.

13 Up LORD, disap·point him and cast him down; * deliver my
soul from the ungodly · by thine own sword;

14 Yea by thy hand O LORD; from the · men of the evil world; *
which have their portion in this life, whose bellies thou fillest with ·
thy hid treasure.

15 They have · children at their desire, * and leave the rest of
their · substance for their babes.

16 But as for me, I shall behold thy · presence in righteousness; *
and when I awake up after thy likeness, I shall be · satisfied.

17 Glory be to the · Father and to the Son, * and · to the Holy
Ghost;

18 As it was in the beginning, † is now and · ever shall be, * ·
world without end. Amen.

EVENING PRAYER

Psalm 18*Diligam te, Domine***Tone I B 2**

¹I WILL · love thee O LORD my strength. * The LORD is my stony ·
rock and my defence.

¹ f, g, b b.



2 My Saviour my God and my might, in · whom I will trust; *
my buckler, the horn also of my salvation · and my refuge.

3 I will call upon the LORD which is worthy · to be praised; * so
shall I be safe · from mine enemies.

4 The sorrows of death · compassed me, * and the over-flowings
of ungodliness · made me afraid.

5 The pains of · hell came about me; * the snares of death ·
overtook me.

6 In my trouble I · called upon the LORD, * and complained ·
unto my God:

7 So he heard my voice out of his · holy temple, * and my com-
plaint came before him; it entered even · into his ears.

8 The earth · trembled and quaked, * the very foundations also
of the hills shook, and were removed be-cause he was wroth.

9 There went a smoke out · in his presence, * and a consuming
fire out of his mouth, so that coals were · kindled at it.

10 He bowed the heavens · also and came down, * and it was
dark · under his feet.

11 He rode upon the · Cherubim and did fly; * he came flying upon
the · wings of the wind.

12 He made · darkness his secret place, * his pavilion round about
him with dark water, and thick · clouds to cover him.

13 At the brightness of his presence his · clouds removed; * hail-
stones and coals of fire.

14 The LORD also thundered out of heaven, † and the Highest ·
gave his thunder; * hail-stones and coals of fire.

15 He sent out his arrows and · scattered them; * he cast forth
lightnings · and destroyed them.

16 The springs of waters were seen, † and the foundations of the
round · world were discovered, * at thy chiding O LORD, at the blast-
ing of the breath of · thy displeasure.

17 He sent down from on · high to fetch me, * and took me out of · many waters.

18 He delivered me from my strongest enemy, † and from · them which hate me; * for they were too · mighty for me.

19 They came upon me in the · day of my trouble; * but the LORD was · my upholder.

20 He brought me forth also into a · place of liberty; * he brought me forth, even because he had a · favour unto me.

21 The LORD rewarded me after my · righteous dealing, * according to the cleanness of my hands did he · recompense me.

22 Because I have kept the · ways of the LORD, * and have not forsaken my God · as the wicked doth.

23 For I have an · eye unto all his laws, * and will not cast out his com · mandments from me.

24 I was also uncor · rupt before him, * and eschewed · mine own wickedness.

25 Therefore the LORD rewarded me after my · righteous dealing, * and according unto the cleanness of my hands · in his eyesight.

26 With the holy · thou shalt be holy, * and with a perfect man thou · shalt be perfect.

27 With the clean · thou shalt be clean, * and with the froward thou · shalt be froward.

28 For thou shalt save the people that are · in adversity, * and shalt bring down the high · looks of the proud.

29 Thou also shalt · light my candle; * the LORD my God shall make my · darkness to be light.

30 For in thee I shall dis · comfit an host of men, * and with the help of my God I shall leap · over the wall.

31 The way of God is an · undefiled way: * the word of the LORD also is tried in the fire; he is the defender of all them that · put their trust in him.

32 For who is · God but the LORD? * or who hath any · strength except our God?



33¹ It is God that girdeth me with · strength of war, * and maketh · my way perfect.

34 He maketh my · feet like harts' feet, * and set · teth me up on high.

35¹ He teacheth mine · hands to fight, * and mine arms shall bend e · ven a bow of steel.

36 Thou hast given me the defence of · thy salvation; * thy right hand also shall hold me up, and thy loving correc · tion shall make me great.

37 Thou shalt make room enough under · me for to go, * that my · footsteps shall not slide.

38 I will follow upon mine enemies and · overtake them; * neither will I turn again till I · have destroyed them.

39 I will smite them that they shall not be · able to stand, * but fall · under my feet.

40 Thou hast girded me with strength · unto the battle; * thou shalt throw down mine e · nemies under me.

41 Thou hast made mine enemies also to turn their · backs upon me, * and I shall destroy · them that hate me.

42 They shall cry, but there shall be · none to help them; * yea even unto the LORD shall they cry, but he · shall not hear them.

43 I will beat them as small as the · dust before the wind: * I will cast them out as the · clay in the streets.

44 Thou shalt deliver me from the strivings · of the people, * and thou shalt make me the head of the nations; a people whom I have not · known shall serve me.

45 As soon as they hear of me · they shall obey me; * the strangers shall feign obe · dience unto me.

46 The · strangers shall fail, * and come trembling out · of their strongholds.

¹ Abrupt mediation, v. 33, 35.



47 The LORD liveth; † and blessed be · my strong helper, * and praised be the God of · my salvation;

48 Even the God that seeth that I · be avenged, * and subdueth the · people unto me.

49 It is he that delivereth me from my cruel enemies, † and setteth me up above mine · adversaries: * thou shalt rid me · from the wicked man.

50 For this cause will I give thanks unto thee O LORD a·mong the Gentiles, * and sing praises · unto thy Name.

51 Great prosperity giveth he · unto his King, * and showeth loving-kindness unto David his anointed, and unto his · seed for evermore.

52 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

53 As it was in the beginning, † is now and · ever shall be, * world · without end. Amen.

THE FOURTH DAY
MORNING PRAYER

Psalm 19

Cæli enarrant

Tone IV 5



THE heavens declare the glo·ry of God; * and the firmament · showeth his handy-work.

2 One day tell·eth another; * and one night certi·fieth another.

3 There is neither · speech nor language; * but their voices · are heard among them.

4 Their sound is gone out in·to all lands; * and their words into · the ends of the world.

5 In them hath he set a tabernacle · for the sun; * which cometh forth as a bridegroom out of his chamber, and rejoiceth as a · giant to run his course.

6 It goeth forth from the uttermost part of the heaven, † and runneth about unto the end of · it again; * and there is nothing · hid from the heat thereof.



7 The law of the LORD is an undefiled law convert·ing the soul;
* the testimony of the LORD is sure, and giveth wisdom · unto the simple.

8 The statutes of the LORD are right and re·joice the heart; *
the commandment of the LORD is pure, and giv·eth light unto the eyes.

9 The fear of the LORD is clean and endur·eth for ever; * the judgments of the LORD are true and right·eous altogether.

10 More to be desired are they than gold, yea than · much fine gold; * sweeter also than ho·ney and the honey-comb.

11 Moreover by them is thy · servant taught; * and in keeping of · them there is great reward.

12 Who can tell how oft · he offendeth? * O cleanse thou · me from my secret faults.

13 Keep thy servant also from presumptuous sins, lest they get the dominion · over me; * so shall I be undefiled and inno·cent from the great offence.

14 Let the words of my mouth and the meditation of my heart † be always acceptable · in thy sight, * O LORD my strength · and my redeemer.

15 Glory be to the Father and · to the Son, * · and to the Holy Ghost;

16 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 20*Exaudiat te Dominus***Tone III A 1**

THE LORD hear thee in the · day of trouble; * the Name of the God of Ja·cob defend thee:

2 Send thee help from the · sanctuary, * and strengthen thee · out of Sion:

3 Remember · all thy offerings, * and accept · thy burnt-sacrifice:

4 · Grant thee thy heart's desire, * and · fulfil all thy mind.

5 We will rejoice in thy salvation, and triumph in the · Name of the Lord our God: * the LORD perform all · thy petitions.

6 Now know I that the LORD helpeth his anointed, † and will hear him from his · holy heaven, * even with the wholesome strength · of his right hand.

7 Some put their trust in chariots and · some in horses; * but we will remember the Name · of the LORD our God.

8 They are brought · down and fallen; * but we are risen · and stand upright.

9 Save LORD; and hear us O · King of heaven, * when we · call upon thee.

10 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

11 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

Psalm 21

Domine, in virtute tua

Tone VIII 2



THE King shall rejoice in thy strength O · LORD; * exceeding glad shall he be of · thy salvation.

2 Thou hast given him his heart's de·sire, * and hast not denied him the re·quest of his lips.

3 For thou shalt meet him with the blessings of · goodness, * and shalt set a crown of pure · gold upon his head.

4 He asked life of thee; and thou gavest him a · long life, * even for ev·er and ever.

5 His honour is great in thy sal·vation; * glory and great worship shalt thou · lay upon him.

6 For thou shalt give him everlasting fe·licity, * and make him glad with the joy · of thy countenance.



7 And why? because the King putteth his trust in the · LORD; *
and in the mercy of the Most Highest he shall · not miscarry.

8 All thine enemies shall feel thine · hand; * thy right hand shall
find out · them that hate thee.

9 Thou shalt make them like a fiery oven in time of thy · wrath: *
the LORD shall destroy them in his displeasure, and the fire · shall con-
sume them.

10 Their fruit shalt thou root out of the · earth, * and their seed
from among the · children of men.

11 For they intended mischief a·gainst thee, * and imagined such
a device as they are not · able to perform.

12 Therefore shalt thou put them to · flight, * and the strings of
thy bow shalt thou make ready a·gainst the face of them.

13 Be thou exalted LORD, in thine own · strength; * so will we sing,
and · praise thy pow-er.

14 Glory be to the Father and to the · Son, * and · to the Holy
Ghost;

15 As it was in the beginning, † is now and ever · shall be, * world ·
without end. Amen.

EVENING PRAYER

Psalm 22*Deus, Deus meus***Tone II 1**

My God my God, look upon me; † why hast thou for·saken me? *
and art so far from my health and from the words · of my complaint?

2 O my God, I cry in the day-time but thou hearest · not; * and
in the night season also · I take no rest.

3 And thou continuest · holy, * O thou Worship · of Israel.

4 Our fathers hoped in · thee; * they trusted in thee and thou didst · deliver them.

5 They called upon thee and were · holpen; * they put their trust in thee and were not · confounded.

6 But as for me I am a worm and no · man; * a very scorn of men and the outcast of · the people.

7 All they that see me laugh me to · scorn; * they shoot out their lips and shake their · heads saying,

8 He trusted in the LORD that he would de·liver him; * let him deliver him if he · will have him.

9 But thou art he that took me out of my mother's · womb; * thou wast my hope when I hanged yet upon · my mother's breasts.

10 I have been left unto thee ever since I was · born; * thou art my God even from · my mother's womb.

11 O go not from me; † for trouble is hard at · hand, * and there is none · to help me.

12 Many oxen are come a·bout me; * fat bulls of Bashan close me in · on every side.

13 They gape upon me with their · mouths, * as it were a ramping and a roar·ing lion.

14 I am poured out like water, † and all my bones are out of · joint; * my heart also in the midst of my body is even · like melting wax.

15 My strength is dried up like a potsherd, † and my tongue cleaveth to my · gums, * and thou bringest me into · the dust of death.

16 For many dogs are come a·bout me, * and the council of the wicked layeth siege · against me.

17 They pierced my hands and my feet: I may tell all my · bones: * they stand staring and looking · upon me.

18 They part my garments a·mong them, * and cast lots upon · my vesture.

19 But be not thou far from me O · LORD; * thou art my succour, haste ~~thee~~ · to help me.

20 Deliver my soul from the · sword, * my darling from the pow·er of the dog.



21 Save me from the lion's · mouth; * thou hast heard me also from among the horns of · the unicorns.

22 I will declare thy Name unto my · brethren; * in the midst of the congregation will · I praise thee.

23 O praise the LORD, ye that · fear him: * magnify him all ye of the seed of Jacob; and fear him all ye seed · of Israel.

24 For he hath not despised nor abhorred the low estate of the · poor; * he hath not hid his face from him; but when he called unto him · he heard him.

25 My praise is of thee in the great congre·gation; * my vows will I perform in the sight of them · that fear him.

26 The poor shall eat and be satisfied; † they that seek after the LORD shall · praise him: * your heart shall live · for ever.

27 All the ends of the world shall remember themselves, and be turned unto the · LORD; * and all the kindreds of the nations shall worship · before him.

28 For the kingdom is the · LORD's, * and he is the Governor among · the nations.

29 All such as be fat upon · earth * have eaten · and worshipped.

30 All they that go down into the dust shall kneel be·fore him; * and no man hath quickened · his own soul.

31 My seed shall · serve him: * they shall be counted unto the Lord for a ge·neration.

32 They shall come and shall declare his · righteousness * unto a people that shall be born, whom · the Lord hath made.

33 Glory be to the Father and to the · Son, * and to · the Holy Ghost;

34 As it was in the beginning, † is now and ever · shall be, * world with·out end. Amen.

Psalm 23*Dominus regit me***Tone VI A**

THE LORD is my · shepherd; * therefore can · I lack nothing.

2 He shall feed me in a green · pasture, * and lead me forth be-
side the wa · ters of comfort.

3 He shall convert · my soul, * and bring me forth in the paths
of righteous · ness · for his Name's sake.

4 Yea though I walk through the valley of the shadow of death,
I will fear no · evil; * for thou art with me; thy rod and · thy staff
comfort me.

5 Thou shalt prepare a table before me in the presence of them
that trou · ble me; * thou hast anointed my head with oil and · my cup
shall be full.

6 Surely thy loving-kindness and mercy shall follow me all the
days of · my life; * and I will dwell in the house of the · LORD for
ever.

7 Glory be to the Father and to · the Son, * and · to the Holy
Ghost;

8 As it was in the beginning, † is now and ever · shall be, * world
with · out end. Amen.

THE FIFTH DAY
MORNING PRAYER

Psalm 24*Domini est terra***Tone VII 5**

THE earth is the LORD's and · all that therein is; * the compass
of the world and · they that dwell therein.

2 For he hath founded · it upon the seas, * and stablished · it
upon the floods.

3 Who shall ascend into the · hill of the LORD? * or who shall
rise · up in his holy place?



4 Even he that hath clean · hands and a pure heart; * and that hath not lift up his mind unto vanity, nor sworn to de·ceive his neighbour.

5 He shall receive the · blessing from the LORD, * and righteousness from the God of · his salvation.

6 This is the generation of · them that seek him; * even of them that seek thy face O · God of Jacob.

7 Lift up your heads O ye gates; and be ye lift up, ye · everlasting doors; * and the King of · glory shall come in.

8 Who is this · King of glory? * It is the LORD strong and mighty, even the LORD · mighty in battle.

9 Lift up your heads O ye gates; and be ye lift up, ye · everlasting doors; * and the King of · glory shall come in.

10 Who is this · King of glory? * Even the LORD of hosts, he is the · King of glory.

11 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

12 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 25*Ad te, Domine, levavi***Tone I A 9**

UNTO thee O LORD, will I lift up my soul; my God I have put my trust · in thee: * O let me not be confounded, neither let mine enemies · triumph over me.

2 For all they that hope in thee shall not be a·shamed; * but such as transgress without a cause shall be put · to confusion.

3 Show me thy ways · O LORD, * and · teach me thy paths.

4 Lead me forth in thy truth and · learn me: * for thou art the God of my salvation; in thee hath been my hope · all the day long.

5 Call to remembrance O LORD, thy tender · mercies, * and thy loving-kindnesses which have been · ever of old.

6 O remember not the sins and offences of · my youth; * but according to thy mercy think thou upon me O LORD · for thy goodness.

7 Gracious and righteous is · the LORD; * therefore will he teach · sinners in the way.

8 Them that are meek shall he guide in · judgment; * and such as are gentle, them · shall he learn his way.

9 All the paths of the LORD are mercy · and truth, * unto such as keep his covenant and his · testimonies.

10 For thy Name's sake · O LORD, * be merciful unto my · sin for it is great.

11 What man is he that feareth · the LORD? * him shall he teach in the · way that he shall choose.

12 His soul shall dwell · at ease, * and his seed shall in·herit the land.

13 The secret of the LORD is among them that · fear him; * and he will show · them his covenant.

14 Mine eyes are ever looking unto · the LORD; * for he shall pluck my feet · out of the net.

15 Turn thee unto me and have mercy up·on me; * for I am desolate · and in misery.

16 The sorrows of my heart are en·larged: * O bring thou me out · of my troubles.

17 Look upon my adversity and mi·sery, * and for·give me all my sin.

18 Consider mine enemies, how many · they are; * and they bear a tyrannous · hate against me.

19 O keep my soul and deli·ver me: * let me not be confounded, for I have · put my trust in thee.

20 Let perfectness and righteous dealing wait up·on me; * for my · hope hath been in thee.

21 Deliver Israel · O God, * out of · all his troubles.

22 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

23 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 26*Judica me, Domine***Tone VI B**

BE thou my Judge O LORD, for I have walked · innocently: * my trust hath been also in the LORD, therefore · shall I not fall.

2 Examine me O · LORD and prove me; * try out · my reins and my heart.

3 For thy loving-kindness is · ever before mine eyes; * and I · will walk in thy truth.

4 I have not · dwelt with vain persons; * neither will I have fellowship with · the deceitful.

5 I have hated the congregation · of the wicked; * and will not sit among · the ungodly.

6 I will wash my hands in · innocency O LORD; * and so will I go · to thine altar;

7 That I may show the · voice of thanksgiving, * and tell of · all thy wondrous works.

8 LORD I have loved the habi·tation of thy house, * and the place where thine · honour dwelleth.

9 O shut not up my · soul with the sinners, * nor my life with · the blood-thirsty;

10 In whose · hands is wickedness, * and their right · hand is full of gifts.

11 But as for me, I will walk · innocently: * O deliver me and be mer·ciful unto me.

12 My · foot standeth right: * I will praise the LORD in the · congregations.

13 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

14 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

EVENING PRAYER

Psalm 27*Dominus illuminatio***Tone VII 3**

THE LORD is my light and my salvation; · whom then shall I fear? * the LORD is the strength of my life; of whom then · shall I be afraid?

2 When the wicked even mine enemies and my foes, † came upon me to · eat up my flesh, * they · stumbled and fell.

3 Though an host of men were laid against me, † yet shall not my · heart be afraid; * and though there rose up war against me, yet will I · put my trust in him.

4 One thing have I desired of the LORD · which I will require; * even that I may dwell in the house of the LORD all the days of my life, to behold the fair beauty of the LORD and to · visit his temple.

5 For in the time of trouble he shall hide me in his · tabernacle; * yea in the secret place of his dwelling shall he hide me, and set me up up·on a rock of stone.

6 And now shall he · lift up mine head * above mine enemies · round about me.

7¹ Therefore will I offer in his dwelling an oblation with · great gladness: * I will sing and speak praises · unto the LORD.

8 Hearken unto my voice O LORD, when I · cry unto thee; * have mercy up·on me and hear me.

9 My heart hath talked of thee · Seek ye my face: * Thy · face LORD will I seek.

10 O hide not · thou thy face from me, * nor cast thy servant a·way in displeasure.

11 Thou hast · been my succour; * leave me not neither forsake me, O God of · my salvation.

12 When my father and my · mother forsake me, * the LORD · taketh me up.

13¹ Teach me thy · way O LORD, * and lead me in the right way, be·cause of mine enemies.

14 Deliver me not over into the will of mine · adversaries: * for there are false witnesses risen up against me, and · such as speak wrong.

15 I should utter·ly have fainted, * but that I believe verily to see the goodness of the LORD in the · land of the living.

¹ Abrupt mediation, v. 7, 13.





16¹ O tarry thou the · LORD's leisure; * be strong and he shall comfort thine heart; and put thou thy · trust in the LORD.

17 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

18 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 28

Ad te, Domine

Tone IV 10



UNTO thee will I cry O · LORD my strength: * think no scorn of me; lest if thou make as though thou hearest not, I become like them that · go down into the pit.

2 Hear the voice of my humble petitions when I cry · unto thee; * when I hold up my hands towards the mercy-seat of · thy holy temple.

3 O pluck me not away, neither destroy me with the ungodly and · wicked doers, * which speak friendly to their neighbours, but ima·gine mischief in their hearts.

4 Reward them according · to their deeds, * and according to the wickedness of · their own inventions.

5 Recompense them after the work · of their hands; * pay them that · they have deserved.

6 For they regard not in their mind the works of the LORD, † nor the operation · of his hands; * therefore shall he break them · down and not build them up.

7 Praised · be the LORD; * for he hath heard the voice of my · humble petitions.

8 The LORD is my strength and my shield; my heart hath trusted in him and · I am helped; * therefore my heart danceth for joy, and in my · song will I praise him.

¹ Abrupt mediation in v. 16.



9 The LORD · is my strength, * and he is the wholesome defence · of his anointed.

10 O save thy people and give thy blessing unto · thine inheritance: * feed them and set · them up for ever.

11 Glory be to the Father and · to the Son, * · and to the Holy Ghost;

12 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 29*Afferte Domino***Tone V 3**

ASCRIBE unto the LORD O ye · mighty, * ascribe unto the LORD · worship and strength.

2 Ascribe unto the LORD the honour due unto his · Name; * worship the LORD with · holy worship.

3 The voice of the LORD is upon the · waters; * it is the glorious God that ma·keth the thunder.

4 It is the LORD that ruleth the sea; the voice of the LORD is mighty in ope·ration; * the voice of the LORD · is a glorious voice.

5 The voice of the LORD breaketh the · cedar-trees; * yea the LORD breaketh the ce·dars of Lebanon.

6 He maketh them also to skip like a · calf; * Lebanon also and Sirion like · a young unicorn.

7 The voice of the LORD divideth the flames of fire; the voice of the LORD shaketh the · wilderness; * yea the LORD shaketh the wilder·ness of Kadesh.

8 The voice of the LORD maketh the hinds to bring forth young, † and strippeth bare the · forests: * in his temple doth every thing speak · of his honour.

9 The LORD sitteth above the · water-flood, * and the LORD remaineth a · King for ever.



10 The LORD shall give strength unto his · people; * the LORD shall give his people the · blessing of peace.

11 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

12 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

THE SIXTH DAY

MORNING PRAYER

Psalm 30

Exaltabo te, Domine

Tone I B 10



I WILL magnify thee O LORD; for · thou hast set me up, * and not made my foes to · triumph over me.

2 O LORD my God I · cried unto thee; * and · thou hast healed me.

3 Thou LORD hast brought my · soul out of hell: * thou hast kept my life that I should not go · down into the pit.

4 Sing praises unto the LORD · O ye saints of his; * and give thanks unto him for a remembrance · of his holiness.

5 For his wrath endureth but the twinkling of an eye, and in his · pleasure is life; * heaviness may endure for a night, but joy cometh · in the morning.

6 And in my prosperity I said, I shall never · be removed: * thou LORD of thy goodness hast · made my hill so strong.

7 Thou didst · turn thy face from me, * and · I was troubled.

8 Then cried I · unto thee O LORD; * and gat me to my · LORD right humbly.

9 What profit · is there in my blood, * when I go · down into the pit?

10 Shall the dust give · thanks unto thee? * or shall · it declare thy truth?

11 Hear O LORD and have · mercy upon me; * LORD be · thou my helper.

12 Thou hast turned my · heaviness into joy; * thou hast put off my sackcloth and girded · me with gladness:

13 Therefore shall every good man sing of thy · praise without ceasing. * O my God I will give thanks unto · thee for ever.

14 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

15 As it was in the beginning, † is now and · ever shall be, * world · without end. Amen.

Psalm 31*In te, Domine, speravi***Tone VIII 1**

IN thee O LORD have I put my trust; let me never be put to confusion; * deliver me · in thy righteousness.

2 Bow down thine · ear to me; * make haste · to deliver me.

3 And be thou my strong rock and house of defence, * that thou · mayest save me.

4 For thou art my strong rock and my · castle: * be thou also my guide and lead me · for thy Name's sake.

5 Draw me out of the net that they have laid privily for · me; * for · thou art my strength.

6 Into thy hands I commend my · spirit; * for thou hast redeemed me, O · LORD thou God of truth.

In the Third Selection, *Gloria Patri* follows here.

7 I have hated them that hold of lying · vanities, * and my trust hath · been in the LORD.

8 I will be glad and rejoice in thy · mercy; * for thou hast considered my trouble, and hast known my soul · in adversities.

9 Thou hast not shut me up into the hand of the · enemy; * but hast set my feet · in a large room.



10 Have mercy upon me O LORD, for I am in · trouble, * and mine eye is consumed for very heaviness; yea, my soul · and my body.

11 For my life is waxen old with · heaviness, * and my · years with mourning.

12 My strength faileth me because of mine in·iquity, * and my bones · are consumed.

13 I became a reproach among all mine enemies, † but especially among my · neighbours; * and they of mine acquaintance were afraid of me; and they that did see me without, conveyed · themselves from me.

14 I am clean forgotten as a dead man out of · mind; * I am become like a · broken vessel.

15 For I have heard the blasphemy of the multitude. † and fear is on every · side; * while they conspire together against me, and take their counsel to · take away my life.

16 But my hope hath been in thee O · LORD; * I have said · Thou art my God.

17 My times are in thy hand; deliver me from the hand of mine · enemies, * and from them that · persecute me.

18 Show thy servant the light of thy · countenance, * and save me · for thy mercy's sake.

19 Let me not be confounded O LORD, for I have called upon · thee; * let the ungodly be put to confusion, and be put to · silence in the grave.

20 Let the lying lips be put to · silence, * which cruelly disdainfully and despitefully speak a·gainst the righteous.

21 O how plentiful is thy goodness which thou hast laid up for them that · fear thee, * and that thou hast prepared for them that put their trust in thee, even be·fore the sons of men!

22 Thou shalt hide them in the covert of thine own presence from the plottings of · men: * thou shalt keep them secretly in thy tabernacle · from the strife of tongues.

23 Thanks be to the · LORD; * for he hath showed me marvellous great kindness in · a strong city.

24 But in my haste I · said, * I am cast out of the · sight of thine eyes.

25 Nevertheless thou heardest the voice of my · prayer, * when I · cried unto thee.

26 O love the LORD all ye his · saints; * for the LORD preserveth them that are faithful, and plenteously rewardeth · the proud doer.

27 Be strong and he shall establish your · heart, * all ye that put your · trust in the LORD.

28 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

29 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

EVENING PRAYER

Psalm 32*Beati quorum***Tone I A 8**

BLESSED is he whose unrighteousness is for·given, * and whose · sin is covered.

2 Blessed is the man unto whom the LORD imputeth · no sin, * and in whose spirit · there is no guile.

3 For whilst I held · my tongue, * my bones consumed away through my dai·ly complaining.

4 For thy hand was heavy upon me day · and night, * and my moisture was like the · drought in summer.

5 I acknowledged my sin un·to thee; * and mine unrighteousness · have I not hid.

6 I said, I will confess my sins unto · the LORD; * and so thou forgavest the wick·edness of my sin.



7 For this shall every one that is godly make his prayer unto thee, † in a time when thou mayest · be found; * surely the great water-floods shall · not come nigh him.

8 Thou art a place to hide me in; † thou shalt preserve me from · trouble; * thou shalt compass me about with songs · of deliverance.

9 I will inform thee and teach thee in the way wherein thou · shalt go; * and I will guide · thee with mine eye.

10 Be ye not like to horse and mule, which have no under · standing; * whose mouths must be held with bit and bridle, else they will · not obey thee.

11 Great plagues remain for the un · godly; * but whoso putteth his trust in the LORD, mercy embraceth · him on every side.

12 Be glad O ye righteous and rejoice in · the LORD; * and be joyful all ye · that are true of heart.

13 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

14 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 33

Exultate, justi

Tone III A 5



REJOICE in the LORD · O ye righteous; * for it becometh well the just to · be thankful.

2 · Praise the LORD with harp; * sing praises unto him with the lute and instrument · of ten strings.

3 Sing unto the · Lord a new song; * sing praises lustily unto him with a · good courage.

4 For the · word of the LORD is true; * and all his works · are faithful.

5 He loveth righteous·ness and judgment; * the earth is full of the good·ness of the LORD.

6 By the word of the · LORD were the heavens made; * and all the host of them by the breath · of his mouth.

7 He gathereth the waters of the sea together as it · were upon an heap; * and layeth up the deep as in · a treasure-house.

8 Let all the · earth fear the LORD: * stand in awe of him all ye that dwell · in the world.

9 For he · spake and it was done; * he commanded and · it stood fast.

10 The LORD bringeth the counsel of the · heathen to nought, * and maketh the devices of the people to be of none effect, and casteth out the counsels · of princes.

11 The counsel of the LORD shall en·dure for ever, * and the thoughts of his heart from generation to ge·neration.

12 Blessed are the people whose God is the · Lord JEHOVAH; * and blessed are the folk that he hath chosen to him, to be his · inheritance.

13 The LORD looketh down from heaven, and beholdeth all the · children of men; * from the habitation of his dwelling, he considereth all them that dwell · on the earth.

14 He fashioneth · all the hearts of them, * and understand·eth all their works.

15 There is no king that can be saved by the · multitude of an host; * neither is any mighty man delivered · by much strength.

16 A horse is counted but a vain · thing to save a man; * neither shall he deliver any man by · his great strength.

17 Behold the eye of the LORD is upon · them that fear him, * and upon them that put their trust in · his mercy;

18 To de·liver their soul from death, * and to feed them in · the time of dearth.

19 Our soul hath patiently · tarried for the LORD; * for he is our help · and our shield.

20 For our · heart shall rejoice in him; * because we have hoped in · his holy Name.



21 Let thy merciful kindness O LORD · be upon us, * like as we do
put · our trust in thee.

22 Glory be to the · Father and to the Son, * and to · the Holy
Ghost;

23 As it was in the beginning, † is now and · ever shall be, * world
with·out end. Amen.

Psalm 34*Benedicam Dominum***Tone VII 2**

I WILL always give · thanks unto the LORD; * his praise shall ·
ever be in my mouth.

2 My soul shall make her · boast in the LORD; * the humble
shall · hear thereof and be glad.

3 O · praise the LORD with me, * and let us magnify his · Name
together.

4 I sought the · LORD and he heard me; * yea he delivered me ·
out of all my fear.

5¹ They had an eye unto him and were · lightened; * and their
faces were · not ashamed.

6 Lo the poor crieth, and the · LORD heareth him; * yea and saveth
him out of · all his troubles.

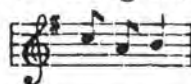
7 The angel of the LORD tarrieth round about · them that fear
him, * and de·livereth them.

8 O taste and see how · gracious the LORD is: * blessed is the man
that · trusteth in him.

9 O fear the LORD · ye that are his saints; * for they that · fear
him lack nothing.

10 The lions do lack and · suffer hunger; * but they who seek the
LORD shall want no manner of · thing that is good.

¹ Abrupt mediation in v. 5.



11 Come ye children and · hearken unto me; * I will teach you the · fear of the LORD.

12 What man is he that · lusteth to live, * and would · fain see good days?

13 Keep thy · tongue from evil, * and thy · lips that they speak no guile.

14 Eschew · evil and do good; * seek · peace and ensue it.

15 The eyes of the LORD are · over the righteous, * and his ears are open · unto their prayers.

16 The countenance of the LORD is against · them that do evil, * to root out the remembrance · of them from the earth.

17 The righteous cry and the · LORD heareth them, * and delivereth them out of · all their troubles.

18¹ The LORD is nigh unto them that are of a · contrite heart, * and will save such as be of an · humble spirit.

19 Great are the troubles · of the righteous; * but the LORD deliver · eth him out of all.

20 He · keepeth all his bones, * so that not one of · them is broken.

21 But misfortune shall · slay the ungodly; * and they that hate the righteous · shall be desolate.

22 The LORD delivereth the · souls of his servants; * and all they that put their trust in him shall · not be destitute.

23 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

24 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

THE SEVENTH DAY

MORNING PRAYER

Psalm 35

Judica, Domine

Tone I A 1



PLEAD thou my cause O LORD with them that strive · with me, * and fight thou against them that · fight against me.

¹ Abrupt mediation in v. 18.





2 Lay hand upon the shield and · buckler, * and stand · up to help me.

3 Bring forth the spear and stop the way against them that pur·sue me: * say unto my soul, I am · thy salvation.

4 Let them be confounded and put to shame, that seek after · my soul; * let them be turned back and brought to confusion, that imagine · mischief for me.

5 Let them be as the dust before · the wind, * and the angel of the LORD · scattering them.

6 Let their way be dark and · slippery, * and let the angel of the · LORD pursue them.

7 For they have privily laid their net to destroy me without · a cause; * yea even without a cause have they made a · pit for my soul.

8 Let a sudden destruction come upon him unawares, † and his net that he hath laid privily catch · himself; * that he may fall into · his own mischief.

9 And my soul shall be joyful in · the LORD; * it shall rejoice in · his salvation.

10 All my bones shall say, LORD who is like unto thee, † who deliverest the poor from him that is too strong · for him; * yea the poor and him that is in misery from · him that spoileth him?

11 False witnesses did · rise up: * they laid to my charge things · that I knew not.

12 They rewarded me evil · for good, * to the great discom·fort of my soul.

13 Nevertheless when they were sick I put on sackcloth, † and humbled my soul with · fasting; * and my prayer shall turn into · mine own bosom.

14 I behaved myself as though it had been my friend or my · brother; * I went heavily as one that mourneth · for his mother.

15 But in mine adversity they rejoiced and gathered themselves to·gether; * yea the very abjects came together against me unawares. making mouths at · me and ceased not.

16 With the flatterers were busy · mockers, * who gnashed upon · me with their teeth.

17 Lord how long wilt thou look up-on this? * O deliver my soul from the calamities which they bring on me, and my darling · from the lions.

18 So will I give thee thanks in the great congre·gation; * I will praise thee a-mong much people.

19 O let not them that are mine enemies triumph over me un·godly; * neither let them wink with their eyes that hate · me without a cause.

20 And why? their communing is not · for peace; * but they imagine deceitful words against them that are · quiet in the land.

21 They gaped upon me with their mouths · and said, * Fie on thee! fie on thee! we saw · it with our eyes.

22 This thou hast seen · O LORD; * hold not thy tongue then; go not far · from me O Lord.

23 Awake and stand up to judge my · quarrel; * avenge thou my cause, my · God and my Lord.

24 Judge me O LORD my God according to thy right·eousness; * and let them not · triumph over me.

25 Let them not say in their hearts, There! there! so would we · have it; * neither let them say, We · have devoured him.

26 Let them be put to confusion and shame together, † that re·joice at my · trouble; * let them be clothed with rebuke and dishonour, that boast them·selves against me.

27 Let them be glad and rejoice that favour my righteous · deal·ing; * yea let them say alway, Blessed be the LORD, who hath pleasure in the prosperity · of his servant.

28 And as for my tongue, it shall be talking of thy right·eousness, * and of thy praise · all the day long.

29 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

30 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 36*Dixit injustus***Tone II 1**

My heart showeth me the wickedness of the un·godly, * that there is no fear of God · before his eyes.

2 For he flattereth himself in his own · sight, * until his abominable sin · be found out.

3 The words of his mouth are unrighteous and full of de·ceit: * he hath left off to behave himself wisely and · to do good.

4 He imagineth mischief upon his bed, and hath set himself in no good · way; * neither doth he abhor any thing that · is evil.

5 Thy mercy O LORD, reacheth unto the · heavens, * and thy faithfulness un·to the clouds.

6 Thy righteousness standeth like the strong · mountains: * thy judgments are like · the great deep.

7 Thou LORD, shalt save both man and beast: how excellent is thy mercy O · God! * and the children of men shall put their trust under the sha·dow of thy wings.

8 They shall be satisfied with the plenteousness of thy · house; * and thou shalt give them drink of thy pleasures as out of · the river.

9 For with thee is the well of · life; * and in thy light · shall we see light.

10 O continue forth thy loving-kindness unto them that · know thee, * and thy righteousness unto them that · are true of heart.

11 O let not the foot of pride come a·gainst me; * and let not the hand of the ungod·ly cast me down.

12 There are they fallen, all that work · wickedness; * they are cast down and shall not be a·ble to stand.

13 Glory be to the Father and to the · Son, * and to · the Holy Ghost;

14 As it was in the beginning, † is now and ever · shall be, * world with·out end. Amen.

EVENING PRAYER

Psalm 37*Noli æmulari***Tone I B 4**

FRET not thyself because of · the ungodly; * neither be thou
envious against the · evil doers.

2 For they shall soon be cut · down like the grass, * and be with-
ered even · as the green herb.

3 Put thou thy trust in the · LORD and be doing good; * dwell in
the land and verily · thou shalt be fed.

4 De·light thou in the LORD, * and he shall give · thee thy heart's
desire.

5 Commit thy way unto the LORD and · put thy trust in him, *
and he shall · bring it to pass.

6 He shall make thy righteousness as · clear as the light, * and
thy just dealing · as the noon-day.

7 Hold thee still in the LORD and abide patient·ly upon him: *
but grieve not thyself at him whose way doth prosper, against the
man that doeth after · evil counsels.

8 Leave off from wrath and let · go displeasure: * fret not thyself,
else shalt thou be moved · to do evil.

9 Wicked doers · shall be rooted out; * and they that patiently
abide the LORD, those shall in·herit the land.

10 Yet a little while and the ungodly · shall be clean gone: * thou
shalt look after his place and · he shall be away.

11 But the meek-spirited · shall possess the earth, * and shall be
refreshed in the · multitude of peace.

12 The ungodly seeketh · counsel against the just, * and gnasheth
up·on him with his teeth.

13 The Lord shall · laugh him to scorn; * for he hath seen that
his · day is coming.



14 The ungodly have drawn out the · sword and have bent their bow, * to cast down the poor and needy, and to slay such as be · upright in their ways.

15 Their sword shall go · through their own heart, * and their bow · shall be broken.

16 A small thing · that the righteous hath, * is better than great riches of · the ungodly.

17 For the arms of the ungodly · shall be broken, * and the LORD uphold · eth the righteous.

18 The LORD knoweth the · days of the godly; * and their inheritance shall en · dure for ever.

19 They shall not be confounded in the · perilous time; * and in the days of dearth · they shall have enough.

20 As for the ungodly they shall perish, † and the enemies of the LORD shall con · sume as the fat of lambs: * yea even as the smoke shall · they consume away.

21 The ungodly borroweth and · payeth not again; * but the righteous is merci · ful and liberal.

22 Such as are blessed of · God shall possess the land; * and they that are cursed of him · shall be rooted out.

23 The LORD ordereth a · good man's going, * and maketh his way accep · table to himself.

24 Though he fall he shall · not be cast away; * for the LORD uphold · eth him with his hand.

25 I have been · young and now am old; * and yet saw I never the righteous forsaken, nor his seed · begging their bread.

26 The righteous is ever merci · ful and lendeth; * and his · seed is blessed.

27 Flee from evil and do the · thing that is good; * and · dwell for evermore.

28 For the LORD loveth the · thing that is right; * he forsaketh not his that be godly, but they are preser · ved for ever.

29 The unrighteous · shall be punished; * as for the seed of the ungodly, it · shall be rooted out.

30 The righteous shall in·herit the land, * and dwell there·in for ever.

31 The mouth of the righteous is exer·cised in wisdom, * and his tongue will be talk·ing of judgment.

32 The law of his · God is in his heart, * and his · goings shall not slide.

33 The ungodly · watcheth the righteous, * and seeketh occa·sion to slay him.

34 The LORD will not · leave him in his hand, * nor condemn him when · he is judged.

35 Hope thou in the LORD and keep his way, † and he shall promote thee that · thou shalt possess the land: * when the ungodly shall perish · thou shalt see it.

36 I myself have seen the un·godly in great power, * and flourishing like · a green bay-tree.

37 I went by and · lo he was gone: * I sought him but his place could · no where be found.

38 Keep innocency and take heed unto the · thing that is right; * for that shall bring a man · peace at the last.

39 As for the transgressors they shall · perish together; * and the end of the ungodly is, they shall be rooted · out at the last.

40 But the salvation of the righteous · cometh of the LORD; * who is also their strength in the · time of trouble.

41 And the LORD shall stand by · them and save them: * he shall deliver them from the ungodly and shall save them, because they · put their trust in him.

42 Glory be to the · Father and to the Son, * and · to the Holy · Ghost;

43 As it was in the beginning, † is now and · ever shall be, * world · without end. Amen.

THE EIGHTH DAY

MORNING PRAYER

Psalm 38*Domine, ne in furore***Tone IV 8**

PUT me not to rebuke O LORD · in thine anger; * neither chasten me in thy heavy · displeasure:

2 For thine ar·rows stick fast in me, * and thy hand press·eth me sore.

3 There is no health in my flesh because of · thy displeasure; * neither is there any rest in my bones by reason · of my sin.

4 For my wickednesses are gone o·ver my head, * and are like a sore burden too heavy · for me to bear.

5 My wounds stink and · are corrupt, * through · my foolishness.

6 I am brought into so great trou·ble and misery, * that I go mourning all · the day long.

7 For my loins are filled with a · sore disease, * and there is no whole part in · my body.

8 I am feeble · and sore smitten; * I have roared for the very disquietness · of my heart.

9 Lord, thou knowest all · my desire; * and my groaning is · not hid from thee.

10 My heart panteth, my · strength hath failed me, * and the light of mine eyes · is gone from me.

11 My lovers and my neighbours did stand looking up·on my trouble, * and my kinsmen stood · afar off.

12 They also that sought after my · life laid snares for me; * and they that went about to do me evil talked of wickedness, and imagined deceit all · the day long.

13 As for me, I was like a deaf · man and heard not; * and as one that is dumb, who doth not o·pen his mouth.

14 I became even as a man that · heareth not, * and in whose mouth · are no reproofs.

15 For in thee O LORD have I · put my trust; * thou shalt answer for me · O Lord my God.

16 I have required that they, even mine enemies, should not triumph · over me; * for when my foot slipt they rejoiced greatly · against me.

17 And I truly am set · in the plague, * and my heaviness is ever · in my sight.

18 For I will con·fess my wickedness, * and be sorry · for my sin.

19 But mine enemies live · and are mighty; * and they that hate me wrongfully are many · in number.

20 They also that reward evil for good · are against me; * because I follow the thing · that good is.

21 Forsake me not O · LORD my God; * be not · thou far from me.

22 Haste · thee to help me, * O Lord God of my · salvation.

23 Glory be to the Father and · to the Son, * and to · the Holy Ghost;

24 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

Psalm 39*Dixi, custodiam*

Tone II 1



I SAID, I will take heed to my · ways, * that I offend · not in my tongue.

2 I will keep my mouth as it were with a · bridle, * while the ungodly · is in my sight.

3 I held my tongue and spake · nothing: * I kept silence yea even from good words; but it was pain · and grief to me.

4 My heart was hot within me: † and while I was thus musing the fire · kindled, * and at the last I spake · with my tongue:

5 LORD let me know mine end and the number of my · days; * that I may be certified how long · I have to live.



6 Behold thou hast made my days as it were a span long, † and mine age is even as nothing in respect of · thee; * and verily every man living is altege · ther vanity.

7 For man walketh in a vain shadow and disquieteth himself in · vain; * he heapeth up riches and cannot tell who · shall gather them.

8 And now Lord, what is my · hope? * truly my hope is e · ven in thee.

9 Deliver me from all mine of · fences; * and make me not a rebuke unto · the foolish.

10 I became dumb and opened not my · mouth; * for it was · thy doing.

11 Take thy plague a · way from me: * I am even consumed by the means of · thy heavy hand.

12 When thou with rebukes dost chasten man for sin, † thou makest his beauty to consume away, like as it were a moth fretting a · garment: * every man therefore is · but vanity.

13 Hear my prayer O LORD, and with thine ears consider my · calling; * hold not thy peace · at my tears;

14 For I am a stranger with thee and a · sojourner, * as all · my fathers were.

15 O spare me a little that I may recover my · strength, * before I go hence and be · no more seen.

16 Glory be to the Father and to the · Son, * and to · the Holy Ghost;

17 As it was in the beginning, † is now and ever · shall be, * world with · out end. Amen.

Psalm 40*Expectans expectavi***Tone VI A**

I WAITED patiently for · the LORD, * and he inclined unto me and · heard my calling.

2 He brought me also out of the horrible pit, out of the mire · and clay, * and set my feet upon the rock, and order·ed my goings.

3 And he hath put a new song in · my mouth, * even a thanks-giving · unto our God.

4 Many shall see it · and fear, * and shall put · their trust in the LORD.

5 Blessed is the man that hath set his hope in · the LORD, * and turned not unto the proud and to such as · go about with lies.

6 O LORD my God, great are the wondrous works which thou hast done, † like as be also thy thoughts which are to · us-ward; * and yet there is no man that order·eth them unto thee.

7 If I should declare them and speak · of them, * they should be more than I am · able to express.

8 Sacrifice and offering thou would·est not, * but mine ears · hast thou opened.

9 Burnt-offering and sacrifice for sin hast thou not re·quired: * then · said I, Lo I come;

10 In the volume of the book it is written of me, † that I should fulfil thy will, O · my God: * I am content to do it; yea thy law · is within my heart.

11 I have declared thy righteousness in the great congre·gation: * lo I will not refrain my lips O LORD, and · that thou knowest.

12 I have not hid thy righteousness within · my heart; * my talk hath been of thy truth and of · thy salvation.

13 I have not kept back thy loving mercy · and truth * from the great · congregation.

14 Withdraw not thou thy mercy from me · O LORD; * let thy loving-kindness and thy truth al·way preserve me.

15 For innumerable troubles are come about me; † my sins have taken such hold upon me that I am not able to · look up; * yea they are more in number than the hairs of my head, and my · heart hath failed me.



16 O LORD, let it be thy pleasure to deliv·er me; * make haste
O · LORD to help me.

17 Let them be ashamed and confounded together, † that seek after
my soul to de·stroy it; * let them be driven backward and put to re·
buke, that · wish me evil.

18 Let them be desolate and rewarded · with shame, * that say
unto me, Fie upon thee! · fie upon thee!

19 Let all those that seek thee be joyful and glad · in thee; * and
let such as love thy salvation say always, The · LORD be praised.

20 As for me I am poor and · needy; * but the Lord · careth for me.

21 Thou art my helper and re·deemer; * make no long tar·rying
O my God.

22 Glory be to the Father and to · the Son, * and · to the Holy
Ghost;

23 As it was in the beginning, † is now and ever · shall be, * world
with·out end. Amen.

EVENING PRAYER

Psalm 41*Beatus qui intelligit***Tone III A 2**

BLESSED is he that considereth the · poor and needy; * the LORD
shall deliver him in the · time of trouble.

2 The LORD preserve him and keep him alive, that he may be ·
blessed upon earth; * and deliver not thou him into the will · of his
enemies.

3 The LORD comfort him when he lieth · sick upon his bed; *
make thou all his bed · in his sickness.

4 I said, LORD be · merciful unto me; * heal my soul for I have
sin·ned against thee.

5 Mine enemies speak · evil of me, * When shall he die and · his name perish?

6 And if he come to see me he · speaketh vanity, * and his heart conceiveth falsehood within himself; and when he cometh · forth he telleth it.

7 All mine enemies whisper to · gether against me; * even against me do they ima · gine this evil.

8 An evil disease say they, cleaveth · fast unto him; * and now that he lieth he shall · rise up no more.

9 Yea even mine own familiar · friend whom I trusted, * who did also eat of my bread hath · laid great wait for me.

10 But be thou merciful · unto me O LORD; * raise thou me up again and I · shall reward them.

11 By this I know thou · favourest me, * that mine enemy doth not tri · umph against me.

12 And in my innocency · thou upholdest me, * and shalt set me before thy · face for ever.

13 Blessed be the LORD · God of Israel, * world with · out end. Amen.

14 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

15 As it was in the beginning, † is now and · ever shall be, * world with · out end. Amen.

BOOK II

Psalm 42

Quemadmodum

Tone V 1



LIKE as the hart desireth the · water-brooks, * so longeth my · soul after thee O God.

2 My soul is athirst for God, yea even for the living · God: * when shall I come to appear before the · presence of God?



3 My tears have been my meat day and · night, * while they daily say unto me · Where is now thy God?

4 Now when I think thereupon, I pour out my heart by my · self; * for I went with the multitude, and brought them forth · into the house of God;

5 In the voice of praise and thanks · giving, * among · such as keep holy-day.

6 Why art thou so full of heaviness, O my · soul? * and why art thou so disquiet · ed within me?

7 O put thy trust in · God; * for I will yet thank him, which is the help of my · countenance and my God.

8 My soul is vexed with · in me; * therefore will I remember thee from the land of Jordan, from Hermon · and the little hill.

9 One deep calleth another because of the noise of thy · water-floods; * all thy waves and · storms are gone over me.

10 The LORD will grant his loving-kindness in the · day-time; * and in the night season will I sing of him, and make my prayer unto the · God of my life.

11 I will say unto the God of my strength, Why hast thou for · gotten me? * why go I thus heavily, while the ene · my oppresseth me?

12 My bones are smitten asunder as with a · sword, * while mine enemies that trouble me · cast me in the teeth;

13 Namely while they say daily unto · me, * · Where is now thy God?

14 Why art thou so vexed O my · soul? * and why art thou so disquiet · ed within me?

15 O put thy trust in · God; * for I will yet thank him, which is the help of my · countenance and my God.

16 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

17 As it was in the beginning, † is now and ever · shall be, * · world without end. Amen.

Psalm 43*Judica me, Deus***Tone V 1**

GIVE sentence with me O God, † and defend my cause against the ungodly · people; * O deliver me from the de·ceitful and wicked man.

2 For thou art the God of my strength; why hast thou put me · from thee? * and why go I so heavily, while the ene·my oppresseth me?

3 O send out thy light and thy truth that they may · lead me, * and bring me unto thy holy hill and · to thy dwelling;

4 And that I may go unto the altar of God, † even unto the God of my joy and · gladness; * and upon the harp will I give thanks unto · thee O God my God.

5 Why art thou so heavy O my · soul? * and why art thou so disquiet·ed within me?

6 O put thy trust in · God; * for I will yet give him thanks, which is the help of my · countenance and my God.

7 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

8 As it was in the beginning, † is now and ever · shall be, * · world without end. Amen.

THE NINTH DAY

MORNING PRAYER

Psalm 44*Deus, auribus***Tone VII 1**

WE have heard with our ears O God, our · fathers have told us * what thou hast done in · their time of old:

2 How thou hast driven out the heathen with thy hand, and · planted our fathers in; * how thou hast destroyed the nations, and made thy · people to flourish.



3 For they gat not the land in possession · through their own sword, * neither was it their own · arm that helped them;

4 But thy right hand and thine arm and the · light of thy countenance; * because thou hadst a · favour unto them.

5 · Thou art my King O God; * send · help unto Jacob.

6 Through thee will we over · throw our enemies, * and in thy Name will we tread them under that rise · up against us.

7 For I will not · trust in my bow, * it is not my · sword that shall help me;

8 But it is thou that savest us · from our enemies, * and puttest them to con · fusion that hate us.

9 We make our boast of · God all day long, * and will praise thy · Name for ever.

10 But now thou art far off and puttest us · to confusion, * and goest not · forth with our armies.

11 Thou makest us to turn our backs up · on our enemies, * so that they which · hate us spoil our goods.

12 Thou lettest us be · eaten up like sheep, * and hast scattered us a · mong the heathen.

13 Thou sellest thy · people for nought, * and takest no · money for them.

14 Thou makest us to be rebuked · of our neighbours, * to be laughed to scorn and had in derision of them that are · round about us.

15 Thou makest us to be a by · word a · mong the nations, * and that the peoples · shake their heads at us.

16 My confusion is · daily before me, * and the shame of my face hath · covered me;

17 For the voice of the slanderer · and blasphemer, * for the enemy · and avenger.

18 And though all this be come upon us, † yet do we · not forget thee, * nor behave ourselves frowardly · in thy covenant.

19 Our · heart is not turned back, * neither our steps gone · out of thy way;

20 No not when thou hast smitten us into the · place of dragons, * and covered us with the · shadow of death.

21 If we have forgotten the Name of our God, † and holden up our hands to · any strange god, * shall not God search it out ? for he knoweth the very · secrets of the heart.

22 For thy sake also are we killed · all the day long, * and are counted as sheep ap·pointed to be slain.

23 Up · Lord, why sleepest thou? * awake and be not absent from · us for ever.

24 Wherefore · hidest thou thy face, * and forgettest our mise·ry and trouble?

25 For our soul is brought low, even · unto the dust; * our belly cleaveth · unto the ground.

26 A·rise and help us, * and deliver us · for thy mercy's sake.

27 Glory to be the · Father and to the Son, * and · to the Holy Ghost;

28 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 45*Eructavit cor meum***Tone VIII 1**

My heart overfloweth with a good matter; † I speak the things which I have made concerning the · King. * My tongue is the pen of a · ready writer.

2 Thou art fairer than the children of · men; * full of grace are thy lips, because God hath blessed · thee for ever.

3 Gird thee with thy sword upon thy thigh, O thou Most · Mighty, * according to thy · worship and renown.

4 Good luck have thou with thine · honour: * ride on because of the word of truth, of meekness, and righteousness; and thy right hand shall teach thee · terrible things.



5 Thy arrows are very sharp in the heart of the King's · enemies, *
and the people shall be sub·dued unto thee.

6 Thy seat O God endureth for·ever; * the sceptre of thy kingdom
is · a right sceptre.

7 Thou hast loved righteousness and hated in·iquity; * wherefore
God even thy God, hath anointed thee with the oil of gladness a·bove
thy fellows.

8 All thy garments smell of myrrh, aloes and · cassia; * out of the
ivory palaces whereby · they have made thee glad.

9 Kings' daughters are among thy honourable · women; * upon
thy right hand doth stand the queen in a vesture of gold, wrought about
with · divers colours.

10 Hearken O daughter and consider; † incline thine · ear; * forget
also thine own people · and thy father's house.

11 So shall the King have pleasure in thy · beauty; * for he is thy
Lord and · worship thou him.

12 And the daughter of Tyre shall be there with a · gift; * like as
the rich also among the people shall make their supplica·tion before
thee.

13 The King's daughter is all glorious with·in; * her clothing ·
is of wrought gold.

14 She shall be brought unto the King in raiment of · needlework:
* the virgins that be her fellows shall bear her company, and shall be ·
brought unto thee.

15 With joy and gladness shall they be · brought, * and shall
enter into · the King's palace.

16 Instead of thy fathers, thou shalt have · children, * whom thou
mayest make prin·ces in all lands.

17 I will make thy Name to be remembered from one generation to
an·other; * therefore shall the people give thanks unto thee · world
without end.

18 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

19 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 46*Deus noster refugium***Tone V 3**

God is our hope and · strength, * a very present · help in trouble.

2 Therefore will we not fear though the earth be · moved, * and though the hills be carried into the · midst of the sea;

3 Though the waters thereof rage and · swell, * and though the mountains shake at the · tempest of the same.

4 There is a river, the streams whereof make glad the city of · God; * the holy place of the tabernacle of · the Most Highest.

5 God is in the midst of her, therefore shall she not be re·moved; * God shall help her and · that right early.

6 The nations make much ado and the kingdoms are · moved; * but God hath showed his voice and the · earth shall melt away.

7 The LORD of hosts is · with us; * the God of Jacob · is our refuge.

8 O come hither and behold the works of the · LORD, * what destruction he hath · brought upon the earth.

9 He maketh wars to cease in all the · world; * he breaketh the bow and knappeth the spear in sunder, and burneth the cha·riots in the fire.

10 Be still then, and know that I am · God: * I will be exalted among the nations, and I will be ex·alted in the earth.

11 The LORD of hosts is · with us; * the God of Jacob · is our refuge.

12 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

13 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

EVENING PRAYER

Psalm 47*Omnes gentes, plaudite***Tone VII 6**

O CLAP your hands together · all ye peoples: * O sing unto God with the · voice of melody.

2 For the LORD is high and · to be feared; * he is the great · King upon all the earth.

3 He shall subdue the · peoples under us, * and the nations · under our feet.

4 He shall choose out an · heritage for us, * even the excellency of Jacob · whom he loved.

5 God is gone · up with a merry noise, * and the LORD with the · sound of the trump.

6 O sing praises, sing praises · unto our God; * O sing praises, sing praises · unto our King.

7 For God is the · King of all the earth: * sing ye praises with · understanding.

8 God reigneth · over the nations; * God sitteth up · on his holy seat.

9 The princes of the peoples are joined unto the people of the · God of Abraham; * for God which is very high exalted, doth defend the earth as it · were with a shield.

10 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

11 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen

Psalm 48*Magnus Dominus***Tone I A 10**

GREAT is the LORD and highly to be · praised * in the city of our God, even up · on his holy hill.

2 The hill of Sion is a fair place and the joy of the · whole earth; * upon the north side lieth the city of the great King: God is well known in her palaces as · a sure refuge.

3 For lo the kings of · the earth * were gathered and gone · by together.

4 They marvelled to see · such things; * they were astonished and sud·denly cast down.

5 Fear came there upon them and · sorrow, * as upon a woman · in her travail.

6 Thou dost break the ships of · the sea * · through the east-wind.

7 Like as we have heard, so have we seen in the city of the LORD of hosts, † in the city of · our God; * God upholdeth the · same for ever.

8 We wait for thy loving-kindness · O God, * in the, midst · of thy temple.

9 O God according to thy Name, so is thy praise unto the · world's end; * thy right hand is · full of righteousness.

10 Let the mount Sion rejoice and the daughters of Judah · be glad, * because · of thy judgments.

11 Walk about Sion and go round a·bout her; * and · tell the towers thereof.

12 Mark well her bulwarks, consider her pa·laces, * that ye may tell them · that come after.

13 For this God is our God for ever and · ever: * he shall be our · guide unto death.

14 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

15 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 49*Audite hæc, omnes***Tone II 1**

O HEAR ye this, all ye · people; * ponder it with your ears, all ye that dwell · in the world;

2 High and low, rich and · poor, * one with · another.



3 My mouth shall speak of · wisdom, * and my heart shall muse of un·derstanding.

4 I will incline mine ear to the · parable, * and show my dark speech · upon the harp.

5 Wherefore should I fear in the days of · evil, * when wickedness at my heels compasseth · me round about?

6 There be some that put their trust in their · goods, * and boast themselves in the multitude of · their riches.

7 But no man may deliver his · brother, * nor give a ransom un·to God for him,

8 (For it cost more to redeem their · souls, * so that he must let that alone · for ever;)

9 That he shall live · always, * and not · see the grave.

10 For he seeth that wise men also die and perish to·gether, * as well as the ignorant and foolish, and leave their riches · for other.

11 And yet they think that their houses shall continue for ever, † and that their dwelling-places shall endure from one generation to an·other; * and call the lands after · their own names.

12 Nevertheless man being in honour abideth · not, * seeing he may be compared unto the beasts · that perish;

13 This their way is very · foolishness; * yet their posterity praise · their saying.

14 They lie in the grave like sheep; death is their shepherd; † and the righteous shall have dominion over them in the · morning: * their beauty shall consume in the sepulchre and have no · abiding.

15 But God hath delivered my soul from the power of the · grave; * for he shall · receive me.

16 Be not thou afraid, though one be made · rich, * or if the glory of his house be · increased;

17 For he shall carry nothing away with him when he · dieth, * neither shall his · pomp follow him.

18 For while he lived, he counted himself an happy · man; * and so long as thou doest well unto thyself, men will · speak good of thee.

19 He shall follow the generation of his · fathers, * and shall ne·ver see light.

20 Man that is in honour but hath no under·standing * is compared unto the beasts · that perish.

21 Glory be to the Father and to the · Son, * and to · the Holy Ghost;

22 As it was in the beginning, † is now and ever · shall be, * world with·out end. Amen.

THE TENTH DAY

MORNING PRAYER

Psalm 50

Deus deorum

Tone III A 2



THE LORD, even the Most Mighty · God hath spoken, * and called the world from the rising up of the sun unto the · going down thereof.

2 Out of Sion hath · God appeared * in · perfect beauty.

3 Our God shall come and shall · not keep silence; * there shall go before him a consuming fire, and a mighty tempest shall be stirred up · round about him.

4 He shall call the · heaven from above, * and the earth, that he may · judge his people.

5 Gather my saints to·gether unto me; * those that have made a covenant with · me with sacrifice.

6 And the heavens shall de·clare his righteousness; * for · God is Judge himself.

7 Hear O my · people and I will speak; * I myself will testify against thee O Israel; for I am God · even thy God.

8 I will not reprove thee because of thy · sacrifices; * as for thy burnt-offerings, they are al·way before me.



9 I will take no bullock · out of thine house, * nor he-goats · out of thy folds.

10 For all the beasts of the · forest are mine, * and so are the cattle up·on a thousand hills.

11 I know all the fowls up·on the mountains, * and the wild beasts of the · field are in my sight.

12 If I be hungry, I · will not tell thee; * for the whole world is mine and · all that is therein.

13 Thinkest thou that · I will eat bulls' flesh, * and · drink the blood of goats?

14 Offer unto · God thanksgiving, * and pay thy vows unto · the Most Highest.

15 And call upon me in the · time of trouble; * so will I hear thee and · thou shalt praise me.

16 But unto the un·godly saith God, * Why dost thou preach my laws and takest my co·venant in thy mouth;

17 Whereas thou hatest to · be reformed, * and hast cast my · words behind thee?

18 When thou sawest a thief thou con·sentedst unto him; * and hast been partaker with · the adulterers.

19 Thou hast let thy · mouth speak wickedness, * and with thy tongue thou · hast set forth deceit.

20 Thou sattest and spakest a·gainst thy brother; * yea and hast slandered · thine own mother's son.

21 These things hast thou done and I held my tongue, † and thou thoughtest wickedly that I am even such a · one as thyself; * but I will reprove thee, and set before thee the · things that thou hast done.

22 O consider this · ye that forget God, * lest I pluck you away and there be none · to deliver you.

23 Whoso offereth me thanks and praise, he · honoureth me; * and to him that ordereth his way aright, will I show the sal·vation of God.

24 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

25 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

Psalm 51*Miserere mei, Deus***Tone IV 4**

HAVE mercy upon me O God, after · thy great goodness; * according to the multitude of thy mercies do a·way mine offences.

2 Wash me throughly · from my wickedness, * · and cleanse me from my sin.

3 For I acknow·ledge my faults, * and my sin is · ever before me.

4 Against thee only have I sinned, and done this evil · in thy sight; * that thou mightest be justified in thy saying · and clear when thou shalt judge.

5 Behold I was sha·pen in wickedness, * and in sin hath my · mother conceived me.

6 But lo thou requirest truth in the · inward parts, * and shalt make me to under·stand wisdom secretly.

7 Thou shalt purge me with hyssop and I · shall be clean; * thou shalt wash me and I shall · be whiter than snow.

8 Thou shalt make me hear of · joy and gladness, * that the bones which thou · hast broken may rejoice.

9 Turn thy face · from my sins, * and · put out all my misdeeds.

10 Make me · a clean heart O God, * and renew a right · spirit within me.

11 Cast me not away · from thy presence, * and take not thy ho·ly Spirit from me.

12 O give me the comfort · of thy help again, * and stablish me · with thy free Spirit.



13 Then shall I teach thy ways un·to the wicked, * and sinners shall be · converted unto thee.

14 Deliver me from blood-guiltiness O God, † thou that art the God · of my health; * and my tongue shall · sing of thy righteousness.

15 Thou shalt o·pen my lips O Lord, * and · my mouth shall show thy praise.

16 For thou desirest no sacrifice, else · would I give it thee; * but thou delightest · not in burnt-offerings.

17 The sacrifice of God is a · troubled spirit: * a broken and contrite heart O · God shalt thou not despise.

18 O be favourable and gracious · unto Sion; * build thou the · walls of Jerusalem.

19 Then shalt thou be pleased with the sacrifice of righteousness, † with the burnt-offerings · and oblations; * then shall they offer young bullocks · upon thine altar.

20 Glory be to the Father and · to the Son, * · and to the Holy Ghost;

21 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 52

Quid gloriaris?

Tone VII 7



WHY boastest thou thy·self thou tyrant, * that · thou canst do mischief;

2 Whereas the · goodness of God * en·dureth yet daily?

3 Thy tongue i·magineth wickedness, * and with lies thou cuttest · like a sharp razor.

4 Thou hast loved unrighteousness · more than goodness, * and falsehood · more than righteousness.

5 Thou hast loved to speak all · words that may do hurt, * · O thou false tongue.

6 Therefore shall God de·stroy thee for ever; * he shall take thee and pluck thee out of thy dwelling, and root thee out of the · land of the living.

7 The righteous also shall · see this and fear, * and shall · laugh him to scorn:

8 Lo this is the man that took not · God for his strength; * but trusted unto the multitude of his riches, and strengthened himself · in his wickedness.

9¹ As for me I am like a green olive-tree in the · house of God; * my trust is in the tender mercy of God for · ever and ever.

10 I will alway give thanks unto thee for · that thou hast done; * and I will hope in thy Name for thy · saints like it well.

11 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

12 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

EVENING PRAYER

Psalm 53*Dixit insipiens***Tone III A 5**

THE foolish body hath · said in his heart, * · There is no God.

2 Corrupt are they and become abominable · in their wickedness; * there is none · that doeth good.

3 God looked down from heaven upon the · children of men, * to see if there were any that would understand and seek · after God.

4 But they are all gone out of the way, they are altogether become a · bominable; * there is also none that doeth good · no not one.

¹ Abrupt mediation in v. 9.





5 Are not they without understanding · that work wickedness, *
eating up my people as if they would eat bread? they have not
called · upon God.

6 They were a·fraid where no fear was; * for God hath broken
the bones of him that besieged thee; thou hast put them to confusion
because God hath · despised them.

7 O that the salvation were given unto Israel · out of Sion! *
O that the Lord would deliver his people out of · captivity!

8 Then should · Jacob rejoice, * and Israel · should be right
glad.

9 Glory be to the · Father and to the Son, * and to · the Holy
Ghost;

10 As it was in the beginning, † is now and · ever shall be, * world
with·out end. Amen.

Psalm 54*Deus, in Nomine***Tone IV 6**

SAVE me O God · for thy Name's sake, * and avenge me in thy ·
strength.

2 Hear my pray·er O God, * and hearken unto the words of my ·
mouth.

3 For strangers are risen · up against me; * and tyrants which
have not God before their eyes, seek after my · soul.

4 Behold, God · is my helper; * the Lord is with them that uphold
my · soul.

5 He shall reward evil un·to mine enemies: * destroy thou them
in thy · truth.

6 An offering of a free heart will I give thee, and · praise thy
Name O LORD; * because it is so comfort·able.

7 For he hath delivered me out of · all my trouble; * and mine eye hath seen his desire upon mine e·nemies.

8 Glory be to the Father and · to the Son, * and to the Holy · Ghost;

9 As it was in the beginning, † is now and · ever shall be, * world without end. A·men.

Psalm 55*Exaudi, Deus***Tone I A 8**

HEAR my prayer · O God, * and hide not thyself from · my petition.

2 Take heed unto me and · hear me, * how I mourn in my prayer · and am vexed;

3 The enemy crieth so, and the ungodly cometh on · so fast; * for they are minded to do me some mischief, so maliciously are they · set against me.

4 My heart is disquieted with·in me, * and the fear of death is fall·en upon me.

5 Fearfulness and trembling are come up·on me, * and an horrible dread hath · overwhelmed me.

6 And I said, O that I had wings like · a dove! * for then would I flee a·way and be at rest.

7 Lo then would I get me away · far off, * and remain · in the wilderness.

8 I would make haste to · escape, * because of the stormy · wind and tempest.

9 Destroy their tongues O Lord and di·vide them; * for I have spied unrighteousness and strife · in the city.

10 Day and night they go about within the walls · thereof: * mischief also and sorrow are · in the midst of it.

11 Wickedness is · therein; * deceit and guile go not · out of her streets.

12 For it is not an open enemy that hath done me this dis·honour; * for then I · could have borne it;



13 Neither was it mine adversary that did magnify himself a·gainst me; * for then peradventure I would have hid · myself from him;

14 But it was even thou my com·panion, * my guide and mine · own familiar friend.

15 We took sweet counsel to·gether, * and walked in the · house of God as friends.

16 Let death come hastily upon them, † and let them go down alive into · the pit; * for wickedness is in their dwellings · and among them.

17 As for me I will call up·on God, * and the · LORD shall save me.

18 In the evening and morning and at noon-day will I pray, and that in·stantly; * and · he shall hear my voice.

19 It is he that hath delivered my soul in peace from the battle that was a · gainst me; * for there were · ma · ny that strove with me.

20 Yea even God that endureth for ever shall hear me and bring · them down; * for they will not · turn nor fear God.

21 He laid his hands upon such as be at peace · with him, * and he · brake his covenant.

22 The words of his mouth were softer than butter, having war in · his heart; * his words were smoother than oil, and yet · be they very swords.

23 O cast thy burden upon the LORD and he shall nou·rish thee, * and shall not suffer the righteous to · fall for ever.

24 And as · for them, * thou O God shalt bring them into the pit · of destruction.

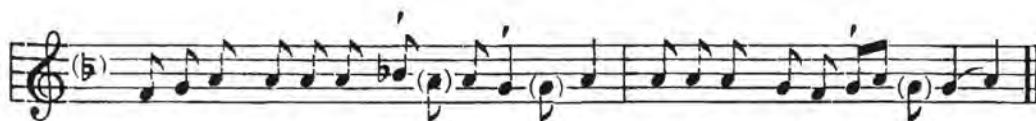
25 The blood-thirsty and deceitful men shall not live out half · their days: * nevertheless, my trust shall · be in thee, O Lord.

26 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

27 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

THE ELEVENTH DAY

MORNING PRAYER

Psalm 56*Miserere mei, Deus***Tone I B 9**

BE merciful unto me O God, for man goeth a·bout to devour me; * he is daily fight·ing and troubling me.

2 Mine enemies are daily at hand to · swallow me up; * for they be many that fight against me, O · thou Most Highest.

3 Nevertheless, though I am · sometime afraid, * yet put · I my trust in thee.

4 I will praise God be·cause of his word: * I have put my trust in God, and will not fear what flesh · can do unto me.

5 They · daily mistake my words; * all that they imagine is to · do me evil.

6 They hold all together and · keep themselves close, * and mark my steps when they lay · wait for my soul.

7 Shall they es·cape for their wickedness? * thou O God in thy displea·sure shalt cast them down.

8 Thou tellest my wanderings; † put my tears · into thy bottle: * are not these things no·ted in thy book?

9 Whensoever I call upon thee, then shall mine ene·mies be put to flight: * this I know; for God · is on my side.

10 In God's · word will I rejoice; * in the LORD's word · will I comfort me.

11 Yea in · God have I put my trust; * I will not be afraid what man · can do unto me.

12 Unto thee O God · will I pay my vows; * unto thee · will I give thanks.

13 For thou hast delivered my soul from death, and my · feet from falling, * that I may walk before God in the light · of the living.



14 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

15 As it was in the beginning, † is now and · ever shall be, * world · without end. Amen.

Psalm 57

Miserere mei, Deus

Tone VIII 6



BE merciful unto me O God, be merciful unto me; for my soul trusteth in · thee; * and under the shadow of thy wings shall be my refuge, until this tyran·ny be overpast.

2 I will call unto the Most High · God, * even unto the God that shall perform the cause · which I have in hand.

3 He shall send from · heaven, * and save me from the reproof of him · that would eat me up.

4 God shall send forth his mercy and · truth: * my soul is · among lions;

5 And I lie even among the children of men that are set on · fire, * whose teeth are spears and arrows, and their · tongue a sharp sword.

6 Set up thyself O God above the · heavens; * and thy glory · above all the earth.

7 They have laid a net for my feet and pressed down my · soul; * they have digged a pit before me, and are fallen into the · midst of it themselves.

8 My heart is fixed O God, my heart is · fixed; * I will · sing and give praise.

9 Awake up, my glory; † awake, lute and · harp: * I myself will a·wake right early.

10 I will give thanks unto thee O Lord among the · peoples; * and I will sing unto thee a·mong the nations.

11 For the greatness of thy mercy reacheth unto the · heavens, * and thy truth · unto the clouds.

12 Set up thyself O God above the · heavens; * and thy glory · above all the earth.

13 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

14 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 58*Si vere utique***Tone VII 4**

ARE your minds set upon righteousness O ye · congregation? * and do ye judge the thing that is right · O ye sons of men?

2 Yea ye imagine mischief in your · heart upon the earth, * and your hands · deal with wickedness.

3 The ungodly are froward even · from their mother's womb; * as soon as they are born, they go a·stray and speak lies.

4 They are as venomous as the poison · of a serpent, * even like the deaf adder that · stoppeth her ears;

5 Which refuseth to hear the · voice of the charmer, * charm he · never so wisely.

6 Break their teeth O · God in their mouths; * smite the jaw-bones of the · lions O LORD.

7 Let them fall away like water that · runneth apace; * when they shoot their arrows · let them be rooted out.

8 Let them consume away like a snail, and be like the untimely · fruit of a woman; * and let them · not see the sun.

9 Or ever your · pots be made hot with thorns, * he shall take them away with a whirlwind, the green and the · burning alike.



10 The righteous shall rejoice when he · seeth the vengeance; *
he shall wash his footsteps in the blood of · the ungodly.

11 So that a man shall say, Verily there is a re · ward for the righteous;
* doubtless there is a God that · judgeth the earth.

12 Glory be to the · Father and to the Son, * and · to the Holy
Ghost;

13 As it was in the beginning, † is now and · ever shall be, * ·
world without end. Amen.

EVENING PRAYER

Psalm 59*Eripe me de inimicis***Tone IV 7**

DELIVER me from mine ene · mies O God; * defend me from them
that rise up a · gainst me.

2 O deliver me from the · wicked doers, * and save me from the
blood-thirs · ty men.

3 For lo they lie waiting · for my soul; * the mighty men are
gathered against me, without any offence or fault of me · O LORD.

4 They run and prepare themselves with · out my fault; * arise
thou therefore to help me and · behold.

5 Stand up O LORD God of hosts, thou God of Israel, † to visit ·
all the heathen, * and be not merciful unto them that offend of malicious
wick · edness.

6 They go to and fro · in the evening, * they grin like a dog and
run about through the · city.

7 Behold they speak with their mouth, and swords are · in their
lips; * for who · doth hear?

8 But thou O LORD, shalt have them · in derision, * thou shalt
laugh all the heathen · to scorn.

9 My strength will I ascribe · unto thee; * for thou art the God of my · refuge.

10 God showeth me his · goodness plenteously; * and God shall let me see my desire upon mine e·nemies.

11 Slay them not lest my peo·ple forget it; * but scatter them abroad among the people, and put them down, O Lord our · defence.

12 For the sin of their mouth and for the words of their lips, they shall be taken · in their pride: * and why? their talk is of cursing · and lies.

13 Consume them in thy wrath, consume them that · they may perish; * and know that it is God that ruleth in Jacob, and unto the ends of · the world.

14 And in the evening they · will return, * grin like a dog and will go about the · city.

15 They will run here and · there for meat, * and grudge if they be not satis·fied.

16 As for me I will sing of thy power, † and will praise thy mercy betimes · in the morning; * for thou hast been my defence and refuge in the day of my · trouble.

17 Unto thee O my strength · will I sing; * for thou O God art my refuge and my merci·ful God.

18 Glory be to the Father and · to the Son, * and to the Ho·ly Ghost;

19 As it was in the beginning, † is now and · ever shall be, * world without end · Amen.

Psalm 60*Deus, repulisti nos***Tone VI C**

O God, thou hast cast us out and scattered us · abroad; * thou hast also been displeased: O turn thee · unto us again.

2 Thou hast moved the land and · divided it: * heal the sores thereof · for it shaketh.

3 Thou hast showed thy people hea·vy things; * thou hast given us a · drink of deadly wine.



4 Thou hast given a token for such · as fear thee, * that they may triumph · because of the truth.

5 Therefore were thy beloved · delivered: * help me with thy right · hand and hear me.

6 God hath spoken in his holiness, † I will rejoice and di·vide Shechem, * and mete out the val·ley of Succoth.

7 Gilead is mine and Manasseh · is mine; * Ephraim also is the strength of my head; Judah · is my law-giver;

8 Moab is my wash-pot; † over Edom will I cast out · my shoe; * Philistia · be thou glad of me.

9 Who will lead me into the · strong city? * who will bring me · into Edom?

10 Hast not thou cast us out · O God? * wilt not thou O God · go out with our hosts?

11 O be thou our help · in trouble; * for vain · is the help of man.

12 Through God will we do · great acts; * for it is he that shall tread · down our enemies.

13 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

14 As it was in the beginning, † is now and ev·er shall be, * world with·out end. Amen.

Psalm 61*Exaudi, Deus***Tone VIII 1**

HEAR my crying O · God, * give ear · unto my prayer.

2 From the ends of the earth will I call upon · thee, * when my heart · is in heaviness.

3 O set me up upon the rock that is higher than · I; * for thou hast been my hope, and a strong tower for me a·gainst the enemy.

4 I will dwell in thy tabernacle for · ever, * and my trust shall be under the co·vering of thy wings.

5 For thou O Lord, hast heard my de·sires, * and hast given an heritage unto · those that fear thy Name.

6 Thou shalt grant the King a long · life, * that his years may endure throughout all · generations.

7 He shall dwell before God for · ever: * O prepare thy loving mercy and faithfulness, that they · may preserve him.

8 So will I alway sing praise unto thy · Name, * that I may dai·ly perform my vows.

9 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

10 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

THE TWELFTH DAY

MORNING PRAYER

Psalm 62*Nonne Deo?***Tone IV 10**

My soul truly waiteth still · upon God; * for of him com·eth my salvation.

2 He verily is my strength and · my salvation; * he is my defence, so that · I shall not greatly fall.

3 How long will ye imagine mischief against · every man? * Ye shall be slain all the sort of you; yea as a tottering wall shall ye be · and like a broken hedge.

4 Their device is only how to put him out whom God · will exalt; * their delight is in lies; they give good words with their mouth · but curse with their heart.

5 Nevertheless my soul, wait thou still · upon God; * for · my hope is in him.



6 He truly is my strength and · my salvation; * he is my defence · so that I shall not fall.

7 In God is my health · and my glory; * the rock of my might; and · in God is my trust.

8 O put your trust in him al·way ye people; * pour out your hearts before him · for God is our hope.

9 As for the children of men they are but vanity; † the children of men · are deceitful; * upon the weights they are altogether lighter than · vanity itself.

10 O trust not in wrong and robbery; † give not yourselves · unto vanity: * if riches increase, set not · your heart upon them.

11 God spake once, and twice I have also · heard the same, * that power · belongeth unto God;

12 And that thou · Lord art merciful; * for thou rewardest every man · according to his work.

13 Glory be to the Father and · to the Son, * · and to the Holy Ghost;

14 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 63

Deus, Deus meus

Tone I B 10



¹ O GOD · thou art my God; * early · will I seek thee.

² My soul thirsteth for thee, my flesh also · longeth after thee, * in a barren and dry land · where no water is.

³ Thus have I looked for thee in the · sanctuary, * that I might behold thy · power and glory.

¹f, g, bb

4 For thy loving-kindness is better · than the life itself: * my · lips shall praise thee.

5 As long as I live will I magnify thee · in this manner, * and lift up my · hands in thy Name.

6 My soul shall be satisfied, even as it were with · marrow and fatness, * when my mouth praiseth · thee with joyful lips.

7 Have I not remembered · thee in my bed, * and thought upon thee when · I was waking?

8 Because thou hast · been my helper; * therefore under the shadow of thy · wings will I rejoice.

9 My soul · hangeth upon thee; * thy right hand · hath upholden me.

10 These also that seek the · hurt of my soul, * they shall go · under the earth.

11 Let them fall upon the · edge of the sword, * that they may be a por·tion for foxes.

12 But the King shall rejoice in God; all they also that swear by him shall · be commended; * for the mouth of them that speak lies · shall be stopped.

13 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

14 As it was in the beginning, † is now and · ever shall be, * world · without end. Amen.

Psalm 64*Exaudi, Deus***Tone II 1**

HEAR my voice O God in my · prayer; * preserve my life from fear of · the enemy.

2 Hide me from the gathering together of the · froward, * and from the insurrection of wick·ed doers;

3 Who have whet their tongue like a · sword, * and shoot out their arrows e·ven bitter words;



4 That they may privily shoot at him that is · perfect: * suddenly do they hit him · and fear not.

5 They encourage themselves in · mischief, * and commune among themselves how they may lay snares; and say that no man · shall see them.

6 They imagine wickedness and · practise it; * that they keep secret among themselves, every man in the deep · of his heart.

7 But God shall suddenly shoot at them with a swift · arrow, * that they shall · be wounded.

8 Yea their own tongues shall make them · fall; * insomuch that whoso seeth them shall laugh · them to scorn.

9 And all men that see it shall say, This hath · God done; * for they shall perceive that it · is his work.

10 The righteous shall rejoice in the LORD and put his · trust in him; * and all they that are true of heart · shall be glad.

11 Glory be to the Father and to the · Son, * and to · the Holy Ghost;

12 As it was in the beginning, † is now and ever · shall be, * world with·out end. Amen.

EVENING PRAYER

Psalm 65*Te decet hymnus***Tone VII 5**

THOU O God art · praised in Sion; * and unto thee shall the vow be performed · in Jerusalem.

2 Thou that · hearest the prayer, * unto · thee shall all flesh come.

3 My misdeeds pre·vail against me: * O be thou merciful · unto our sins.

4 Blessed is the man whom thou choosest and re·ceivest unto thee: * he shall dwell in thy court, and shall be satisfied with the pleasures of thy house, even of thy · holy temple.

5 Thou shalt show us wonderful things in thy righteousness, † O God of · our salvation; * thou that art the hope of all the ends of the earth, and of them that re·main in the broad sea.

6 Who in his strength setteth · fast the mountains, * and is · girded about with power.

7 Who stilleth the · raging of the sea, * and the noise of his waves and the madness · of the peoples.

8 They also that dwell in the uttermost parts of the earth shall be a·fraid at thy tokens, * thou that makest the out-goings of the morning and · evening to praise thee.

9 Thou visitest the · earth and blessest it; * thou makest it · very plenteous.

10 The river of God is · full of water: * thou preparest their corn, for so thou pro·videst for the earth.

11 Thou waterest her furrows; † thou sendest rain into the little · valleys thereof; * thou makest it soft with the drops of rain, and blessest the · increase of it.

12 Thou crownest the · year with thy goodness; * and thy · clouds drop fatness.

13¹ They shall drop upon the dwellings of the · wilderness; * and the little hills shall re·joice on every side.

14¹ The folds shall be · full of sheep; * the valleys also shall stand so thick with corn, that · they shall laugh and sing.

15 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

16 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

¹ Abrupt mediation in v. 13, 14.



Psalm 66*Jubilate Deo***Tone I B 3**

O BE joyful in · God all ye lands; * sing praises unto the honour of his Name; make his praise · to be glorious.

2 Say unto God, O how wonderful art · thou in thy works! * through the greatness of thy power shall thine enemies bow down · unto thee.

3 For all the · world shall worship thee, * sing of · thee and praise thy Name.

4 O come hither and be·hold the works of God; * how wonderful he is in his doing toward the · children of men.

5 He turned the · sea into dry land, * so that they went through the water on foot; there did · we rejoice thereof.

6 He ruleth with his power for ever; † his eyes be·hold the nations: * and such as will not believe shall not be able · to exalt themselves.

7 O praise our · God ye peoples, * and make the voice of his · praise to be heard;

8 Who · holdeth our soul in life; * and suffereth · not our feet to slip.

9 For thou · O God hast proved us; * thou also hast tried us like as sil·ver is tried.

10 Thou broughtest us · into the snare; * and laidest trou·ble upon our loins.

11 Thou sufferedst men to ride · over our heads; * we went through fire and water, and thou broughtest us out in·to a wealthy place.

12 I will go into thine house with burnt-offerings, † and will · pay thee my vows, * which I promised with my lips and spake with my mouth, when I · was in trouble.

13 I will offer unto thee fat burnt-sacrifices with the · incense of rams; * I will offer · bullocks and goats.

14 O come hither and hearken, all · ye that fear God; * and I will tell you what he hath · done for my soul.

15 I called unto · him with my mouth, * and gave him · praises with my tongue.

16 If I incline unto · wickedness with mine heart, * the Lord · will not hear me.

17 But · God hath heard me; * and considered the · voice of my prayer.

18 Praised be God who hath · not cast out my prayer, * nor turned his · mercy from me.

19 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

20 As it was in the beginning, † is now and · ever shall be, * world · without end. Amen.

Psalm 67*Deus misereatur***Tone VIII 3**

GOD be merciful unto us and · bless us, * and show us the light of his countenance and be mer·ciful unto us;

2 That thy way may be known upon · earth, * thy saving health a·mong all nations.

3 Let the peoples praise thee O · God; * yea let all the · peoples praise thee.

4 O let the nations rejoice and be · glad; * for thou shalt judge the folk righteously, and govern the na·tions upon earth.

5 Let the peoples praise thee O · God; * yea let all the · peoples praise thee.

6 Then shall the earth bring forth her · increase; * and God even our own God shall give · us his blessing.

7 God shall · bless us; * and all the ends of the · world shall fear him.

8 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

9 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

THE THIRTEENTH DAY

MORNING PRAYER

Psalm 68

Exsurgat Deus

Tone VIII 1



LET God arise and let his enemies be · scattered; * let them also that hate him · flee before him.

2 Like as the smoke vanisheth, so shalt thou drive them a · way; * and like as wax melteth at the fire, so let the ungodly perish at the · presence of God.

3 But let the righteous be glad and rejoice before · God; * let them also be mer · ry and joyful.

4 O sing unto God, and sing praises unto his Name; magnify him that rideth upon the · heavens; * praise him in his Name JAH and re · joice before him.

5 He is a Father of the fatherless, † and defendeth the cause of the · widows; * even God in his holy · habitation.

6 He is the God that maketh men to be of one mind in an house, † and bringeth the prisoners out of cap · tivity; * but letteth the runagates contin · ue in scarceness.

7 O God when thou wentest forth before the · people; * when thou wentest · through the wilderness,

8 The earth shook and the heavens dropped at the presence of · God; * even as Sinai also was moved at the presence of God, who is the · God of Israel.

9 Thou O God, sentest a gracious rain upon thine in · heritance, * and refreshedst it when · it was weary.

10 Thy congregation shall · dwell therein; * for thou O God, hast of thy goodness pre · pared for the poor.

11 The Lord gave the · word; * great was the company of women that · bare the tidings.

12 Kings with their armies did flee and were dis · comfited, * and they of the household di · vided the spoil.

13 Though ye have lain among the sheep-folds, † yet shall ye be as the wings of a · dove * that is covered with silver wings, and her · feathers like gold.

14 When the Almighty scattered kings for their · sake, * then were they as white as · snow in Salmon.

15 As the hill of Bashan so is · God's hill; * even an high hill as the · hill of Bashan.

16 Why mock ye so, ye high hills? this is God's hill in the which it pleaseth him to · dwell; * yea, the LORD will abide in · it for ever.

17 The chariots of God are twenty thousand, † even thousands of · angels; * and the Lord is among them as in the holy · place of Sinai.

18 Thou art gone up on high, thou hast led captivity captive, † and received gifts from · men; * yea even from thine enemies, that the LORD God might · dwell among them.

19 Praised be the Lord · daily, * even the God who helpeth us and poureth his bene·fits upon us.

20 He is our God, even the God of whom cometh sal·vation: * God is the Lord, by whom · we escape death.

21 God shall wound the head of his · enemies, * and the hairy scalp of such a one as goeth on still · in his wickedness.

22 The Lord hath said, I will bring my people again as I did from · Bashan; * mine own will I bring again as I did sometime from the · deep of the sea.

23 That thy foot may be dipped in the blood of thine · enemies, * and that the tongue of thy dogs may be · red through the same.

24 It is well seen O God how thou · goest; * how thou my God and King, goest in the · sanctuary.

25 The singers go before, the minstrels follow · after, * in the midst of the damsels playing · with the timbrels.

26 Give thanks unto God the Lord in the congre·gation, * ye that are of the foun·tain of Israel.

27 There is little Benjamin their ruler, † and the princes of Judah their · council: * the princes of Zebulon, and the prin·ces of Naphtali.

28 Thy God hath sent forth · strength for thee; * stablish the thing O God that · thou hast wrought in us,



29 For thy temple's sake at Je·rusalem; * so shall kings bring · presents unto thee.

30 Rebuke thou the dragon and the bull with the leaders of the heathen, † so that they humbly bring pieces of · silver; * scatter thou the peoples · that delight in war;

31 Then shall the princes come out of · Egypt; * the Morians' land shall soon stretch out her · hands unto God.

32 Sing unto God, O ye kingdoms of the · earth; * O sing praises · unto the Lord;

33 Who sitteth in the heavens over all from the be·ginning: * lo he doth send out his voice; yea and · that a mighty voice.

34 Ascribe ye the power to God over · Israel; * his worship and · strength is in the clouds.

35 O God, wonderful art thou in thy holy · places: * even the God of Israel, he will give strength and power unto his people · Blessed be God.

36 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

37 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

EVENING PRAYER

Psalm 69*Salvum me fac*

Tone II 1



SAVE me O · God; * for the waters are come in, even un·to my soul.

2 I stick fast in the deep mire where no · ground is; * I am come into deep waters so that the floods · run over me.

3 I am weary of crying; † my throat is · dry; * my sight faileth me for waiting so long · upon my God.

4 They that hate me without a cause are more than the hairs of my · head; * they that are mine enemies and would destroy me guiltless · are mighty.

5 I paid them the things that I never · took: * God, thou knowest my simpleness, and my faults are · not hid from thee.

6 Let not them that trust in thee O Lord God of hosts, be ashamed for my · cause; * let not those that seek thee be confounded through me, O Lord God · of Israel.

7 And why? for thy sake have I suffered re·proof; * shame hath co·vered my face.

8 I am become a stranger unto my · brethren, * even an alien unto my mo·ther's children.

9 For the zeal of thine house hath even · eaten me; * and the rebukes of them that rebuked thee are fallen · upon me.

10 I wept and chastened myself with · fasting, * and that was turned · to my reproof.

11 I put on sackcloth · also, * and they jested · upon me.

12 They that sit in the gate speak a·gainst me, * and the drunkards make songs · upon me.

13 But LORD, I make my prayer unto · thee * in an accep·table time.

14 Hear me O God in the multitude of thy · mercy, * even in the truth of thy · salvation.

15 Take me out of the mire that I · sink not; * O let me be delivered from them that hate me, and out of the · deep waters.

16 Let not the water-flood drown me, † neither let the deep swallow me · up; * and let not the pit shut her mouth · upon me.

17 Hear me O LORD, for thy loving-kindness is comfort·able; * turn thee unto me according to the multitude of · thy mercies.

18 And hide not thy face from thy servant; † for I am in · trouble: * O haste thee · and hear me.

19 Draw nigh unto my soul and · save it; * O deliver me because of · mine enemies.

20 Thou hast known my reproach, my shame and my dis·honour: * mine adversaries are all · in thy sight.



21 Reproach hath broken my heart; I am full of · heaviness: * I looked for some to have pity on me, but there was no man, neither found I any · to comfort me.

22 They gave me · gall to eat; * and when I was thirsty they gave me vi·negar to drink.

23 Let their table be made a snare to take them·selves withal; * and let the things that should have been for their wealth be unto them an occasion · of falling.

24 Let their eyes be blinded that they · see not; * and ever bow · thou down their backs.

25 Pour out thine indignation up·on them, * and let thy wrathful displeasure · take hold of them.

26 Let their habitation be · void, * and no man to dwell · in their tents.

27 For they persecute him whom thou hast · smitten; * and they talk how they may vex them whom thou · hast wounded.

28 Let them fall from one wickedness to an·other, * and not come into · thy righteousness.

29 Let them be wiped out of the book of the · living, * and not be written among · the righteous.

30 As for me, when I am poor and in · heaviness, * thy help O God · shall lift me up.

31 I will praise the Name of God with a · song, * and magnify it with · thanksgiving.

32 This also shall please the · LORD * better than a bullock that · hath horns and hoofs.

33 The humble shall consider this and be · glad: * seek ye after God and · your soul shall live.

34 For the LORD heareth the · poor, * and despiseth not · his prisoners.

35 Let heaven and earth · praise him: * the sea and all that mov · eth therein.

36 For God will save Sion, and build the cities of · Judah, * that men may dwell there and have it in · possession.

37 The posterity also of his servants shall in · herit it; * and they that love his Name · shall dwell therein.

38 Glory be to the Father and to the · Son, * and to · the Holy Ghost;

39 As it was in the beginning, † is now and ever · shall be, * world with · out end. Amen.

Psalm 70*Deus, in adjutorium***Tone IV 8**

HASTE thee O God · to deliver me; * make haste to help · me O LORD.

2 Let them be ashamed and confounded that seek af · ter my soul; * let them be turned backward and put to confusion that wish · me evil.

3 Let them for their reward be soon · brought to shame, * that cry over · me There! there!

4 But let all those that seek thee be joy · ful and glad in thee: * and let all such as delight in thy salvation say always, The Lord · be praised.

5 As for me, I am poor · and in misery: * haste thee unto · me O God.

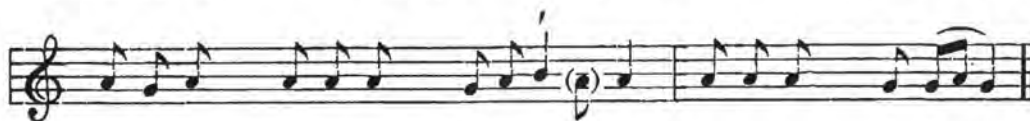
6 Thou art my helper and · my redeemer: * O LORD make no · long tarrying.

7 Glory be to the Father and · to the Son, * and to · the Holy Ghost;

8 As it was in the beginning, † is now and · ever shall be, * world with · out end. Amen.

THE FOURTEENTH DAY

MORNING PRAYER

Psalm 71*In te, Domine, speravi***Tone IV 9**

IN thee O LORD have I put my trust; let me never be put · to confusion, * but rid me and deliver me in thy righteousness; incline thine ear unto me and · save me.

2 Be thou my stronghold whereunto I may al·way resort: * thou hast promised to help me, for thou art my house of defence and my · castle.

3 Deliver me O my God, out of the hand of · the ungodly, * out of the hand of the unrighteous and cru·el man.

4 For thou O Lord God, art the thing · that I long for: * thou art my hope, even from · my youth.

5 Through thee have I been holden up ever since · I was born: * thou art he that took me out of my mother's womb: my praise shall be alway · of thee.

6 I am become as it were a monster · unto many, * but my sure trust is · in thee.

7 O let my mouth be filled · with thy praise, * that I may sing of thy glory and honour all the · day long.

8 Cast me not away in the · time of age; * forsake me not when my strength fail·eth me.

9 For mine enemies · speak against me; * and they that lay wait for my soul take their counsel together · saying,

10 God · hath forsaken him; * persecute him and take him, for there is none to deli·ver him.

11 Go not far from · me O God; * my God, haste thee to · help me.

12 Let them be confounded and perish that are a·gainst my soul; * let them be covered with shame and dishonour that seek to do me · evil.

13 As for me, I will patiently · abide alway, * and will praise thee more · and more.

14 My mouth shall daily speak of thy righteousness · and salvation; * for I know no end · thereof.

15 I will go forth in the strength of · the Lord God, * and will make mention of thy righteousness · only.

16 Thou O God hast taught me from my youth up · until now; * therefore will I tell of thy won·drous works.

17 Forsake me not O God in mine old age, when I · am gray-headed, * until I have showed thy strength unto this generation, and thy power to all them that are yet for · to come.

18 Thy righteousness O God is · very high, * and great things are they that thou hast done: O God, who is like un·to thee!

19 O what great troubles and adversities hast thou showed me! † and yet didst thou turn · and refresh me; * yea and broughtest me from the deep of the earth · again.

20 Thou hast brought me · to great honour, * and comforted me on ev·ery side:

21 Therefore will I praise thee and thy faithfulness O God, † playing upon an instru·ment of music: * unto thee will I sing upon the harp, O thou Holy One of Is·rael.

22 My lips will be glad when I sing · unto thee; * and so will my soul whom thou hast deli·vered.

23 My tongue also shall talk of thy righteousness all · the day long; * for they are confounded and brought unto shame that seek to do me · evil.

24 Glory be to the Father and · to the Son, * and to the Ho·ly Ghost;

25 As it was in the beginning, † is now and · ever shall be, * world without end · Amen.

Psalm 72*Deus, iudicium***Tone VI C**

GIVE the King thy judgments · O God, * and thy righteousness
un·to the King's son.

2 Then shall he judge thy people according un·to right, * · and
defend the poor.

3 The mountains also shall · bring peace, * and the little hills
righteousness un·to the people.

4 He shall keep the simple folk by · their right, * defend the chil-
dren of the poor, and punish · the wrong doer.

5 They shall fear thee as long as the sun and moon · endureth, *
from one generation · to another.

6 He shall come down like the rain upon the · mown grass, * even
as the drops · that water the earth.

7 In his time shall the right·eous flourish; * yea and abundance
of peace, so long as the · moon endureth.

8 His dominion shall be also from the one sea to · the other, *
and from the River un·to the world's end.

9 They that dwell in the wilderness shall kneel · before him; *
his ene·mies shall lick the dust.

10 The kings of Tarshish and of the isles shall · give presents; *
the kings of Arabia and Sa·ba shall bring gifts.

11 All kings shall fall down · before him; * all nations shall · do him
service.

12 For he shall deliver the poor when · he crieth; * the needy also
and him that · hath no helper.

13 He shall be favourable to the simple · and needy, * and shall
preserve · the souls of the poor.

14 He shall deliver their souls from falsehood · and wrong; * and
dear shall their blood · be in his sight.

15 He shall live, and unto him shall be given of the gold of · Arabia;
* prayer shall be made ever unto him, and daily shall · he be praised.

16 There shall be an heap of corn in the earth, high upon the hills; the fruit thereof shall shake · like Lebanon: * and they of the city shall flourish like · grass upon the earth.

17 His Name shall endure for ever; † his Name shall remain under the sun among the posterities which shall be blessed · in him; * and all the na · tions shall praise him.

18 Blessed be the LORD God, even the God · of Israel, * which only · doeth wondrous things;

19 And blessed be the Name of his majesty · for ever: * and all the earth shall be filled with his majesty · Amen, Amen.

20 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

21 As it was in the beginning, † is now and ev · er shall be, * world with · out end. Amen.

BOOK III

EVENING PRAYER

Psalm 73

Quam bonus Israel!

Tone VII 7



TRULY God is loving · unto Israel: * even unto such as are · of a clean heart.

2 Nevertheless my · feet were almost gone, * my · treadings had well-nigh slipt.

3 And why? I was grieved · at the wicked: * I do also see the ungodly in · such prosperity.

4 For they are in no · peril of death; * but are · lusty and strong.

5 They come in no mis · fortune like other folk; * neither are they · plagued like other men.

6 And this is the cause that they are so · holden with pride, * and cruelty covereth them · as a garment.



7 Their eyes · swell with fatness, * and they do · even what they lust.

8¹ They corrupt other and speak of wicked · blasphemy; * their talking is a · gainst the Most High.

9 For they stretch forth their mouth · unto the heaven, * and their tongue · goeth through the world.

10 Therefore fall the · people unto them, * and thereout suck they no · small advantage.

11 Tush say they, how should · God perceive it? * is there knowl- edge · in the Most High?

12 Lo these are · the ungodly, * these prosper in the world, and these have riches · in possession:

13 And I said, Then have I · cleansed my heart in vain, * and washed my hands in · innocency.

14 All the day long have · I been punished, * and chastened · every morning.

15 Yea and I had almost said · even as they; * but lo, then I should have condemned the generation · of thy children.

16 Then thought I to · understand this; * but it · was too hard for me,

17 Until I went into the sánctu · ary of God: * then understood I the · end of these men;

18 Namely how thou dost set them in · slippery places, * and cast- est them · down and destroyest them.

19¹ O how suddenly do · they consume, * perish and · come to a fearful end!

20 Yea, even like as a dream when · one awaketh; * so shalt thou make their image to vanish · out of the city.

¹ Abrupt mediation in v. 8, 19, 26.



21 Thus my · heart was grieved, * and it went · even through my reins.

22 So foolish was · I and ignorant, * even as it were a · beast before thee.

23 Nevertheless I am · alway by thee; * for thou hast holden me · by my right hand.

24 Thou shalt guide me · with thy counsel, * and after that re·ceive me with glory.

25 Whom have I in · heaven but thee? * and there is none upon earth that I desire in com·parison of thee.

26¹ My flesh and my · heart faileth; * but God is the strength of my heart, and my · portion for ever.

27 For lo, they that for·sake thee shall perish; * thou hast destroyed all them that are un·faithful unto thee.

28 But it is good for me to hold me fast by God, to put my · trust in the Lord God, * and to speak of all thy works in the gates of the · daughter of Sion.

29 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

30 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 74

Ut quid, Deus?

Tone II 1



O GOD, wherefore art thou absent from us so · long? * why is thy wrath so hot against the sheep of · thy pasture?

2 O think upon thy congre·gation, * whom thou hast purchased and redeem·ed of old.

3 Think upon the tribe of thine in·heritance, * and Mount Sion where·in thou hast dwelt.

4 Lift up thy feet, that thou mayest utterly destroy every · enemy, * which hath done evil in thy sanc·tuary.



5 Thine adversaries roar in the midst of thy congregations, * and set up their banners · for tokens.

6 He that hewed timber afore out of the thick · trees, * was known to bring it to an ex·cellent work.

7 But now they break down all the carved work there·of * with axes · and hammers.

8 They have set fire upon thy holy · places, * and have defiled the dwelling-place of thy Name, even un·to the ground.

9 Yea they said in their hearts, Let us make havoc of them al·together: * thus have they burnt up all the houses of God · in the land.

10 We see not our tokens; † there is not one prophet · more; * no not one is there among us that understand·eth any more.

11 O God, how long shall the adversary do this dis·honour? * shall the enemy blaspheme thy Name · for ever?

12 Why withdrawest thou thy · hand? * why pluckest thou not thy right hand out of thy bosom to consume · the enemy?

13 For God is my King of · old; * the help that is done upon earth he do·eth it himself.

14 Thou didst divide the sea through thy · pow·er; * thou brakest the heads of the dragons in · the waters.

15 Thou smotest the heads of leviathan in · pieces, * and gavest him to be meat for the people of · the wilderness.

16 Thou broughtest out fountains and waters out of the hard · rocks; * thou driedst up migh·ty waters.

17 The day is thine and the · night is thine; * thou hast prepared the light · and the sun.

18 Thou hast set all the borders of the · earth; * thou hast made summer · and winter.

19 Remember this O LORD, how the enemy hath re·buked; * and how the foolish people hath blasphem·ed thy Name.

20 O deliver not the soul of thy turtle-dove unto the multitude of the · enemies; * and forget not the congregation of the poor · for ever.

21 Look upon the · covenant; * for all the earth is full of darkness and cruel ha · bitations.

22 O let not the simple go away a · shamed; * but let the poor and needy give praise un · to thy Name.

23 Arise O God, maintain thine own · cause; * remember how the foolish man blasphemeth · thee daily.

24 Forget not the voice of thine · enemies: * the presumption of them that hate thee increaseth ev · er more and more.

25 Glory be to the Father and to the · Son, * and to · the Holy Ghost;

26 As it was in the beginning, † is now and ever · shall be, * world with · out end. Amen.

THE FIFTEENTH DAY

MORNING PRAYER

Psalm 75*Confitebimur tibi***Tone I A 3**

UNTO thee O God, do we · give thanks; * yea unto thee · do we give thanks.

2 Thy Name also is · so nigh; * and that do thy · wondrous works declare.

3 In the appointed time · saith God, * I shall judge ac · cording unto right.

4 The earth is weak, and all the inhabitors · thereof: * I bear up the · pillars of it.

5 I said unto the fools, Deal not so · madly; * and to the ungodly · Set not up your horn.

6 Set not up your horn · on high, * and speak not · with a stiff neck.



7 For promotion cometh neither from the east nor from · the west, * nor · yet from the south.

8 And why? God is · the Judge; * he putteth down one and setteth · up another.

9 For in the hand of the LORD there is a cup and the wine · is red; * it is full mixt, and he poureth · out of the same.

10 As for the dregs · thereof, * all the ungodly of the earth shall drink · them and suck them out.

11 But I will talk of the God of · Jacob, * and praise · him for ever.

12 All the horns of the ungodly also will · I break, * and the horns of the righteous shall · be exalted.

13 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

14 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 76

Notus in Judæa

Tone VIII 2



IN Judah is God · known; * his Name is · great in Israel.

2 At Salem is his táber·nacle, * and his dwell·ing in Sion.

3 There brake he the arrows of the · bow, * the shield, the sword · and the battle.

4 Thou art glorious in · might, * when thou comest from the hills · of the robbers.

5 The proud are robbed, they have slept their · sleep; * and all the men whose hands were mighty · have found nothing.

6 At thy rebuke O God of · Jacob, * both the chariot and · horse are fallen.

7 Thou, even thou art to be · feared; * and who may stand in thy sight when · thou art angry?

8 Thou didst cause thy judgment to be heard from · heaven; * the earth · trembled and was still,

9 When God arose to · judgment, * and to help all the · meek upon earth.

10 The fierceness of man shall turn to thy · praise; * and the fierceness of · them shalt thou refrain.

11 Promise unto the LORD your God and keep it, † all ye that are round a · bout him; * bring presents unto him that ought · to be feared.

12 He shall refrain the spirit of · princes, * and is wonderful among the · kings of the earth.

13 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

14 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 77*Voce mea ad Dominum***Tone II 1**

I WILL cry unto God with my · voice; * even unto God will I cry with my voice, and he shall hear · ken unto me.

2 In the time of my trouble I sought the · Lord: * I stretched forth my hands unto him and ceased not in the night season; my soul refus · ed comfort.

3 When I am in heaviness I will think upon · God; * when my heart is vexed · I will complain.

4 Thou holdest mine eyes · waking: * I am so feeble that · I cannot speak.

5 I have considered the days of · old, * and the years · that are past.

6 I call to remembrance my · song, * and in the night I commune with mine own heart, and search out · my spirit.



7 Will the Lord absent himself for · ever? * and will he be no more · intreated?

8 Is his mercy clean gone for · ever? * and is his promise come utterly to an end · for evermore?

9 Hath God forgotten to be · gracious? * and will he shut up his loving-kindness in · displeasure?

10 And I said, It is mine own in·firmity; * but I will remember the years of the right hand of the · Most Highest.

11 I will remember the works of the · LORD, * and call to mind thy wonders · of old time.

12 I will think also of all thy · works, * and my talking shall be of · thy doings.

13 Thy way O God is · holy: * who is so great a God · as our God?

14 Thou art the God that doest · wonders, * and hast declared thy power among · the peoples.

15 Thou hast mightily delivered thy · people, * even the sons of Jacob · and Joseph.

16 The waters saw thee O God, the waters saw thee and were a·fraid; * the depths also · were troubled.

17 The clouds poured out water, the air · thundered, * and thine ar·rows went abroad.

18 The voice of thy thunder was heard round a·bout: * the lightnings shone upon the ground; the earth was moved · and shook withal.

19 Thy way is in the sea, and thy paths in the great · waters, * and thy foot·steps are not known.

20 Thou leddest thy people like · sheep, * by the hand of Moses · and Aaron.

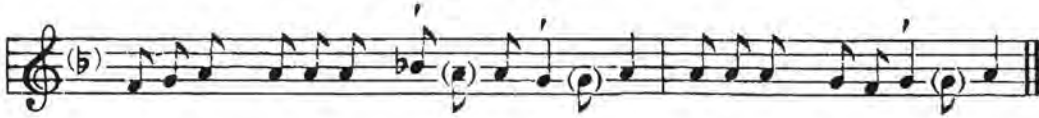
21 Glory be to the Father and to the · Son, * and to · the Holy Ghost;

22 As it was in the beginning, † is now and ever · shall be, * world with·out end. Amen.

EVENING PRAYER

Psalm 78*Attendite, popule*

Tone I B 4



HEAR my law · O my people; * incline your ears unto the · words
of my mouth.

2 I will open my · mouth in a parable; * I will declare hard · sen-
tences of old;

3¹ Which we have · heard and known, * and such as our fa · thers
have told us;

4 That we should not hide them from the children of the gene · ra-
tions to come; * but to show the honour of the LORD, his mighty and
wonderful · works that he hath done.

5 He made a covenant with Jacob and gave · Israel a law, * which
he commanded our forefathers to · teach their children;

6 That their posteri · ty might know it, * and the children · which
were yet unborn;

7 To the intent that · when they came up, * they might show their ·
children the same;


8¹ That they might put their · trust in God; * and not to forget
the works of God, but to keep · his commandments;

9 And not to be as their forefathers, a faithless and stubborn ·
generation; * a generation that set not their heart aright, and whose
spirit cleaved not sted · fastly unto God;

10¹ Like as the children of · Ephraim; * who being harnessed and
carrying bows, turned themselves back in the · day of battle.

11 They kept not the · covenant of God, * and would not · walk
in his law;

12 But for · gat what he had done, * and the wonderful works that
he had · showed for them.

¹ Abrupt mediation in v. 3, 8, 10. 



13 Marvellous things did he in the sight of our forefathers, in the land of Egypt, * even in the field of Zoan.

14 He divided the sea and let them go through; * he made the waters to stand on an heap.

15 In the day-time also he led them with a cloud, * and all the night through with a light of fire.

16 He clave the hard rocks in the wilderness, * and gave them drink thereof as it had been out of the great depth.

17¹ He brought waters out of the stony rock, * so that it gushed out like the rivers.

18 Yet for all this they sinned more against him, * and provoked the Most Highest in the wilderness.

19 They tempted God in their hearts, * and required meat for their lust.

20 They spake against God also, saying, * Shall God prepare a table in the wilderness?

21 He smote the stony rock indeed that the water gushed out, † and the streams flowed withal; * but can he give bread also, or provide flesh for his people?

22 When the LORD heard this he was wroth; * so the fire was kindled in Jacob, and there came up heavy displeasure against Israel;

23 Because they believed not in God, * and put not their trust in his help.

24¹ So he commanded the clouds above, * and opened the doors of heaven.

25 He rained down manna also upon them for to eat, * and gave them food from heaven.

26¹ So man did eat angels' food; * for he sent them meat enough.

27 He caused the east-wind to blow under heaven; * and through his power he brought in the southwest-wind.

¹ Abrupt mediation in v. 17, 24, 26, 28, 57.



28¹ He rained flesh upon them as · thick as dust, * and feathered fowls like as the · sand of the sea.

29 He let it · fall among their tents, * even round about their · habitation.

30 So they did eat and were well filled; † for he · gave them their own desire: * they were not disap·pointed of their lust.

31 But while the meat was yet in their mouths, the heavy wrath of God came upon them, † and slew the · wealthiest of them; * yea and smote down the chosen men that · were in Israel.

32 But for all this they · sinned yet more, * and believed · not his wondrous works.

33 Therefore their days did he con·sume in vanity, * and their · years in trouble.

34 When he · slew them they sought him, * and turned them early and in·quired after God.

35 And they remembered that · God was their strength, * and that the High God was · their redeemer.

36 Nevertheless they did but · flatter him with their mouth, * and dissembled · with him in their tongue.

37 For their · heart was not whole with him, * neither continued they stedfast · in his covenant.

38 But he was so merciful that he for·gave their misdeeds, * and de·stroyed them not.

39 Yea many a time turned · he his wrath away, * and would not suffer his whole dis·pleasure to arise.

40 For he considered that · they were but flesh, * and that they were even a wind that passeth away and · cometh not again.

41 Many a time did they provoke him · in the wilderness, * and grieved him · in the desert.

42 They turned · back and tempted God, * and provoked the Holy · One in Israel.

43 They · thought not of his hand, * and of the day when he delivered them from the hand · of the enemy;



44 How he had wrought his mira·cles in Egypt, * and his wonders in the · field of Zoan.

45 He turned their · waters into blood, * so that they might not drink · of the rivers.

46 He sent flies among them and de·voured them up; * and frogs · to destroy them.

47¹ He gave their fruit unto the · caterpillar, * and their labour un·to the grasshopper.

48 He destroyed their · vines with hailstones, * and their mulberry·trees with the frost.

49 He smote their cattle · also with hailstones, * and their flocks · with hot thunderbolts.

50 He cast upon them the furiousness of his wrath, anger, dis·pleasure and trouble: * and sent evil an·gels among them.

51 He made a way to his indignation, † and spared · not their soul from death; * but gave their life over · to the pestilence;

52 And smote all the · firstborn in Egypt, * the most principal and mightiest in the · dwellings of Ham.

53 But as for his own people, he·led them forth like sheep, * and carried them in the wil·derness like a flock.

54 He brought them out safely · that they should not fear, * and overwhelmed their en·emies with the sea.

55 And brought them within the borders of his · sanctuary, * even to this mountain which he purchased · with his right hand.

56 He cast out the heathen · also before them, * caused their land to be divided among them for an heritage, and made the tribes of Israel to · dwell in their tents.

57 Yet they tempted and displeased the · Most High God, * and kept not his · testimonies.

58² They turned their backs and fell away · like their forefathers; * starting aside · like a broken bow.

1, 2, 3. The words "grasshopper," "fore·fathers," and "hill·altars" are sung as follows:



59³ For they grieved him · with their hill-altars, * and provoked him to displeasure · with their images.

60 When God heard · this he was wroth, * and took sore displea · sure at Israel;

61 So that he forsook the táber · nacle in Shiloh, * even the tent that he had pitch · ed among men.

62 He delivered their power · into captivity, * and their beauty into the · enemy's hand.

63 He gave his people over also · unto the sword, * and was wroth with · his inheritance.

64 The fire con · sumed their young men, * and their maidens were not giv · en in marriage.

65 Their priests were · slain with the sword, * and there were no widows to make · lamentation.

66 So the Lord awaked as · one out of sleep, * and like a giant re · freshed with wine.

67 He drave his · enemies backward, * and put them to a per · petual shame.

68 He refused the táber · nacle of Joseph, * and chose not the · tribe of Ephraim;

69 But chose the · tribe of Judah, * even the hill of Sion · which he loved.

70 And there he built his · temple on high, * and laid the foundation of it like the ground which he hath made con · tinually.

71 He chose David · also his servant, * and took him away · from the sheep-folds:

72 As he was following the ewes with their · young he took him, * that he might feed Jacob his people, and Israel · his inheritance.

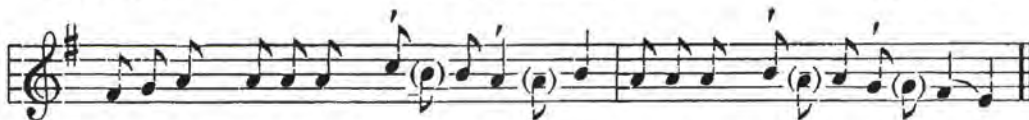
73 So he fed them with a · faithful and true heart, * and ruled them prudent · ly with all his power.

74 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

75 As it was in the beginning, † is now and · ever shall be, * world · without end. Amen.

THE SIXTEENTH DAY

MORNING PRAYER

Psalm 79*Deus, venerunt***Tone VII 1**

O God, the heathen are come into · thine inheritance; * thy holy temple have they defiled, and made Jerusa · lem an heap of stones.

2 The dead bodies of thy servants have they given to be meat unto the · fowls of the air, * and the flesh of thy saints unto the · beasts of the land.

3 Their blood have they shed like water on every · side of Jerusalem, * and there was · no man to bury them.

4 We are become an open · shame to our enemies, * a very scorn and derision unto them that are · round about us.

5 LORD, how long wilt · thou be angry? * shall thy jealousy burn like · fire for ever?

6 Pour out thine indignation upon the heathen that · have not known thee; * and upon the kingdoms that have not · called upon thy Name.

7 For they have de · voured Jacob, * and laid · waste his dwelling-place.

8 O remember not our old sins, but have mercy up · on us and that soon; * for we are · come to great misery.

9 Help us O God of our salvation, for the · glory of thy Name: * O deliver us and be merciful unto our sins · for thy Name's sake.

10¹ Wherefore do the · heathen say, * · Where is now their God?

11 O let the vengeance of thy servants' · blood that is shed, * be openly showed upon the · heathen in our sight.

12 O let the sorrowful sighing of the prisoners · come before thee; * according to the greatness of thy power, preserve thou those that are ap · pointed to die.

¹ Abrupt mediation in v. 10.



13 And for the blasphemy wherewith our neighbours · have blasphemed thee, * reward thou them O Lord, seven-fold · into their bosom.

14 So we that are thy people and sheep of thy pasture, † shall give thee · thanks for ever, * and will always be showing forth thy praise from generation to · generation.

15 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

16 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 80*Qui regis Israel***Tone IV 4**

HEAR O thou Shepherd of Israel, thou that leadest Joseph · like a flock; * show thyself also, thou that sittest · upon the Cherubim.

2 Before Ephraim Benjamin · and Manasseh, * stir up thy strength · and come and help us.

3 Turn us a·gain O God; * show the light of thy countenance · and we shall be whole.

4 O LORD · God of hosts, * how long wilt thou be angry with thy · people that prayeth?

5 Thou feedest them with the · bread of tears, * and givest them plen·teousness of tears to drink.

6 Thou hast made us a very strife un·to our neighbours, * and our ene·mies laugh us to scorn.

7 Turn us again thou · God of hosts; * show the light of thy countenance · and we shall be whole.

8 Thou hast brought a vine · out of Egypt; * thou hast cast out the · heathen and planted it.

9 Thou · madest room for it; * and when it had taken root · it filled the land.

10 The hills were covered with the sha·dow of it, * and the boughs thereof were like · the goodly cedar-trees.



11 She stretched out her branches un · to the sea, * and her boughs · unto the River.

12 Why hast thou then broken · down her hedge, * that all they that · go by pluck off her grapes?

13 The wild boar out of the wood doth · root it up, * and the wild beasts of · the field devour it.

14 Turn thee again th^ou God of hosts, look · down from heaven, * behold · and visit this vine;

15 And the place of the vineyard that thy right · hand hath planted, * and the branch that thou madest · so strong for thyself.

16 It is burnt with fire · and cut down; * and they shall perish at the re · buke of thy countenance.

17 Let thy hand be upon the man · of thy right hand, * and upon the son of man, whom thou madest so · strong for thine own self.

18 And so will not · we go back from thee: * O let us live and we · shall call upon thy Name.

19 Turn us again O LORD · God of hosts; * show the light of thy countenance · and we shall be whole.

20 Glory be to the Father and · to the Son, * · and to the Holy Ghost;

21 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 81*Exultate Deo***Tone III A 6**

SING we merrily · unto God our strength; * make a cheerful noise unto · the God of Jacob.

2 Take the psalm, bring · hither the tabret, * the mer · ry harp with the lute.

3 Blow up the trumpet · in the new moon, * even in the time appointed and upon · our solemn feast-day.

4 For this was made a · statute for Israel, * and a law of · the God of Jacob.

5 This he ordained in Joseph for a · testimony, * when he came out of the land of Egypt, and had · heard a strange language.

6 I eased his shoulder · from the burden, * and his hands were delivered · from making the pots.

7 Thou calledst upon me in troubles, and I de·livered thee; * and heard thee what time as the · storm fell upon thee.

8 I · proved thee also * at · the waters of strife.

9 Hear O my people; † and I will as·sure thee O Israel, * if thou · wilt hearken unto me,

10 There shall no strange · god be in thee, * neither shalt thou wor·ship any other god.

11 I am the LORD thy God, who brought thee out of the · land of Egypt: * open thy mouth wide · and I shall fill it.

12 But my people · would not hear my voice; * and Israel · would not obey me;

13¹ So I gave them up unto their · own hearts' lusts, * and let them follow their own · imaginations.

14 O that my people would have · hearkened unto me! * for if Israel · had walked in my ways,

15 I should soon have put · down their enemies, * and turned my hand against · their adversaries.

16 The haters of the LORD should have submitted them·selves unto him; * but their time should have en·dured for ever.

17 I would have fed them also with the · finest wheat-flour; * and with honey out of the stony rock would I · have satisfied thee.

18 Glory be to the · Father and to the Son, * · and to the Holy Ghost;

19 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

¹ Abrupt mediation in v. 13.



EVENING PRAYER

Psalm 82*Deus stetit***Tone VIII 2**

God standeth in the congregation of · princes; * he is a · Judge among gods.

2 How long will ye give wrong · judgment, * and accept the persons of · the ungodly?

3 Defend the poor and · fatherless; * see that such as are in need and neces·sity have right.

4 Deliver the outcast and · poor; * save them from the hand of · the ungodly.

5 They know not neither do they understand, but walk on still in · darkness: * all the foundations of the · earth are out of course.

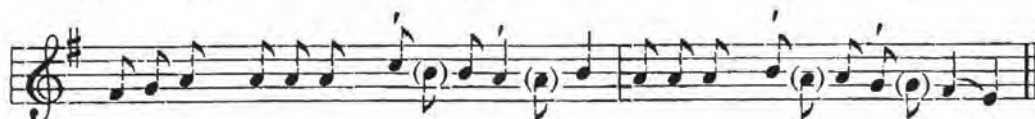
6 I have said, Ye are · gods, * and ye are all the children of · the Most Highest.

7 But ye shall die like · men, * and fall like one · of the princes.

8 Arise O God, and judge thou the · earth; * for thou shalt take all nations to · thine inheritance.

9 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

10 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 83*Deus, quis similis?***Tone VII 1**

HOLD not thy tongue O God, keep · not still silence: * re·frain not thyself O God.

2 For lo thine enemies · make a murmuring; * and they that hate thee have · lift up their head.

3 They have imagined craftily a·gainst thy people, * and taken counsel a·gainst thy secret ones.

4 They have said, Come and let us root them out, that they be no · more a people, * and that the name of Israel may be no · more in remembrance.

5¹ For they have cast their heads together with · one consent, * and are confede·rate against thee:

6 The tabernacles of the Edomites and the · Ishmaelites; * the Moab·ites and Hagarenes;

7 Gebal and · Ammon and Amalek; * the Philistines with · them that dwell at Tyre.

8 Assyria also is · joined with them; * they have holpen the · children of Lot.

9 But do thou to them as unto the · Midianites; * unto Sisera and unto Jabin at the · brook of Kishon;

10 Who · perish'd at Endor, * and became as the · dung of the earth.

11 Make them and their princes like · Oreb and Ze·eb; * yea make all their princes like as Zebah · and Zalmunna;

12 Who say, Let us · take to ourselves * the houses of · God in possession.

13¹ O my God, make them like unto the · whirling dust, * and as the · stubble before the wind;

14 Like as the fire that burneth · up the forest, * and as the flame that con·sumeth the mountains;

15 Pursue them even · so with thy tempest, * and make them a·fraid with thy storm.

16 Make their faces a·shamed O LORD, * that · they may seek thy Name.

17 Let them be confounded and vexed · ever more and more; * let them be put to · shame and perish.

18 And they shall know that thou, whose · Name is JEHOVAH, * art only the Most Highest · over all the earth.

19 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

20 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

¹ Abrupt mediation in v. 5, 13.



Psalm 84

Quam dilecta!

Tone III A 1



O How amiable · are thy dwellings, * · thou LORD of hosts!

2 My soul hath a desire and longing to enter into the · courts
of the LORD; * my heart and my flesh rejoice · in the living God.

3 Yea the sparrow hath found her an house, † and the swallow a
nest where · she may lay her young; * even thy altars O LORD of hosts,
my · King and my God.

4 Blessed are they that · dwell in thy house; * they will be · always
praising thee.

5 Blessed is the man whose · strength is in thee; * in whose · heart
are thy ways.

6 Who going through the vale of misery · use it for a well; * and
the pools are fill·ed with water.

7 They will · go from strength to strength, * and unto the God
of gods appeareth every one of · them in Sion.

8¹ O LORD God of hosts · hear my prayer; * hearken O · God of
Jacob.

9 Behold O · God our defender, * and look upon the face of · thine
anointed.

10 For one · day in thy courts * is better · than a thousand.

11 I had rather be a door-keeper in the · house of my God, * than
to dwell in the tents · of ungodliness.

12 For the LORD God is a · light and defence; * the LORD will give
grace and worship; and no good thing shall he withhold from them that ·
live a godly life.

13¹ O LORD · God of hosts, * blessed is the man that put·teth his
trust in thee.

14 Glory be to the · Father and to the Son, * and · to the Holy
Ghost;

15 As it was in the beginning, † is now and · ever shall be, * world
with·out end. Amen.

¹ Abrupt mediation in v. 8, 13.



Psalm 85*Benedixisti, Domine***Tone IV 5**

LORD, thou art become gracious un·to thy land; * thou hast turned away the capti·vity of Jacob.

2 Thou hast forgiven the offence · of thy people, * and · covered all their sins.

3 Thou hast taken away all · thy displeasure, * and turned thyself from thy wrath·ful indignation.

4 Turn us then O · God our Saviour, * and let · thine anger cease from us.

5 Wilt thou be displeased at · us for ever? * and wilt thou stretch out thy wrath from one genera·tion to another?

6 Wilt thou not turn a·gain and quicken us, * that thy peo·ple may rejoice in thee?

7 Show us thy mer·cy O LORD, * and grant · us thy salvation.

8 I will hearken what the LORD · God will say; * for he shall speak peace unto his people and to his saints, that they turn not a·gain unto foolishness.

9 For his salvation is nigh · them that fear him; * that glory · may dwell in our land.

10 Mercy and truth are · met together: * righteousness and peace have · kissed each other.

11 Truth shall flourish out · of the earth, * and righteousness hath look·ed down from heaven.

12 Yea the LORD shall show · loving-kindness; * and our land · shall give her increase.

13 Righteousness shall · go before him, * and shall direct · his going in the way.

14 Glory be to the Father and · to the Son, * · and to the Holy Ghost;

15 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

THE SEVENTEENTH DAY

MORNING PRAYER

Psalm 86*Inclina, Domine***Tone I B 4**

Bow down thine ear O · LORD and hear me; * for I am poor · and in misery.

2 Preserve thou my soul for · I am holy: * my God, save thy servant that put · teth his trust in thee.

3 Be merciful · unto me, O Lord; * for I will call dai · ly upon thee.

4 Comfort the · soul of thy servant; * for unto thee O Lord, do · I lift up my soul.

5 For thou Lord, art · good and gracious, * and of great mercy unto all them that · call upon thee.

6 Give ear, LORD · unto my prayer, * and ponder the voice of my · humble desires.

7 In the time of my trouble I will · call upon thee; * · for thou hearest me.

8¹ Among the gods there is none like unto · thee O Lord; * there is not one that can · do as thou doest.²

9 All nations whom thou hast made shall come and · worship thee O Lord; * and shall · glorify thy Name.

10 For thou art great, and · doest wondrous things: * · thou art God alone.

11 Teach me thy way O LORD, and I will · walk in thy truth: * O knit my heart unto thee that · I may fear thy Name.

12¹ I will thank thee O Lord my God with · all my heart; * and will praise thy · Name for evermore.

13 For great is thy · mercy toward me; * and thou hast delivered my soul from the · nethermost hell.

¹ Abrupt mediation in v. 8, 12.



² See note on Ps. 78, v. 47.

14 O God the proud are · risen against me; * and the congregations of violent men have sought after my soul, and have not set · thee before their eyes.

15 But thou O Lord God, art full of com·passion and mercy, * long-suffering, plenteous in · goodness and truth.

16 O turn thee then unto me and have · mercy upon me; * give thy strength unto thy servant, and help the son · of thine handmaid.

17 Show some token upon me for good; that they who hate me may see it and · be ashamed, * because thou LORD, hast holpen me and · comforted me.

18 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

19 As it was in the beginning, † is now and · ever shall be, * world · without end. Amen.

Psalm 87*Fundamenta ejus***Tone VII 2**

¹HER foundations are upon the · holy hills: * the LORD loveth the gates of Sion more than all the · dwellings of Jacob.

2 Very excellent things are · spoken of thee, * thou · city of God.

3 I will make mention of · Egypt and Babylon, * among · them that know me.

4 Behold Philistia also; † and Tyre with · Ethiopia; * lo in · Sion were they born.


5 Yea of Sion it shall be reported, this one and · that one were born in her; * and the Most · High shall stablish her.

6 The LORD shall record it when he writeth · up the peoples; * lo in · Sion were they born.

7 The singers also and trumpeters · shall make answer: * All my fresh · springs are in thee.

8 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

9 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

¹ Abrupt mediation in v. 1. 

Psalm 88*Domine, Deus***Tone IV 7**

O LORD God of my salvation, I have cried day and night · before thee: * O let my prayer enter into thy presence, incline thine ear unto my · calling;

2 For my soul is · full of trouble, * and my life draweth nigh unto · the grave.

3 I am counted as one of them that go down in · to the pit, * and I am even as a man that hath · no strength;

4 Cast off among the dead, like unto them that are slain and lie · in the grave, * who are out of remembrance, and are cut away from · thy hand.

5 Thou hast laid me in the · lowest pit, * in a place of darkness and in · the deep.

6 Thine indignation lieth · hard upon me, * and thou hast vexed me with all · thy storms.

7 Thou hast put away mine ac · quaintance far from me, * and made me to be abhorred · of them.

8 I am so · fast in prison * that I cannot · get forth.

9 My sight faileth for · very trouble; * LORD I have called daily upon thee, I have stretched forth my hands un · to thee.

10 Dost thou show wonders a · mong the dead? * or shall the dead rise up again and · praise thee?

11 Shall thy loving-kindness be showed · in the grave? * or thy faithfulness in de · struction?

12 Shall thy wondrous works be known · in the dark? * and thy righteousness in the land where all things are for · gotten?

13 Unto thee have I cri · ed O LORD; * and early shall my prayer come be · fore thee.

14 LORD, why abhorrest · thou my soul, * and hidest thou thy face · from me?

15 I am in misery, and like unto him that is at the · point to die;
* even from my youth up, thy terrors have I suffered with a troub·led
mind.

16 Thy wrathful displeasure · goeth over me, * and the fear of
thee hath un·done me.

17 They came round about me dai·ly like water, * and compassed
me together on ev·ery side.

18 My lovers and friends hast thou · put away from me, * and
hid mine acquaintance out of · my sight.

19 Glory be to the Father and · to the Son, * and to the Ho·ly
Ghost;

20 As it was in the beginning, † is now and · ever shall be, * world
without end · Amen.

EVENING PRAYER

Psalm 89*Misericordias Domini***Tone I B 1**

My song shall be alway of the loving·kindness of the LORD; * with
my mouth will I ever be showing thy truth from one generation · to
another.

2 For I have said, Mercy shall be set · up for ever; * thy truth
shalt thou stablish · in the heavens.

3 I have made a covenant · with my chosen; * I have sworn unto
Da·vid my servant:

4 Thy seed will I · stablish for ever, * and set up thy throne from
one generation · to another.

5 O LORD, the very heavens shall · praise thy wondrous works; *
and thy truth in the congre·gation of the saints.

6 For who is · he among the clouds, * that shall be compared ·
unto the LORD?

7 And what is · he among the gods, * that shall be like · unto the
LORD?



8 God is very greatly to be feared in the · council of the sain
and to be had in reverence of all them that are · round about him.

9 O Lord God of hosts, who is · like unto thee? * thy truth is
mighty LORD · is on every side.

10 Thou rulest the · raging of the sea; * thou stillest the wa
there · of when they arise.

11 Thou hast subdued Egypt · and destroyed it; * thou hast sc
tered thine enemies abroad · with thy mighty arm.

12 The heavens are thine, the earth · also is thine; * thou hast la
the foundation of the round world and · all that therein is.

13 Thou hast made the · north and the south; * Tabor and Herm
shall re·jice in thy Name.

14¹ Thou hast a · mighty arm; * strong is thy hand and high · i
thy right hand.

15 Righteousness and equity are the habi·tation of thy seat; *
mercy and truth shall · go before thy face.

16¹ Blessed is the people O LORD, that can re·jice in thee; * they
shall walk in the light · of thy countenance.

17 Their delight shall be · daily in thy Name; * and in thy right-
eousness · shall they make their boast.

18 For thou art the · glory of their strength, * and in thy loving-
kindness thou · shalt lift up our horns.

19 For the · LORD is our defence; * the Holy One of Isra·el is our
King.

20¹ Thou spakest sometime in visions unto thy · saints and saidst, *
I have laid help upon one that is mighty, I have exalted one chosen out ·
of the people.

21 I have found · David my servant; * with my holy oil have · I
anointed him.

22 My · hand shall hold him fast, * and my · arm shall strengthen him.

23 The enemy shall not be able to · do him violence; * the son of wickedness · shall not hurt him.

24 I will smite down his · foes before his face, * and plague · them that hate him.

25 My truth also and my · mercy shall be with him; * and in my Name shall his horn · be exalted.

26 I will set his dominion · also in the sea, * and his · right hand in the floods.

27 He shall call me · Thou art my Father, * my God and my · strong salvation.

28 And I will · make him my firstborn, * higher than the · kings of the earth.

29 My mercy will I keep for · him for evermore, * and my covenant · shall stand fast with him.

30 His seed also will I make to en·dure for ever, * and his throne as the · days of heaven.

31¹ But if his children for·sake my law, * and walk not · in my judgments;

32 If they break my statutes and keep · not my commandments; * I will visit their offences with the rod and their · sin with scourges.

33 Nevertheless, my loving-kindness will I not · utterly take from him, * nor suf·fer my truth to fail.

34 My covenant will I not break, nor alter the thing that is gone · out of my lips: * I have sworn once by my holiness that I will · not fail David.

35 His seed shall en·dure for ever, * and his throne is like as the · sun before me.

36 He shall stand fast for ever·more as the moon, * and as the faithful wit·ness in heaven.

37 But thou hast abhorred and forsaken · thine anointed, * and art dis·pleased at him.



38 Thou hast broken the covenant · of thy servant, * and cast his · crown to the ground.

39 Thou hast overthrown · all his hedges, * and broken · down his strongholds.

40¹ All they that go · by spoil him, * and he is become a reproach · to his neighbours.

41 Thou hast set up the right · hand of his enemies, * and made all his adver·saries to rejoice.

42 Thou hast taken away the · edge of his sword, * and givest him not victory · in the battle.

43 Thou has put · out his glory, * and cast his throne · down to the ground.

44 The days of his · youth hast thou shortened, * and covered him · with dishonour.

45 LORD, how long wilt thou hide thy·self? for ever? * and shall · thy wrath burn like fire?

46 O remember how · short my time is; * wherefore hast thou · made all men for nought?

47¹ What man is he that liveth and shall · not see death? * and shall he deliver his soul from the · pow-er of the grave?

48 Lord, where are thy old · loving-kindnesses, * which thou swarest unto Da·vid in thy truth?

49 Remember Lord the re·buke that thy servants have, * and how I do bear in my bosom the rebukes of · many people;

50 Wherewith thine enemies · have blasphemed thee, * and slan·dered the footsteps of · thine anointed.

51 Praised be the · LORD for evermore. * A·men and Amen.

52 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

53 As it was in the beginning, † is now and · ever shall be, * world · without end. Amen.

¹ Abrupt mediation in v. 40, 47.



BOOK IV

THE EIGHTEENTH DAY

MORNING PRAYER

Psalm 90*Domine, refugium*

Tone I A 2



LORD, thou hast been our · refuge, * from one generation · to another.

2 Before the mountains were brought forth, or ever the earth and the world · were made, * thou art God from everlasting and · world without end.

3 Thou turnest man to de·struction; * again thou sayest, Come again, ye · children of men.

4 For a thousand years in thy sight are but as yesterday when it · is past, * and as a · watch in the night.

5 As soon as thou scatterest them they are even as · a sleep; * and fade away sud·denly like the grass.

6 In the morning it is green and grow·eth up; * but in the evening it is cut down, dried · up and withered.

7 For we consume away in thy dis·pleasure, * and are afraid at thy wrathful · indignation.

8 Thou hast set our misdeeds be·fore thee; * and our secret sins in the light · of thy countenance.

9 For when thou art angry all our days · are gone: * we bring our years to an end, as it were a · tale that is told.

10 The days of our age are threescore years and ten; and though men be so strong that they come to four·score years, * yet is their strength then but labour and sorrow; so soon passeth it a·way and we are gone.

11 But who regardeth the power of · thy wrath? * or feareth aright thy · indignation?



12 So teach us to number · our days, * that we may apply our hearts · unto wisdom.

13 Turn thee again O LORD at · the last, * and be gracious un·to thy servants.

14 O satisfy us with thy mercy and · that soon: * so shall we rejoice and be glad all the · days of our life.

15 Comfort us again now after the time that thou hast plagu·ed us; * and for the years wherein we have suffer·ed adversity.

16 Show thy servants · thy work, * and their chil·dren thy glory.

17 And the glorious majesty of the LORD our God be up·on us: * prosper thou the work of our hands upon us; O prosper · thou our handy-work.

18 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

19 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 91*Qui habitat***Tone VIII 1**

Whoso dwelleth under the defence of the Most · High, * shall abide under the shadow of · the Almighty.

2 I will say unto the LORD, Thou art my hope and my · strong-hold; * my God, in · him will I trust.

3 For he shall deliver thee from the snare of the · hunter, * and from the · noisome pestilence.

4 He shall defend thee under his wings, and thou shalt be safe under his · feathers; * his faithfulness and truth shall be thy · shield and buckler.

5 Thou shalt not be afraid for any terror by · night, * nor for the arrow that · flieth by day;

6 For the pestilence that walketh in · darkness, * nor for the sickness that destroyeth · in the noon-day.

7 A thousand shall fall beside thee, and ten thousand at thy right · hand; * but it shall · not come nigh thee.

8 Yea with thine eyes shalt thou be·hold, * and see the reward of · the ungodly.

9 For thou LORD, art my · hope; * thou hast set thine house of · defence very high.

10 There shall no evil happen unto · thee, * neither shall any plague come · nigh thy dwelling.

11 For he shall give his angels charge over · thee, * to keep · thee in all thy ways.

12 They shall bear thee in their · hands, * that thou hurt not thy · foot against a stone.

13 Thou shalt go upon the lion and · adder: * the young lion and the dragon shalt thou tread · under thy feet.

14 Because he hath set his love upon me, therefore will I de·liver him; * I will set him up because · he hath known my Name.

15 He shall call upon me and I will · hear him; * yea I am with him in trouble; I will deliver him and bring · him to honour.

16 With long life will I satisfy · him, * and show him · my salvation.

17 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

18 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 92*Bonum est confiteri***Tone VI C**

It is a good thing to give thanks unto · the LORD, * and to sing praises unto thy Name · O Most Highest;

2 To tell of thy loving-kindness early in · the morning, * and of thy truth in · the night season;

3 Upon an instrument of ten strings and upon · the lute; * upon a loud instrument · and upon the harp.



4 For thou LORD, hast made me glad through · thy works; * and I will rejoice in giving praise for the oper · ations of thy hands.

5 O LORD, how glorious are · thy works! * thy · thoughts are very deep.

6 An unwise man doth not well consi · der this, * and a fool doth not · understand it.

7 When the ungodly are green as the grass, † and when all the workers of wickedness · do flourish, * then shall they be destroyed for ever; but thou LORD, art the Most High · est for evermore.

8 For lo thine enemies O LORD, lo thine enemies · shall perish; * and all the workers of wickedness shall · be destroyed.

9 But my horn shall be exalted like the horn of · an unicorn; * for I am anoint · ed with fresh oil.

10 Mine eye also shall see his lust of · mine enemies, * and mine ear shall hear his desire of the wicked that arise · up against me.

11 The righteous shall flourish like · a palm-tree, * and shall spread abroad like a ce · dar in Lebanon.

12 Such as are planted in the house of · the LORD, * shall flourish in the courts of the · house of our God.

13 They also shall bring forth more fruit in · their age, * and shall be fat · and well-liking;

14 That they may show how true the LORD · my strength is, * and that there is no unright · eousness in him.

15 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

16 As it was in the beginning, † is now and ev · er shall be, * world with · out end. Amen.

EVENING PRAYER

Psalm 93

Dominus regnavit

Tone V 3



THE LORD is King, and hath put on glorious ap · parel; * the LORD hath put on his apparel, and gird · ed himself with strength.

2 He hath made the round world so · sure, * that it can · not be moved.

3 Ever since the world began hath thy seat been pre · pared: * thou art from · everlasting.

4 The floods are risen O LORD, the floods have lift up their · voice; * the · floods lift up their waves.

5 The waves of the sea are mighty and rage · horribly; * but yet the LORD who dwelleth on · high is mightier.

6 Thy testimonies O LORD, are very · sure: * holiness becometh thine · house for ever.

7 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

8 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 94*Deus ultionum***Tone IV 4**

O LORD God, to whom ven · geance belongeth, * thou God to whom vengeance · belongeth show thyself.

2 Arise, thou Judge · of the world, * and reward the proud af · ter their deserving.

3 LORD how long shall · the ungodly, * how long shall the · ungodly triumph?

4 How long shall all wicked doers speak · so disdainfully, * and · make such proud boasting?

5 They smite down thy peo · ple O LORD, * and · trouble thine heritage.

6 They murder the widow · and the stranger, * and put · the fatherless to death.

7 And yet they say, Tush, the LORD · shall not see, * neither shall the God of · Jacob regard it.



8 Take heed ye unwise a-mong the people: * O ye fools · when will ye understand?

9 He that planted the ear shall · he not hear? * or he that made · the eye shall he not see?

10 Or he that instruct-eth the heathen, * it is he that teacheth man knowledge; · shall not he punish?

11 The LORD knoweth the · thoughts of man, * · that they are but vain.

12 Blessed is the man whom thou chasten-est O LORD, * and · teachest him in thy law;

13 That thou mayest give him patience in time · of adversity, * until the pit be digged up · for the ungodly.

14 For the LORD will not · fail his people; * neither will he for-sake his inheritance;

15 Until righteousness turn again · unto judgment: * all such as are true · in heart shall follow it.

16 Who will rise up with me a-against the wicked? * or who will take my part against · the evil doers?

17 If the LORD · had not helped me, * it had not failed but my soul had · been put to silence.

18 But when I said, My · foot hath slipt; * thy mer-cy O LORD held me up.

19 In the multitude of the sorrows that I had · in my heart, * thy comforts have · refreshed my soul.

20 Wilt thou have anything to do with the · throne of wickedness, * which imagin-eth mischief as a law?

21 They gather them together against the soul · of the righteous, * and condemn · the innocent blood.

22 But the LORD · is my refuge, * and my God is the · strength of my confidence.

23 He shall recompense them their wickedness, † and destroy them in · their own malice; * yea the LORD our · God shall destroy them.

24 Glory be to the Father and · to the Son, * and · to the Holy Ghost;

25 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

THE NINETEENTH DAY
MORNING PRAYER

Psalm 95

Venite, exultemus

Tone III A 1



O COME let us · sing unto the LORD; * let us heartily rejoice in the strength of · our salvation.

2 Let us come before his presence · with thanksgiving; * and show ourselves · glad in him with psalms.

3 For the · LORD is a great God; * and a great King · above all gods.

4 In his hand are all the · corners of the earth; * and the strength of the hills · is his also.

5 The sea is · his and he made it; * and his hands prepar·ed the dry land.

6 O come let us · worship and fall down, * and kneel before the · LORD our Maker.

7 For · he is the Lord our God; * and we are the people of his pasture and the · sheep of his hand.

8 Today if ye will hear his voice · harden not your hearts * as in the provocation, and as in the day of temptation · in the wilderness;

9 When your · fathers tempted me, * proved · me and saw my works.

10 Forty years long was I grieved with this gene·ration and said, * It is a people that do err in their hearts, for they · have not known my ways:

11 Unto whom I · sware in my wrath, * that they should not enter · into my rest.

12 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

13 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

Psalm 96

Cantate Domino

Tone VIII 1



O SING unto the LORD a new · song; * sing unto the LORD · all the whole earth.

2 Sing unto the LORD and praise his · Name; * be telling of his salva · tion from day to day.

3 Declare his honour unto the · heathen, * and his wonders un · to all peoples.

4 For the LORD is great and cannot worthily be · praised; * he is more to be fear · ed than all gods.

5 As for all the gods of the heathen they are but · idols; * but it is the LORD that · made the heavens.

6 Glory and worship are be · fore him; * power and honour are in his · sanctuary.

7 Ascribe unto the LORD O ye kindreds of the · peoples, * ascribe unto the LORD wor · ship and pow · er.

8 Ascribe unto the LORD the honour due unto his · Name; * bring presents and come · into his courts.

9 O worship the LORD in the beauty of · holiness; * let the whole earth · stand in awe of him.

10 Tell it out among the heathen that the LORD is King, † and that it is he who hath made the round world so fast that it cannot be · moved; * and how that he shall judge the · peoples righteously.

11 Let the heavens rejoice and let the earth be · glad; * let the sea make a noise and all · that therein is.

12 Let the field be joyful and all that is · in it; * then shall all the trees of the wood re · joice before the LORD.

13 For he cometh, for he cometh to judge the · earth; * and with righteousness to judge the world, and the · peoples with his truth.

14 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

15 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 97*Dominus regnavit***Tone V 2**

THE LORD is King, the earth may be · glad thereof; * yea the multitude of the · isles may be glad thereof.

2 Clouds and darkness are round a·bout him: * righteousness and judgment are the habi·tation of his seat.

3 There shall go a fire be·fore him, * and burn up his éne·mies on every side.

4 His lightnings gave shine unto the · world: * the earth · saw it and was afraid.

5 The hills melted like wax at the presence of the · LORD; * at the presence of the · Lord of the whole earth.

6 The heavens have declared his · righteousness, * and all the peoples have · seen his glory.

7 Confounded be all they that worship carved images, † and that delight in vain · gods: * · worship him all ye gods.

8 Zion heard of it and rejoiced; † and the daughters of Judah were · glad, * because of thy · judgments O LORD.

9 For thou LORD, art higher than all that are in the · earth: * thou art exalted · far above all gods.

10 O ye that love the LORD, see that ye hate the thing which is · evil: * the Lord preserveth the souls of his saints; he shall deliver them from the hand of · the ungodly.

11 There is sprung up a light for the · righteous, * and joyful gladness for such as · are true-hearted.

12 Rejoice in the LORD ye · righteous; * and give thanks for a remembrance · of his holiness.

13 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

14 As it was in the beginning, † is now and ever · shall be, * · world without end. Amen.

EVENING PRAYER

Psalm 98*Cantate Domino***Tone VI A**

O SING unto the LORD a · new song; * for he hath · done marvellous things.

2 With his own right hand and with his ho·ly arm, * hath he gotten him·self the victory.

3 The LORD declared his sal·vation; * his righteousness hath he openly showed in the sight · of the heathen.

4 He hath remembered his mercy and truth toward the house of Is·rael; * and all the ends of the world have seen the sal·vation of our God.

5 Show yourselves joyful unto the LORD, all · ye lands; * sing · rejoice and give thanks.

6 Praise the LORD upon · the harp; * sing to the harp with a psalm · of thanksgiving.

7 With trumpets also · and shawms, * O show yourselves joyful be·fore the LORD the King.

8 Let the sea make a noise and all that there·in is; * the round world and · they that dwell therein.

9 Let the floods clap their hands, † and let the hills be joyful together before · the LORD; * for he is · come to judge the earth.

10 With righteousness shall he judge · the world, * and the peo·ples with equity.

11 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

12 As it was in the beginning, † is now and ever · shall be, * world with·out end. Amen.

Psalm 99*Dominus regnavit***Tone IV 4**

THE LORD is King, be the people never · so impatient; * he sitteth between the Cherubim, be the earth ne · ver so unquiet.

2 The LORD is · great in Sion, * and high · above all people.

3 They shall give thanks un · to thy Name, * which is great, won · derful and holy.

4 The King's power loveth judgment; † thou hast pre · pared equity, * thou hast executed judgment and right · eousness in Jacob.

5 O magnify the LORD our God, and fall down be · fore his footstool; * · for he is holy.

6 Moses and Aaron among his priests, and Samuel among such as call up · on his Name: * these called upon the · LORD and he heard them.

7 He spake unto them out of the · cloudy pillar; * for they kept his testimonies and the · law that he gave them.

8 Thou heardest them O · LORD our God; * thou forgavest them O God, though thou didst punish · their wicked doings.

9 O magnify the LORD our God, and worship him upon his · holy hill; * for the LORD · our God is holy.

10 Glory be to the Father and · to the Son, * · and to the Holy Ghost;

11 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 100*Jubilate Deo***Tone VIII 1**

O BE joyful in the LORD, all ye · lands: * serve the LORD with gladness, and come before his · presence with a song.

2 Be ye sure that the LORD he is God; it is he that hath made us and not we our · selves; * we are his people and the sheep · of his pasture.



3 O go your way into his gates with thanksgiving, † and into his courts with · praise; * be thankful unto him and speak · good of his Name.

4 For the LORD is gracious, his mercy is ever·lasting; * and his truth endureth from generation to · generation.

5 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

6 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 101*Misericordiam et iudicium***Tone VII 5**

My song shall be of · mercy and judgment; * unto thee O · LORD will I sing.

2 O let me have · understanding * in the · way of godliness!

3 When wilt thou · come unto me? * I will walk in my · house with a perfect heart.

4 I will take no wicked thing in hand; I hate the · sins of unfaithfulness; * there shall no such · cleave unto me.

5 A froward · heart shall depart from me; * I will not know a · wicked person.

6 Whoso privily slánder·eth his neighbour, * · him will I destroy.

7 Whoso hath also a haughty · look and a proud heart, * I · will not suffer him.

8 Mine eyes look upon such as are · faithful in the land, * that · they may dwell with me.

9 Whoso · leadeth a godly life, * he shall · be my servant.

10 There shall no deceitful person · dwell in my house; * he that telleth lies shall not · tarry in my sight.

11 I shall soon destroy all the ungodly · that are in the land; * that I may root out all wicked doers from the · city of the LORD.

12 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

13 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

THE TWENTIETH DAY

MORNING PRAYER

Psalm 102

Domine, exaudi

Tone VII 1



¹HEAR my · prayer O LORD, * and let my · crying come unto thee.

2 Hide not thy face from me in the · time of my trouble; * incline thine ear unto me when I call; O · hear me and that right soon.

3² For my days are consumed a · way like smoke, * and my bones are burnt up as it · were a firebrand.

4 My heart is smitten down and · withered like grass; * so that I for · get to eat my bread.

5 For the · voice of my groaning, * my bones will scarce · cleave to my flesh.

6² I am become like a pelican in the · wilderness, * and like an owl that is · in the desert.

7 I have watched and am even as it · were a sparrow, * that sitteth alone up · on the housetop.

8 Mine enemies revile me · all the day long; * and they that are mad upon me are sworn to · gether against me.

9 For I have eaten ashes · as it were bread, * and mingled my · drink with weeping;

10 And that, because of thine indig · nation and wrath; * for thou hast taken me · up and cast me down.

¹ e, f, bb, g, a.

² Abrupt mediation in v. 3, 6.





11 My days are · gone like a shadow, * and I am · withered like grass.

12 But thou O LORD, shalt en·dure for ever, * and thy remembrance throughout · all generations.

13¹ Thou shalt arise and have mercy up·on Sion; * for it is time that thou have mercy upon her, · yea the time is come.

14 And why? thy servants · think upon her stones, * and it pitieth them to · see her in the dust.

15¹ The nations shall fear thy · Name O LORD; * and all the kings of the · earth thy majesty;

16 When the LORD shall · build up Sion, * and when his · glory shall appear;

17¹ When he turneth him unto the prayer of the poor · destitute, * and despiseth · not their desire.

18 This shall be written for · those that come after, * and the people which shall be · born shall praise the LORD.

19 For he hath looked down from his · sanctuary; * out of the heaven did the · LORD behold the earth;

20¹ That he might hear the mournings of such as are in cap·tivity, * and deliver them that are ap·pointed unto death;

21 That they may declare the Name of the · LORD in Sion, * and his worship · at Jerusalem;

22 When the peoples are gáther·ed together, * and the kingdoms · also to serve the LORD.

23 He brought down my · strength in my journey, * and · shortened my days.

24 But I said, O my God, take me not away in the · midst of mine age; * as for thy years, they endure throughout · all generations.

25 Thou Lord, in the beginning hast laid the found·ation of the earth, * and the heavens are the · work of thy hands.

¹ Abrupt mediation in v. 13, 15, 17, 20,



26 They shall perish but · thou shalt endure: * they all shall wax old as · doth a garment;

27 And as a vesture shalt thou change them and they · shall be changed; * but thou art the same and thy · years shall not fail.

28 The children of thy servants · shall continue, * and their seed shall stand · fast in thy sight.

29 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

30 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 103*Benedic, anima mea***Tone V 3**

PRAISE the LORD, O my · soul; * and all that is within me · praise his holy Name.

2 Praise the LORD, O my · soul, * and forget not · all his benefits:

3 Who forgiveth all thy · sin, * and healeth all · thine infirmities;

4 Who saveth thy life from de·struction, * and crowneth thee with mercy and · loving-kindness;

5 Who satisfieth thy mouth with good · things, * making thee young and lusty · as an eagle.

6 The LORD executeth righteousness and · judgment * for all them that are op·pressed with wrong.

7 He showed his ways unto · Moses, * his works unto the chil·dren of Israel.

8 The LORD is full of compassion and · mercy, * long-suffering and · of great goodness.

9 He will not alway be · chiding; * neither keepeth he his an·ger for ever.

10 He hath not dealt with us after our · sins; * nor rewarded us according to our · wickednesses.

11 For look how high the heaven is in comparison of the · earth; * so great is his mercy also toward · them that fear him.



12 Look how wide also the east is from the · west; * so far hath he · set our sins from us.

13 Yea like as a father pitieth his own · children; * even so is the LORD merciful unto · them that fear him.

14 For he knoweth whereof we are · made; * he remembereth that · we are but dust.

15 The days of man are but as · grass; * for he flourisheth as a · flower of the field.

16 For as soon as the wind goeth over it, it is · gone; * and the place thereof shall · know it no more.

17 But the merciful goodness of the LORD endureth for ever and ever upon them that · fear him; * and his righteousness upon · children's children;

18 Even upon such as keep his · covenant, * and think upon his command·ments to do them.

19 The LORD hath prepared his seat in · heaven, * and his kingdom · ruleth over all.

20 O praise the LORD ye angels of his, ye that excel in · strength; * ye that fulfil his commandment and hearken unto the · voice of his word.

21 O praise the LORD all ye his · hosts; * ye servants of his that · do his pleasure.

22 O speak good of the LORD all ye works of his, in all places of his do·minion: * praise thou · the LORD O my soul.

23 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

24 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

EVENING PRAYER

Psalm 104*Benedic, anima mea*

Tone III A 1



¹ PRAISE the · LORD O my soul: * O LORD my God, thou art become exceeding glorious; thou art clothed with majes·ty and honour.

² Thou deckest thyself with light as it · were with a garment, * and spreadest out the heavens · like a curtain.

³ Who layeth the beams of his chambers · in the waters, * and maketh the clouds his chariot, and walketh upon the · wings of the wind.

⁴ He · maketh his angels winds, * and his minis·ters a flaming fire.

⁵ He laid the foun·dations of the earth, * that it never should · move at any time.

⁶ Thou coveredst it with the deep like as · with a garment; * the waters · stand above the hills.

⁷ At · thy rebuke they flee; * at the voice of thy thun·der they haste away.

⁸ They go up as high as the hills and down to the · valleys beneath, * even unto the place which thou hast ap·pointed for them.

⁹ Thou hast set them their bounds · which they shall not pass, * neither turn again to · cover the earth.

¹⁰ He sendeth the springs · into the rivers, * which · run among the hills.

¹¹ All beasts of the · field drink thereof, * and the wild · asses quench their thirst.

¹² Beside them shall the fowls of the air have their · habitation, * and sing a·mong the branches.

¹³ He watereth the · hills from above; * the earth is filled with the · fruit of thy works.

¹⁴ He bringeth forth · grass for the cattle, * and green herb for the · service of men;

¹e, f#, b



15 That he may bring food out of the earth, and wine that maketh
· glad the heart of man; * and oil to make him a cheerful countenance,
and bread to · strengthen man's heart.

16 The trees of the LORD · also are full of sap; * even the cedars
of Lebanon which · he hath planted;

17 Wherein the · birds make their nests; * and the fir-trees are
a · dwelling for the stork.

18 The high hills are a refuge · for the wild goats; * and so are the
stony rocks · for the conies.

19 He appointed the moon for · certain seasons, * and the sun
know · eth his going down.

20 Thou makest darkness · that it may be night; * wherein all the
beasts of the · forest do move.

21 The lions roaring · after their prey, * do · seek their meat from
God.

22 The sun ariseth and they get them a · way together, * and lay
them · down in their dens.

23 Man goeth forth to his work, and · to his labour, * un · til the
evening.


24 O LORD, how · manifold are thy works! * in wisdom hast thou
made them all; the earth is full · of thy riches.

25¹ So is the great and wide · sea also; * wherein are things creeping
innumerable, both · small and great beasts.

26 There go the ships, and there is · that leviathan, * whom thou
hast made to take his · pastime therein.

27 These wait · all upon thee, * that thou mayest give them
meat · in due season.

28 When thou givest it · them they gather it; * and when thou
openest thy hand they are · filled with good.

¹ Abrupt mediation in v. 25, 32, 34. 

29 When thou hidest thy face · they are troubled; * when thou takest away their breath they die, and are turned a · gain to their dust.

30 When thou lettest thy breath go · forth they shall be made; * and thou shalt renew the · face of the earth.

31 The glorious majesty of the LORD shall en · dure for ever; * the LORD shall re · joice in his works.

32¹ The earth shall tremble at the · look of him; * if he do but touch the · hills they shall smoke.

33 I will sing unto the LORD as · long as I live; * I will praise my God while I · have my being.

34¹ And so shall my · words please him: * my joy shall · be in the LORD.

35 As for sinners they shall be consumed · out of the earth, * and the ungodly shall · come to an end.

36 Praise thou the · LORD O my soul. * · - - Praise the LORD.²

37 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

38 As it was in the beginning, † is now and · ever shall be, * world with · out end. Amen.

THE TWENTY-FIRST DAY

MORNING PRAYER

Psalm 105

Confitemini Domino

Tone VI B



O GIVE thanks unto the LORD and · call upon his Name; * tell the people · what things he hath done.

2 O let your songs be of · him and praise him; * and let your talking be of · all his wondrous works.

3 Re · joice in his holy Name; * let the heart of them re · joice that seek the LORD.

4 Seek the · LORD and his strength; * seek · his face evermore.

² f#, e, ef#



5 Remember the marvellous · works that he hath done; * his wonders and the · judgments of his mouth;

6 O ye seed of Abra·ham his servant, * ye children of Ja·cob his chosen.

7¹ He is the · LORD our God; * his judgments · are in all the world.

8 He hath been, alway mindful of his cove·nant and promise, * that he made to a thousand · generations;

9¹ Even the covenant that he made with · Abraham; * and the oath that he sware · unto Isaac;

10 And appointed the same unto · Jacob for a law, * and to Israel for an ever·lasting testament;

11 Saying, Unto thee will I give the · land of Canaan, * the lot of · your inheritance:

12 When there were · yet but a few of them, * and they · strangers in the land;

13 What time as they went from one nation · to another, * from one kingdom to an·other people;

14¹ He suffered no man to · do them wrong, * but reprov'd e·ven kings for their sakes;

15 Touch · not mine anointed, * and do my · prophets no harm.


16 Moreover he called for a · dearth upon the land, * and destroyed all the · provision of bread.

17 But he had sent a · man before them, * even Joseph who was sold to be · a bond-servant;

18 Whose feet they · hurt in the stocks; * the iron enter·ed into his soul;

19¹ Until the time came that his · cause was known: * the word of · the LORD tried him.

20 The king sent and de·livered him; * the prince of the people · let him go free.

¹ Abrupt mediation in v. 7, 9, 14, 19. 

21 He made him lord · also of his house, * and ruler of · all his substance;

22 That he might inform his princes · after his will, * and teach his se·nators wisdom.

23 Israel also came · into Egypt, * and Jacob was a stranger · in the land of Ham.

24 And he increased his · people exceedingly, * and made them stronger · than their enemies;

25 Whose heart turned so that they · hated his people, * and dealt untruly · with his servants.

26 Then sent he · Moses his servant, * and Aaron whom · he had chosen.

27 And these showed his · tokens among them, * and wonders · in the land of Ham.

28 He sent · darkness and it was dark; * and they were not obedi·ent unto his word.

29 He turned their · waters into blood, * · and slew their fish.

30 Their · land brought forth frogs; * yea even in · their kings' chambers.

31 He spake the word and there came all · manner of flies, * and lice in · all their quarters.

32 He gave them · hailstones for rain; * and flames · of fire in their land.

33 He smote their vines · also and fig-trees; * and destroyed the trees · that were in their coasts.

34 He spake the word and the grasshoppers came, and caterpillars in·numerable, * and did eat up all the grass in their land, and devoured · the fruit of their ground.

35 He smote all the · firstborn in their land; * even the chief · of all their strength.

36 He brought them forth also with · silver and gold; * there was not one feeble per·son among their tribes.

37 Egypt was glad at · their departing; * for they · were afraid of them.



38 He spread out a cloud to · be a covering, * and fire to give light
in · the night season.

39 At their de·sire he brought quails; * and he filled them with
the · bread of heaven.

40 He opened the rock of stone and the · waters flowed out, * so
that rivers ran in · the dry places.

41 For why? he remembered his · holy promise; * and Abra·ham
his servant.

42 And he brought forth his · people with joy, * and his cho·sen
with gladness;

43 And gave them the · lands of the heathen; * and they took the
labours of the people · in possession;

44 That they might · keep his statutes, * · and observe his laws.

45 Glory be to the · Father and to the Son, * and · to the Holy
Ghost;

46 As it was in the beginning, † is now and · ever shall be, * world
with·out end. Amen.

EVENING PRAYER

Psalm 106*Confitemini Domino***Tone VI C**

O GIVE thanks unto the LORD for he · is gracious, * and his mercy
endur·eth for ever.

2 Who can express the noble acts of · the LORD, * or · show forth
all his praise?

3 Blessed are they that alway · keep judgment, * · and do
righteousness.

4 Remember me O LORD, according to the favour that thou bearest
unto · thy people; * O visit me with · thy salvation;

5 That I may see the felicity of · thy chosen, * and rejoice in the gladness of thy people, and give thanks with · thine inheritance.

6 We have sinned with · our fathers; * we have done amiss · and dealt wickedly.

7 Our fathers regarded not thy wonders in Egypt, † neither kept they thy great goodness in · remembrance; * but were disobedient at the sea, even · at the Red Sea.

8 Nevertheless he helped them for · his Name's sake, * that he might make · his power to be known.

9 He rebuked the Red Sea also and it was dri·ed up; * so he led them through the deep as · through a wilderness.

10 And he saved them from the adversa·ry's hand, * and delivered them from the hand · of the enemy.

11 As for those that troubled them, the waters o·verwhelmed them; * there was · not one of them left.

12 Then believed they · his words, * and · sang praise unto him.

13 But within a while they forgot · his works, * and would not a·bide his counsel.

14 But lust came upon them in · the wilderness, * and they tempted God · in the desert.

15 And he gave them their · desire, * and sent leanness with·al into their soul.

16 They angered Moses also in · the tents, * and Aaron · the saint of the LORD.

17 So the earth opened and swallowed · up Dathan, * and covered the congregation · of Abiram.

18 And the fire was kindled in · their company; * the flame burnt up · the ungodly.

19 They made a calf · in Horeb, * and worshipped the · molten image.

20 Thus they turned · their glory * into the similitude of a · calf that eateth hay.



21 And they forgot God · their Saviour, * who had done so great · things in Egypt;

22 Wondrous works in the land · of Ham; * and fearful things · by the Red Sea.

23 So he said he would have destroyed them, † had not Moses his chosen stood before him in · the gap, * to turn away his wrathful indignation, lest he · should destroy them.

24 Yea they thought scorn of that plea·sant land, * and gave no cre·dence unto his word;

25 But murmured in · their tents, * and hearkened not unto · the voice of the LORD.

26 Then lift he up his hand · against them, * to overthrow them · in the wilderness;

27 To cast out their seed among · the nations, * and to scat·ter them in the lands.

28 They joined themselves unto Ba·alpeor, * and ate the of·ferings of the dead.

29 Thus they provoked him to anger with their own · inventions; * and the plague was · great among them.

30 Then stood up Phinehas and in·terposed; * and so · the plague ceased.

31 And that was counted unto him · for righteousness, * among all posteri·ties for evermore.

32 They angered him also at the waters · of strife, * so that he punished Mo·ses for their sakes;

33 Because they provoked · his spirit, * so that he spake un·advis·edly with his lips.

34 Neither destroyed they · the heathen, * as the · LORD com·manded them;

35 But were mingled among · the heathen, * · and learned their works.

36 Insomuch that they worshipped their idols, † which became a snare un·to them; * yea they offered their sons and their daughters · unto devils;

37 And shed innocent blood, even the blood of their sons and of · their daughters, * whom they offered unto the idols of Canaan; and the land was · defiled with blood.

38 Thus were ·they stained with their · own works, * and went a whoring with their · own inventions.

39 Therefore was the wrath of the LORD kindled against · his people, * insomuch that he abhorred his · own inheritance.

40 And he gave them over into the hand of · the heathen; * and they that hated them · were lords over them.

41 Their enemies · oppressed them, * and had them · in subjection.

42 Many a time did he · deliver them; * but they rebelled against him with their own inventions, and were brought down · in their wickedness.

43 Nevertheless when he saw their · adversity, * · he heard their complaint.

44 He thought upon his covenant and pitied them, † according unto the multitude of · his mercies; * yea he made all those that led them away cap·tive to pity them.

45 Deliver us O LORD our God, and gather us from among · the heathen; * that we may give thanks unto thy holy Name, and make · our boast of thy praise.

46 Blessed be the LORD God of Israel, † from everlasting, and world with·out end; * And let all the peo·ple say, Amen.

47 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

48 As it was in the beginning, † is now and ev·er shall be, * world with·out end. Amen.

BOOK V

THE TWENTY-SECOND DAY

MORNING PRAYER

Psalm 107*Confitemini Domino***Tone VIII 1**

O GIVE thanks unto the LORD for he is · gracious, * and his mercy
endur·eth for ever.

2 Let them give thanks whom the LORD hath re·deemed, * and
delivered from the hand · of the enemy;

3 And gathered them out of the lands, from the east and from
the · west; * from the · north and from the south.

4 They went astray in the wilderness out of the · way, * and
found no ci·ty to dwell in.

5 Hungry and · thirsty, * their soul · fainted in them.

6 So they cried unto the LORD in their · trouble, * and he de·
livered · them from their distress.

7 He led them forth by the right · way, * that they might go to
the · city where they dwelt.

8 O that men would therefore praise the LORD for his · good·
ness; * and declare the wonders that he doeth for the · children of
men!

9 For he satisfieth the empty · soul, * and filleth the hungry ·
soul with goodness.

10 Such as sit in darkness and in the shadow of · death, * being
fast bound in mise·ry and iron;

11 Because they rebelled against the words of the · Lord, * and
lightly regarded the counsel of · the Most Highest;

12 He also brought down their heart through · heaviness: * they
fell down and there was · none to help them.

13 So when they cried unto the LORD in their · trouble, * he delivered them · out of their distress.

14 For he brought them out of darkness, and out of the shadow of · death, * and brake their · bonds in sunder.

15 O that men would therefore praise the LORD for his · goodness; * and declare the wonders that he doeth for the · children of men!

16 For he hath broken the gates of · brass, * and smitten the bars of i·ron in sunder.

17 Foolish men are plagued for their of·fence, * and because · of their wickedness.

18 Their soul abhorred all manner of · meat, * and they were even · hard at death's door.

19 So when they cried unto the LORD in their · trouble, * he delivered them · out of their distress.

20 He sent his word and · healed them; * and they were saved from · their destruction.

21 O that men would therefore praise the LORD for his · goodness; * and declare the wonders that he doeth for the · children of men!

22 That they would offer unto him the sacrifice of thanks·giving, * and tell out his · works with gladness!

23 They that go down to the sea in · ships, * and occupy their business · in great waters;

24 These men see the works of the · LORD, * and his · wonders in the deep.

25 For at his word the stormy wind a·riseth, * which lifteth · up the waves thereof.

26 They are carried up to the heaven and down again to the · deep; * their soul melteth away because · of the trouble.

27 They reel to and fro and stagger like a · drunken man, * and are · at their wit's end.

28 So when they cry unto the LORD in their · trouble, * he delivereth them · out of their distress.



29 For he maketh the storm to · cease, * so that the · waves thereof are still.

30 Then are they glad because they are at · rest; * and so he bringeth them unto the ha · ven where they would be.

31 O that men would therefore praise the LORD for his · goodness; * and declare the wonders that he doeth for the · children of men!

32 That they would exalt him also in the congregation of the · people, * and praise him in the seat · of the elders!

33 He turneth the floods into a · wilderness, * and drieth · up the water-springs.

34 A fruitful land maketh he · barren, * for the wickedness of · them that dwell therein.

35 Again he maketh the wilderness a standing · water, * and water-springs · of a dry ground.

36 And there he setteth the · hungry, * that they may build them a ci · ty to dwell in;

37 That they may sow their land and plant · vineyards, * to yield them · fruits of increase.

38 He blesseth them so that they multiply ex · ceedingly; * and suffereth not their · cattle to decrease.

39 And again, when they are minished and brought · low * through oppression, through any · plague or trouble;

40 Though he suffer them to be evil entreated through · tyrants, * and let them wander out of the way · in the wilderness;

41 Yet helpeth he the poor out of · misery, * and maketh him households · like a flock of sheep.

42 The righteous will consider this and re · joice; * and the mouth of all wickedness · shall be stopped.

43 Whoso is wise will ponder these · things; * and they shall understand the loving · kindness of the LORD.

44 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

45 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

EVENING PRAYER

Psalm 108*Paratum cor meum*

Tone VIII 2



O GOD, my heart is ready, my heart is · ready; * I will sing and give praise with the best · member that I have.

2 Awake thou lute and · harp; * I myself will a · wake right early.

3 I will give thanks unto thee O LORD among the · peoples; * I will sing praises unto thee a · mong the nations.

4 For thy mercy is greater than the · heavens, * and thy truth reacheth · unto the clouds.

5 Set up thyself O God above the · heavens, * and thy glory · above all the earth;

6 That thy beloved may be de · livered: * let thy right hand save · them and hear thou me.

7 God hath spoken in his · holiness; * I will rejoice therefore and divide Shechem, and mete out the val · ley of Succoth.

8 Gilead is mine, and Manasseh is · mine; * Ephraim also is the strength of my head; Judah · is my lawgiver;

9 Moab is my wash-pot; † over Edom will I cast out my · shoe; * upon Philistia · will I triumph.

10 Who will lead me into the strong · city? * and who will bring me · into Edom?

11 Hast not thou forsaken us O · God? * and wilt not thou O God, go · forth with our hosts?

12 O help us against the · enemy: * for vain · is the help of man.

13 Through God we shall do great · acts; * and it is he that shall tread · down our enemies.

14 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

15 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 109*Deus, laudem***Tone IV 6**

HOLD not thy tongue O God · of my praise; * for the mouth of the ungodly, yea the mouth of the deceitful is opened upon · me.

2 And they have spoken against me · with false tongues; * they compassed me about also with words of hatred, and fought against me without a · cause.

3 For the love that I had unto them, lo they take now my con · trary part; * but I give myself unto · prayer.

4 Thus have they rewarded me e · vil for good, * and hatred for my good · will.

5 Set thou an ungodly man to be ruler · over him, * and let an adversary stand at his right · hand.

6 When sentence is given upon him, let him · be condemned; * and let his prayer be turned into · sin.

7 Let his · days be few; * and let another take his of · fice.

8 Let his chil · dren be fatherless, * and his wife a wi · dow.

9 Let his children be vagabonds and · beg their bread; * let them seek it also out of desolate pla · ces.

10 Let the extortioner consume all · that he hath; * and let the stranger spoil his la · bour.

11 Let there be no · man to pity him, * nor to have compassion upon his fatherless chil · dren.

12 Let his posterity · be destroyed; * and in the next generation let his name be clean put · out.

13 Let the wickedness of his fathers be had in remembrance in the sight · of the LORD; * and let not the sin of his mother be done a · way.

14 Let them always be be · fore the LORD, * that he may root out the memorial of them from off the · earth;

15 And that, because his mind was not · to do good; * but persecuted the poor helpless man, that he might slay him that was vexed at the · heart.

16 His delight was in cursing, and it shall happen · unto him; * he loved not blessing, therefore shall it be far · from him.

17 He clothed himself with cursing like as · with a raiment, * and it shall come into his bowels like water, and like oil into his · bones.

18 Let it be unto him as the cloak that he · hath upon him, * and as the girdle that he is always girded with · al.

19 Let it thus happen from the LORD un·to mine enemies, * and to those that speak evil against my · soul.

20 But deal thou with me O LORD God, according un·to thy Name; * for sweet is thy mer·cy.

21 O deliver me, for I am help·less and poor, * and my heart is wounded within · me.

22 I go hence like the shadow · that departeth, * and am driven away as the grass·hopper.

23 My knees are · weak through fasting; * my flesh is dried up for want of fat·ness.

24 I am become also a reproach · unto them: * they that look upon me shake their · heads.

25 Help me O · LORD my God; * O save me according to thy mer·cy;

26 And they shall know how that this · is thy hand, * and that thou LORD, hast done · it.

27 Though they curse · yet bless thou; * and let them be confounded that rise up against me; but let thy servant re·joice.

28 Let mine adversaries be cloth·ed with shame; * and let them cover themselves with their own confusion as with a · cloak.

29 As for me, I will give great thanks unto the LORD · with my mouth, * and praise him among the mul·titude;

30 For he shall stand at the right hand · of the poor, * to save his soul from unrighteous judg·es.

31 Glory be to the Father and · to the Son, * and to the Holy · Ghost;

32 As it was in the beginning, † is now and · ever shall be, * world without end. A·men.

THE TWENTY-THIRD DAY

MORNING PRAYER

Psalm 110*Dixit Dominus***Tone III A 2**

THE LORD said · unto my Lord, * Sit thou on my right hand, until I make thine ene·mies thy footstool.

2 The LORD shall send the rod of thy power · out of Sion: * be thou ruler, even in the midst a·mong thine enemies.

3 In the day of thy power shall thy people offer themselves willingly with an · holy worship: * thy young men come to thee as dew from the womb · of the morning.

4 The LORD · sware and will not repent, * Thou art a Priest for ever after the order · of Melchizedek.

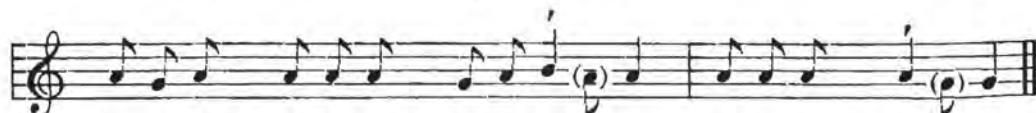
5 The Lord up·on thy right hand * shall wound even kings in the · day of his wrath.

6 He shall judge a·mong the heathen; * he shall fill the places with the dead bodies, and smite in sunder the heads over · divers countries.

7 He shall drink of the · brook in the way; * therefore shall · he lift up his head.

8 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

9 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

Psalm 111*Confitebor tibi***Tone IV 6**

I WILL give thanks unto the LORD with · my whole heart, * secretly among the faithful and in the congrega·tion.

2 The works of the · LORD are great, * sought out of all them that have pleasure there·in.

3 His work is worthy to be praised and · had in honour, * and his righteousness endureth for ev·er.

4 The merciful and gracious LORD hath so done his mar·vellous works, * that they ought to be had in remem·brance.

5 He hath given meat unto · them that fear him; * he shall ever be mindful of his co·venant.

6 He hath showed his people the power · of his works, * that he may give them the heritage of the hea·then.

7 The works of his hands are veri·ty and judgment; * all his commandments are · true.

8 They stand fast for ev·er and ever, * and are done in truth and e·quity.

9 He sent redemption un·to his people; * he hath commanded his covenant for ever; holy and reverend is his · Name.

10 The fear of the LORD is the begin·ning of wisdom; * a good understanding have all they that do thereafter; his praise endureth for ev·er.

11 Glory be to the Father and · to the Son, * and to the Holy · Ghost;

12 As it was in the beginning, † is now and · ever shall be, * world without end. A·men.

Psalm 112*Beatus vir***Tone VII 5**

BLESSED is the man that · feareth the LORD; * he hath great delight in · his commandments.

2 His seed shall be · mighty upon earth; * the generation of the faithful · shall be blessed.

3 Riches and plenteousness shall · be in his house; * and his righteousness en·dureth for ever.



4 Unto the godly there ariseth up · light in the darkness; * he is merciful · loving, and righteous.

5 A good man is merci · ful and lendeth; * and will guide his · words with discretion.

6 For he shall · never be moved: * and the righteous shall be had in ever · lasting remembrance.

7 He will not be afraid of any · evil tidings; * for his heart standeth fast and be · lieveth in the LORD.

8¹ His heart is stablished and · will not shrink, * until he see his desire up · on his enemies.

9 He hath dispersed abroad and · given to the poor, * and his righteousness remaineth for ever; his horn shall be ex · alted with honour.

10 The ungodly shall see it and · it shall grieve him; * he shall gnash with his teeth and consume away; the desire of the un · godly shall perish.

11 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

12 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 113

Laudate, pueri


Tone V 2



PRAISE the LORD, ye · servants; * O praise the · Name of the LORD.

2 Blessed be the Name of the · LORD * from this time · forth for evermore.

3 The LORD'S Name is · praised * from the rising up of the sun unto the going · down of the same.

¹ Abrupt mediation in v. 8. 

4 The LORD is high above all · nations, * and his glory a·bove the heavens.

5 Who is like unto the LORD our God, that hath his dwelling so · high, * and yet humbleth himself to behold the things that are in · heaven and earth!

6 He taketh up the simple out of the · dust, * and lifteth the poor · out of the mire;

7 That he may set him with the · princes, * even with the princes · of his people.

8 He maketh the barren woman to keep · house, * and to be a joyful · mother of children.

9 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

10 As it was in the beginning, † is now and ever · shall be, * · world without end. Amen.

EVENING PRAYER

Psalm 114*In exitu Israel***Tonus Peregrinus**

WHEN Israel came · out of Egypt, * and the house of Jacob from among the · strange people,

2 Judah was his · sanctuary, * and Israel his · dominion.

3 The · sea saw that and fled; * Jordan · was driven back.

4 The mountains · skipped like rams, * and the little hills · like young sheep.

5 What aileth thee O thou sea · that thou fleddest? * and thou Jordan that thou · wast driven back?

6 Ye mountains that ye · skipped like rams? * and ye little hills · like young sheep?

7 Tremble thou earth, at the · presence of the Lord: * at the presence of the God · of Jacob;



8 Who turned the hard rock into a · standing water, * and the flint-stone into · a springing well.

9 Glory be to the Fa·ther and to the Son, * and to · the Holy Ghost;

10 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

Continue in the regular antiphonal order, without precenting afresh.

Psalm 115

Non nobis, Domine

Tonus Peregrinus

NOT unto us O LORD, not unto us, but unto · thy Name give the praise; * for thy loving mercy and for · thy truth's sake.

2 Wherefore · shall the heathen say, * Where · is now their God?

3 As for our God, he · is in heaven: * he hath done whatsoever pleased him.

4 Their idols are · silver and gold, * even the work · of men's hands.

5 They have · mouths and speak not; * eyes have they · and see not.

6 They have · ears and hear not; * noses have they · and smell not.

7 They have hands and handle not; † feet have · they and walk not; * neither speak · they through their throat.

8 They that make them · are like unto them; * and so are all such as put · their trust in them.

9 But thou, house of Israel · trust thou in the LORD; * he is their helper and · defender.

10 Ye house of Aaron, put your · trust in the LORD; * he is their helper and · defender.

11 Ye that fear the LORD, put your · trust in the LORD; * he is their helper and · defender.

12 The LORD hath been mindful of us and · he shall bless us; * even he shall bless the house of Israel, he shall bless the house · of Aaron.

13 He shall bless · them that fear the LORD, * · both small and great.

14 The LORD shall in·crease you more and more, * you and · your children.

15 Ye are the · blessed of the LORD, * who made hea·ven and earth.

16 All the whole · heavens are the LORD's; * the earth hath he given to the chil·dren of men.

17 The dead · praise not thee O LORD, * neither all they that go down in·to silence.

18 But · we will praise the LORD, * from this time forth for ever·more. Praise the LORD.

19 Glory be to the Fa·ther and to the Son, * and to · the Holy Ghost;

20 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

THE TWENTY-FOURTH DAY

MORNING PRAYER

Psalm 116

Dilexi, quoniam

Tone II 1



My delight is in the · LORD; * because he hath heard the voice · of my prayer;

2 Because he hath inclined his ear unto · me; * therefore will I call upon him as long · as I live.

3 The snares of death compassed me round a·bout, * and the pains of hell gat hold · upon me.

4 I found trouble and heaviness; † then called I upon the Name of the · LORD; * O LORD I beseech thee, deli·ver my soul.



5 Gracious is the LORD and · righteous; * yea our God · is merciful.

6 The LORD preserveth the · simple: * I was in misery and · he helped me.

7 Turn again then unto thy rest O my · soul; * for the LORD hath · rewarded thee.

8 And why? thou hast delivered my soul from · death, * mine eyes from tears and my feet · from falling.

9 I will walk before the · LORD * in the land of · the living.

10 I believed and therefore will I speak; but I was sore · troubled: * I said in my haste, All men · are liars.

11 What reward shall I give unto the · LORD * for all the benefits that he hath done · unto me?

12 I will receive the cup of sal·vation, * and call upon the Name · of the LORD.

13 I will pay my vows now in the presence of all his · people: * right dear in the sight of the LORD is the death · of his saints.

14 Behold O LORD, how that I am thy · servant; * I am thy servant and the son of thine handmaid; thou hast broken my bonds · in sunder.

15 I will offer to thee the sacrifice of thanks·giving, * and will call upon the Name · of the LORD.

16 I will pay my vows unto the LORD in the sight of all his · people, * in the courts of the LORD's house; even in the midst of thee O Jerusa·lem. Praise the LORD.

17 Glory be to the Father and to the · Son, * and to · the Holy Ghost;

18 As it was in the beginning, † is now and ever · shall be, * world with·out end. Amen.

Psalm 117*Laudate Dominum***Tonus Peregrinus**

O PRAISE the LORD, · all ye nations; * praise him all · ye peoples.

2 For his merciful kindness is ever more · and more toward us; * and the truth of the LORD endureth for ev·er. Praise the LORD.

3 Glory be to the Fa·ther and to the Son, * and to · the Holy Ghost;

4 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

Psalm 118*Confitemini Domino***Tone I A 1**

O GIVE thanks unto the LORD, for he is · gracious; * because his mercy endur·eth for ever.

2 Let Israel now confess that he is · gracious, * and that his mercy endur·eth for ever.

3 Let the house of Aaron now · confess, * that his mercy endur·eth for ever.

4 Yea let them now that fear the LORD · confess, * that his mercy endur·eth for ever.

5 I called upon the LORD in · trouble; * and the LORD · heard me at large.

6 The LORD is on · my side; * I will not fear what man · doeth unto me.

7 The LORD taketh my part with them that · help me; * therefore shall I see my desire up·on mine enemies.

8 It is better to trust in · the LORD, * than to put any · confi·dence in man.

9 It is better to trust in · the LORD, * than to put any confi·dence in princes.



10 All nations compassed me round · about; * but in the Name of the LORD will · I destroy them.

11 They kept me in on every side, they kept me in I say on ev · ery side; * but in the Name of the LORD will · I destroy them.

12 They came about me like bees, and are extinct even as the fire among · the thorns; * for in the Name of the LORD I · will destroy them.

13 Thou hast thrust sore at me that I · might fall; * but the · LORD was my help.

14 The LORD is my strength and · my song; * and is become · my salvation.

15 The voice of joy and health is in the dwellings of the · righteous; * the right hand of the LORD bringeth · mighty things to pass.

16 The right hand of the LORD hath the pre-em · inence; * the right hand of the LORD bringeth · mighty things to pass.

17 I shall not die · but live, * and declare the · works of the LORD.

18 The LORD hath chastened and correct · ed me; * but he hath not given me · over unto death.

19 Open me the gates of right · ousness, * that I may go into them and give thanks · unto the LORD.

20 This is the gate of · the LORD, * the righteous shall · enter into it.

21 I will thank thee; † for thou hast · heard me, * and art become · my salvation.

22 The same stone which the builders re · fused, * is become the head · stone · in the corner.

23 This is the LORD's · doing, * and it is marvel · lous in our eyes.

24 This is the day which the LORD · hath made; * we will rejoice · and be glad in it.

25 Help me now · O LORD: * O LORD, send us · now prosperity.

26 Blessed be he that cometh in the Name of · the LORD: * we have wished you good luck, we that are of the · house of the LORD.

27 God is the LORD who hath showed · us light: * bind the sacrifice with cords, yea even unto the horns · of the altar.

28 Thou art my God and I will · thank thee; * thou art my God and · I will praise thee.

29 O give thanks unto the LORD; for he is · gracious, * and his mercy endur·eth for ever.

30 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

31 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

EVENING PRAYER

Psalm 119I *Beati immaculati***Tone III A 4**

BLESSED are those that are unde·filed in the way, * and walk in the law · of the LORD.

2 Blessed are they that keep his · testimonies, * and seek him with · their whole heart;

3 Even they who · do no wickedness, * and walk · in his ways.

4 · Thou hast charged * that we shall diligently keep thy · commandments.

5 O that my ways were · made so direct, * that I might keep · thy statutes!

6 So shall I · not be confounded, * while I have respect unto all thy · commandments.

7 I will thank thee · with an unfeigned heart, * when I shall have learned the judgments of · thy righteousness.

8 I will · keep thy statutes; * O forsake me · not utterly.

II *In quo corrigit?*

WHEREWITHAL shall a young · man cleanse his way? * even by ruling himself af · ter thy word.

10 With my whole · heart have I sought thee; * O let me not go wrong out of thy · commandments.

11 Thy word have I · hid within my heart, * that I should not sin · against thee.

12 · Blessed art thou O LORD; * O teach me · thy statutes.

13 With my lips have · I been telling * of all the judg · ments of thy mouth.

14 I have had as great delight in the way of thy · testimonies, * as in all manner · of riches.

15 I will talk of · thy commandments, * and have respect un · to thy ways.

16 My delight shall · be in thy statutes, * and I will not · forget thy word.

(Glory be to the · Father and to the Son, * and to · the Holy Ghost;

As it was in the beginning, † is now and · ever shall be, * world with · out end. Amen.)


III *Retribue servo tuo*

Tone VII 7



O Do well · unto thy servant; * that I may · live and keep thy word.

18¹ Open · thou mine eyes; * that I may see the wondrous · things of thy law.

¹ Abrupt mediation in v. 18, 24, 30. 

19 I am a · stranger upon earth; * O hide not thy com·mandments from me.

20 My soul breaketh out for the very · fervent desire * that it hath alway · unto thy judgments.

21 Thou hast re·buked the proud; * and cursed are they that do err from · thy commandments.

22 O turn from me · shame and rebuke; * for I have kept thy · testimonies.

23 Princes also did sit and · speak against me; * but thy servant is occupied · in thy statutes.

24¹ For thy testimonies are · my delight, * · and my counsellors.

IV *Adhæsit pavimento*

My soul · cleaveth to the dust; * O quicken thou me ac·cording to thy word.

26 I have acknowledged my · ways and thou heardest me: * O · teach me thy statutes.

27 Make me to understand the way of · thy commandments; * and so shall I · talk of thy wondrous works.

28 My soul melteth away for · very heaviness; * comfort thou me according · unto thy word.

29 Take from me the · way of lying, * and cause thou me to make · much of thy law.

30¹ I have chosen the · way of truth, * and thy judgments have I · laid before me.

31 I have stuck unto thy · testimonies; * O · LORD, confound me not.

32 I will run the way of · thy commandments, * when thou hast set my · heart at liberty.

(Glory be to the · Father and to the Son, * and · to the Holy Ghost;

As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

THE TWENTY-FIFTH DAY

MORNING PRAYER

V *Legem pone*

Tone I A 12



TEACH me O LORD, the way of thy · statutes, * and I shall keep
it · unto the end.

34 Give me understanding and I shall keep · thy law; * yea I shall
keep it · with my whole heart.

35 Make me to go in the path of thy com · mandments; * for there · in
is my desire.

36 Incline my heart unto thy testi · monies, * and not to · cove ·
tousness.

37 O turn away mine eyes lest they behold va · nity; * and quicken
thou · me in thy way.

38 O stablish thy word in thy · servant, * that · I may fear thee.

39 Take away the rebuke that I am a · afraid of; * for thy · judg ·
ments are good.

40 Behold my delight is in thy com · mandments; * O quicken
me · in thy righteousness.

VI *Et veniat super me*

LET thy loving mercy come also unto me · O LORD, * even thy
salvation according · unto thy word.

42 So shall I make answer unto my blas · phemers; * for my · trust
is in thy word.

43 O take not the word of thy truth utterly out of · my mouth; *
for my hope is · in thy judgments.

44 So shall I always keep · thy law; * yea for ev · er and ever.

45 And I will walk at li · berty; * for I seek · thy commandments.

46 I will speak of thy testimonies also even be·fore kings, * and will not · be ashamed.

47 And my delight shall be in thy com·mandments, * which · I have loved.

48 My hands also will I lift up unto thy commandments which I have · loved; * and my study shall be · in thy statutes.

VII *Memor esto verbi tui*

O THINK upon thy servant as concerning · thy word, * wherein thou hast caused · me to put my trust.

50 The same is my comfort in my · trouble; * for thy word hath · quickened me.

51 The proud have had me exceedingly in de·rision; * yet have I not · shrunk from thy law.

52 For I remembered thine everlasting judgments · O LORD, * and re·ceived comfort.

53 I am horribly · afraid, * for the ungodly · that forsake thy law.

54 Thy statutes have been · my songs, * in the house · of my pilgrimage.

55 I have thought upon thy Name O LORD in the night · season, * · and have kept thy law.

56 This · I had, * because I kept · thy commandments.

(Glory be to the Father and to · the Son, * and · to the Holy Ghost;

As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.)

VIII *Portio mea, Domine*

Tone IV 10



THOU art my por·tion O LORD; * I have prom·ised to keep thy law.

58 I made my humble petition in thy presence with · my whole heart; * O be merciful unto me · according to thy word.



59 I called mine own ways · to remembrance, * and turned my feet unto · thy testimonies.

60 I made haste and prolonged · not the time, * to · keep thy commandments.

61 The snares of the ungodly have compassed · me about; * but I have not · forgotten thy law.

62 At midnight I will rise to give thanks · unto thee, * because of · thy righteous judgments.

63 I am a companion of all · them that fear thee, * and · keep thy commandments.

64 The earth O LORD is full · of thy mercy: * O · teach me thy statutes.

IX *Bonitatem fecisti*

O LORD, thou hast dealt graciously · with thy servant, * accord·ing unto thy word.

66 O teach me true understand·ing and knowledge; * for I have believ·ed thy commandments.

67 Before I was troubled · I went wrong; * but · now have I kept thy word.

68 Thou art · good and gracious; * O · teach me thy statutes.

69 The proud have imagined a lie · against me; * but I will keep thy command·ments with my whole heart.

70 Their heart is as · fat as brawn; * but my delight · hath been in thy law.

71 It is good for me that I have · been in trouble; * that I · may learn thy statutes.

72 The law of thy mouth is dearer · unto me * than thousands · of gold and silver.

(Glory be to the Father and · to the Son, * · and to the Holy Ghost;

As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.)

EVENING PRAYER

X *Manus tuæ fecerunt me*

Tone I B 10



THY hands have made me and · fashioned me: * O give me understanding, that I may learn · thy commandments.

74 They that fear thee will be · glad when they see me; * because I have put my · trust in thy word.

75 I know O LORD that thy · judgments are right, * and that thou of very faithfulness hast caused me · to be troubled.

76 O let thy merciful kindness · be my comfort, * according to thy word un·to thy servant.

77 O let thy loving mercies come unto · me that I may live; * for thy · law is my delight.

78 Let the proud be confounded, † for they go wickedly a·bout to destroy me; * but I will be occupied in · thy commandments.

79 Let such as fear thee and have known thy · testimonies, * be · turned unto me.

80 O let my heart be · sound in thy statutes, * that I be · not ashamed.

XI *Defecit anima mea*

My soul hath longed for · thy salvation, * and I have a good hope be·cause of thy word.

82 Mine eyes long · sore for thy word; * saying, O when · wilt thou comfort me?

83 For I am become like a · bottle in the smoke; * yet do I not for·get thy statutes.

84 How many are the · days of thy servant? * when wilt thou be avenged of them that · persecute me?

85 The proud have · digged pits for me, * which are not · after thy law.



86 All thy com·mandments are true: * they persecute me falsely;
· O be thou my help.

87 They had almost made an end of · me upon earth; * but I
forsook not · thy commandments.

88 O quicken me after thy · loving-kindness; * and so shall I keep
the testi·monies of thy mouth.

(Glory be to the · Father and to the Son, * and · to the Holy
Ghost;

As it was in the beginning, † is now and · ever shall be, * world ·
without end. · Amen.)

XII *In æternum, Domine*

Tone II 1



O LORD, thy · word * endureth for ever · in heaven.

90 Thy truth also remaineth from one generation to an·other; * thou
hast laid the foundation of the earth, and it · abideth.

91 They continue this day according to thine · ordinance; * for
all · things serve thee.

92 If my delight had not been in thy · law, * I should have perished
in · my trouble.

93 I will never forget thy com·mandments; * for with them thou
hast quick·ened me.

94 I am thine: O · save me, * for I have sought thy · command·
ments.

95 The ungodly laid wait for me to de·stroy me; * but I will con·
sider thy tes·timonies.

96 I see that all things come to an · end; * but thy commandment
is · exceeding broad.

XIII *Quomodo dilexi!*

LORD, what love have I unto thy · law! * all the day long is my stu · dy in it.

98 Thou through thy commandments hast made me wiser than mine · enemies; * for they are ev · er with me.

99 I have more understanding than my · teachers; * for thy testi · monies are · my study.

100 I am wiser than the · aged; * because I keep thy · commandments.

101 I have refrained my feet from every evil · way, * that I · may keep thy word.

102 I have not shrunk from thy · judgments; * for · thou teach · est me.

103 O how sweet are thy words unto my · throat; * yea sweeter than honey un · to my mouth!

104 Through thy commandments I get under · standing: * therefore I hate · all evil ways.

(Glory be to the Father and to the · Son, * and to · the Holy Ghost;

As it was in the beginning, † is now and ever · shall be, * world with · out end. Amen.

THE TWENTY-SIXTH DAY

MORNING PRAYER

XIV *Lucerna pedibus meis*

Tone VII 3



THY word is a lantern · unto my feet, * and a light · unto my paths

106 I have sworn and am · steadfastly purposed, * to keep thy · righteous judgments.

107¹ I am troubled a · bove measure: * quicken me O LORD, ac · cord · ing to thy word.

¹ Abrupt mediation in v. 107.





108 Let the free-will offerings of my mouth · please thee O LORD; *
and · teach me thy judgments.

109 My soul is · always in my hand; * yet do I · not forget thy law.

110 The ungodly have · laid a snare for me; * but yet I swerved
not from · thy commandments.

111 Thy testimonies have I claimed as mine hérit·age for ever;
* and why? they are the very · joy of my heart.

112 I have applied my heart to fulfil thy · statutes always, * even ·
unto the end.

XV *Iniquos odio habui*

I HATE them that i·magine evil things; * but thy · law do I love.

114¹ Thou art my de·fence and shield; * and my · trust is in thy
word.

115 Away from · me ye wicked; * I will keep the com·mandments
of my God.

116 O stablish me according to thy · word that I may live; * and
let me not be disap·pointed of my hope.

117 Hold thou me up and · I shall be safe; * yea my delight shall
be ever · in thy statutes.

118 Thou hast trodden down all them that de·part from thy statutes;
* for they i·magine but deceit.

119¹ Thou puttest away all the ungodly of the · earth like dross;
* therefore I love thy · testimonies.

120 My flesh · trembleth for fear of thee; * and I am a·fraid of thy
judgments.

XVI *Feci iudicium*

I DEAL with the thing that is · lawful and right; * O give me not
over unto · mine oppressors.

¹ Abrupt mediation in v. 114, 119, 126.



122 Make thou thy servant to delight in · that which is good, * that the proud · do me no wrong.

123 Mine eyes are wasted away with · looking for thy health, * and for the · word of thy righteousness.

124 O deal with thy servant according unto thy · loving mercy, * and · teach me thy statutes.

125 I am thy servant; † O grant me · understanding, * that I may know thy · testimonies.

126¹ It is time for thee LORD, to lay · to thine hand; * for they have de·stroyed thy law.

127 For I · love thy commandments * above · gold and precious stones.

128 Therefore hold I straight all · thy commandments; * and all false ways I · utterly abhor.

(Glory be to the · Father and to the Son, * and · to the Holy Ghost;

As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.)

XVII *Mirabilia*

Tone V 1



THY testimonies are · wonderful; * therefore · doth my soul keep them.

130 When thy word goeth · forth, * it giveth light and understand·ing · unto the simple.

131 I opened my mouth and drew in my · breath; * for my delight was in · thy commandments.

132 O look thou upon me and be merciful unto · me, * as thou usest to do unto · those that love thy Name.

133 Order my steps in thy · word; * and so shall no wickedness have do·minion over me.



134 O deliver me from the wrongful dealings of · men; * and so shall I · keep thy commandments.

135 Show the light of thy countenance upon thy · servant, * and · teach me thy statutes.

136 Mine eyes gush out with · water, * because men · keep not thy law.

XVIII *Justus es, Domine*

RIGHTEOUS art thou O · LORD; * and · true are thy judgments.

138 The testimonies that thou hast com·manded * are exceeding · righteous and true.

139 My zeal hath even con·sumed me; * because mine enemies have for·gotten thy words.

140 Thy word is tried to the · uttermost, * and thy · servant loveth it.

141 I am small and of no repu·tation; * yet do I not for·get thy commandments.

142 Thy righteousness is an everlasting · righteousness, * and thy · law is the truth.

143 Trouble and heaviness have taken hold upon · me; * yet is my delight in · thy commandments.

144 The righteousness of thy testimonies is ever·lasting: * O grant me under·standing and I shall live.

(Glory be to the Father and to the · Son, * and · to the Holy Ghost;

As it was in the beginning, † is now and ever · shall be, * · world without end. Amen.)

EVENING PRAYER

XIX *Clamavi in toto corde meo*

Tone I A 4



I CALL with my · whole heart; * hear me O LORD; I will · keep thy statutes.

146 Yea even unto thee do · I call; * help me and I shall keep thy · testimonies.

147 Early in the morning do I cry un·to thee; * for in thy · word is my trust.

148 Mine eyes prevent the night · watches; * that I might be occu·pied in thy word.

149 Hear my voice O LORD, according unto thy loving·kindness; * quicken me, according · to thy judgments.

150 They draw nigh that of malice perse·cute me, * and are · far from thy law.

151 Be thou nigh at hand · O LORD; * for all thy com·mandments are true.

152 As concerning thy testimonies I have known · long since, * that thou hast grounded · them for ever.

XX *Vide humilitatem*

O CONSIDER mine adversity and deliv·er me, * for I do · not forget thy law.

154 Avenge thou my cause and deliv·er me; * quicken me ac·cording to thy word.

155 Health is far from the un·godly; * for they regard · not thy statutes.

156 Great is thy mercy · O LORD; * quicken · me as thou art wont.

157 Many there are that trouble me and perse·cute me; * yet do I not swerve from thy · testimonies.

158 It grieveth me when I see the trans·gressors; * because they · keep not thy law.

159 Consider O LORD, how I love thy com·mandments; * O quicken me according to thy · loving-kindness.

160 Thy word is true from ever·lasting; * all the judgments of thy righteousness en·dure for evermore.

(Glory be to the Father and to · the Son, * and · to the Holy Ghost;

As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.)

XXI *Principes persecuti sunt*

Tone III A 4



PRINCES have persecuted · me without a cause; * but my heart standeth in awe · of thy word.

162 I am as · glad of thy word, * as one that find · eth great spoils.

163 As for lies, I · hate and abhor them; * but thy law · do I love.

164 Seven times a · day do I praise thee; * because of thy right · eous judgments.

165 Great is the peace that they · have who love thy law; * and they have nonè occasion · of stumbling.

166 LORD, I have looked · for thy saving health, * and done after thy · commandments.

167 My soul hath kept thy · testimonies, * and loved them · exceedingly.

168 I have kept thy commandments and · testimonies; * for all my ways are · before thee.

XXII *Appropinquet deprecatio*

LET my complaint come be · fore thee O LORD; * give me understanding accord · ing to thy word.

170 Let my supplication · come before thee; * deliver me accord · ing to thy word.

171 My lips shall · speak of thy praise, * when thou hast taught me · thy statutes.

172 Yea my tongue shall · sing of thy word; * for all thy commandments · are righteous.

173 Let · thine hand help me; * for I have chosen thy · commandments.

174 I have longed for thy · saving health O LORD; * and in thy law · is my delight.

175 O let my soul live and · it shall praise thee; * and thy judgments · shall help me.

176 I have gone astray like a · sheep that is lost; * O seek thy servant, for I do not forget thy · commandments.

(Glory be to the · Father and to the Son, * and to · the Holy Ghost;

As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.)

THE TWENTY-SEVENTH DAY

MORNING PRAYER

Psalm 120

Ad Dominum

Tone I A 8



WHEN I was in trouble I called upon · the LORD, * · and he heard me.

2 Deliver my soul O LORD from ly·ing lips, * and from · a deceitful tongue.

3 What reward shall be given or done unto thee thou · false tongue? * even mighty and sharp arrows · with hot burning coals.

4 Woe is me that I am constrained to dwell with · Meshech, * and to have my habitation among the · tents of Kedar!

5 My soul hath long dwelt a·mong them * that are en·emies unto peace.

6 I labour for peace; but when I speak unto them · thereof, * they make them rea·dy to battle.

7 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

8 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 121*Levavi oculos***Tone I B 4**

I WILL lift up mine · eyes unto the hills; * from whence · cometh my help?

2 My help cometh · even from the LORD, * who hath made · heaven and earth.

3 He will not suffer thy · foot to be moved; * and he that keep · eth thee will not sleep.

4 Behold he that · keepeth Israel * shall neither · slumber nor sleep.

5 The LORD him · self is thy keeper; * the LORD is thy defence up · on thy right hand;

6 So that the sun shall not · burn thee by day, * nei · ther the moon by night.

7 The LORD shall preserve thee · from all evil; * yea it is even he · that shall keep thy soul.

8 The LORD shall preserve thy going · out and thy coming in, * from this time · forth for evermore.

9 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

10 As it was in the beginning, † is now and · ever shall be, * world · without end. Amen.

Psalm 122*Lætatus sum***Tone IV 6**

I WAS glad when they said · unto me, * We will go into the house of the · LORD.

2 Our feet shall stand · in thy gates, * O Jeru · salem.

3 Jerusalem is built · as a city * that is at unity in it · self.

4 For thither the tribes go up, even the tribes · of the LORD, *
to testify unto Israel, to give thanks unto the Name of the · LORD.

5 For there is the · seat of judgment, * even the seat of the house
of Dav·id.

6 O pray for the peace · of Jerusalem; * they shall prosper that
love · thee.

7 Peace be with·in thy walls, * and plenteousness within the
pa·laces.

8 For my brethren · and companions' sakes, * I will wish thee
prospe·rity.

9 Yea because of the house of the · LORD our God, * I will seek
to do thee · good.

10 Glory be to the Father and · to the Son, * and to the Holy ·
Ghost;

11 As it was in the beginning, † is now and · ever shall be, * world
without end. A·men.

Psalm 123*Ad te levavi oculos meos***Tone II 1**

UNTO thee lift I up mine · eyes, * O thou that dwellest in · the
heavens.

2 Behold even as the eyes of servants look unto the hand of their
masters, † and as the eyes of a maiden unto the hand of her · mistress, *
even so our eyes wait upon the LORD our God, until he have mercy ·
upon us.

3 Have mercy upon us O LORD, have mercy up·on us; * for we
are utterly · despised.

4 Our soul is filled with the scornful reproof of the · wealthy, *
and with the despiteful·ness of the proud.

5 Glory be to the Father and to the · Son, * and to · the Holy
Ghost;

6 As it was in the beginning, † is now and ever · shall be, * world
with·out end. Amen.

Psalm 124*Nisi quia Dominus***Tone VII 7**

IF the LORD himself had not been on our side, now may · Israel say; * if the LORD himself had not been on our side, when men rose · up against us;

2 They had · swallow'd us up alive; * when they were so wrath-fully dis·pleased at us.

3 Yea the · waters had drowned us, * and the stream had gone · over our soul.

4 The deep · waters of the proud * had gone even · over our soul.

5 But · praised be the LORD, * who hath not given us over for a prey · unto their teeth.

6 Our soul is escaped even as a bird out of the · snare of the fowler; * the snare is broken and · we are delivered.

7 Our help standeth in the · Name of the LORD, * who hath made · heaven and earth.

8 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

9 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 125*Qui confidunt***Tone VIII 2**

THEY that put their trust in the LORD shall be even as the mount · Sion, * which may not be removed but standeth · fast for ever.

2 The hills stand about Je·rusalem; * even so standeth the LORD round about his people, from this time · forth for evermore.

3 For the sceptre of the ungodly shall not abide upon the lot of the · righteous; * lest the righteous put their hand · unto wickedness.

4 Do well O · LORD, * unto those that are · good and true of heart.

5 As for such as turn back unto their own · wickedness, * the LORD shall lead them forth with the evil doers; but peace shall be · upon Israel.

6 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

7 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

EVENING PRAYER

Psalm 126*In convertendo***Tone I A 2**

WHEN the LORD turned again the captivity of · Sion, * then were we like · unto them that dream.

2 Then was our mouth filled with · laughter, * · and our tongue with joy.

3 Then said they among the · heathen, * The LORD hath · done great things for them.

4 Yea the LORD hath done great things for us al·ready; * · whereof we rejoice.

5 Turn our captivity · O LORD, * as the · rivers in the south.

6¹ They that sow · in tears * · – shall reap in joy.

7 He that now goeth on his way weeping, † and beareth forth · good seed, * shall doubtless come again with joy, and · bring his sheaves with him.

8 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

9 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

¹ The first note of the ending is omitted in Verse 6.

Psalm 127*Nisi Dominus***Tone II 1**

EXCEPT the LORD build the · house, * their labour is but lost · that build it.

2 Except the LORD keep the · city, * the watchman wa·keth but in vain.

3 It is but lost labour that ye haste to rise up early, † and so late take rest, and eat the bread of · carefulness; * for so he giveth his · beloved sleep.

4 Lo children and the fruit of the · womb, * are an heritage and gift that com·eth of the LORD.

5 Like as the arrows in the hand of the · giant, * even so are the · young children.

6 Happy is the man that hath his quiver · full of them; * they shall not be ashamed when they speak with their ene·mies in the gate.

7 Glory be to the Father and to the · Son, * and to · the Holy Ghost;

8 As it was in the beginning, † is now and ever · shall be, * world with·out end. Amen.

Psalm 128*Beati omnes***Tone III A 5**

BLESSED are all · they that fear the LORD, * and walk · in his ways.

2 For thou shalt eat the · labours of thine hands: * O well is thee and hap·py shalt thou be.

3 Thy wife shall · be as the fruitful vine * upon the walls · of thine house;

4 Thy children like the · olive-branches * round about · thy table.

5 Lo thus shall the · man be blessed * that fear·eth the LORD.

6 The LORD from out of Sion · shall so bless thee, * that thou shalt see Jerusalem in prosperity all · thy life long;

7 Yea that thou shalt see thy · children's children, * and peace up·on Israel.

8 Glory be to the · Father and to the Son, * and to · the Holy Ghost;

9 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

Psalm 129*Sæpe expugnaverunt***Tone IV 4**

MANY a time have they fought against me from · my youth up, * may · Israel now say;

2 Yea many a time have they vexed me from · my youth up; * but they have not pre·vailed against me.

3 The plowers plowed up·on my back, * · and made long furrows.

4 But the · righteous LORD * hath hewn the snares of the un·godly in pieces.

5 Let them be confounded and · turned backward, * as many as have e·vil will at Sion.

6 Let them be even as the grass up·on the housetops, * which withereth a·fore it be grown up;

7 Whereof the mower filleth · not his hand, * neither he that bindeth up · the sheaves his bosom.

8 So that they who go by say not so much as · The LORD prosper you; * we wish you good luck in · the Name of the LORD.

9 Glory be to the Father and · to the Son, * · and to the Holy Ghost;

10 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 130*De profundis***Tone IV 6**

OUT of the deep have I called unto · thee O LORD; * Lord hear my · voice.

2 O let thine ears con · sider well * the voice of my com · plaint.

3 If thou LORD wilt be extreme to mark what is · done amiss, * O Lord, who may abide · it?

4 For there is mer · cy with thee; * therefore shalt thou be fear · ed.

5 I look for the LORD; my · soul doth wait for him; * in his word is my · trust.

6 My soul fleeth unto the Lord before the · morning watch; * I say before the morning · watch.

7 O Israel trust in the LORD; for with the LORD · there is mercy, * and with him is plenteous redemp · tion.

8 And he shall · redeem Israel * from all his · sins.

9 Glory be to the Father and · to the Son, * and to the Holy · Ghost;

10 As it was in the beginning, † is now and · ever shall be, * world without end. A · men.

Psalm 131*Domine, non est***Tone VIII 2**

LORD, I am not high · minded; * I · have no proud looks.

2 I do not exercise myself in great · matters * which · are too high for me.

3 But I refrain my soul and keep it low, † like as a child that is weaned from his · mother: * yea my soul is even · as a weaned child.

4 O Israel, trust in the · LORD * from this time · forth for evermore.

5 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

6 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

THE TWENTY-EIGHTH DAY

MORNING PRAYER

Psalm 132

Memento, Domine

Tone VI C



LORD, remem·ber David, * and · all his trouble:

2 How he sware unto · the LORD, * and vowed a vow unto the Almighty · God of Jacob:

3 I will not come within the tabernacle of · mine house, * nor climb · up into my bed;

4 I will not suffer mine eyes to sleep nor mine eyelids · to slumber; * neither the temples of my head · to take any rest;

5 Until I find out a place for the temple of · the LORD; * an habitation for the Mighty · God of Jacob.

6 Lo we heard of thè same · at Ephratah, * and · found it in the wood.

7 We will go into his ta·bernacle, * and fall low on our knees be·fore his footstool.

8 Arise O LORD, into · thy resting-place; * thou and · the ark of thy strength.

9 Let thy priests be clothed · with righteousness; * and let thy saints · sing with joyfulness.

10 For thy servant Da·vid's sake, * turn not away the face of · thine anointed.

11 The LORD hath made a faithful oath un·to David, * and he · shall not shrink from it:

12 Of the fruit of · thy body * shall I · set upon thy throne.



13 If thy children will keep my covenant, † and my testimonies that I · shall teach them; * their children also shall sit upon thy · throne for evermore.

14 For the LORD hath chosen Sion to be an habitation for · him- self; * he · hath longed for her.

15 This shall be my rest · for ever: * here will I dwell, for I have · a delight therein.

16 I will bless her victuals · with increase, * and will satis·fy her poor with bread.

17 I will deck her priests · with health, * and her saints · shall rejoice and sing.

18 There shall I make the horn of David · to flourish: * I have ordained a lantern for · mine anointed.

19 As for his enemies I shall clothe them · with shame; * but upon himself shall · his crown flourish.

20 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

21 As it was in the beginning, † is now and ev·er shall be, * world with·out end. Amen.

Psalm 133*Ecce, quam bonum!***Tone VIII 3**

BEHOLD, how good and joyful a thing it · is, * for brethren to dwell toge·ther in unity!

2 It is like the precious oil upon the head, that ran down unto the · beard, * even unto Aaron's beard, and went down to the skirts · of his clothing.

3 Like as the dew of · Hermon, * which fell upon the · hill of Sion.

4 For there the LORD promised his · blessing, * and · life for evermore.

5 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

6 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 134*Ecce nunc***Tone VIII 1**

BEHOLD now praise the · LORD, * all ye · servants of the LORD;

2 Ye that by night stand in the house of the · LORD, * even in the courts of the · house of our God.

3¹ Lift up your hands in the sánctu·ary, * · – and praise the LORD.

4 The LORD that made heaven and · earth * give thee blessing · out of Sion.

5 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

6 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 135*Laudate Nomen***Tone VII 2**

O PRAISE the LORD, laud ye the · Name of the LORD; * praise it O ye · servants of the LORD;

2 Ye that stand in the · house of the LORD, * in the courts of the · house of our God.

3 O praise the LORD, for the · LORD is gracious; * O sing praises unto his Name, for · it is lovely.

¹ The first note of the ending is omitted in verse 3.



4 For why? the LORD hath chosen Jacob · unto himself, * and Israel for his · own possession.

5 For I · know that the LORD is great, * and that our · Lord is above all gods.

6 Whatsoever the LORD pleased, † that did he in · heaven and in earth; * and in the sea and in · all deep places.

7 He bringeth forth the clouds from the · ends of the world, * and sendeth forth lightnings with the rain, bringing the winds · out of his treasuries.

8 He smote the · firstborn of Egypt, * · both of man and beast.

9 He hath sent tokens and wonders into the midst of thee, O thou · land of Egypt; * upon Pharaoh and · all his servants.

10 He smote · divers nations, * and · slew mighty kings:

11 Sihon king of the Amorites; † and Og the · king of Bashan; * and all the · kingdoms of Canaan;

12 And gave their land to · be an heritage, * even an heritage unto Isra·el his people.

13 Thy Name O LORD, en·dureth for ever; * so doth thy memorial O LORD, from one generation · to another.

14 For the LORD will a·venge his people, * and be gracious · unto his servants.

15 As for the images of the heathen, they are but · silver and gold; * the · work of men's hands.

16 They have · mouths and speak not; * eyes have they · but they see not.

17 They have ears and · yet they hear not; * neither is there any·breath in their mouths.

18 They that make them are · like unto them; * and so are all they that · put their trust in them.

19 Praise the LORD, ye · house of Israel; * praise the LORD, ye · house of Aaron.

20 Praise the LORD, ye · house of Levi; * ye that · fear the LORD
praise the LORD.

21 Praised be the LORD · out of Sion, * who dwelleth · at Jerusalem.

22 Glory be to the · Father and to the Son, * and · to the Holy
Ghost;

23 As it was in the beginning, † is now and · ever shall be, * · world
without end. Amen.

EVENING PRAYER

Psalm 136*Confitemini***Tone III A 6**

O GIVE thanks unto the LORD, for · he is gracious: * and his mercy
en·dureth for ever.

2 O give thanks unto the · God of all gods: * for his mercy en·
dureth for ever.

3 O thank the · Lord of all lords: * for his mercy en·dureth for
ever.

4 Who only · doeth great wonders: * for his mercy en·dureth
for ever.

5 Who by his excellent wisdom · made the heavens: * for his
mercy en·dureth for ever.

6 Who laid out the earth a·bove the waters: * for his mercy
en·dureth for ever.

7¹ Who hath · made great lights: * for his mercy en·dureth for
ever:

8 The · sun to rule the day: * for his mercy en·dureth for ever;

9 The moon and the stars to · govern the night: * for his mercy
en·dureth for ever.

¹ Abrupt mediation in v. 7.





10 Who smote Egypt · with their firstborn: * for his mercy en·dureth for ever;

11 And brought out Israel · from among them: * for his mercy en·dureth for ever;

12 With a mighty hand and · stretched-out arm: * for his mercy en·dureth for ever.

13 Who divided the Red · Sea in two parts: * for his mercy en·dureth for ever;

14 And made Israel to go · through the midst of it: * for his mercy en·dureth for ever.

15 But as for Pharaoh and his host, he overthrew them · in the Red Sea: * for his mercy en·dureth for ever.

16 Who led his people · through the wilderness: * for his mercy en·dureth for ever.

17¹ Who · smote great kings: * for his mercy en·dureth for ever;

18 Yea and · slew mighty kings: * for his mercy en·dureth for ever:

19 Sihon · king of the Amorites: * for his mercy en·dureth for ever;

20 And Og the · king of Bashan: * for his mercy en·dureth for ever;

21 And gave away their · land for an heritage: * for his mercy en·dureth for ever;

22 Even for an heritage unto Isra·el his servant: * for his mercy en·dureth for ever.

23 Who remembered us when · we were in trouble: * for his mercy en·dureth for ever;

24 And hath delivered us · from our enemies: * for his mercy en·dureth for ever.

25 Who giveth · food to all flesh: * for his mercy en·dureth for ever.

¹ Abrupt mediation in v. 17, 27.



26 O give thanks unto the · God of heaven: * for his mercy en · dureth for ever.

27¹ O give thanks unto the · Lord of lords: * for his mercy en · dureth for ever.

28 Glory be to the · Father and to the Son, * · and to the Holy Ghost;

29 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 137*Super flumina*

Tone I A 9



By the waters of Babylon we sat down · and wept, * when we remembered · thee O Sion.

2 As for our harps, we hanged · them up * upon the · trees that are therein.

3 For they that led us away captive required of us then a song, † and melody in our hea · viness: * Sing us one of the · songs of Sion.

4 How shall we sing the · LORD's song * · in a strange land?

5 If I forget thee O Jeru · salem, * let my right hand for · get her cunning.

6 If I do not remember thee, let my tongue cleave to the roof of · my mouth; * yea if I prefer not Jerusalem a · bove my chief joy.

7 Remember the children of Edom O LORD, in the day of Jeru · salem; * how they said, Down with it, down with it · even to the ground.

8 O daughter of Babylon, wasted with mi · sery; * yea happy shall he be that rewardeth thee as · thou hast served us.

9 Blessed shall he be that taketh thy · children, * and throweth · them against the stones.

10 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

11 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 138*Confitebor tibi***Tone V 2**

I WILL give thanks unto thee O Lord with my whole · heart;
* even before the gods will I sing · praise unto thee.

2 I will worship toward thy holy temple, † and praise thy Name,
because of thy loving-kindness and · truth; * for thou hast magnified
thy Name and thy · word above all things.

3 When I called upon thee thou · heardest me; * and enduedst
my · soul with much strength.

4 All the kings of the earth shall praise thee O · LORD; * for they
have heard the · words of thy mouth.

5 Yea they shall sing of the ways of the · LORD, * that great is
the · glory of the LORD.

6 For though the LORD be high, yet hath he respect unto the ·
lowly; * as for the proud, he beholdeth · them afar off.

7 Though I walk in the midst of trouble, † yet shalt thou re · fresh
me; * thou shalt stretch forth thy hand upon the furiousness of mine
enemies, and thy right · hand shall save me.

8 The LORD shall make good his loving-kindness toward · me;
* yea thy mercy O LORD endureth for ever; despise not then the ·
works of thine own hands.

9 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

10 As it was in the beginning, † is now and ever · shall be, * · world
without end. Amen.

THE TWENTY-NINTH DAY

MORNING PRAYER

Psalm 139*Domine, probasti***Tone VI A**

O LORD, thou hast searched me out and · known me. * Thou
knowest my down-sitting and mine up-rising; thou understandest ·
my thoughts long before.

2 Thou art about my path, and about · my bed; * and art acquainted · ed with all my ways.

3 For lo there is not a word in · my tongue, * but thou O LORD, knowest it · altogether.

4 Thou hast beset me behind and · before, * and laid thine · hand upon me.

5 Such knowledge is too wonderful and excellent · for me; * I cannot · attain unto it.

6 Whither shall I go then from thy · Spirit? * or whither shall I go then · from thy presence?

7 If I climb up into heaven thou · art there; * if I go down to hell, thou · art there also.

8 If I take the wings of the · morning, * and remain in the utter · most parts of the sea;

9 Even there also shall thy hand · lead me, * and thy right · hand shall hold me.

10 If I say, Peradventure the darkness shall cover me; * then shall my night · be turned to day.

11 Yea the darkness is no darkness with thee, but the night is as clear as · the day; * the darkness and light to · thee are both alike.

12 For my reins · are thine; * thou hast covered me · in my mother's womb.

13 I will give thanks unto thee, for I am fearfully and wonderfully · ly made: * marvellous are thy works, and that my soul · knoweth right well.

14 My bones are not hid · from thee, * though I be made secretly and fashioned · beneath in the earth.

15 Thine eyes did see my substance yet being im · perfect; * and in thy book were all my · members written;

16 Which day by day were fa · shioned, * when as yet · there was none of them.

17 How dear are thy counsels unto me · O God; * O how great · is the sum of them!



18 If I tell them, they are more in number than · the sand
I wake up I · am present with thee.

19 Wilt thou not slay the wicked · O God? * Depart
ye blood-thirsty men.

20 For they speak unrighteously a·gainst thee; * and
enemies · take thy Name in vain.

21 Do not I hate them O LORD, that · hate thee? * ;
I grieved with those that rise · up against thee?

22 Yea I hate them · right sore; * even as though
mine enemies.

23 Try me O God, and seek the ground of · my heart
and · examine my thoughts.

24 Look well if there be any way of wickedness ·
lead me in the way · everlasting.

25 Glory be to the Father and to · the Son, * and
Ghost;

26 As it was in the beginning, † is now and ever · s!
with·out end. Amen.

Psalm 140

Eripe me, Domine



DELIVER me O LORD · from the evil man; *
from · the wicked man;

2 Who imagine · mischief in their hearts, *
all · the day long.

3 They have sharpened their · tongues like a
poison is un·der their lips.

4 Keep me O LORD, from the hands of · the

5 The proud have laid a snare for me, and spread a · net abroad with cords; * yea and set traps · in my way.

6 I said unto the LORD · Thou art my God, * hear the voice of · my prayers O LORD.

7 O LORD God, thou · strength of my health; * thou hast covered my head in the day · of battle.

8 Let not the ungodly · have his desire O LORD; * let not his mischievous imagination prosper, lest · they be too proud.

9 Let the mischief of their own lips fall up·on the head of them * that com·pass me about.

10 Let hot burning coals · fall upon them; * let them be cast into the fire and into the pit, that they never · rise up again.

11 A man full of words shall not · prosper upon the earth: * evil shall hunt the wicked person to o·verthrow him.

12 Sure I am that the · LORD will avenge the poor, * and maintain the cause of · the helpless.

13 The righteous also shall give thanks · unto thy Name; * and the just shall contin·ue in thy sight.

14 Glory be to the · Father and to the Son, * and to · the Holy Ghost;

15 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

EVENING PRAYER

Psalm 141*Domine, clamavi***Tone VIII 6**

LORD, I call upon thee; haste thee unto · me, * and consider my voice when I · cry unto thee.

2 Let my prayer be set forth in thy sight as the · incense; * and let the lifting up of my hands be an · evening sacrifice.

3 Set a watch O LORD, before my · mouth, * and keep the · door of my lips.



4 O let not mine heart be inclined to any evil · thing; * let me not be occupied in ungodly works with the men that work wickedness, neither let me eat of such · things as please them.

5 Let the righteous rather smite me friendly and re·prove me; * yea let not my head re·fuse their precious balms.

6 As for the un·godly, * I will pray yet a·gainst their wickedness.

7 Let their judges be overthrown in stony · places, * that they may hear my · words; for they are sweet.

8 Our bones lie scattered before the · pit, * like as when one breaketh and heweth · wood upon the earth.

9 But mine eyes look unto thee O LORD · God; * in thee is my trust; O · cast not out my soul.

10 Keep me from the snare that they have · laid for me, * and from the traps of the · wicked doers.

11 Let the ungodly fall into their own nets to·gether, * and let me ev·er escape them.

12 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

13 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 142*Voce mea ad Dominum***Tone VI B**

I CRIED unto the · LORD with my voice; * yea even unto the LORD did I make my · supplication.

2 I poured out my com·plaints before him, * and showed him · of my trouble.

3 When my spirit was in heaviness thou · knewest my path; * in the way wherein I walked have they privily · laid a snare for me.

4 I looked also up·on my right hand, * and saw there was no man · that would know me.

5 I had no · place to flee unto, * and no man car·ed for my soul.

6 I cried unto · thee O LORD and said, * Thou art my hope, and my portion in the land · of the living.

7 Con·sider my complaint; * for I · am brought very low.

8 O deliver me from my · persecutors; * for they · are too strong for me.

9 Bring my soul out of prison, † that I may give · thanks unto thy Name; * which thing if thou wilt grant me, then shall the righteous resort un·to my company.

10 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

11 As it was in the beginning, † is now and · ever shall be, * world with·out end. Amen.

Psalm 143

Domine, exaudi

Tone VII 1



HEAR my prayer O LORD, and con·sider my desire; * hearken unto me for thy truth and · righteousness' sake.

2 And enter not into judgment · with thy servant; * for in thy sight shall no man living be · justified.

3 For the enemy hath persecuted my soul; he hath smitten my life · down to the ground; * he hath laid me in the darkness, as the · men that have been long dead.

4 Therefore is my spirit · vexed within me, * and my heart with·in me is desolate.

5 Yet do I remember the time past; I · muse upon all thy works; * yea I exercise myself in the · works of thy hands.

6 I stretch forth my · hands unto thee; * my soul gaspeth unto · thee as a thirsty land.



7 Hear me O LORD and that soon; for my · spirit waxeth faint:
* hide not thy face from me, lest I be like unto them that go · down
into the pit.

8 O let me hear thy loving-kindness betimes in the morning; †
for in · thee is my trust: * show thou me the way that I should walk
in; for I lift up my · soul unto thee.

9 Deliver me O · LORD from mine enemies; * for I flee unto · thee
to hide me.

10 Teach me to do the thing that pleaseth thee; †-for · thou art my
God: * let thy loving Spirit lead me forth into the · land of righteousness.

11 Quicken me O · LORD for thy Name's sake; * and for thy right-
eousness' sake bring my · soul out of trouble.

12 And of thy goodness · slay mine enemies, * and destroy all
them that vex my soul; for · I am thy servant.

13 Glory be to the · Father and to the Son, * and · to the Holy
Ghost;

14 As it was in the beginning, † is now and · ever shall be, * · world
without end. Amen.

THE THIRTIETH DAY

MORNING PRAYER

Psalm 144*Benedictus Dominus***Tone I B 2**

1 BLESSED be the · LORD my strength, * who teacheth my hands
to war and my · fingers to fight:

2 My hope and my fortress, † my castle and deliverer, my de-
fender in whom I trust; * who subdueth my people · that is under me.

¹ Abrupt mediation in v. 1, 4.



3 LORD, what is man that thou hast such re·spect unto him? *
or the son of man that thou · so regardest him?

4¹ Man is like a · thing of nought; * his time passeth away · like
a shadow.

5 Bow thy heavens O · LORD and come down; * touch the moun·
tains and they shall smoke.

6 Cast forth thy · lightning and tear them; * shoot out thine
arrows · and consume them.

7 Send down thine · hand from above; * deliver me and take
me out of the great waters, from the · hand of strangers;

8 Whose mouth · talketh of vanity, * and their right hand is a
right · hand of wickedness.

9 I will sing a new · song unto thee O God; * and sing praises
unto thee upon · a ten-stringed lute.

10 Thou hast given · victory unto kings, * and hast delivered
David thy servant from the · peril of the sword.

11 Save me and deliver me from the · hand of strangers, * whose
mouth talketh of vanity, and their right hand is a right hand · of
iniquity:

12 That our sons may grow · up as the young plants, * and that
our daughters may be as the polished corners · of the temple;

13 That our garners may be full and plenteous with all · manner
of store; * that our sheep may bring forth thousands, and ten thou·sands
in our fields;

14 That our oxen may be strong to labour; † that there · be no
decay, * no leading into captivity, and no complain·ing in our streets.

15 Happy are the people that · are in such a case; * yea blessed
are the people who have the · LORD for their God.

16 Glory be to the · Father and to the Son, * and · to the Holy
Ghost;

17 As it was in the beginning, † is now and · ever shall be, * world ·
without end. Amen.

Psalm 145*Exaltabo te, Deus***Tone V 1**

I WILL magnify thee O God my · King; * and I will praise thy Name for · ever and ever.

2 Every day will I give thanks unto · thee; * and praise thy Name for · ever and ever.

3 Great is the LORD, and marvellous worthy to be · praised; * there is no · end of his greatness.

4 One generation shall praise thy works unto an·other, * and de·clare thy pow·er.

5 As for me I will be talking of thy · worship, * thy glory thy · praise and wondrous works;

6 So that men shall speak of the might of thy marvellous · acts; * and I will also · tell of thy greatness.

7 The memorial of thine abundant kindness shall be · showed; * and men shall · sing of thy righteousness.

8 The LORD is gracious and · merciful; * long-suffering · and of great goodness.

9 The LORD is loving unto every · man; * and his mercy is · over all his works.

10 All thy works praise thee O · LORD; * and thy saints give · thanks unto thee.

11 They show the glory of thy · kingdom, * and · talk of thy pow·er;

12 That thy power, thy glory and mightiness of thy · kingdom, * might be · known unto men.

13 Thy kingdom is an everlasting · kingdom, * and thy dominion endureth through·out all ages.

14 The LORD upholdeth all such as · fall, * and lifteth up all · those that are down.

15 The eyes of all wait upon thee O · Lord; * and thou givest them their · meat in due season.

16 Thou openest thine · hand, * and fillest all things · living with plenteousness.

17 The LORD is righteous in all his · ways, * and · holy in all his works.

18 The LORD is nigh unto all them that call up·on him; * yea all such as call up·on him faithfully.

19 He will fulfil the desire of them that · fear him; * he also will hear their · cry and will help them.

20 The LORD preserveth all them that · love him; * but scattereth abroad · all the ungodly.

21 My mouth shall speak the praise of the · LORD; * and let all flesh give thanks unto his holy Name for · ever and ever.

22 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

23 As it was in the beginning, † is now and ever · shall be, * · world without end. Amen.

Psalm 146*Lauda, anima mea***Tone IV 6**

PRAISE the LORD, O my soul: while I live will I · praise the LORD; * yea as long as I have any being, I will sing praises unto my · God.

2 O put not your trust in princes, nor in any · child of man; * for there is no help · in them.

3 For when the breath of man goeth forth, he shall turn again · to his earth, * and then all his thoughts per·ish.

4 Blessed is he that hath the God of Jacob · for his help, * and whose hope is in the LORD his · God:

5 Who made heaven and earth, the sea, and all that · therein is; * who keepeth his promise for ev·er;

6 Who helpeth them to right that · suffer wrong; * who feedeth the hun·gry.



7 The LORD looseth men · out of prison; * the LORD giveth sight to the · blind.

8 The LORD helpeth them · that are fallen; * the LORD careth for the right·eous.

9 The LORD careth for the strangers; † he defendeth the father·less and widow: * as for the way of the ungodly, he turneth it upside · down.

10 The LORD thy God O Sion shall be King for · evermore, * and throughout all genera·tions.

11 Glory be to the Father and · to the Son, * and to the Holy · Ghost;

12 As it was in the beginning, † is now and · ever shall be, * world without end. A·men.

EVENING PRAYER

Psalm 147*Laudate Dominum***Tone VIII 1**

O PRAISE the LORD, for it is a good thing to sing praises unto our · God; * yea a joyful and pleasant thing it is · to be thankful.

2 The LORD doth build up Je·rusalem, * and gather together the out·casts of Israel.

3 He healeth those that are broken in · heart, * and giveth medicine to · heal their sickness.

4 He telleth the number of the · stars, * and calleth them · all by their names.

5 Great is our Lord and great is his · pow·er; * yea and his wis·dom is infinite.

6 The LORD setteth up the · meek, * and bringeth the ungodly · down to the ground.

7 O sing unto the LORD with thanks·giving; * sing praises upon the harp · unto our God:

8 Who covereth the heaven with clouds, and prepareth rain for the · earth; * and maketh the grass to grow upon the mountains, and herb · for the use of men;

9 Who giveth fodder unto the · cattle, * and feedeth the young ravens that · call upon him.

10 He hath no pleasure in the strength of an · horse; * neither delighteth he in · any man's legs.

11 But the LORD's delight is in them that · fear him, * and put their trust · in his mercy.

12 Praise the LORD, O Je·rusalem; * praise thy · God, O Sion.

13 For he hath made fast the bars of thy · gates, * and hath blessed thy chil·dren within thee.

14 He maketh peace in thy · borders, * and filleth thee · with the flour of wheat.

15 He sendeth forth his commandment upon · earth, * and his word runneth · very swiftly.

16 He giveth snow like · wool, * and scattereth the hoar·frost like ashes.

17 He casteth forth his ice like · morsels: * who is able · to abide his frost?

18 He sendeth out his word and · melteth them: * he bloweth with his wind · and the waters flow.

19 He showeth his word unto · Jacob, * his statutes and ordinances · unto Israel.

20 He hath not dealt so with any · nation; * neither have the heathen · knowledge of his laws.

21 Glory be to the Father and to the · Son, * and · to the Holy Ghost;

22 As it was in the beginning, † is now and ever · shall be, * world · without end. Amen.

Psalm 148*Laudate Dominum***Tone VII 2**

0 PRAISE the LORD · from the heavens: * · praise him in the heights.

2 Praise him all ye · angels of his: * · praise him all his host.

3 · Praise him sun and moon: * praise him · all ye stars and light.

4 Praise him · all ye heavens, * and ye waters that are a·bove the heavens.

5 Let them praise the · Name of the LORD: * for he spake the word and they were made; he commanded and · they were created.

6 He hath made them fast for · ever and ever: * he hath given them a law which shall · not be broken.

7 Praise the · LORD from the earth, * ye · dragons and all deeps;

8 Fire and hail · snow and vapours, * wind and storm ful·filling his word;

9 · Mountains and all hills; * fruitful · trees and all cedars;

10 · Beasts and all cattle; * creeping · things and flying fowls;

11 Kings of the · earth and all peoples; * princes and all · judges of the world;

12 Young men and maidens, old men and children, † praise the · Name of the LORD: * for his Name only is excellent, and his praise above · heaven and earth.

13 He shall exalt the horn of his people: † all his · saints shall praise him; * even the children of Israel, even the · people that serveth him.

14 Glory be to the · Father and to the Son, * and · to the Holy Ghost;

15 As it was in the beginning, † is now and · ever shall be, * · world without end. Amen.

Psalm 149*Cantate Domino***Tone VI C**

O SING unto the LORD a · new song; * let the congregation · of saints praise him.

2 Let Israel rejoice in him · that made him, * and let the children of Sion be joy · ful in their King.

3 Let them praise his Name in · the dance: * let them sing praises unto him · with tabret and harp.

4 For the LORD hath pleasure in · his people, * and helpeth · the meek-hearted.

5 Let the saints be joyful · with glory; * let them · rejoice in their beds.

6 Let the praises of God be in · their mouth; * and a two-edg · ed sword in their hands;

7 To be avenged of · the nations, * and to re · buke the peoples;

8 To bind their kings · in chains, * and their nobles with · links of iron;

9 To execute judgment upon them; † as it · is written, * Such ho · nour have all his saints.

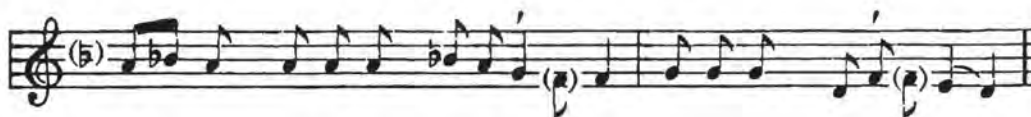
10 Glory be to the Father and to · the Son, * and · to the Holy Ghost;

11 As it was in the beginning, † is now and ev · er shall be, * world with · out end. Amen.

Psalm 150*Laudate Dominum***Tonus Peregrinus**

O PRAISE God in his · sanctuary: * praise him in the firma · ment of his power.

2 Praise him · in his noble acts: * praise him according to his excel · lent greatness.



3 Praise him in the sound · of the trumpet: * praise him upon · the lute and harp.

4 Praise him in the tim·brels and dances: * praise him upon · the strings and pipe.

5 Praise him upon the well·tuned cymbals: * praise him upon the · loud cymbals.

6 Let ev·erything that hath breath * · – praise the LORD.¹

7 Glory be to the Fa·ther and to the Son, * and to · the Holy Ghost;

8 As it was in the beginning, † is now and · ever shall be, * world with · out end. Amen.

¹ The first note of the ending is omitted in verse 6.

The End of the Psalter.

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