

THE ORDER HOW THE PSALTER IS APPOINTED TO BE READ

The Psalter shall be read as here appointed. In the months which have one-and-thirty days the same Psalms shall be read the last day of the month which are appointed for the day before. And at the end of every Psalm, and of every portion of the One Hundred and Nineteenth Psalm, shall be repeated this Hymn,

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

Note, that the Psalter followeth the Division of the Hebrews, and, for the most part, the Translation of the Great English Bible set forth and used in the time of King *Henry* the Eighth, and *Edward* the Sixth.

Upon occasion to be approved by the Ordinary, other Psalms may, with his consent, be substituted for those appointed in the Psalter.

THE PSALTER

OR

PSALMS OF DAVID

Pointed as they are to be sung or said in churches

PSALM 101 *Misericordiam et iudicium.*

- 1 My song shall be of mercy and judgement : 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 slandereth his neighbour : him will I destroy.
- 7 Whoso hath also a proud look and high stomach : 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.

DAY 20.

MORNING PRAYER

PSALM 102 *Domine, exaudi.*

- 1 Hear 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.
- 3 For my days are consumed away 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 forget to eat my bread.
- 5 For the voice of my groaning : my bones will scarce cleave to my flesh.

- 6 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 upon the house-top.
- 8 Mine enemies revile me all the day long : and they that are mad upon me are sworn together against me.
- 9 For I have eaten ashes as it were bread : and mingled my drink with weeping;
- 10 And that because of thine indignation and wrath : for thou hast taken me up, and cast me down.
- 11 My days are gone like a shadow : and I am withered like grass.
- 12 But thou, O Lord, shalt endure for ever : and thy remembrance throughout all generations.
- 13 Thou shalt arise, and have mercy upon 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.
- 15 The heathen 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;
- 17 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;
- 20 That he might hear the mournings of such as are in captivity : and deliver them that are appointed unto death;
- 21 That they may declare the Name of the Lord in Sion : and his worship at Jerusalem;
- 22 When the people are gathered 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 foundation of the earth : and the heavens are the work of thy hands.
- 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.

PSALM 103 *Benedic, anima mea.*

- 1 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 destruction : 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 judgement : for all them that are oppressed with wrong
- 7 He shewed his ways unto Moses : his works unto the children of Israel.
- 8 The Lord is full of compassion and mercy : long-suffering and of great goodness
- 9 He will not always be chiding : neither keepeth he his anger 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 commandments 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 fulfill his commandment, and hearken unto the voice of his words.
- 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 dominion : praise thou the Lord, O my soul.

DAY 20.

EVENING PRAYER

PSALM 104 *Benedic, anima mea.*

- 1 Praise the Lord, O my soul : O Lord my God, thou art become exceeding glorious; thou art clothed with majesty 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 ministers a flaming fire.
- 5 He laid the foundations 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 in the hills.
- 7 At thy rebuke they flee : at the voice of thy thunder they haste away.
- 8 The hills arise, the valleys sink down : even unto the place which thou hast appointed 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 the fowls of the air have their habitation : and sing among 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
- 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.
- 18 The trees of the Lord also are full of sap : even the cedars of Libanus 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 knoweth 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 away together : and lay them down in their dens.
- 23 Man goeth forth to his work, and to his labour : until the evening.

- 24 O Lord, how manifold are thy works : in wisdom hast thou made them all; the earth is full of thy riches.
- 25 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.
- 29 When thou hidest thy face they are troubled : when thou takest away their breath they die, and are turned again 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 endure for ever : the Lord shall rejoice in his works.
- 32 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.
- 34 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.

DAY 21.

MORNING PRAYER

PSALM 105 *Confitemini Domino.*

- 1 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 Rejoice in his holy Name : let the heart of them rejoice that seek the Lord.
- 4 Seek the Lord and his strength : seek his face evermore.
- 5 Remember the marvellous works that he hath done : his wonders, and the judgements of his mouth,
- 6 O ye seed of Abraham his servant : ye children of Jacob his chosen.
- 7 He is the Lord our God : his judgements are in all the world.
- 8 He hath been alway mindful of his covenant and promise : that he made to a thousand generations;
- 9 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 everlasting 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 another people;
- 14 He suffered no man to do them wrong : but reprov'd even 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 entered into his soul;
- 19 Until the time came that his cause was known : the word of the Lord tried him.
- 20 The king sent, and delivered him : the prince of the people let him go free.
- 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 senators 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 shewed his tokens among them : and wonders in the land of Ham.
- 28 He sent darkness, and it was dark : and they were not obedient 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 hail-stones 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 innumerable : and did eat up all the grass in their land, and devoured the fruit of their ground.
- 35 He smote all the first-born 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 person 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 desire 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 Abraham his servant.
- 42 And he brought forth his people with joy : and his chosen 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.

DAY 21.

EVENING PRAYER

PSALM 106 *Confitemini Domino.*

- 1 O give thanks unto the Lord, for he is gracious : and his mercy endureth for ever.
- 2 Who can express the noble acts of the Lord : or shew forth all his praise!
- 3 Blessed are they that alway keep judgement : 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 dried up : so he led them through the deep, as through a wilderness.
- 10 And he saved them from the adversary's hand : and delivered them from the hand of the enemy.
- 11 As for those that troubled them, the waters overwhelmed 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 abide 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 withal into their soul.
16 They envied 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 forgat 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 pleasant land : and gave no credence 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 scatter them in the lands.
28 They joined themselves unto Baal-peor : and ate the offerings 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 executed judgement : and so the plague ceased.
31 And that was counted unto him for righteousness : among all posterities for evermore.
32 They angered him also at the waters of strife : so that he punished Moses for their sakes;
33 Because they provoked his spirit : so that he spake unadvisedly with his lips.
34 Neither destroyed they the heathen : as the Lord commanded them;
35 But were mingled among the heathen : and learned their works.
36 Insomuch that they worshipped their idols, which turned to their own decay : 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 than 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 captive 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 without end : and let all the people
say, Amen.

DAY 22.

MORNING PRAYER

PSALM 107 *Confitemini Domino.*

1 O give thanks unto the Lord, for he is gracious : and his mercy endureth for ever.

2 Let them give thanks whom the Lord hath redeemed : 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 city to dwell in;
5 Hungry and thirsty : their soul fainted in them.
6 So they cried unto the Lord in their trouble : and he delivered 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 goodness : 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 misery 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 has broken the gates of brass : and smitten the bars of iron in sunder.
17 Foolish men are plagued for their offence : 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 thanksgiving : 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 ariseth : 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 haven 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 city 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 exceedingly : 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 poureth contempt upon princes : and letteth 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 rejoyce : 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.

DAY 22.

EVENING PRAYER

PSALM 108 *Paratum cor meum.*

- 1 O God, my heart is ready, my heart is ready : I will sing and give praise with the best member I have.
 2 Awake, thou lute, and harp : I myself will awake right early.
 3 I will give thanks unto thee, O Lord, among the people : I will sing praises unto thee among 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 delivered : let thy right hand save them, and hear thou me.
 7 God hath spoken in his holiness : I will rejoyce therefore, and divide Sichem, and mete out the valley of Succoth.
 8 Gilead is mine, and Manasses is mine : Ephraim also is the strength of my head; Judah is my sceptre;
 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.

PSALM 109 *Deus, laudem.*

- 1 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 contrary part : but I give myself unto prayer.
 4 Thus have they rewarded me evil 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 office.
 8 Let his children be fatherless : and his wife a widow.
 9 Let his children be vagabonds, and beg their bread : let them seek it also out of desolate places.
 10 Let the extortioner consume all that he hath : and let the stranger spoil his labour.

- 11 Let there be no man to pity him : nor to have compassion upon his fatherless children.
- 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 away.
- 14 Let them alway be before 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 cloke that he hath upon him : and as the girdle that he is alway girded withal.
- 19 Let it thus happen from the Lord unto mine enemies : and to those that speak evil against my soul.
- 20 But deal thou with me, O Lord God, according unto thy Name : for sweet is thy mercy.
- 21 O deliver me, for I am helpless and poor : and my heart is wounded within me.
- 22 I go hence like the shadow that departeth : and am driven away as the grasshopper.
- 23 My knees are weak through fasting : my flesh is dried up for want of fatness.
- 24 I became also a reproach unto them : they that looked upon me shaked their knees.
- 25 Help me, O Lord my God : O save me according to thy mercy.
- 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 rejoice.
- 28 Let mine adversaries be clothed with shame : and let them cover themselves with their own confusion, as with a cloke.
- 29 As for me, I will give great thanks unto the Lord with my mouth : and praise him among the multitude.
- 30 For he shall stand at the right hand of the poor : to save his soul from unrighteous judges.

DAY 23.

MORNING PRAYER

PSALM 110 *Dixit Dominus.*

- 1 The Lord said unto my Lord : Sit thou on my right hand, until I make thine enemies thy footstool.
- 2 The Lord shall stretch forth the rod of thy power out of Sion : be thou ruler, even in the midst among thine enemies.
- 3 In the day of thy power shall thy people offer themselves willingly with an holy worship : thy young men shall be as the dew of the morning.
- 4 The Lord sware, and will not repent : Thou art a priest for ever after the order of Melchisedech.
- 5 The Lord upon thy right hand : shall wound even kings in the day of his wrath.
- 6 He shall judge among 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.

PSALM 111 *Confitebor tibi.*

- 1 I will give thanks unto the Lord with my whole heart : secretly among the faithful, and in the congregation.

- 2 The works of the Lord are great : sought out of all them that have pleasure therein.
- 3 His work is worthy to be praised and had in honour : and his righteousness endureth for ever.
- 4 The merciful and gracious Lord hath so done his marvellous works; that they ought to be had in remembrance.
- 5 He hath given meat unto them that fear him : he shall ever be mindful of his covenant.
- 6 He hath shewed his people the power of his works : that he may give them the heritage of the heathen.
- 7 The works of his hands are verity and judgement : all his commandments are true.
- 8 They stand fast for ever and ever : and are done in truth and equity.
- 9 He sent redemption unto his people : he hath commanded his covenant for ever : holy and reverend is his Name.
- 10 The fear of the Lord is the beginning of wisdom : a good understanding have all they that do thereafter; the praise of it endureth for ever.

PSALM 112 *Beatus vir.*

- 1 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 endureth for ever.
- 4 Unto the godly there ariseth up light in the darkness : he is merciful, loving, and righteous.
- 5 A good man is merciful, and lendeth : and will guide his words with discretion.
- 6 For he shall never be moved : and the righteous shall be had in everlasting remembrance.
- 7 He will not be afraid of any evil tidings : for his heart standeth fast, and believeth in the Lord.
- 8 His heart is established, and will not shrink : until he see his desire upon his enemies.
- 9 He hath dispersed abroad, and given to the poor : and his righteousness remaineth for ever; his horn shall be exalted 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 ungodly shall perish.

PSALM 113 *Laudate, pueri.*

- 1 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 until the going down of the same.
- 4 The Lord is high above all nations : and his glory above the heavens.
- 5 Who is like 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.

DAY 23.

EVENING PRAYER

PSALM 114 *In exitu Israel.*

- 1 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.

PSALM 115 *Non nobis, Domine.*

- 1 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 succour and defence.
- 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 increase you more and more : you and your children.
- 15 Ye are the blessed of the Lord : who made heaven and earth.
- 16 All the whole heavens are the Lord's : the earth hath he given to the children of men.
- 17 The dead praise not thee, O Lord : neither all they that go down into silence.
- 18 But we will praise the Lord : from this time forth for evermore. Praise the Lord.

DAY 24.

MORNING PRAYER

PSALM 116 *Dilexi, quoniam.*

- 1 I am well pleased : that the Lord hath heard the voice of my prayer.
- 2 That 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 about : and the pains of hell gat hold upon me.
- 4 I found trouble and heaviness, and I called upon the Name of the Lord : O Lord, I beseech thee, deliver 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 salvation : 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 thanksgiving : 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 Jerusalem. Praise the Lord.

PSALM 117 *Laudate Dominum.*

- 1 O praise the Lord, all ye heathen : praise him, all ye nations.
- 2 For his merciful kindness is ever more and more towards us : and the truth of the Lord endureth for ever. Praise the Lord.

PSALM 118 *Confitemini Domino.*

- 1 O give thanks unto the Lord, for he is gracious : because his mercy endureth for ever.
- 2 Let Israel now confess that he is gracious : and that his mercy endureth for ever.
- 3 Let the house of Aaron now confess : that his mercy endureth for ever.
- 4 Yea, let them now that fear the Lord confess : that his mercy endureth 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 upon mine enemies.
- 8 It is better to trust in the Lord : than to put any confidence in man.
- 9 It is better to trust in the Lord : than to put any confidence 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 every 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-eminence : 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 corrected me : but he hath not given me over unto death.
- 19 Open me the gates of righteousness : 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 refused : is become the head-stone in the corner.
- 23 This is the Lord's doing : and it is marvellous 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 wish you good luck from the house of the Lord.

- 27 God is the Lord who hath shewed 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 endureth for ever.

DAY 24.

EVENING PRAYER

PSALM 119 *Beati immaculati.*

- 1 Blessed are those that are undefiled 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 For they who do no wickedness : 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 judgements of thy righteousness.
8 I will keep thy statutes : O forsake me not utterly.

In quo corrigit?

- 9 Wherewithal shall a young man cleanse his way : even by ruling himself after thy word.
10 With my whole heart have I sought thee : O let me not go wrong out of thy commandments.
11 Thy words 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 judgements 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 unto thy ways.
16 My delight shall be in thy statutes : and I will not forget thy word.

Retribuere servo tuo.

- 17 O do well unto thy servant : that I may live and keep thy word.
18 Open thou mine eyes : that I may see the wondrous things of thy law.
19 I am a stranger upon earth : O hide not thy commandments from me.
20 My soul breaketh out for the very fervent desire : that it hath alway unto thy judgements.
21 Thou hast rebuked 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.
24 For thy testimonies are my delight : and my counsellors.

Adhaesit pavimento.

- 25 My soul cleaveth to the dust : O quicken thou me, according 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.
30 I have chosen the way of truth : and thy judgements 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.

DAY 25.

MORNING PRAYER

Legem pone.

- 33 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 commandments : for therein is my desire.
36 Incline my heart unto thy testimonies : and not to covetousness.
37 O turn away mine eyes, lest they behold vanity : 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 afraid of : for thy judgements are good.
40 Behold, my delight is in thy commandments : O quicken me in thy righteousness.

Et veniat super me.

- 41 Let thy loving mercy come also unto me, O Lord : even thy salvation, according to thy word.
42 So shall I make answer unto my blasphemers : 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 judgements.
44 So shall I always keep thy law : yea, for ever and ever.
45 And I will walk at liberty : for I seek thy commandments.
46 I will speak of thy testimonies also, even before kings : and I will not be ashamed.
47 And my delight shall be in thy commandments : 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.

Memor esto verbi tui.

- 49 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 derision : yet have I not shrunk from thy law.
52 For I remembered thine everlasting judgements, O Lord : and received 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.

Portio mea, Domine.

- 57 Thou art my portion, O Lord : I have promised 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 holy 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 judgements.
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.

Bonitatem fecisti.

- 65 O Lord, thou hast dealt graciously with thy servant : according unto thy word.
66 O learn me true understanding and knowledge : for I have believed 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 commandments 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.

DAY 25.

EVENING PRAYER

Manus tuae fecerunt me.

- 73 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 judgements 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 unto 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 about 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 thee.
80 O let my heart be sound in thy statutes : that I be not ashamed.

Defecit anima mea.

- 81 My soul hath longed for thy salvation : and I have a good hope because 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 forget 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 commandments 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 testimonies of thy mouth.

In aeternum, Domine.

- 89 O Lord, thy word : endureth for ever in heaven.
90 Thy truth also remaineth from one generation to another : 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 commandments : for with them thou hast quickened me.
94 I am thine, O save me : for I have sought thy commandments.
95 The ungodly laid wait for me to destroy me : but I will consider thy testimonies.
96 I see that all things come to an end : but thy commandment is exceeding broad.

Quomodo dilexi!

- 97 Lord, what love have I unto thy law : all the day long is my study in it.
98 Thou through thy commandments hast made me wiser than mine enemies : for they are ever with me.
99 I have more understanding than my teachers : for thy testimonies 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 judgements : for thou teachest me.
103 O how sweet are thy words unto my throat : yea, sweeter than honey unto my mouth.
104 Through thy commandments I get understanding : therefore I hate all evil ways.

DAY 26.

MORNING PRAYER

Lucerna pedibus meis.

- 105 Thy word is a lantern unto my feet : and a light unto my paths.
106 I have sworn, and am stedfastly purposed : to keep thy righteous judgements.
107 I am troubled above measure : quicken me, O Lord, according to thy word.
108 Let the free-will offerings of my mouth please thee, O Lord : and teach me thy judgements.
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 heritage for ever : and why? they are the very joy of my heart.
112 I have applied my heart to fulfil thy statutes alway : even unto the end.

Iniquos odio habui.

Psalm 119, 113-120

- 113 I hate them that imagine evil things : but thy law do I love.
114 Thou art my defence and shield : and my trust is in thy word.
115 Away from me, ye wicked : I will keep the commandments of my God.
116 O stablish me according to thy word, that I may live : and let me not be disappointed 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 depart from thy statutes : for they imagine but deceit.
119 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 afraid of thy judgements.

Feci judicium.

- 121 I deal with the thing that is lawful and right : O give me not over unto mine oppressors.
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.
126 It is time for thee, Lord, to lay to thine hand : for they have destroyed thy law.
127 For I love thy commandments : above gold and precious stone.
128 Therefore hold I straight all thy commandments : and all false ways I utterly abhor.

Mirabilia.

- 129 Thy testimonies are wonderful : therefore doth my soul keep them.

130 When thy word goeth forth : it giveth light and understanding 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 dominion over me.
134 O deliver me from the wrongful dealings of men : and so shall I keep thy commandments.
135 Shew 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.

Justus es, Domine.

137 Righteous art thou, O Lord : and true is thy judgement.
138 The testimonies that thou hast commanded : are exceeding righteous and true.
139 My zeal hath even consumed me : because mine enemies have forgotten thy words.
140 Thy word is tried to the uttermost : and thy servant loveth it.
141 I am small, and of no reputation : yet do I not forget 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 everlasting : O grant me understanding, and I shall live.

DAY 26.

EVENING PRAYER

Clamavi in toto corde meo.

145 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 unto thee : for in thy word is my trust.
148 Mine eyes prevent the night-watches : that I might be occupied in thy words.
149 Hear my voice, O Lord, according unto thy loving-kindness : quicken me, according as thou art wont.
150 They draw nigh that of malice persecute me : and are far from thy law.
151 Be thou nigh at hand, O Lord : for all thy commandments are true.
152 As concerning thy testimonies, I have known long since : that thou hast grounded them for ever.

Vide humilitatem.

153 O consider mine adversity, and deliver me : for I do not forget thy law.
154 Avenge thou my cause, and deliver me : quicken me, according to thy word.
155 Health is far from the ungodly : 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 persecute me : yet do I not swerve from thy testimonies.
158 It grieveth me when I see the transgressors : because they keep not thy law.
159 Consider, O Lord, how I love thy commandments : O quicken me, according to thy loving-kindness.
160 Thy word is true from everlasting : all the judgements of thy righteousness endure for evermore.

Principes persecuti sunt.

161 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 findeth 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 righteous judgements.
 165 Great is the peace that they have who love thy law : and they have none occasion of falling.
 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.

Appropinquet deprecatio.

- 169 Let my complaint come before thee, O Lord : give me understanding, according to thy word.
 170 Let my supplication come before thee : deliver me, according 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 judgements 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.

DAY 27.

MORNING PRAYER

PSALM 120 *Ad Dominum.*

- 1 When I was in trouble I called upon the Lord : and he heard me.
 2 Deliver my soul, O Lord, from lying 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 Mesech : and to have my habitation among the tents of Kedar.
 5 My soul hath long dwelt among them : that are enemies unto peace.
 6 I labour for peace, but when I speak unto them thereof : they make them ready to battle.

PSALM 121 *Levavi oculos.*

- 1 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 keepeth thee will not sleep.
 4 Behold, he that keepeth Israel : shall neither slumber nor sleep.
 5 The Lord himself is thy keeper : the Lord is thy defence upon thy right hand;
 6 So that the sun shall not burn thee by day : neither 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.

PSALM 122 *Laetatus sum.*

- 1 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 Jerusalem.
 3 Jerusalem is built as a city : that is at unity in itself.
 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 judgement : even the seat of the house of David.
 6 O pray for the peace of Jerusalem : they shall prosper that love thee.

- 7 Peace be within thy walls : and plenteousness within thy palaces.
- 8 For my brethren and companions' sakes : I will wish thee prosperity.
- 9 Yea, because of the house of the Lord our God : I will seek to do thee good.

PSALM 123 *Ad te levavi oculos meos.*

- 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 upon us : for we are utterly despised.
- 4 Our soul is filled with the scornful reproof of the wealthy : and with the despitefulness of the proud.

PSALM 124 *Nisi quia Dominus.*

- 1 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 swallowed us up quick : when they were so wrathfully displeased 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.

PSALM 125 *Qui confidunt.*

- 1 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 Jerusalem : 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.

DAY 27.

EVENING PRAYER

PSALM 126 *In convertendo.*

- 1 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 already : whereof we rejoice.
- 5 Turn our captivity, O Lord : as the rivers in the south.
- 6 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.

PSALM 127 *Nisi Dominus.*

- 1 Except the Lord build the house : their labour is but lost that build it.
- 2 Except the Lord keep the city : the watchman waketh 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 cometh 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 enemies in the gate.

PSALM 128 *Beati omnes.*

- 1 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 happy 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 feareth 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 upon Israel.

PSALM 129 *Saepe expugnaverunt.*

- 1 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 prevailed against me.
- 3 The plowers plowed upon my back : and made long furrows.
- 4 But the righteous Lord : hath hewn the snares of the ungodly in pieces.
- 5 Let them be confounded and turned backward : as many as have evil will at Sion.
- 6 Let them be even as the grass upon the house-tops : which withereth afore it is plucked 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.

PSALM 130 *De profundis.*

- 1 Out of the deep have I called unto thee; O Lord : Lord, hear my voice.
- 2 O let thine ears consider well : the voice of my complaint.
- 3 If thou, Lord, wilt be extreme to mark what is done amiss : O Lord, who may abide it?
- 4 For there is mercy with thee : therefore shalt thou be feared.
- 5 I look for the Lord; my soul doth wait for him : in his word is my trust.
- 6 My soul looketh for the Lord : more than watchmen look for the morning; yea, more watchmen for the morning
- 7 O Israel, trust in the Lord, for with the Lord there is mercy : and with him is plenteous redemption.
- 8 And he shall redeem Israel : from all his sins.

PSALM 131 *Domine, non est.*

- 1 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.

DAY 28.

MORNING PRAYER

PSALM 132 *Memento, Domine.*

- 1 Lord, remember 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 eye-lids to slumber : neither the temples of my head to take any rest;
- 5 Until I find out a place for the Lord : an habitation for the mighty God of Jacob.
- 6 Lo, we heard of the same at Ephrata : and found it in the wood.
- 7 We will go into his tabernacle : and fall low on our knees before 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 David's sake : turn not away the presence of thine anointed.
- 11 The Lord hath made a faithful oath unto David : and he shall not shrink from it;
- 12 Of the fruit of thy body : shall I set upon thy seat.
- 13 If thy children will keep my covenant, and my testimonies that I shall learn them : their children also shall sit upon thy seat for evermore.
- 14 For the Lord hath chosen Sion to be an habitation for himself : 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 satisfy 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.

PSALM 133 *Ecce, quam bonum!*

- 1 Behold, how good and joyful a thing it is : brethren to dwell together in unity!
- 2 It is like the precious ointment 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.

PSALM 134 *Ecce nunc.*

- 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.
- 3 Lift up your hands in the sanctuary : and praise the Lord.
- 4 The Lord that made heaven and earth : give thee blessing out of Sion.

PSALM 135 *Laudate nomen.*

- 1 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.
- 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 treasures.
- 8 He smote the first-born 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 Sehon king of the Amorites, and Og the king of Basan : and all the kingdoms of Canaan;
- 12 And gave their land to be an heritage : even an heritage unto Israel his people.
- 13 Thy Name, O Lord, endureth for ever : so doth thy memorial, O Lord, from one generation to another.
- 14 For the Lord will avenge 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.

DAY 28.

EVENING PRAYER

PSALM 136 *Confitemini.*

- 1 O give thanks unto the Lord, for he is gracious : and his mercy endureth for ever.
- 2 O give thanks unto the God of all gods : for his mercy endureth for ever.
- 3 O thank the Lord of all lords : for his mercy endureth for ever.
- 4 Who only doeth great wonders : for his mercy endureth for ever.
- 5 Who by his excellent wisdom made the heavens : for his mercy endureth for ever.
- 6 Who laid out the earth above the waters : for his mercy endureth for ever.
- 7 Who hath made great Lights : for his mercy endureth for ever;
- 8 The sun to rule the day : for his mercy endureth for ever;
- 9 The moon and the stars to govern the night : for his mercy endureth for ever.
- 10 Who smote Egypt with their first-born : for his mercy endureth for ever;
- 11 And brought out Israel from among them : for his mercy endureth for ever;
- 12 With a mighty hand, and stretched out arm : for his mercy endureth for ever.
- 13 Who divided the Red Sea in two parts : for his mercy endureth for ever;
- 14 And made Israel to go through the midst of it : for his mercy endureth for ever.
- 15 But as for Pharaoh and his host, he overthrew them in the Red Sea : for his mercy endureth for ever.
- 16 Who led his people through the wilderness : for his mercy endureth for ever.
- 17 Who smote great kings : for his mercy endureth for ever;
- 18 Yea, and slew mighty kings : for his mercy endureth for ever;
- 19 Sehon king of the Amorites : for his mercy endureth for ever;
- 20 And Og the king of Basan : for his mercy endureth for ever;

- 21 And gave away their land for an heritage : for his mercy endureth for ever;
- 22 Even for an heritage unto Israel his servant : for his mercy endureth for ever.
- 23 Who remembered us when we were in trouble : for his mercy endureth for ever;
- 24 And hath delivered us from our enemies : for his mercy endureth for ever.
- 25 Who giveth food to all flesh : for his mercy endureth for ever.
- 26 O give thanks unto the God of heaven : for his mercy endureth for ever.
- 27 O give thanks unto the Lord of lords : for his mercy endureth for ever.

PSALM 137 *Super flumina.*

- 1 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 heaviness : 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 Jerusalem : let my right hand forget 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 in my mirth.
- 7 Remember the children of Edom, O Lord, in the day of Jerusalem : how they said, Down with it, down with it, even to the ground.
- 8 O daughter of Babylon, thou shalt be wasted with misery : 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.

PSALM 138 *Confitebor tibi.*

- 1 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 in 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 refresh 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.

DAY 29.

MORNING PRAYER

PSALM 139 *Domine, probasti.*

- 1 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 spiest out 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 uttermost 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 made : marvellous are thy works, and that my soul knoweth right well.
- 14 My bones are not hid from thee : when I was made secretly, and fashioned beneath in the earth.
- 15 Thine eyes did see my substance, yet being imperfect : and in thy book were all my members written;
- 16 Which day by day were fashioned : 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 : when I wake up I am present with thee.
- 19 Wilt thou not slay the wicked, O God : depart from me, ye blood-thirsty men.
- 20 For they speak unrighteously against thee : and thine enemies take thy Name in vain.
- 21 Do not I hate them, O Lord, that hate thee : and am not I grieved with those that rise up against thee?
- 22 Yea, I hate them right sore : even as though they were mine enemies.
- 23 Try me, O God, and seek the ground of my heart : prove me, and examine my thoughts.
- 24 Look well if there be any way of wickedness in me : and lead me in thy way everlasting.

PSALM 140 *Eripe me, Domine.*

- 1 Deliver me, O Lord, from the evil man : and preserve me from the wicked man.
- 2 Who imagine mischief in their hearts : and stir up strife all the day long.
- 3 They have sharpened their tongues like a serpent : adder's poison is under their lips.
- 4 Keep me, O Lord, from the hands of the ungodly : preserve me from the wicked men, who are purposed to overthrow my goings.
- 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 upon the head of them : that compass 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 overthrow 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 continue in thy sight.

PSALM 141 *Domine, clamavi.*

- 1 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 reprove me.
- 6 Yea, let not my head refuse their precious balms : as for the ungodly, I will pray yet against 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 together : and let me ever escape them.

DAY 29.

EVENING PRAYER

PSALM 142 *Voce mea ad Dominum.*

- 1 I cried unto the Lord with my voice : yea, even unto the Lord did I make my supplication.
- 2 I poured out my complaints before him : and shewed 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 upon my right hand : and saw there was no man that would know me.
- 5 I had no place to flee unto : and no man cared 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 Consider 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 unto my company.

PSALM 143 *Domine, exaudi.*

- 1 Hear my prayer, O Lord, and consider my desire : hearken unto me for thy truth and righteousness' sake.
- 2 And enter not into judgement 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 within 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 : shew 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 righteousness' 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.

DAY 30.

MORNING PRAYER

PSALM 144 *Benedictus Dominus.*

- 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 defender in whom I trust : who subdueth my people that is under me.
- 3 Lord, what is man that thou hast such respect unto him : or the son of man, that thou so regardest him?
- 4 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 mountains, 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 hands of strange children;
- 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 : thou hast delivered David thy servant from the peril of the sword.
- 11 Save me, and deliver me from the hand of strange children : 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 thousands in our fields.
- 14 That our oxen may be strong to labour, that there be no decay : no leading into captivity, and no complaining 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.

PSALM 145 *Exaltabo te, Deus.*

- 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 another : and declare thy power.
- 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 shewed : 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 shew the glory of thy kingdom : and talk of thy power;
- 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 throughout 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 upon him : yea, all such as call upon 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 forever and ever.

PSALM 146 *Lauda, anima mea.*

- 1 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 perish.
- 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 ever;
- 6 Who helpeth them to right that suffer wrong : who feedeth the hungry.
- 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 righteous.
- 9 The Lord careth for the strangers, he defendeth the fatherless and widow : as for the way of the ungodly he turneth it upside down.
- 10 The Lord thy God, O Zion, shall be King for evermore : and throughout all generations.

DAY 30.

EVENING PRAYER

PSALM 147 *Laudate Dominum.*

- 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 Jerusalem : 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 power : and his wisdom is infinite.
- 6 The Lord setteth up the meek : and bringeth the ungodly down to the ground.
- 7 O sing unto the Lord with thanksgiving : 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 Jerusalem : praise thy God, O Sion.
- 13 For he hath made fast the bars of thy gates : and hath blessed thy children 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 the 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 sheweth 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.

PSALM 148 *Laudate Dominum.*

- 1 O praise the Lord of heaven : praise him in the height.
- 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 above 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 upon earth : ye dragons, and all deeps;
- 8 Fire and hail, snow and vapours : wind and storm, fulfilling his word;
- 9 Mountains and all hills : fruitful trees and all cedars;
- 10 Beasts and all cattle : worms and feathered fowls:
- 11 Kings of the earth and all people : 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.

PSALM 149 *Cantate Domino.*

- 1 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 joyful 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-edged sword in their hands;
- 7 To be avenged of the heathen : and to rebuke the people;
- 8 To bind their kings in chains : and their nobles with links of iron.
- 9 To execute judgement upon them, as it is written : Such honour have all his saints.

PSALM 150 *Laudate Dominum.*

- 1 O praise God in his holiness : praise him in the firmament of his power.
- 2 Praise him in his noble acts : praise him according to his excellent greatness.
- 3 Praise him in the sound of the trumpet : praise him upon the lute and harp.
- 4 Praise him in the timbrels 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 every thing that hath breath : praise the Lord.