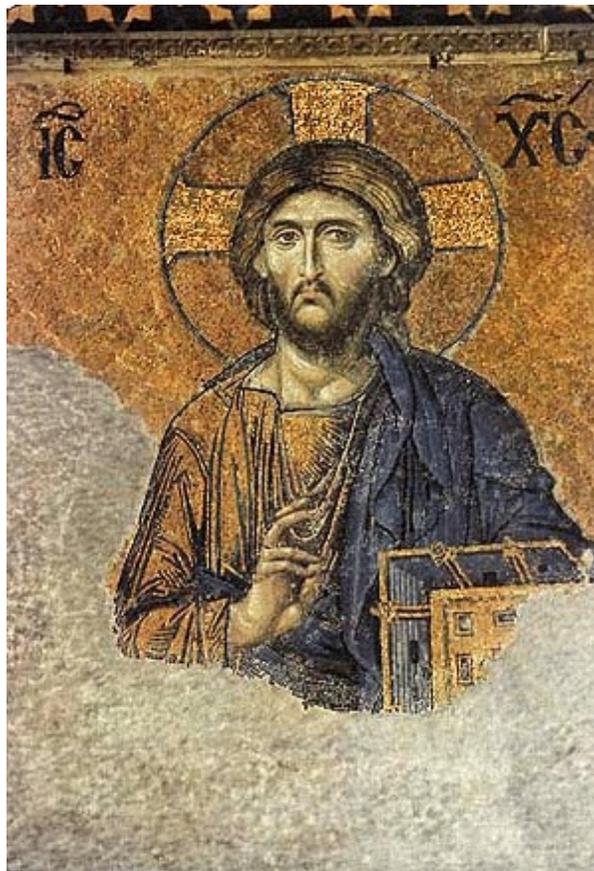


THE
DAILY OFFICE,
LECTIONARY
AND PSALTER



✠ MATINS ✠

THE VERSICLES:

O Lord, open my lips,
and my mouth shall show forth your praise.

GLORIA PATRI AND ALLELUIA: ✠

Glory be to the Father and to the Son and to
the Holy Spirit,
as it was in the beginning is now and will be
for ever. Amen.

Alleluia!

or during Lent: Praise be to you, O Lord,
King of eternal glory.

THE VENITE:

O come, let us sing to the LORD;
let us make a joyful noise to the rock of our
salvation!

Let us come into his presence with
thanksgiving;
let us make a joyful noise to him with songs
of praise!

For the LORD is a great God,
and a great King above all gods.

In his hand are the depths of the earth;
the heights of the mountains are his also.

The sea is his, for he made it;
for his hands formed the dry land.

O come, let us worship and bow down,
let us kneel before the LORD, our Maker!

For he is our God,
and we are the people of his pasture,
and the sheep of his hand.

Glory be to the Father and to the Son and to
the Holy Spirit,
as it was in the beginning is now and will be
for ever. Amen.

THE PSALM(S) WITH GLORIA PATRI

THE LESSONS

THE TE DEUM:

We praise thee, O God, we acknowledge
thee to be the Lord.

All the earth doth worship thee, the Father
everlasting.

To thee all Angels cry aloud: the Heavens,
and all the Powers therein.

To thee Cherubim and Seraphim continually
do cry,

Holy, Holy, Holy, Lord God of Sabaoth;
Heaven and earth are full of the Majesty of
thy Glory.

The glorious company of the Apostles praise
thee.

The goodly fellowship of the Prophets praise
thee.

The noble army of Martyrs praise thee.

The holy Church throughout all the world
doth acknowledge thee;

The Father, of an infinite Majesty;
Thine adorable, true, and only Son;
Also the Holy Ghost, the Comforter.

Thou art the King of Glory, O Christ!

Thou art the everlasting Son of the Father.

When thou tookest upon thee to deliver man,
thou didst humble thyself to be born of a
Virgin.

When thou hadst overcome the sharpness of
death, thou didst open the Kingdom of
Heaven to all believers.

Thou sittest at the right hand of God in the
Glory of the Father.

We believe that thou shalt come to be our
Judge.

We therefore pray thee, help thy servants
whom thou hast redeemed with thy precious

blood.

Make them to be numbered with thy Saints
in glory everlasting.

Or during Advent and Lent:

THE BENEDICTUS:

Blessed be the Lord God of Israel,
for he has visited and redeemed his people,
and has raised up a horn of salvation for us
in the house of his servant David,
as he spoke by the mouth of his holy
prophets from of old,
that we should be saved from our enemies,
and from the hand of all who hate us;
to perform the mercy promised to our
fathers,
and to remember his holy covenant,
the oath which he swore to our father
Abraham,
to grant us that we, being delivered from the
hand of our enemies,
might serve him without fear,
in holiness and righteousness before him all
the days of our life.
And you, child, will be called the prophet of
the Most High;
for you will go before the Lord to prepare
his ways,
to give knowledge of salvation to his people
in the forgiveness of their sins,
through the tender mercy of our God,
when the day shall dawn upon us from on
high
to give light to those who sit in darkness and
in the shadow of death,
to guide our feet into the way of peace.

Glory be to the Father and to the Son and to
the Holy Spirit,
as it was in the beginning is now and will be
for ever. Amen.

THE KYRIE

THE PETITIONS

THE LORD'S PRAYER

THE COLLECTS

In the name of the Father, the Son and the
Holy Spirit. Amen. ✠

✠ VESPERS ✠

THE VERSICLES:

Be pleased, O God, to deliver me!
O Lord, make haste to help me!

GLORIA PATRI AND ALLELUIA: ✠

Glory be to the Father and to the Son and to
the Holy Spirit,
as it was in the beginning is now and will be
for ever. Amen.

Alleluia!

or during Lent: Praise be to you, O Lord,
King of eternal glory.

THE PHOS HILARON:

O gracious light,
pure brightness of the everliving Father in
heaven,
O Jesus Christ, holy and blessed!
Now as we come to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises, O God: Father, Son,
and Holy Spirit.
You are worthy at all times to be praised by
happy voices,
O Son of God, O Giver of Life,
and to be glorified through all the worlds.

THE PSALM(S) WITH GLORIA PATRI

THE LESSONS

THE MAGNIFICAT:

My soul magnifies the Lord,
and my spirit rejoices in God my Saviour,
for he has regarded the low estate of his
handmaiden.

For behold, henceforth all generations will
call me blessed;
for he who is mighty has done great things
for me, and holy is his name.
And his mercy is on those who fear him
from generation to generation.
He has shown strength with his arm,
he has scattered the proud in the imagination
of their hearts,
he has put down the mighty from their
thrones,
and exalted those of low degree;
he has filled the hungry with good things,
and the rich he has sent empty away.
He has helped his servant Israel, in
remembrance of his mercy,
as he spoke to our fathers, to Abraham and
to his posterity for ever.

Glory be to the Father and to the Son and to
the Holy Spirit,
as it was in the beginning is now and will be
for ever. Amen.

THE KYRIE

THE PETITIONS

THE LORD'S PRAYER

THE COLLECTS

In the name of the Father, the Son and the
Holy Spirit. Amen. ✠

✠ COMPLINE ✠

THE VERSICLES:

Be pleased, O God, to deliver me!
O Lord, make haste to help me!

GLORIA PATRI AND ALLELUIA: ✠

Glory be to the Father and to the Son and to
the Holy Spirit,
as it was in the beginning is now and will be
for ever. Amen.

Alleluia!

or during Lent: Praise be to you, O Lord,
King of eternal glory.

THE CUM INVOCAREM

Answer me when I call, O God of my right!
You have given me room when I was in
distress. Be gracious to me, and hear my
prayer.

O people, how long shall my honour suffer
shame? How long will you love vain words,
and seek after lies?

But know that the LORD has set apart the
godly for himself; the LORD hears when I call
to him.

Be angry, but sin not; commune with your
own hearts on your beds, and be silent.
Offer right sacrifices, and put your trust in
the LORD.

There are many who say, "O that we might
see some good! Lift up the light of your
countenance upon us, O LORD!"

You have put more joy in my heart than they
have when their grain and wine abound.

In peace I will both lie down and sleep; for
you alone, O LORD, make me dwell in safety.

Glory be to the Father and to the Son and to

the Holy Spirit,
as it was in the beginning is now and will be
for ever. Amen.

Or Psalms 31, 91 or 134.

PSALMS WITH GLORIA PATRI:

THE LESSONS

THE NUNC DIMITTIS:

Lord, now you let your servant depart in
peace,
according to your word;
for my eyes have seen your salvation
which you have prepared in the presence of
all peoples,
a light for revelation to the Gentiles,
and for glory to your people Israel.

Glory be to the Father and to the Son and to
the Holy Spirit,
as it was in the beginning is now and will be
for ever. Amen.

THE KYRIE

THE PETITIONS

THE LORD'S PRAYER

THE COLLECTS

In the name of the Father, the Son and the
Holy Spirit. Amen. ✠

PSALMS FOR DAILY PRAYER

Advent	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
Matins		24, 150	122, 145	33, 146	50, 147:1-12	18:1-20, 147:13-21 126, 62	102, 148	90, 149
Vespers	80, 72	25, 110	40, 67	85, 94	53, 17		130, 16	
Christmas	Matins		Vespers		Matins		Vespers	
	<i>24 Dec</i>		132, 114		<i>31 Dec</i>	98, Laudate	45, 96	
	<i>25 Dec</i>	2, Laudate Psalm	98, 96		<i>1 Jan</i>	98, Laudate	99, 8	
	<i>26 Dec</i>	116, Laudate	119:1-24; 27		<i>2 Jan</i>	48, Laudate	9, 29	
	<i>27 Dec</i>	34, Laudate	19, 121		<i>3 Jan</i>	111, Laudate	107, 15	
	<i>28 Dec</i>	2, Laudate	110, 111		<i>4 Jan</i>	20, Laudate	93, 97	
	<i>29 Dec</i>	96, Laudate	132, 97		<i>5 Jan</i>	99, Laudate	96, 110	
	<i>30 Dec</i>	93, Laudate	89		<i>6 Jan</i>	72, Laudate	100, 67	
	Laudate Psalms: Sun - 150; Mon - 145; Tues - 146; Wed - 147:1-12; Thurs - 147:13-21; Fri - 148; Sat - 149							
Epiphany	see General below							
Lent	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
Matins		84, 150	119:73-80, 145	34, 146	5, 147:1-12	27, 147:13-21	22, 148	43, 149
Vespers	31, 143	42, 32	121, 6	25, 91	27, 51	126, 102	105, 130	
Easter								
Matins		93, 150	97, 145	98, 146	99, 147:1-12	47, 147:13-21	96, 148	92, 149
Vespers	23, 114	136, 117	124, 115	25, 91	9, 118	68, 113	49, 138	
General								
<i>Week I</i>								
Matins		5-8	12-16	19-21	25-27	31-33	37, 38	43-45
Vespers	1-4	9-11	17, 18	22-24	28-30	34-36	39-42	
<i>Week II</i>								
Matins		50-53	57-60	65-67	69	73, 74	78	82-85
Vespers	46-49	54-56	61-64	68	70-72	75-77	79-81	
<i>Week III</i>								
Matins		89	93-96	102, 103	105	107, 108	111-114	118
Vespers	86-88	90-92	97-101	104	106	109, 110	115-117	
<i>Week IV</i>								
Matins		119:33-64	119:97-136	120-124	131-133	136-138	143-145	148-150
Vespers	119:1-32	119:65-96	119:137-176	125-129	134, 135	139-142	146, 147	

DAILY LECTIONARY

The following lectionary is adapted from the liturgical books of several denominations, including the revised Book of Common Prayer of the Episcopal Church, the Book of Alternative Services of the Anglican Church of Canada, the Lutheran Book of Worship, and Daily Prayer of the Presbyterian Church (USA). Psalms may be said in course, according to a lectio continua, the table of psalms included here may be followed, or the 30-day lectio continua used in the Psalter below may be used instead. As with the Psalms, the Old Testament may be read in course (perhaps a chapter a day), since the Daily Lectionary includes only selections. Lessons from the apocryphal/deuterocanonical books may be replaced by alternatives from the undisputed canonical books of the Old Testament, as provided below. The Epistle and Gospel readings may be divided between matins and vespers or may be grouped together, with the Old Testament reading occurring at the earlier or later time. Year one begins with Advent before the odd-numbered year; year two follows. There is a tendency for this lectionary to skip over those biblical passages, e.g., Eph. 5:21 ff, deemed politically incorrect by contemporary sensibilities. The reader is, of course, free to read them anyway and, one might add, ought to do so.

YEAR ONE

Week of 1 Advent

		T	Luke 21:20-28 Isa 5:13-17, 24-25 I Thess 5:12-28 Luke 21:29-38	F	Matt 3:1-12 Isa 10:5-19 II Pet 2:17-22 Matt 11:2-15
S	Isa 1:1-9 II Pet 3:1-10 Matt 25:1-13	W	Isa 6:1-13 II Thess 1:1-12 John 7:53-8:11	S	Isa 10:20-27 Jude 17-25 Luke 3:19
M	Isa 1:10-20 I Thess 1:1-10 Luke 20:1-8	T	Isa 7:1-9 II Thess 2:1-12 Luke 22:1-13		Week of 4 Advent
T	Isa 1:21-31 I Thess 2:1-12 Luke 20:9-18	F	Isa 7:10-25 II Thess 2:13-3:5 Luke 22:14-30	S	Isa 42:1-12 Eph 6:10-20 John 3:16-21
W	Isa 2:1-11 I Thess 2:13-20 Luke 20:19-26	S	Isa 8:1-15 II Thess 3:6-18 Luke 22:31-38	M	Isa 11:1-9 Rev 20:1-10 John 5:30-47
T	Isa 2:12-22 I Thess 3:1-13 Luke 20:27-40		Week of 3 Advent	T	Isa 11:10-16 Rev 20:11-21:8 Luke 1:5-25
F	Isa 3:8-15 I Thess 4:1-12 Luke 20:41-21:4	S	Isa 13:6-13 Heb 12:18-29 John 3:22-30	W	Isa 28:9-22 Rev 21:9-21 Luke 1:26-38
S	Isa 4:2-6 I Thess 4:13-18 Luke 21:5-19	M	Isa 8:16-9:1 II Pet 1:1-11 Luke 22:39-53	T	Isa 29:13-24 Rev 21:22-22:5 Luke 1:39-56
	Week of 2 Advent	T	Isa 9:1-7 II Pet 1:12-21 Luke 22:54-69	F	Isa 33:17-22 Rev 22:6-11,18-20 Luke 1:57-66
S	Isa 5:1-7 II Pet 3:11-18 Luke 7:28-35	W	Isa 9:8-17 II Pet 2:1-10a Mark 1:1-8	24 Dec	Isa 35:1-10 Rev 22:12-17,21 Luke 1:67-80
M	Isa 5:8-12,18-23 I Thess 5:1-11	T	Isa 9:18-10:4 II Pet 2:10b-16	Christmas Eve	Isa 59:15b-21

Phil 2:5-11		Heb 11:23-31		Mark 1:14-28
		John 14:6-14	W	Isa 41:1-16
Christmas Day and Following	5 Jan	Joshua 1:1-9		Eph 2:1-10
		Heb 11:32-12:2		Mark 1:29-45
Christmas		John 15:1-16	T	Isa 41:17-29
Zech 2:10-13		Eve of Epiphany		Eph 2:11-22
I John 4:7-16		Isa 66:18-23	F	Mark 2:1-12
John 3:31-26		Rom 15:7-13		Isa 42:1-17
26 Dec Wisdom 4:7-15 or II				Eph 3:1-13
Chron 24:17-22		Epiphany and Following	S	Mark 2:13-22
Acts 6:1-7				Isa 43:1-13
Acts 7:59-8:8		Epiphany		Eph 3:14-21
27 Dec Prov 8:22-30		Isa 52:7-10		Mark 2:23-3:6
I John 5:1-12		Rev 21:22-27		
John 13:20-35		Matt 12:14-21		Week of 2 Epiphany
28 Dec Isa 49:13-23				
Isa 54:1-13	7 Jan	Isa 52:3-6	S	Isa 43:14-44:5
Matt 18:1-14		Rev 2:1-7		Heb 6:17-7:10
		John 2:1-11		John 4:27-42
First Sunday after Christmas	8 Jan	Isa 59:15-21	M	Isa 44:6-8,21-23
Isa 62:6-7,10-12		Rev 2:8-17		Eph 4:1-16
Heb 2: 10-18		John 4:46-54		Mark 3:7-19a
Matt 1:18-25	9 Jan	Isa 63:1-5	T	Isa 44:9-20
29 Dec Isa 12:1-6		Rev 2:18-29		Eph 4:17-32
Rev 1:1-8		John 5:1-15		Mark 3:19b-35
John 7:37-52	10 Jan	Isa 65:1-9	W	Isa 44:24-45:7
30 Dec Isa 25:1-9		Rev 3:1-6		Eph 5:1-14
Rev 1:9-20		John 6:1-14		Mark 4:1-20
John 7:53-8:11	11 Jan	Isa 65:13-16	T	Isa 45:5-17
31 Dec Isa 26:1-9		Rev 3:7-13		Eph 5:15-33
II Cor 5:16-6:2		John 6:15-27		Mark 4:21-34
John 8:12-19	12 Jan	Isa 66:1-2,22-23	F	Isa 45:18-25
Eve of Holy Name		Rev 3:14-22		Eph 6:1-9
Isa 65:15b-25		John 9:1-12,35-38		Mark 4:35-41
Rev 21:1-6		Eve of 1 Epiphany	S	Isa 46:1-13
Holy Name		Isa 61:1-9		Eph 6:10-24
Gen 17:1-12a,15-16		Gal 3:23-29, 4:4-7		Mark 5:1-20
Col 2:6-12				
John 16:23b-30				
		<i>The readings for the dated days after the Epiphany are used only until the following saturday evening.</i>		Week of 3 Epiphany
Second Sunday after Christmas			S	Isa 47:1-15
Sirach 3:3-9,14-17 or				Heb 10:19-31
Deut 33:1-5				John 5:2-18
I John 2:12-17		Week of 1 Epiphany	M	Isa 48:1-11
John 6:41-47	S	Isa 40:1-11		Gal 1:1-17
2 Jan Gen 12:1-7		Heb 1:1-12	T	Mark 5:21-43
Heb 11:1-12		John 1:1-7,19-20,29-34		Isa 48:12-21
John 6:35-42,48-51	M	Isa 40:12-23		Gal 1:18-2:10
3 Jan Gen 28:10-22		Eph 1:1-14	W	Mark 6:1-13
Heb 11:13-22		Mark 1:1-13		Isa 49:1-12
John 10:7-17	T	Isa 40:25-31		Gal 2:11-21
4 Jan Exod 3:1-12		Eph 1:15-23	T	Mark 6:13-29
				Isa 49:13-23

Gal 3:1-14
 Mark 6:30-46
 F Isa 50:1-11
 Gal 3:15-22
 Mark 6:47-56
 S Isa 51:1-8
 Gal 3:23-29
 Mark 7:1-23

Week of 4 Epiphany

S Isa 51:9-16
 Heb 11:8-16
 John 7:14-31
 M Isa 51:17-23
 Gal 4:1-11
 Mark 7:24-37
 T Isa 52:1-12
 Gal 4:12-20
 Mark 8:1-10
 W Isa 54:1-17
 Gal 4:21-31
 Mark 8:11-26
 T Isa 55:1-13
 Gal 5:1-15
 Mark 8:27-9:1
 F Isa 56:1-8
 Gal 5:16-24
 Mark 9:2-13
 S Isa 57:3-13
 Gal 5:25-6:10
 Mark 9:14-29

Week of 5 Epiphany

S Isa 57:14-21
 Heb 12:1-6
 John 7:37-46
 M Isa 58:1-12
 Gal 6:11-18
 Mark 9:30-41
 T Isa 59:1-15a
 II Tim 1:1-14
 Mark 9:42-50
 W Isa 59:15b-21
 II Tim 1:15-2:13
 Mark 10:1-16
 T Isa 60:1-17
 II Tim 2:14-26
 Mark 10:17-31
 F Isa 61:1-9
 II Tim 3:1-17
 Mark 10:32-45

S Isa 61:10-62:5
 II Tim 4:1-8
 Mark 10:46-52

Week of 6 Epiphany

S Isa 62:6-12
 I John 2:3-11
 John 8:12-19
 M Isa 63:1-6
 I Tim 1:1-17
 Mark 11:1-11
 T Isa 63:7-14
 I Tim 1:18-2:15
 Mark 11:12-26
 W Isa 63:15-64:9
 I Tim 3:1-16
 Mark 11:27-12:12
 T Isa 65:1-12
 I Tim 4:1-16
 Mark 12:13-27
 F Isa 65:17-25
 I Tim 5:17-25
 Mark 12:28-34
 S Isa 66:1-6
 I Tim 6:6-21
 Mark 12:35-44

Week of 7 Epiphany

S Isa 66:7-14
 I John 3:4-10
 John 10:7-16
 M Ruth 1:1-14
 II Cor 1:1-11
 Matt 5:1-12
 T Ruth 1:15-22
 II Cor 1:12-22
 Matt 5:13-20
 W Ruth 2:1-13
 II Cor 1:23-2:17
 Matt 5:21-26
 T Ruth 2:14-23
 II Cor 3:1-18
 Matt 5:27-37
 F Ruth 3:1-18
 II Cor 4:1-12
 Matt 5:38-48
 S Ruth 4:1-17
 II Cor 4:13-5:10
 Matt 6:1-16

Week of 8 Epiphany

S Deut 4:1-9
 II Tim 4:1-8
 John 12:1-8
 M Deut 4:9-14
 II Cor 10:1-18
 Matt 6:7-15
 T Deut 4:15-24
 II Cor 11:1-21a
 Matt 6:16-23
 W Deut 4:25-31
 II Cor 11:21b-33
 Matt 6:24-34
 T Deut 4:32-40
 II Cor 12:1-10
 Matt 7:1-12
 F Deut 5:1-22
 II Cor 12:11-21
 Matt 7:13-21
 S Deut 5:22-33
 II Cor 13:1-14
 Matt 7:22-29

Week of Last Epiphany

S Deut 6:1-9
 Heb 12:18-29
 John 12:24-32
 M Deut 6:10-15
 Heb 1:1-14
 John 1:1-18
 T Deut 6:16-25
 Heb 2:1-10
 John 1:19-28

Ash Wednesday

Jonah 3:1-4:11
 Heb 12:1-14
 Luke 18:9-14
 T Deut 7:6-11
 Titus 1:1-16
 John 1:29-34
 F Deut 7:12-16
 Titus 2:1-15
 John 1:35-42
 S Deut 7:17-26
 Titus 3:1-15
 John 1:43-51

Week of 1 Lent

S Deut 8:1-10
 I Cor 1:17-31
 Mark 2:18-22
 M Deut 8:11-20

T Heb 2:11-18
John 2:1-12
Deut 9:4-12
Heb 3:1-11
John 2:13-22
W Deut 9:13-21
Heb 3:12-19
John 2:23-3:15
T Deut 9:23-10:5
Heb: 4:1-10
John 3:16-21
F Deut 10:12-22
Heb 4:11-16
John 3:22-36
S Deut 11:18-28
Heb 5:1-10
John 4:1-26

Week of 2 Lent

S Jer 1:1-10
I Cor 3:11-23
Mark 3:31-4:9
M Jer 1:11-19
Rom 1:1-15
John 4:27-42
T Jer 2:1-13
Rom 1:16-27
John 4:43-54
W Jer 3:6-18
Rom 1:28-2:11
John 5:1-18
T Jer 4:9-10,19-28
Rom 2:12-24
John 5:19-29
F Jer 5:1-9
Rom 2:25-3:18
John 5:30-47
S Jer 5:20-31
Rom 3:19-31
John 7:1-13

Week of 3 Lent

S Jer 6:9-15
I Cor 6:12-20
Mark 5:1-20
M Jer 7:1-15
Rom 4:1-12
John 7:14-36
T Jer 7:21-34
Rom 4:13-25
John 7:37-52

W Jer 8:18-9:6
Rom 5:1-11
John 8:12-20
T Jer 10:11-24
Rom 5:12-21
John 8:21-32
F Jer 11:1-8,14-20
Rom 6:1-11
John 8:33-47
S Jer 13:1-11
Rom 6:12-23
John 8:47-59

Week of 4 Lent

S Jer 14:1-9,17-22
Gal 4:21-5:1
Mark 8:11-21
M Jer 16:10-21
Rom 7:1-12
John 6:1-15
T Jer 17:19-27
Rom 7:13-25
John 6:16-27
W Jer 18:1-11
Rom 8:1-11
John 6:27-40
T Jer 22:13-23
Rom 8:12-27
John 6:41-51
F Jer 23:1-8
Rom 8:28-39
John 6:52-59
S Jer 23:9-15
Rom 9:1-18
John 6:60-71

Week of 5 Lent

S Jer 23:16-32
I Cor 9:19-27
Mark 8:31-9:1
M Jer 24:1-10
Rom 9:19-33
John 9:1-17
T Jer 25:8-17
Rom 10:1-13
John 9:18-41
W Jer 25:30-38
Rom 10:14-21
John 10:1-18
T Jer 26:1-16
Rom 11:1-12

F John 10:19-42
Jer 29:1,4-13
Rom 11:13-24
John 11:1-27 or
12:1-10
S Jer 31:27-34
Rom 11:25-36
John 11:28-44 or
12:37-50

Holy Week

Palm Sunday

Zech 9:9-12* or Zech
12:9-11, 13:1,7-9**
I Tim 6:12-16*
Matt 21:12-17**
M Jer 12:1-16
Phil 3:1-14
John 12:9-19
T Jer 15:10-21
Phil 3:15-21
John 12:20-26
W Jer 17:5-10, 14-17
Phil 4:1-13
John 12:27-36

Maundy Thursday

Jer 20:7-11
I Cor 10:14-17,
11:27-32
John 17:1-11(12-26)

Good Friday

Wisdom 1:16-2:1,
12-22 or Gen 22:1-14
I Peter 1:10-20
John 13:36-38* or John
19:38-42**

Holy Saturday

Job 19:21-27a
Heb 4:1-16*
Rom 8:1-11**

** Intended for use in the morning*

*** Intended for use in the evening*

Easter Week

Easter Day

Exod 12:1-14** or Isa
51:9-11***

John 1:1-18** or Luke
24:13-35***, or John
20:19-23***

M Jonah 2:1-9
Acts 2:14,22-36*
John 14:1-14

T Isa 30:18-21
Acts 2:36-47*
John 14:15-31

W Micah 7:7-15
Acts 3:1-10*
John 15:1-11

T Ezek 37:1-14
Acts 3:11-26*
John 15:12-27

F Dan 12:1-4,13
Acts 4:1-12*
John 16:1-15

S Isa 25:1-9
Acts 4:13-31*
John 16:16-33

** Duplicates the First Lesson at
the Eucharist. Readings from
Year Two may be substituted.*

*** Intended for use in the
morning*

**** Intended for use in the
evening*

Week of 2 Easter

S Isa 43:8-13
I Pet 2:2-10
John 14:1-7

M Dan 1:1-21
I John 1:1-10
John 17:1-11

T Dan 2:1-16
I John 2:1-11
John 17:12-19

W Dan 2:17-30
I John 2:12-17
John 17:20-26

T Dan 2:31-49
I John 2:18-29
Luke 3:1-14

F Dan 3:1-18
I John 3:1-10
Luke 3:15-22

S Dan 3:19-30

I John 3:11-18
Luke 4:1-13

Week of 3 Easter

S Dan 4:1-18
I Pet 4:7-11
John 21:15-25

M Dan 4:19-27
I John 3:19-4:6
Luke 4:14-30

T Dan 4:28-37
I John 4:7-21
Luke 4:31-37

W Dan 5:1-12
I John 5:1-12
Luke 4:38-44

T Dan 5:13-30
I John 5:13-21
Luke 5:1-11

F Dan 6:1-15
II John 1-13
Luke 5:12-26

S Dan 6:16-28
III John 1-15
Luke 5:27-39

Week of 4 Easter

S Wisdom 1:1-15 or Gen
18:22-33
I Pet 5:1-11
Matt 7:15-29

M Wisdom 1:16-2:11,
21-24 or Jer 30:1-9
Col 1:1-14
Luke 6:1-11

T Wisdom 3:1-9 or Jer
30:10-17
Col 1:15-23
Luke 6:12-26

W Wisdom 4:16-5:8 or Jer
30:18-22
Col 1:24-2:7
Luke 6:27-38

T Wisdom 5:9-23 or Jer
31:1-14
Col 2:8-23
Luke 6:39-49

F Wisdom 6:12-23 or Jer
31:15-22
Col 3:1-11
Luke 7:1-17

S Wisdom 7:1-14 or Jer
31:23-25
Col 3:12-17
Luke 7:18-35

Week of 5 Easter

S Wisdom 7:22-8:1 or Isa
32:1-8
II Thess 2:13-17
Matt 7:7-14

M Wisdom 9:1,7-18 or Jer
32:1-15
Col 3:18-4:18
Luke 7:36-50

T Wisdom 10:1-21 or Jer
32:16-25
Rom 12:1-21
Luke 8:1-15

W Wisdom 13:1-9 or Jer
32:36-44
Rom 13:1-14
Luke 8:16-25

T Wisdom 14:27-15:3 or
Jer 33:1-13
Rom 14:1-12
Luke 8:26-39

F Wisdom 16:15-17:1 or
Deut 31:30-32:14
Rom 14:13-23
Luke 8:40-56

S Wisdom 19:1-8,18-22
or Deut 32:34-43
Rom 15:1-13
Luke 9:1-17

Week of 6 Easter

S Sirach 43:1-12,27-32 or
Deut 15:1-11
I Tim 3:14-4:5
Matt 13:24-34a

M Deut 8:1-10
James 1:1-15
Luke 9:18-27

T Deut 8:11-20
James 1:16-27
Luke 11:1-13

W Baruch 3:24-37 or Deut
19:1-7
James 5:13-18
Luke 12:22-31

Eve of Ascension

II Kings 2:1-15
 Rev 5:1-14
Ascension Day
 Ezek 1:1-14,24-28b
 Heb 2:5-18
 Matt 28:16-20
 F Ezek 1:28-3:3
 Heb 4:14-5:6
 Luke 9:28-36
 S Ezek 3:4-17
 Heb 5:7-14
 Luke 9:37-50

Week of 7 Easter

S Ezek 3:16-27
 Eph 2:1-10
 Matt 10:24-33,40-42
 M Ezek 4:1-17
 Heb 6:1-12
 Luke 9:51-62
 T Ezek 7:10-15,23b-27
 Heb 6:13-20
 Luke 10:1-17
 W Ezek 11:14-25
 Heb 7:1-17
 Luke 10:17-24
 T Ezek 18:1-4,19-32
 Heb 7:18-28
 Luke 10:25-37
 F Ezek 34:17-31
 Heb 8:1-13
 Luke 10:38-42
 S Ezek 43:1-12
 Heb 9:1-14
 Luke 11:14-23

Eve of Pentecost
 Exod 19:3-8a,16-20
 I Pet 2:4-10

Pentecost and following

The Day of Pentecost
 Isa 11:1-9
 I Cor 2:1-13
 John 14:21-29

On the weekdays which follow, the readings are taken from the numbered proper (one through six) which corresponds most closely to the date of Pentecost.

Eve of Trinity Sunday
 Sirach 42:15-25 or
 Isaiah 6:1-8
 Eph 3:14-21
Trinity Sunday
 Sirach 43:1-33 or Deut
 6:1-15
 Eph 4:1-16
 John 1:1-18

On the weekdays which follow, the readings are taken from the numbered proper (two through seven) which corresponds most closely to the date of Trinity Sunday.

The Season after Pentecost

Proper 1
Week of the Sunday closest to 11 May

M Isa 63:7-14
 II Tim 1:1-14
 Luke 11:24-36
 T Isa 63:15-64:9
 II Tim 1:15-2:13
 Luke 11:37-52
 W Isa 65:1-12
 II Tim 2:14-26
 Luke 11:53-12:12
 T Isa 65:17-25
 II Tim 3:1-17
 Luke 12:13-31
 F Isa 66:1-6
 II Tim 4:1-8
 Luke 12:32-48
 S Isa 66:7-14
 II Tim 4:9-22
 Luke 12:49-59

Proper 2
Week of the Sunday closest to 18 May

M Ruth 1:1-18
 I Tim 1:1-17
 Luke 13:1-9
 T Ruth 1:19-2:13
 I Tim 1:18-2:8
 Luke 13:10-17
 W Ruth 2:14-23

I Tim 3:1-16
 Luke 13:18-30
 T Ruth 3:1-18
 I Tim 4:1-16
 Luke 13:31-35
 F Ruth 4:1-17
 I Tim 5:17-25
 Luke 14:1-11
 S Deut 1:1-8
 I Tim 6:6-21
 Luke 14:12-24

Proper 3
Week of the Sunday closest to 25 May

S Deut 4:1-9
 Rev 7:1-4,9-17
 Matt 12:33-45
 M Deut 4:9-14
 II Cor 1:1-11
 Luke 14:25-35
 T Deut 4:15-24
 II Cor 1:12-22
 Luke 15:1-10
 W Deut 4:25-31
 II Cor 1:23-2:17
 Luke 15:1-2,11-32
 T Deut 4:32-40
 II Cor 3:1-18
 Luke 16:1-9
 F Deut 5:1-22
 II Cor 4:1-12
 Luke 16:10-18
 S Deut 5:22-33
 II Cor 4:13-5:10
 Luke 16:19-31

Proper 4
Week of the Sunday closest to 1 June

S Deut 11:1-12
 Rev 10:1-11
 Matt 13:44-58
 M Deut 11:13-19
 II Cor 5:11-6:2
 Luke 17:1-10
 T Deut 12:1-12
 II Cor 6:3-7:1
 Luke 17:11-19
 W Deut 13:1-11
 II Cor 7:2-16

T Luke 17:20-37
Deut 16:18-20,
17:14-20
II Cor 8:1-16
Luke 18:1-8
F Deut 26:1-11
II Cor 8:16-24
Luke 18:9-14
S Deut 29:2-15
II Cor 9:1-15
Luke 18:15-30

Proper 5

Week of the Sunday closest to 8 June

S Deut 29:16-29
Rev 12:1-12
Matt 15:29-39
M Deut 30:1-10
II Cor 10:1-18
Luke 18:31-43
T Deut 30:11-20
II Cor 11:1-21a
Luke 19:1-10
W Deut 31:30-32:14
II Cor 11:21b-33
Luke 19:11-27
T Sirach 44:19-45:5 or
Song 1:1-2:3a
II Cor 12:1-10
Luke 19:28-40
F Sirach 45:6-16 or Song
2:8-4:11
II Cor 12:11-21
Luke 19:41-48
S Sirach 46:1-10 or Song
5:10-16, 7:1-9, 8:6-7
II Cor 13:1-14
Luke 20:1-8

Proper 6

Week of the Sunday closest to 15 June

S Sirach 46:11-20 or
Exod 6:2-13, 7:1-6
Rev 15:1-8
Matt 18:1-14
M I Sam 1:1-20
Acts 1:1-14
Luke 20:9-19
T I Sam 1:21-2:11

W Acts 1:15-26
Luke 20:19-26
I Sam 2:12-26
Acts 2:1-21
Luke 20:27-40
T I Sam 2:27-36
Acts 2:22-36
Luke 20:41-21:4
F I Sam 3:1-21
Acts 2:37-47
Luke 21:5-19
S I Sam 4:1b-11
Acts 4:32-5:11
Luke 21:20-28

Proper 7

Week of the Sunday closest to 22 June

S I Sam 4:12-22
James 1:1-18
Matt 19:23-30
M I Sam 5:1-12
Acts 5:12-26
Luke 21:29-36
T I Sam 6:1-16
Acts 5:27-42
Luke 21:37-22:13
W I Sam 7:2-17
Acts 6:1-15
Luke 22:14-23
T I Sam 8:1-22
Acts 6:15-7:16
Luke 22:24-30
F I Sam 9:1-14
Acts 7:17-29
Luke 22:31-38
S I Sam 9:15-10:1
Acts 7:30-43
Luke 22:39-51

Proper 8

Week of Sunday closest to 29 June

S I Sam 10:1-16
Rom 4:13-25
Matt 21:23-32
M I Sam 10:17-27
Acts 7:44-8:1a
Luke 22:52-62
T I Sam 11:1-15
Acts 8:1-13

W Luke 22:63-71
I Sam 12:1-6,16-25
Acts 8:14-25
Luke 23:1-12
T I Sam 13:5-18
Acts 8:26-40
Luke 23:13-25
F I Sam 13:19-14:15
Acts 9:1-9
Luke 23:26-31
S I Sam 14:16-30
Acts 9:10-19a
Luke 23:32-43

Proper 9

Week of the Sunday closest to 6 July

S I Sam 14:36-45
Rom 5:1-11
Matt 22:1-14
M I Sam 15:1-3,7-23
Acts 9:19b-31
Luke 23:44-56a
T I Sam 15:24-35
Acts 9:32-43
Luke 23:56b-24:11
W I Sam 16:1-13
Acts 10:1-16
Luke 24:12-35
T I Sam 16:14-17:11
Acts 10:17-33
Luke 24:36-53
F I Sam 17:17-30
Acts 10:34-48
Mark 1:1-13
S I Sam 17:31-49
Acts 11:1-18
Mark 1:14-28

Proper 10

Week of the Sunday closest to 13 July

S I Sam 17:50-18:4
Rom 10:4-17
Matt 23:29-39
M I Sam 18:5-30
Acts 11:19-30
Mark 1:29-45
T I Sam 19:1-18
Acts 12:1-17
Mark 2:1-12

W I Sam 20:1-23
Acts 12:18-25
Mark 2:13-22
T I Sam 20:24-42
Acts 13:1-12
Mark 2:23-3:6
F I Sam 21:1-15
Acts 13:13-25
Mark 3:7-19a
S I Sam 22:1-23
Acts 13:26-43
Mark 3:19b-35

Proper 11

Week of the Sunday closest to 20 July

S I Sam 23:7-18
Rom 11:33-12:2
Matt 25:14-30
M I Sam 24:1-22
Acts 13:44-52
Mark 4:1-20
T I Sam 25:1-22
Acts 14:1-18
Mark 4:21-34
W I Sam 25:23-44
Acts 14:19-28
Mark 4:35-41
T I Sam 28:3-20
Acts 15:1-11
Mark 5:1-20
F I Sam 31:1-13
Acts 15:12-21
Mark 5:21-43
S II Sam 1:1-16
Acts 15:22-35
Mark 6:1-13

Proper 12

Week of the Sunday closest to 27 July

S II Sam 1:17-27
Rom 12:9-21
Matt 25:31-46
M II Sam 2:1-11
Acts 15:36-16:5
Mark 6:14-29
T II Sam 3:6-21
Acts 16:6-15
Mark 6:30-46
W II Sam 3:22-39

Acts 16:16-24
Mark 6:47-56
T II Sam 4:1-12
Acts 16:25-40
Mark 7:1-23
F II Sam 5:1-12
Acts 17:1-15
Mark 7:24-37
S II Sam 5:22-6:11
Acts 17:16-34
Mark 8:1-10

Proper 13

Week of the Sunday closest to 3 August

S II Sam 6:12-23
Rom 4:7-12
John 1:43-51
M II Sam 7:1-17
Acts 18:1-11
Mark 8:11-21
T II Sam 7:18-29
Acts 18:12-28
Mark 8:22-33
W II Sam 9:1-13
Acts 19:1-10
Mark 8:34-9:1
T II Sam 11:1-27
Acts 19:11-20
Mark 9:2-13
F II Sam 12:1-14
Acts 19:21-41
Mark 9:14-29
S II Sam 12:15-31
Acts 20:1-16
Mark 9:30-41

Proper 14

Week of the Sunday closest to 10 August

S II Sam 13:1-22
Rom 15:1-13
John 3:22-36
M II Sam 13:23-39
Acts 20:17-38
Mark 9:42-50
T II Sam 14:1-20
Acts 21:1-14
Mark 10:1-16
W II Sam 14:21-33
Acts 21:15-26
Mark 10:17-31

T II Sam 15:1-18
Acts 21:27-36
Mark 10:32-45
F II Sam 15:19-37
Acts 21:37-22:16
Mark 10:46-52
S II Sam 16:1-23
Acts 22:17-29
Mark 11:1-11

Proper 15

Week of the Sunday closest to 17 August

S II Sam 17:1-23
Gal 3:6-14
John 5:30-47
M II Sam 17:24-18:8
Acts 22:30-23:11
Mark 11:12-26
T II Sam 18:9-18
Acts 23:12-24
Mark 11:27-12:12
W II Sam 18:19-23
Acts 23:23-35
Mark 12:13-27
T II Sam 19:1-23
Acts 24:1-23
Mark 12:28-34
F II Sam 19:24-43
Acts 24:24-25:12
Mark 12:35-44
S II Sam 23:1-7,13-17
Acts 25:13-27
Mark 13:1-13

Proper 16

Week of the Sunday closest to 24 August

S II Sam 24:1-2,10-25
Gal 3:23-4:7
John 8:12-20
M I Kings 1:5-31
Acts 26:1-23
Mark 13:14-27
T I Kings 1:38-2:4
Acts 26:24-27:8
Mark 13:28-37
W I Kings 3:1-15
Acts 27:9-26
Mark 14:1-11
T I Kings 3:16-28

Acts 27:27-44
 Mark 14:12-26
 F I Kings 5:1-6:1,7
 Acts 28:1-16
 Mark 14:27-42
 S I Kings 7:51-8:21
 Acts 28:17-31
 Mark 14:43-52

Proper 17

Week of the Sunday closest to 31 August

S I Kings 8:22-40
 I Tim 4:7b-16
 John 8:47-59
 M II Chron. 6:32-7:7
 James 2:1-13
 Mark 14:53-65
 T I Kings 8:65-9:9
 James 2:14-26
 Mark 14:66-72
 W I Kings 9:24-10:13
 James 3:1-12
 Mark 15:1-11
 T I Kings 11:1-13
 James 3:13-4:12
 Mark 15:12-21
 F I Kings 11:26-43
 James 4:13-5:6
 Mark 15:22-32
 S I Kings 12:1-20
 James 5:7-12,19-20
 Mark 15:33-39

Proper 18

Week of the Sunday closest to 7 September

S I Kings 12:21-33
 Acts 4:18-31
 John 10:31-42
 M I Kings 13:1-10
 Phil 1:1-11
 Mark 15:40-47
 T I Kings 16:23-34
 Phil 1:12-30
 Mark 16:1-8(9-20)
 W I Kings 17:1-24
 Phil 2:1-11
 Matt 2:1-12
 T I Kings 18:1-19
 Phil 2:12-30

Matt 2:13-23
 F I Kings 18:20-40
 Phil 3:1-16
 Matt 3:1-12
 S I Kings 18:41-19:8
 Phil 3:17-4:7
 Matt 3:13-17

Proper 19

Week of the Sunday closest to 14 September

S I Kings 19:8-21
 Acts 5:34-42
 John 11:45-47
 M I Kings 21:1-16
 I Cor 1:1-19
 Matt 4:1-11
 T I Kings 21:17-29
 I Cor 2:1-20-31
 Matt 4:12-17
 W I Kings 22:1-28
 I Cor 2:1-13
 Matt 4:18-25
 T I Kings 22:29-45
 I Cor 2:14-3:15
 Matt 5:1-10
 F II Kings 1:2-17
 I Cor 3:16-23
 Matt 5:11-16
 S II Kings 2:1-18
 I Cor 4:1-7
 Matt 5:17-20

Proper 20

Week of the Sunday closest to 21 September

S II Kings 4:8-37
 Acts 9:10-31
 Luke 3:7-18
 M II Kings 5:1-19
 I Cor 4:8-21
 Matt 5:21-26
 T II Kings 5:19-27
 I Cor 5:1-8
 Matt 5:27-37
 W II Kings 6:1-23
 I Cor 5:9-6:8
 Matt 5:38-48
 T II Kings 9:1-16
 I Cor 6:12-20
 Matt 6:1-6,16-18

F II Kings 9:17-37
 I Cor 7:1-9
 Matt 6:7-15
 S II Kings 11:1-20a
 I Cor 7:10-24
 Matt 6:19-24

Proper 21

Week of the Sunday closest to 28 September

S II Kings 17:1-18
 Acts 9:36-43
 Luke 5:1-11
 M II Kings 17:24-41
 I Cor 7:25-31
 Matt 6:25-34
 T II Chron. 29:1-3,
 30:1-27
 I Cor 7:32-40
 Matt 7:1-12
 W II Kings 18:9-25
 I Cor 8:1-13
 Matt 7:13-21
 T II Kings 18:28-37
 I Cor 9:1-15
 Matt 7:22-29
 F II Kings 19:1-20
 I Cor 9:16-27
 Matt 8:1-17
 S II Kings 19:21-36
 I Cor 10:1-13
 Matt:8:18-27

Proper 22

Week of the Sunday closest to 5 October

S II Kings 20:1-21
 Acts 12:1-17
 Luke 7:11-17
 M II Kings 21:1-18
 I Cor 10:14-11:1
 Matt 8:28-34
 T II Kings 22:1-13
 I Cor 11:2-22
 Matt 9:1-8
 W II Kings 22:14-23:3
 I Cor 11:23-34
 Matt 9:9-17
 T II Kings 23:4-25
 I Cor 12:1-11
 Matt 9:18-26

F II Kings 23:36-24:17
I Cor 12:12-26
Matt 9:27-34
S Jer 35:1-19
I Cor 12:27-13:3
Matt 9:35-10:4

Proper 23

Week of the Sunday closest to 12 October

S Jer 36:1-10
Acts 14:8-18
Luke 7:36-50
M Jer 36:11-26
I Cor 13:1-13
Matt 10:5-15
T Jer 36:27-37:2
I Cor 14:1-12
Matt 10:16-23
W Jer 37:3-21
I Cor 14:13-25
Matt 10:24-33
T Jer 38:1-13
I Cor 14:26-40
Matt 10:34-42
F Jer 38:14-28
I Cor 15:1-11
Matt 11:1-6
S II Kings 25:8-12,22-26
I Cor 15:12-29
Matt 11:7-15

Proper 24

Week of the Sunday closest to 19 October

S Jer 29:1,4-14
Acts 16:6-15
Luke 10:1-12,17-20
M Jer 44:1-14
I Cor 15:30-41
Matt 11:16-24
T Lam. 1:1-12
I Cor 15:41-50
Matt 11:25-30
W Lam. 2:8-15
I Cor 15:51-58
Matt 12:1-14
T Ezra 1:1-11
I Cor 16:1-9
Matt 12:15-21
F Ezra 3:1-13

I Cor 16:10-24
Matt 12:22-32
S Ezra 4:7,11-24
Philemon 1-25
Matt 12:33-42

Proper 25

Week of the Sunday closest to 26 October

S Haggai 1:1-2:9
Acts 18:24-19:7
Luke 10:25-37
M Zech 1:7-17
Rev 1:4-20
Matt 12:43-50
T Ezra 5:1-17
Rev 4:1-11
Matt 13:1-9
W Ezra 6:1-22
Rev 5:1-10
Matt 13:10-17
T Neh 1:1-11
Rev 5:11-6:11
Matt 13:18-23
F Neh 2:1-20
Rev 6:12-7:4
Matt 13:24-30
S Neh 4:1-23
Rev 7:4-17
Matt 13:31-35

Proper 26

Week of the Sunday closest to 2 November

S Neh 5:1-19
Acts 20:7-12
Luke 12:22-31
M Neh 6:1-19
Rev 10:1-11
Matt 13:36-43
T Neh 12:27-31a,42b-47
Rev 11:1-19
Matt 13:44-52
W Neh 13:4-22
Rev 12:1-12
Matt 13:53-58
T Ezra 7:(1-10)11-26
Rev 14:1-13
Matt 14:1-12
F Ezra 7:27-28, 8:21-36
Rev 15:1-8

Matt 14:13-21
S Ezra 9:1-15
Rev 17:1-14
Matt 14:22-36

Proper 27

Week of the Sunday closest to 9 November

S Ezra 10:1-17
Acts 24:10-21
Luke 14:12-24
M Neh 9:1-25
Rev 18:1-8
Matt 15:1-20
T Neh 9:26-38
Rev 18:9-20
Matt 15:21-28
W Neh 7:73b-8:3,5-18
Rev 18:21-24
Matt 15:29-39
T I Macc 1:1-28 or Neh 6:1-19
Rev 19:1-10
Matt 16:1-12
F I Macc 1:41-63 or Neh 12:27-47
Rev 19:11-16
Matt 16:13-20
S I Macc 2:1-28 or Neh 13:4-22
Rev 20:1-6
Matt 16:21-28

Proper 28

Week of the Sunday closest to 16 November

S I Macc 2:29-48 or Ezra 7:1-26
Acts 28:14b-23
Luke 16:1-13
M I Macc 2:49-70 or Ezra 7:27-8:36
Rev 20:7-15
Matt 17:1-13
T I Macc 3:1-24 or Ezra 9:1-15
Rev 21:1-8
Matt 17:14-21
W I Macc 3:25-41 or Ezra 10:1-17
Rev 21:9-21
Matt 17:22-27

T I Macc 3:42-60 or Neh
9:1-25
Rev 21:22-22:5
Matt 18:1-9

F I Macc 4:1-25 or Neh
9:26-38
Rev 22:6-13
Matt 18:10-20

S I Macc 4:36-59 or Neh
7:73b-8:18
Rev 22:14-21
Matt 18:21-35

Proper 29

*Week of the Sunday closest to
23 November*

S Isa 19:19-25
Rom 15:5-13
Luke 19:11-27

M Joel 3:1-2,9-17
I Pet 1:1-12
Matt 19:1-12

T Nahum 1:1-13
I Pet 1:13-25
Matt 19:13-22

W Obadiah 15-21
I Pet 2:1-10
Matt 19:23-30

T Zeph 3:1-13
I Pet 2:11-3:7
Matt 20:1-16

F Isa 24:14-23
I Pet 3:8-4:6
Matt 20:17-28

S Micah 7:11-20
I Pet 4:7-19
Matt 20:29-34

YEAR TWO

Week of 1 Advent

S Amos 1:1-5,13-2:8
I Thess 5:1-11
Luke 21:5-19

M Amos 2:6-16
II Pet 1:1-11
Matt 21:1-11

T Amos 3:1-11
II Pet 1:12-21

W Matt 21:12-22
Amos 3:12-4:5
II Pet 3:1-10
Matt 21:23-32

T Amos 4:6-13
II Pet 3:11-18
Matt 21:33-46

F Amos 5:1-17
Jude 1-16
Matt 22:1-14

S Amos 5:18-27
Jude 17-25
Matt 22:15-22

Week of 2 Advent

S Amos 6:1-14
I Thess 5:1-11
Luke 1:57-68

M Amos 7:1-9
Rev 1:1-8
Matt 22:23-33

T Amos 7:10-17, 24-25
Rev 1:9-16
Matt 22:34-46

W Amos 8:1-14
Rev 1:17-2:7
Matt 23:1-12

T Amos 9:1-10
Rev 2:8-17
Matt 23:13-26

F Haggai 1:1-15
Rev 2:18-29
Matt 23:27-39

S Haggai 2:1-19
Rev 3:1-6
Matt 24:1-14

Week of 3 Advent

S Amos 9:11-15
II Thess 2:1-17
John 5:30-47

M Zech 1:7-17
Rev 3:7-13
Matt 24:15-31

T Zech 2:1-13
Rev 3:14-22
Matt 24:32-44

W Zech 3:1-10
Rev 4:1-8
Matt 24:45-51

T Zech 4:1-14

Rev 4:9-5:5
Matt 25:1-13

F Zech 7:8-8:8
Rev 5:6-14
Matt 25:14-30

S Zech 8:9-17
Rev 6:1-17
Matt 25:31-46

Week of 4 Advent

S Gen 3:18-15
Rev 12:1-10
John 3:16-21

M Zeph 3:14-20
Titus 1:1-16
Luke 1:1-25

T I Sam 2:1b-10
Titus 2:1-10
Luke 1:26-38

W II Sam 7:1-17
Titus 2:11-3:8a
Luke 1:39-56

T II Sam 7:18-29
Gal 3:1-14
Luke 1:57-66

F Baruch 4:21-29 or Jer
31:10-14
Gal 3:15-22
Luke 1:67-80 or Matt
1:1-17

24 Dec Baruch 4:36-5:9 or Isa
60:1-6
Gal 3:23-4:7
Matt 1:18-25

Christmas Eve
Isa 59:15b-21
Phil 2:5-11

Christmas Day and Following

Christmas

Micah 4:1-5,5:2-4
I John 4:7-16
John 3:31-26

26 Dec Wisdom 4:7-15 or II
Chron 24:17-22
Acts 6:1-7
Acts 7:59-8:8

27 Dec Prov 8:22-30
I John 5:1-12
John 13:20-35

28 Dec Isa 49:13-23

Isa 54:1-13	Col 1:1-14	Eph 4:1-16
Matt 18:1-14	John 6:30-33,48-51	Mark 3:7-19
First Sunday after Christmas	8 Jan Exod 17:1-7	M Gen 8:6-22
I Sam 1:1-2,7b-28	Col 1:15-23	Heb 4:14-5:6
Heb 2: 10-18	John 7:37-52	John 2:23-3:15
Matt 1:18-25	9 Jan Isa 45:14-19	T Gen 9:1-17
29 Dec II Sam 23:13-17b	Col 1:24-2:7	Heb 5:7-14
Rev 1:1-8	John 8:12-19	John 3:16-21
John 7:37-52	10 Jan Jer 23:1-8	W Gen 9:18-29
30 Dec I Kings 17:17-24	Col 2:8-23	Heb 6:1-12
Rev 1:9-20	John 10:7-17	John 3:22-36
John 7:53-8:11	11 Jan Isa 55:3-9	T Gen 11:1-9
31 Dec I Kings 3:5-14	Col 3:1-17	Heb 6:13-20
II Cor 5:16-6:2	John 14:6-14	John 4:1-15
John 8:12-19	12 Jan Gen 49:1-2,8-12	F Gen 11:27-12:8
Eve of Holy Name	Col 3:18-4:6	Heb 7:1-17
Isa 65:15b-25	John 15:1-16	John 4:16-26
Rev 21:1-6	Eve of 1 Epiphany	S Gen 12:9-13:1
Holy Name	Isa 61:1-9	Heb 7:18-28
Isa 62:1-5,10-12	Gal 3:23-29, 4:4-7	John 4:27-42
Col 2:6-12		
John 16:23b-30		
Second Sunday after Christmas	<i>The readings for the dated days after Epiphany are used only until the following saturday evening.</i>	Week of 3 Epiphany
Wisdom 7:3-14 or I Kings 3:5-14	Week of 1 Epiphany	S Gen 13:2-18
Col 3:12-17	S Gen 1:1-2:3	Gal 2:1-10
John 6:41-47	Eph 1:3-14	Mark 7:31-37
2 Jan I Kings 19:1-8	John 1:29-34	M Gen 14:(1-7)8-24
Eph 4:1-16	M Gen 2:4-25	Heb 8:1-13
John 6:1-14	Heb 1:1-14	John 4:43-54
3 Jan I Kings 19:9-18	John 1:1-18	T Gen 15:1-11,17-21
Eph 4:17-32	T Gen 3:1-24	Heb 9:1-14
John 6:15-27	Heb 2:1-10	John 5:1-18
4 Jan Joshua 3:14-4:7	John 1:19-28	W Gen 16:1-14
Eph 5:1-20	W Gen 4:1-16	Heb 9:15-28
John 9:1-12,35-38	Heb 2:11-18	John 5:19-29
5 Jan Jonah 2:2-9	John 1:29-42	T Gen 16:15-17:14
Eph 6:10-20	T Gen 4:17-26	Heb 10:1-10
John 11:17-27,38-44	Heb 3:1-11	John 5:30-47
Eve of Epiphany	John 1:43-51	F Gen 17:15-27
Isa 66: 18-23	F Gen 6:1-8	Heb 10:11-25
Rom 15:7-13	Heb 3:12-19	John 6:1-15
Epiphany and Following	John 2:1-12	S Gen 18:1-16
Epiphany	S Gen 6:9-22	Heb 10:26-39
Isa 49:1-7	Heb 4:1-13	John 6:16-27
Rev 21:22-27	John 2:13-22	
Matt 12:14-21	Week of 2 Epiphany	Week of 4 Epiphany
7 Jan Deut 8:1-3	S Gen 7:1-10,17-23	S Gen 18:16-33
		Gal 5:13-25
		Mark 8:22-30
		M Gen 19:1-29
		Heb 11:1-12
		John 6:27-40

T Gen 21:1-21
 Heb 11:13-22
 John 6:41-51
 W Gen 22:1-18
 Heb 11:23-31
 John 6:52-59
 T Gen 23:1-20
 Heb 11:32-12:2
 John 6:60-71
 F Gen 24:1-27
 Heb 12:3-11
 John 7:1-13
 S Gen 24:28-38,49-51
 Heb 12:12-29
 John 7:14-36

Week of 5 Epiphany

S Gen 24:50-67
 II Tim 2:14-21
 Mark 10:13-22
 M Gen 25:19-34
 Heb 13:1-16
 John 7:37-52
 T Gen 26:1-6,12-33
 Heb 13:17-25
 John 7:53-8:11
 W Gen 27:1-29
 Rom 12:1-8
 John 8:12-20
 T Gen 27:30-45
 Rom 12:9-21
 John 8:21-32
 F Gen 27:46-28:4,10-22
 Rom 13:1-14
 John 8:33-47
 S Gen 29:1-20
 Rom 14:1-23
 John 8:47-59

Week of 6 Epiphany

S Gen 29:20-35
 I Tim 3:14-4:10
 Mark 10:23-31
 M Gen 30:1-24
 I John 1:1-10
 John 9:1-17
 T Gen 31:1-24
 I John 2:1-11
 John 9:18-41
 W Gen 31:25-50
 I John 2:12-17

T John 10:1-18
 Gen 32:3-21
 I John 2:18-29
 John 10:19-30
 F Gen 32:22-33:17
 I John 3:1-10
 John 10:31-42
 S Gen 35:1-20
 I John 3:11-18
 John 11:1-16

Week of 7 Epiphany

S Prov 1:20-33
 II Cor 5:11-21
 Mark 10:35-45
 M Prov 3:11-20
 I John 3:18-4:6
 John 11:17-29
 T Prov 4:1-27
 I John 4:7-21
 John 11:30-44
 W Prov 6:1-19
 I John 5:1-12
 John 11:45-54
 T Prov 7:1-27
 I John 5:13-21
 John 11:55-12:8
 F Prov 8:1-21
 Philemon 1-25
 John 12:9-19
 S Prov 8:22-36
 II Tim 1:1-14
 John 12:20-26

Week of 8 Epiphany

S Prov 9:1-12
 II Cor 9:6b-15
 Mark 10:46-52
 M Prov 10:1-12
 II Tim 1:15-2:13
 John 12:27-36a
 T Prov 15:16-33
 II Tim 2:14-26
 John 12:36b-50
 W Prov 17:1-20
 II Tim 3:1-17
 John 13:1-20
 T Prov 21:30-22:6
 II Tim 4:1-8
 John 13:21-30
 F Prov 23:19-21,29-24:2

II Tim 4:9-22
 John 13:31-38
 S Prov 25:15-28
 Phil 1:1-11
 John 18:1-14

Week of Last Epiphany

S Sirach. 48:1-11 or Mal
 4:1-6
 II Cor 3:7-18
 Luke 9:18-27
 M Prov 27:1-6,10-12
 Phil 2:1-13
 John 18:15-18,25-27
 T Prov 30:1-4,24-33
 Phil 3:1-11
 John 18:28-38

Ash Wednesday

Amos 5:6-15
 Heb 12:1-14
 Luke 18:9-14
 T Hab. 3:1-18
 Phil 3:12-21
 John 17:1-8
 F Ezek 18:1-4,25-32
 Phil 4:1-9
 John 17:9-19
 S Ezek 39:21-29
 Phil 4:10-20
 John 17:20-26

Week of 1 Lent

S Dan 9:3-10
 Heb 2:10-18
 John 12:44-50
 M Gen 37:1-11
 I Cor 1:1-19
 Mark 1:1-13
 T Gen 37:12-24
 I Cor 1:20-31
 Mark 1:14-28
 W Gen 37:25-36
 I Cor 2:1-13
 Mark 1:29-45
 T Gen 39:1-23
 I Cor 2:14-3:15
 Mark 2:1-12
 F Gen 40:1-23
 I Cor 3:16-23
 Mark 2:13-22
 S Gen 41:1-13

I Cor 4:1-7
Mark 2:23-3:6

Week of 2 Lent

S Gen 41:14-45
Rom 6:3-14
John 5:19-24
M Gen 41:46-57
I Cor 4:8-21
Mark 3:7-19a
T Gen 42:1-17
I Cor 5:1-8
Mark 3:19b-35
W Gen 42:18-28
I Cor 5:9-6:8
Mark 4:1-20
T Gen 42:29-38
I Cor 6:12-20
Mark 4:21-34
F Gen 43:1-15
I Cor 7:1-9
Mark 4:35-41
S Gen 43:16-34
I Cor 7:10-24
Mark 5:1-20

Week of 3 Lent

S Gen 44:1-17
Rom 8:1-10
John 5:25-29
M Gen 44:18-34
I Cor 7:25-31
Mark 5:21-43
T Gen 45:1-15
I Cor 7:32-40
Mark 6:1-13
W Gen 45:16-28
I Cor 8:1-13
Mark 6:13-29
T Gen 46:1-7,28-34
I Cor 9:1-15
Mark 6:30-46
F Gen 47:1-26
I Cor 9:16-27
Mark 6:47-56
S Gen 47:27-48:7
I Cor 10:1-13
Mark 7:1-23

Week of 4 Lent

S Gen 48:8-22
Rom 8:11-25
John 6:27-40
M Gen 49:1-28
I Cor 10:14-11:1
Mark 7:24-37
T Gen 49:29-50:14
I Cor 11:17-34
Mark 8:1-10
W Gen 50:15-26
I Cor 12:1-11
Mark 8:11-26
T Exod 1:6-22
I Cor 12:12-26
Mark 8:27-9:1
F Exod 2:1-22
I Cor 12:27-13:3
Mark 9:2-13
S Exod 2:23-3:15
I Cor 13:1-13
Mark 9:14-29

Week of 5 Lent

S Exod 3:16-4:12
Rom 12:1-21
John 8:46-59
M Exod 4:10-31
I Cor 14:1-19
Mark 9:30-41
T Exod 5:1-6:1
I Cor 14:20-40
Mark 9:42-50
W Exod 7:8-24
II Cor 2:14-3:6
Mark 10:1-16
T Exod 7:25-8:19
II Cor 3:7-18
Mark 10:17-31
F Exod 9:13-35
II Cor 4:1-12
Mark 10:32-45
S Exod 10:21-11:8
II Cor. 4:13-18
Mark 10:46-52

Holy Week

Palm Sunday
Zech 9:9-12* or Zech
12:9-13:9**
I Tim 6:12-16*
Luke 19:41-48**

M Lam 1:1-2,6-12
II Cor 1:1-7
Mark 11:12-25
T Lam 1:17-22
II Cor 1:8-22
Mark 11:27-33
W Lam 2:1-9, 14-17
II Cor. 1:23-2:11
Mark 12:1-11

Maundy Thursday

Lam 2:10-18
I Cor 10:14-17,
11:27-32
Mark 14:12-25

Good Friday

Lam 3:1-9,19-33
I Peter 1:10-20
John 13:36-38* or John
19:38-42**

Holy Saturday

Lam 3:37-58
Heb 4:1-16*
Rom 8:1-11**

** Intended for use in the morning*

*** Intended for use in the evening*

Easter Week

Easter Day

Exod 12:1-14* or Isa
51:9-11**
John 1:1-18* or Luke
24:13-35** or John
20:19-23**
M Exod 12:14-27
I Cor 15:1-11
Mark 16:1-8
T Exod 12:28-39
I Cor 15:12-28
Mark 16:9-20
W Exod 12:40-51
I Cor 15:29-41
Matt 28:1-16
T Exod 13:3-10
I Cor 15:41-50
Matt 28:16-20
F Exod 13:1-2,11-16
I Cor 15:51-58
Luke 24:1-12

S Exod 13:17-14:4
II Cor 4:16-5:10
Mark 12:18-27

Week of 2 Easter

S Exod 14:5-22
I John 1:1-7
John 14:1-7
M Exod 14:21-31
I Pet 1:1-12
John 14:(1-7)8-17
T Exod 15:1-21
I Pet 1:13-25
John 14:18-31
W Exod 15:22-16:10
I Pet 2:1-10
John 15:1-11
T Exod 16:10-22
I Pet 2:11-25
John 15:12-27
F Exod 16:23-36
I Pet 3:13-4:6
John 16:1-15
S Exod 17:1-16
I Pet 4:7-19
John 16:16-33

Week of 3 Easter

S Exod 18:1-12
I John 2:7-17
Mark 16:9-20
M Exod 18:13-27
I Pet 5:1-14
Matt (1:1-17),3:1-6
T Exod 19:1-16
Col 1:1-14
Matt 3:7-12
W Exod 19:16-25
Col 1:15-23
Matt 3:13-17
T Exod 20:1-21
Col 1:24-2:7
Matt 4:1-11
F Exod 24:1-18
Col 2:8-23
Matt 4:12-17
S Exod 25:1-22
Col 3:1-17
Matt 4:18-25

Week of 4 Easter

S Exod 28:1-4,30-38
I John 2:18-29
Mark 6:30-44
M Exod 32:1-20
Col 3:18-4:18
Matt 5:1-10
T Exod 32:21-34
I Thess 1:1-10
Matt 5:11-16
W Exod 33:1-23
I Thess 2:1-12
Matt 5:17-20
T Exod 34:1-17
I Thess 2:13-20
Matt 5:21-26
F Exod 34:18-35
I Thess 3:1-13
Matt 5:27-37
S Exod 40:18-38
I Thess 4:1-12
Matt 5:38-48

Week of 5 Easter

S Lev. 8:1-13,30-36
Heb 12:1-14
Luke 4:16-30
M Lev. 16:1-19
I Thess 4:13-18
Matt 6:1-6,16-18
T Lev. 16:20-34
I Thess 5:1-11
Matt 6:7-15
W Lev. 19:1-18
I Thess 5:12-28
Matt 6:19-24
T Lev. 19:26-37
II Thess 1:1-12
Matt 6:25-34
F Lev. 23:1-22
II Thess 2:1-17
Matt 7:1-12
S Lev. 23:23-44
II Thess 3:1-18
Matt 7:13-21

Week of 6 Easter

S Lev. 25:1-17
James 1:2-8,16-18
Luke 12:13-21
M Lev. 25:35-55
Col 1:9-14

Matt 13:1-16
T Lev. 26:1-20
I Tim 2:1-6
Matt 13:18-23
W Lev. 26:27-42
Eph 1:1-10
Matt 22:41-46

Eve of Ascension

II Kings 2:1-15
Rev 5:1-14

Ascension Day

Dan. 7:9-14
Heb 2:5-18
Matt 28:16-20
F I Sam. 2:1-10
Eph 2:1-10
Matt 7:22-27
S Num 11:16-17,24-29
Eph 2:11-22
Matt 7:28-8:4

Week of 7 Easter

S Exod 3:1-12
Heb 12:18-29
Luke 10:17-24
M Joshua 1:1-9
Eph 3:1-13
Matt 8:5-17
T I Sam 16:1-13a
Eph 3:14-21
Matt 8:18-27
W Isa 4:2-6
Eph 4:1-16
Matt 8:28-34
T Zech 4:1-14
Eph 4:17-32
Matt 9:1-8
F Jer. 31:27-34
Eph 5:1-33
Matt 9:9-17
S Ezek 36:22-27
Eph 6:1-24
Matt 9:18-26
Eve of Pentecost
Exod 19:3-8a,16-20
I Pet 2:4-10

Pentecost and following

The Day of Pentecost

Deut 16:9-12
Acts 4:18-21,23-33

John 4:19-26

On the weekdays which follow, the readings are taken from the numbered proper (one through six) which corresponds most closely to the date of Pentecost.

Eve of Trinity Sunday

Sirach. 42:15-25 or Isa 6:1-8
Eph 3:14-21

Trinity Sunday

Job 38:1-11,42:1-5
Rev 19:4-16
John 1:29-34

On the weekdays which follow, the readings are taken from the numbered proper (two through seven) which corresponds most closely to the date of Trinity Sunday.

The Season after Pentecost

Proper 1

Week of the Sunday closest to 11 May

M Ezek 33:1-11
I John 1:1-10
Matt 9:27-34

T Ezek 33:21-33
I John 2:1-11
Matt 9:35-10:4

W Ezek 34:1-16
I John 2:12-17
Matt 10:5-15

T Ezek 37:21b-28
I John 2:18-29
Matt 10:16-23

F Ezek 39:21-29
I John 3:1-10
Matt 10:24-33

S Ezek 47:1-12
I John 3:11-18
Matt 10:34-42

Proper 2

Week of the Sunday closest to 18 May

M Prov 3:11-20
I John 3:18-4:6
Matt 11:1-6

T Prov 4:1-27
I John 4:7-21
Matt 11:7-15

W Prov 6:1-19
I John 5:1-12
Matt 11:16-24

T Prov 7:1-27
I John 5:13-21
Matt 11:25-30

F Prov 8:1-21
II John 1-13
Matt 12:1-14

S Prov 8:22-36
III John 1-15
Matt 12:15-21

Proper 3

Week of the Sunday closest to 25 May

S Prov 9:1-12
Acts 8:14-25
Luke 10:25-28,38-42

M Prov 10:1-12
I Tim 1:1-17
Matt 12:22-32

T Prov 15:16-33
I Tim 1:18-2:15
Matt 12:33-42

W Prov 17:1-20
I Tim 3:1-16
Matt 12:43-50

T Prov 21:30-22:6
I Tim 4:1-16
Matt 13:24-30

F Prov 23:19-21,29-24:2
I Tim 5:1-25
Matt 13:31-35

S Prov 25:15-28
I Tim 6:1-21
Matt 13:36-43

Proper 4

Week of the Sunday closest to 1 June

S Eccles 1:1-11
Acts 8:26-40
Luke 11:1-13

M Eccles 2:1-15

Gal 1:1-17
Matt 13:44-52

T Eccles. 2:16-26
Gal 1:18-2:10
Matt 13:53-58

W Eccles 3:1-15
Gal 2:11-21
Matt 14:1-12

T Eccles 3:16-4:3
Gal 3:1-14
Matt 14:13-21

F Eccles 5:1-7
Gal 3:15-22
Matt 14:22-36

S Eccles 5:8-20
Gal 3:23-4:11
Matt 15:1-20

Proper 5

Week of the Sunday closest to 8 June

S Eccles 6:1-12
Acts 10:9-23
Luke 12:32-40

M Eccles 7:1-14
Gal 4:12-20
Matt 15:21-28

T Eccles 8:14-9:10
Gal 4:21-31
Matt 15:29-39

W Eccles 9:11-18
Gal 5:1-15
Matt 16:1-12

T Eccles 11:1-8
Gal 5:16-24
Matt 16:13-20

F Eccles 11:9-12:14
Gal 5:25-6:10
Matt 16:21-28

S Num 3:1-13
Gal 6:11-18
Matt 17:1-13

Proper 6

Week of the Sunday closest to 15 June

S Num 6:22-27
Acts 13:1-12
Luke 12:41-48

M Num 9:15-23,10:29-36
Rom 1:1-15

T Matt 17:14-21
 Num 11:1-23
 Rom 1:16-27
 Matt 17:22-27

W Num 11:24-35
 Rom 1:28-2:11
 Matt 18:1-9

T Num 12:1-16
 Rom 2:12-24
 Matt 18:10-20

F Num 13:1-3,21-30
 Rom 2:25-3:8
 Matt 18:21-35

S Num 13:31-14:25
 Rom 3:9-20
 Matt 19:1-12

Proper 7

Week of the Sunday closest to 22 June

S Num 14:26-45
 Acts 15:1-12
 Luke 12:49-56

M Num 16:1-19
 Rom 3:21-31
 Matt 19:13-22

T Num 16:20-35
 Rom 4:1-12
 Matt 19:23-30

W Num 16:36-50
 Rom 4:13-25
 Matt 20:1-16

T Num 17:1-11
 Rom 5:1-11
 Matt 20:17-28

F Num 20:1-13
 Rom 5:12-21
 Matt 20:29-34

S Num 20:14-29
 Rom 6:1-11
 Matt 21:1-11

Proper 8

Week of Sunday closest to 29 June

S Num 21:4-9,21-35
 Acts 17:12-34
 Luke 13:10-17

M Num 22:1-21
 Rom 6:12-23
 Matt 21:12-22

T Num 22:21-38
 Rom 7:1-12
 Matt 21:23-32

W Num 22:41-23:12
 Rom 7:13-25
 Matt 21:33-46

T Num 23:11-26
 Rom 8:1-11
 Matt 22:1-14

F Num 24:1-13
 Rom 8:12-17
 Matt 22:15-22

S Num 24:12-25
 Rom 8:18-25
 Matt 22:23-40

Proper 9

Week of the Sunday closest to 6 July

S Num 27:12-23
 Acts 19:11-20
 Mark 1:14-20

M Num 32:1-6,16-27
 Rom 8:26-30
 Matt 23:1-12

T Num 35:1-34
 Rom 8:31-39
 Matt 23:13-26

W Deut 1:1-18
 Rom 9:1-18
 Matt 23:27-39

T Deut 3:18-28
 Rom 9:19-33
 Matt 24:1-14

F Deut 31:7-13,24-32:4
 Rom 10:1-13
 Matt 24:15-31

S Deut 34:1-12
 Rom 10:14-21
 Matt 24:32-51

Proper 10

Week of the Sunday closest to 13 July

S Joshua 1:1-18
 Acts 21:3-15
 Mark 1:21-27

M Joshua 2:1-14
 Rom 11:1-12
 Matt 25:1-13

T Joshua 2:15-24

W Rom 11:13-24
 Matt 25:14-30
 Joshua 3:1-13
 Rom 11:25-36
 Matt 25:31-46

T Joshua 3:14-4:7
 Rom 12:1-8
 Matt 26:1-16

F Joshua 4:19-5:1,10-15
 Rom 12:9-21
 Matt 26:17-25

S Joshua 6:1-14
 Rom 13:1-7
 Matt 26:26-35

Proper 11

Week of the Sunday closest to 20 July

S Joshua 6:15-27
 Acts 22:30-23:11
 Mark 2:1-12

M Joshua 7:1-13
 Rom 13:8-14
 Matt 26:36-46

T Joshua 8:1-22
 Rom 14:1-12
 Matt 26:47-56

W Joshua 8:30-35
 Rom 14:13-23
 Matt 26:57-68

T Joshua 9:3-21
 Rom 15:1-13
 Matt 26:69-75

F Joshua 9:22-10:15
 Rom 15:14-24
 Matt 27:1-10

S Joshua 23:1-16
 Rom 15:25-33
 Matt 27:11-23

Proper 12

Week of the Sunday closest to 27 July

S Joshua 24:1-15
 Acts 28:23-31
 Mark 2:23-28

M Joshua 24:16-33
 Rom 16:1-16
 Matt 27:24-31

T Judges 2:1-5,11-23
 Rom 16:17-27

W Matt 27:32-44
Judges 3:12-30
Acts 1:1-14
Matt 27:45-54
T Judges 4:4-23
Acts 1:15-26
Matt 27:55-66
F Judges 5:1-18
Acts 2:1-21
Matt 28:1-10
S Judges 5:19-31
Acts 2:22-36
Matt 28:11-20

Proper 13

Week of the Sunday closest to 3 August

S Judges 6:1-24
II Cor 9:6-15
Mark 3:20-30
M Judges 6:25-40
Acts 2:37-47
John 1:1-18
T Judges 7:1-18
Acts 3:1-11
John 1:19-28
W Judges 7:19-8:12
Acts 3:12-26
John 1:29-42
T Judges 8:22-35
Acts 4:1-12
John 1:43-51
F Judges 9:1-16,19-21
Acts 4:13-31
John 2:2-12
S Judges 9:22-25,50-57
Acts 4:32-5:11
John 2:13-25

Proper 14

Week of the Sunday closest to 10 August

S Judges 11:1-11,29-40
II Cor 11:21b-31
Mark 4:35-41
M Judges 12:1-7
Acts 5:12-26
John 3:1-21
T Judges 13:1-15
Acts 5:27-42
John 3:22-36

W Judges 13:15-24
Acts 6:1-15
John 4:1-26
T Judges 14:1-19
Acts 6:15-7:16
John 4:27-42
F Judges 14:20-15:20
Acts 7:17-29
John 4:43-54
S Judges 16:1-14
Acts 7:30-43
John 5:1-18

Proper 15

Week of the Sunday closest to 17 August

S Judges 16:15-31
II Cor 13:1-11
Mark 5:25-34
M Judges 17:1-13
Acts 7:44-8:1a
John 5:19-29
T Judges 18:1-15
Acts 8:1-13
John 5:30-47
W Judges 18:16-31
Acts 8:14-25
John 6:1-15
T Job 1:1-22
Acts 8:26-40
John 6:16-27
F Job 2:1-13
Acts 9:1-9
John 6:27-40
S Job 3:1-26
Acts 9:10-19a
John 6:41-51

Proper 16

Week of the Sunday closest to 24 August

S Job 4:1-6,12-21
Rev 4:1-11
Mark 6:1-6a
M Job 4:1, 5:1-27
Acts 9:19b-31
John 6:52-59
T Job 6:1-4,8-15,21
Acts 9:32-43
John 6:60-71
W Job 6:1,7:1-21

Acts 10:1-16
John 7:1-13
T Job 6:1,7:1-21
Acts 10:17-33
John 7:14-36
F Job 9:1-15,32-35
Acts 10:34-48
John 7:37-52
S Job 9:1,10:1-9,16-22
Acts 11:1-18
John 8:12-20

Proper 17

Week of the Sunday closest to 31 August

S Job 11:1-9,13-20
Rev 5:1-14
Matt 5:1-12
M Job 12:1-6,13-25
Acts 11:19-30
John 8:21-32
T Job 12:1,13:3-17,21-27
Acts 12:1-17
John 8:33-47
W Job 12:1,14:1-22
Acts 12:18-25
John 8:47-59
T Job 16:16-22,
17:1,13-16
Acts 13:1-12
John 9:1-17
F Job 19:1-7,14-27
Acts 13:13-25
John 9:18-41
S Job 22:1-4,21-23:7
Acts 13:26-43
John 10:1-18

Proper 18

Week of the Sunday closest to 7 September

S Job 25:1-6,27:1-6
Rev 14:1-7,13
Matt 5:13-20
M Job 32:1-10,
19-33:1,19-28
Acts 13:44-52
John 10:19-30
T Job 29:1-20
Acts 14:1-18
John 10:31-42

W Job 29:1,30:1-2,16-31
Acts 14:19-28
John 11:1-16

T Job 29:1,31:1-23
Acts 15:1-11
John 11:17-29

F Job 29:1,31:24-40
Acts 15:12-21
John 11:30-44

S Job 38:1-17
Acts 15:22-35
John 11:45-54

Proper 19

Week of the Sunday closest to 14 September

S Job 38:1,18-41
Rev 18:1-8
Matt 5:21-26

M Job 40:1-24
Acts 15:36-16:5
John 11:55-12:8

T Job 40:1,41:1-11
Acts 16:6-15
John 12:9-19

W Job 42:1-17
Acts 16:16-24
John 12:20-26

T Job 28:1-28
Acts 16:25-40
John 12:27-36a

F Esther 1:1-4,10-19 or
Judith 4:1-15
Acts 17:1-15
John 12:36b-43

S Esther 2:5-8,15-23 or
Judith 5:1-21
Acts 17:16-34
John 12:44-50

Proper 20

Week of the Sunday closest to 21 September

S Esther 3:1-4:3 or Judith
5:22-6:4, 10-21
James 1:19-27
Matt 6:1-6,16-18

M Esther 4:4-17 or Judith
7:1-7, 19-32
Acts 18:1-11
Luke (1:1-4),3:1-14

T Esther 5:1-14 or Judith
8:9-17, 9:1,7-10
Acts 18:12-28
Luke 3:15-22

W Esther 6:1-14 or Judith
10:1-23
Acts 19:1-10
Luke 4:1-13

T Esther 7:1-10 or Judith
12:1-20
Acts 19:11-20
Luke 4:14-30

F Esther 8:1-8,15-17 or
Judith 13:1-30
Acts 19:21-41
Luke 4:31-37

S Hosea 1:1-2:1
Acts 20:1-16
Luke 4:38-44

Proper 21

Week of the Sunday closest to 28 September

S Hosea 2:2-14
James 3:1-13
Matt 13:44-52

M Hosea 2:14-23
Acts 20:17-38
Luke 5:1-11

T Hosea 4:1-10
Acts 21:1-14
Luke 5:12-26

W Hosea 4:11-19
Acts 21:15-26
Luke 5:27-39

T Hosea 5:8-6:6
Acts 21:27-36
Luke 6:1-11

F Hosea 10:1-15
Acts 21:37-22:16
Luke 6:12-26

S Hosea 11:1-9
Acts 22:17-29
Luke 6:27-38

Proper 22

Week of the Sunday closest to 5 October

S Hosea 13:4-14
I Cor 2:6-16
Matt 14:1-12

M Hosea 14:1-9
Acts 22:30-23:11
Luke 6:39-49

T Micah 1:1-9
Acts 23:12-24
Luke 7:1-17

W Micah 2:1-13
Acts 23:23-35
Luke 7:18-35

T Micah 3:1-8
Acts 24:1-23
Luke 7:36-50

F Micah 3:9-4:5
Acts 24:24-25:12
Luke 8:1-15

S Micah 5:1-4,10-15
Acts 25:13-27
Luke 8:16-25

Proper 23

Week of the Sunday closest to 12 October

S Micah 6:1-8
I Cor 4:9-16
Matt 15:21-28

M Micah 7:1-7
Acts 26:1-23
Luke 8:26-39

T Jonah 1:1-17a
Acts 26:24-27:8
Luke 8:40-56

W Jonah 1:17-2:10
Acts 27:9-26
Luke 9:1-17

T Jonah 3:1-4:11
Acts 27:27-44
Luke 9:18-27

F Sirach. 1:1-10,18-27
Acts 28:1-16
Luke 9:28-36

S Sirach. 3:17-31
Acts 28:17-31
Luke 9:37-50

Proper 24

Week of the Sunday closest to 19 October

S Sirach. 4:1-10 or Micah
1:1-9
I Cor 10:1-13
Matt 16:13-20

M Sirach. 4:20-5:7 or
Micah 2:1-13
Rev 7:1-8
Luke 9:51-62

T Sirach. 6:5-17 or Micah
3:1-8
Rev 7:9-17
Luke 10:1-16

W Sirach. 7:4-14 or Micah
3:9-4:5
Rev 8:1-13
Luke 10:17-24

T Sirach. 10:1-18 or
Micah 5:1-15
Rev 9:1-12
Luke 10:25-37

F Sirach. 11:2-20 or
Micah 6:1-8
Rev 9:13-21
Luke 10:38-42

S Sirach. 15:9-20 or
Micah 7:1-7
Rev 10:1-11
Luke 11:1-13

Proper 25

*Week of the Sunday closest to 26
October*

S Sirach. 18:19-33 or
Jonah 1:1-17a
I Cor 10:15-24
Matt 18:15-20

M Sirach. 19:4-17 or
Jonah 1:17-2:10
Rev 11:1-14
Luke 11:14-26

T Sirach. 24:1-12 or
Jonah 3:1-4:11
Rev 11:14-19
Luke 11:27-36

W Sirach. 28:14-26 or
Nahum 1:1-14
Rev 12:1-6
Luke 11:37-52

T Sirach. 31:12-18,
25-32:2 or Nahum
1:15-2:12
Rev 12:7-17
Luke 11:53-12:12

F Sirach. 34:1-8,18-22 or
Nahum 2:13-3:7
Rev 13:1-10

S Sirach. 35:1-17 or
Nahum 3:8-19
Rev 13:11-18
Luke 12:13-31

Proper 26

*Week of the Sunday closest to 2
November*

S Sirach. 36:1-17 or Zeph
1:1-6
I Cor 12:27-13:13
Matt 18:21-35

M Sirach. 38:24-34 or
Zeph 1:7-13
Rev 14:1-13
Luke 12:49-59

T Sirach. 43:1-22 or Zeph
1:14-18
Rev 14:14-15:8
Luke 13:1-9

W Sirach. 43:23-33 or
Zeph 2:1-15
Rev 16:1-11
Luke 13:10-17

T Sirach. 44:1-15 or Zeph
3:1-7
Rev 16:12-21
Luke 14:18-30

F Sirach. 50:1,11-24 or
Zeph 3:8-13
Rev 17:1-18
Luke 13:31-35

S Sirach. 51:1-12 or Zeph
3:14-20
Rev 18:1-14
Luke 14:1-11

Proper 27

*Week of the Sunday closest to 9
November*

S Sirach. 51:13-22 or
Joel 1:1-13
I Cor 14:1-12
Matt 20:1-16

M Joel 1:1-13 or Joel
1:15-2:2
Rev 18:15-24
Luke 14:12-24

T Joel 1:15-2:11 or Joel
2:3-11

W Rev 19:1-10
Luke 14:25-35
Joel 2:12-19
Rev 19:11-21
Luke 15:1-10

T Joel 2:21-27
James 1:1-15
Luke 15:1-2,11-32

F Joel 2:28-3:8
James 1:16-27
Luke 16:1-9

S Joel 3:9-17
James 2:1-13
Luke 16:10-18

Proper 28

*Week of the Sunday closest to 16
November*

S Hab. 1:1-2:1
Phil 3:13-4:1
Matt 23:13-24

M Hab. 2:1-4,9-20
James 2:14-26
Luke 16:19-31

T Hab. 3:1-18
James 3:1-12
Luke 17:1-10

W Mal. 1:1,6-14
James 3:13-4:12
Luke 17:11-19

T Mal. 2:1-16
James 4:13-5:6
Luke 17:20-37

F Mal. 3:1-12
James 5:7-12
Luke 18:1-8

S Mal. 3:13-4:6
James 5:13-20
Luke 18:9-14

Proper 29

*Week of the Sunday closest to 23
November*

S Zech 9:9-16
I Pet 3:13-22
Matt 21:1-13

M Zech 10:1-12
Gal 6:1-10
Luke 18:15-30

T Zech 11:4-17
I Cor 3:10-23

W Luke 18:31-43
Zech 12:1-10
Eph 1:3-14
Luke 19:1-10
T Zech 13:1-9
Eph 1:15-23
Luke 19:11-27
F Zech 14:1-11
Rom 15:7-13
Luke 19:28-40
S Zech 14:12-21
Phil 2:1-11
Luke 19:41-48

HOLY DAYS

St. Andrew *30 November*

Isa 49:1-6
I Cor 4:1-16
Isa 55:1-5
John 1:35-42

St. Thomas *21 December*

Job 42:1-6
I Pet 1:3-9
Isa 43: 8-13
John 14:1-7

St. Stephen *26 December*

II Chron 24:17-22
Acts 6:1-7
Wisdom 4:7-15
Acts 7:59-8:8

St. John *27 December*

Prov 8:22-30
John 13:20-35
Isa 44:1-8
I John 5:1-12

Holy Innocents *28 December*

Isa 49:13-23
Matt 18:1-14 Isaiah
54:1-13
Mark 10:13-16

Confession of St. Peter *18 January*

Ezek 3:4-11
Acts 10:34-44
Ezek 34:11-16
John 21:15-22

Conversion of St. Paul *25 January*

Isa 45:18-25
Phil 3:4b-11
Sirach 39:1-10
Acts 9:1-22

Eve of the Presentation I Sam 1:20-28a Rom 8:14-21

The Presentation *2 February*

I Sam 2:1-10
John 8:31-36
Haggai 2:1-9
I John 3:1-8

St. Matthias *24 February*

I Sam 16:1-13
I John 2:18-25
I Sam 12:1-5
Acts 20:17-35

St. Joseph *19 March*

Isa 63:7-16
Matt 1:18-25
II Chron 6:12-17
Eph 3:14-21

Eve of the Annunciation

Gen 3:1-15
Rom 5:12-21 or Gal
4:1-7

The Annunciation *25 March*

Isa 52:7-12
Heb 2:5-10
Wisdom 9:1-12
John 1:9-14

St. Mark *25 April*

Sirach 2:1-11
Acts 12:25-13:3
Isa 62:6-12
II Tim 4:1-11

SS. Philip & James *1 May*

Job 23:1-12
John 1:43-51
Prov 4:7-18
John 12:20-26

Eve of the Visitation Isa 11:1-10 Heb 2:11-18

The Visitation *31 May*

I Sam 1:1-20
Heb 3:1-6
Zech 2:10-13
John 3:25-30

St. Barnabas *11 June*

Sirach 31:3-11
Acts 4:32-37
Job 29:1-16
Acts 9:26-31

Eve of St. John the Baptist Sirach 48:1-11 Luke 1:5-23

Nativity of St. John the Baptist *24 June*

Mal 3:1-5
John 3:22-30
Mal 4:1-6
Matt 11:2-19

SS. Peter & Paul *29 June*

Ezek 2:1-7
Acts 11:1-18
Isa 49:1-6
Gal 2:1-9

St. Mary Magdalene *22 July*

Zeph 3:14-20
Mark 15:14-20
Exod 15:19-21

II Cor 1:3-7

St. James

25 July

Jer 16:14-21
Mark 1:14-20
Jer 26:1-15
Matt 10:16-32

Eve of the Transfiguration

I Kings 19:1-12
II Cor 3:1-9,18

The Transfiguration

6 August

Exod 24:12-18
II Cor 4:1-6 72
Dan 7:9-10,13-14
John 12:27-36a

St. Mary the Virgin

15 August

I Sam 2:1-10
John 2:1-12
Jer 31:1-14 or Zech
2:10-13
John 19:23-27 or Acts
1:6-14

St. Bartholomew

24 August

Gen 28:10-17
John 1:43-51
Isa 66:1-2,18-23
I Pet 5:1-11

Eve of Holy Cross

I Kings 8:22-30
Eph 2:11-22

Holy Cross Day

14 September

Num 21:4-9
John 3:11-17
Gen 3:1-15
I Pet 3:17-22

St. Matthew

21 September

Isa 8:11-20
Rom 10:1-15 19, 112
Job 28:12-28
Matt 13:44-52

St. Michael & All Angels

29 September

Job 38:1-7
Hebrews 1:1-14
Dan 12:1-3 or II Kings
6:8-17
Mark 13:21-27 or Rev
5:1-14

St. Luke

18 October

Ezek 47:1-12
Luke 1:1-4
Isa 52:7-10
Acts 1:1-8

St. James of Jerusalem

23 October

Jer 11:18-23
Matt 10:16-22
Isa 65:17-25
Heb 12:12-24

SS. Simon & Jude

28 October

Isa 28:9-16
Eph 4:1-16
Isa 4:2-6
John 14:15-31

Eve of All Saints

Wisdom 3:1-9
Rev 19:1,4-10

All Saints' Day

1 November

II Esdras 2:42-47
Heb 11:32-12:2
Wisdom 5:1-5,14-16
Rev 21:1-4,22--22:5

Thanksgiving Day

Deut 26:1-11
John 6:26-35
Joel 2:21-27
I Thess 5:12-24

THE PSALTER

The following Psalms are divided into sections, to be read in course at morning and evening prayer over a 30-day period, as prescribed in the Book of Common Prayer. This plan may be followed instead of the table above. The numbering is according to the Hebrew. Parenthetical numbering follows the LXX and Vulgate.

DAY 1 – MORNING

Psalm 1

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night.

He is like a tree planted by streams of water, that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

The wicked are not so, but are like chaff which the wind drives away.

Therefore the wicked will not stand in the judgement, nor sinners in the congregation of the righteous;

for the LORD knows the way of the righteous, but the way of the wicked will perish.

Psalm 2

Why do the nations conspire, and the peoples plot in vain?

The kings of the earth set themselves, and the rulers take counsel together, against the LORD and his anointed, saying,

“Let us burst their bonds asunder, and cast their cords from us.”

He who sits in the heavens laughs; the LORD has them in derision.

Then he will speak to them in his wrath, and terrify them in his fury, saying,

“I have set my king on Zion, my holy hill.”

I will tell of the decree of the LORD: He said to

me, “You are my son, today I have begotten you.

Ask of me, and I will make the nations your heritage, and the ends of the earth your possession.

You shall break them with a rod of iron, and dash them in pieces like a potter’s vessel.”

Now therefore, O kings, be wise; be warned, O rulers of the earth.

Serve the LORD with fear, with trembling kiss his feet, lest he be angry, and you perish in the way; for his wrath is quickly kindled.

Blessed are all who take refuge in him.

Psalm 3

O LORD, how many are my foes! Many are rising against me;

many are saying of me, there is no help for him in God.

But you, O LORD, are a shield about me, my glory, and the lifter of my head.

I cry aloud to the LORD, and he answers me from his holy hill.

I lie down and sleep; I wake again, for the LORD sustains me.

I am not afraid of ten thousands of people who have set themselves against me round about.

Arise, O LORD! Deliver me, O my God! For you smite all my enemies on the cheek, you break the teeth of the wicked.

Deliverance belongs to the LORD; your blessing be upon your people!

Psalm 4

Answer me when I call, O God of my right!
You have given me room when I was in
distress. Be gracious to me, and hear my
prayer.

O people, how long shall my honour suffer
shame? How long will you love vain words,
and seek after lies?

But know that the LORD has set apart the godly
for himself; the LORD hears when I call to him.
Be angry, but sin not; commune with your
own hearts on your beds, and be silent.

Offer right sacrifices, and put your trust in the
LORD.

There are many who say, "O that we might see
some good! Lift up the light of your
countenance upon us, O LORD!"

You have put more joy in my heart than they
have when their grain and wine abound.

In peace I will both lie down and sleep; for
you alone, O LORD, make me dwell in safety.

Psalm 5

Give ear to my words, O LORD; give heed to
my groaning.

Hearken to the sound of my cry, my King and
my God, for to you do I pray.

O LORD, in the morning you hear my voice; in
the morning I prepare a sacrifice for you, and
watch.

For you are not a God who delights in
wickedness; evil may not sojourn with you.

The boastful may not stand before your eyes;
you hate all evildoers.

You destroy those who speak lies; the LORD
abhors bloodthirsty and deceitful people.

But I through the abundance of your steadfast
love will enter your house, I will worship
towards your holy temple in the fear of you.

Lead me, O LORD, in your righteousness
because of my enemies; make your way

straight before me.

For there is no truth in their mouth; their heart
is destruction, their throat is an open
sepulchre, they flatter with their tongue.

Make them bear their guilt, O God; let them
fall by their own counsels; because of their
many transgressions cast them out, for they
have rebelled against you.

But let all who take refuge in you rejoice, let
them ever sing for joy; and defend them, that
those who love your name may exult in you.

For you bless the righteous, O LORD; you
cover him with favour as with a shield.

DAY 1 – EVENING

Psalm 6

O LORD, rebuke me not in your anger, nor
chasten me in your wrath.

Be gracious to me, O LORD, for I am
languishing; O LORD, heal me, for my bones
are troubled.

My soul also is sorely troubled. But you, O
LORD – how long?

Turn, O LORD, save my life; deliver me for the
sake of your steadfast love.

For in death there is no remembrance of you;
in Sheol who can give you praise?

I am weary with my moaning; every night I
flood my bed with tears; I drench my couch
with my weeping.

My eye wastes away because of grief, it grows
weak because of all my foes.

Depart from me, all you workers of evil; for
the LORD has heard the sound of my weeping.

The LORD has heard my supplication; the LORD
accepts my prayer.

All my enemies shall be ashamed and sorely
troubled; they shall turn back, and be put to
shame in a moment.

Psalm 7

O LORD my God, in you I take refuge; save me from all my pursuers, and deliver me, lest like a lion they rend me, dragging me away, with none to rescue.

O LORD my God, if I have done this, if there is wrong in my hands, if I have requited my friend with evil or plundered my enemy without cause, let the enemy pursue me and overtake me, and let him trample my life to the ground, and lay my soul in the dust.

Arise, O LORD, in your anger, lift yourself up against the fury of my enemies; awake, O my God; you have appointed a judgement.

Let the assembly of the peoples be gathered about you; and over it take your seat on high.

The LORD judges the peoples; judge me, O LORD, according to my righteousness and according to the integrity that is in me.

O let the evil of the wicked come to an end, but establish the righteous, you who try the minds and hearts, righteous God.

My shield is with God, who saves the upright in heart.

God is a righteous judge, and a God who has indignation every day.

If a man does not repent, God will whet his sword; he has bent and strung his bow;

he has prepared his deadly weapons, making his arrows fiery shafts.

Behold, the wicked man conceives evil, and is pregnant with mischief, and brings forth lies. He makes a pit, digging it out, and falls into the hole which he has made.

His mischief returns upon his own head, and on his own pate his violence descends.

I will give to the LORD the thanks due to his righteousness, and I will sing praise to the name of the LORD, the Most High.

Psalm 8

O LORD, our Lord, how majestic is your name in all the earth! You whose glory above the heavens is chanted

by the mouth of babes and infants, you have founded a bulwark because of your foes, to still the enemy and the avenger.

When I look at your heavens, the work of your fingers, the moon and the stars which you have established;

what is man that you are mindful of him, and the son of man that you care for him?

Yet you have made him little less than God, and crown him with glory and honour.

You have given him dominion over the works of your hands; you have put all things under his feet,

all sheep and oxen, and also the beasts of the field,

the birds of the air, and the fish of the sea, whatever passes along the paths of the sea.

O LORD, our Lord, how majestic is your name in all the earth!

DAY 2 – MORNING

Psalm 9

I will give thanks to the LORD with my whole heart; I will tell of all your wonderful deeds.

I will be glad and exult in you, I will sing praise to your name, O Most High.

When my enemies turned back, they stumbled and perished before you.

For you have maintained my just cause; you have sat on the throne giving righteous judgement.

You have rebuked the nations, you have destroyed the wicked; you have blotted out their name for ever and ever.

The enemy have vanished in everlasting ruins; their cities you have rooted out; the very

memory of them has perished.
 But the LORD sits enthroned for ever, he has established his throne for judgement; and he judges the world with righteousness, he judges the peoples with equity.
 The LORD is a stronghold for the oppressed, a stronghold in times of trouble.
 And those who know your name put their trust in you, for you, O LORD, have not forsaken those who seek you.
 Sing praises to the LORD, who dwells in Zion! Tell among the peoples his deeds!
 For he who avenges blood is mindful of them; he does not forget the cry of the afflicted.
 Be gracious to me, O LORD! Behold what I suffer from those who hate me, O you who lift me up from the gates of death, that I may recount all your praises, that in the gates of the daughter of Zion I may rejoice in your deliverance.
 The nations have sunk in the pit which they made; in the net which they hid has their own foot been caught.
 The LORD has made himself known, he has executed judgement; the wicked are snared in the work of their own hands.
 The wicked shall depart to Sheol, all the nations that forget God.
 For the needy shall not always be forgotten, and the hope of the poor shall not perish for ever.
 Arise, O LORD! Let not man prevail; let the nations be judged before you!
 Put them in fear, O LORD! Let the nations know that they are but people!

Psalm 10 (9b)

Why do you stand afar off, O LORD? Why do you hide yourself in times of trouble?
 In arrogance the wicked hotly pursue the poor; let them be caught in the schemes which they have devised.

For the wicked boasts of the desires of his heart, and the man greedy for gain curses and renounces the LORD.
 In the pride of his countenance the wicked does not seek him; all his thoughts are, "There is no God."
 His ways prosper at all times; your judgements are on high, out of his sight; as for all his foes, he puffs at them.
 He thinks in his heart, "I shall not be moved; throughout all generations I shall not meet adversity."
 His mouth is filled with cursing and deceit and oppression; under his tongue are mischief and iniquity.
 He sits in ambush in the villages; in hiding places he murders the innocent. His eyes stealthily watch for the hapless, he lurks in secret like a lion in his covert; he lurks that he may seize the poor, he seizes the poor when he draws him into his net.
 The hapless is crushed, sinks down, and falls by his might.
 He thinks in his heart, "God has forgotten, he has hidden his face, he will never see it."
 Arise, O LORD; O God, lift up your hand; forget not the afflicted.
 Why does the wicked renounce God, and say in his heart, "You will not call to account"?
 You see; yes, you note trouble and vexation, that you may take it into your hands; the hapless commits himself to you; you have been the helper of the fatherless.
 Break the arm of the wicked and evildoer; seek out his wickedness till you find none.
 The LORD is king for ever and ever; the nations shall perish from his land.
 O LORD, you will hear the desire of the meek; you will strengthen their heart, you will incline your ear
 to do justice to the fatherless and the oppressed, so that man who is of the earth may strike terror no more.

Psalm 11 (10)

In the LORD I take refuge; how can you say to me, “Flee like a bird to the mountains; for lo, the wicked bend the bow, they have fitted their arrow to the string, to shoot in the dark at the upright in heart; if the foundations are destroyed, what can the righteous do”?

The LORD is in his holy temple, the LORD’s throne is in heaven; his eyes behold, his eyelids test, the sons of men.

The LORD tests the righteous and the wicked, and his soul hates him that loves violence.

On the wicked he will rain coals of fire and brimstone; a scorching wind shall be the portion of their cup.

For the LORD is righteous, he loves righteous deeds; the upright shall behold his face.

DAY 2 – EVENING

Psalm 12 (11)

Help, LORD; for there is no longer any that is godly; for the faithful have vanished from among the sons of men.

Every one utters lies to his neighbour; with flattering lips and a double heart they speak.

May the LORD cut off all flattering lips, the tongue that makes great boasts,

those who say, “With our tongue we will prevail, our lips are with us; who is our master?”

“Because the poor are despoiled, because the needy groan, I will now arise,” says the LORD; “I will place him in the safety for which he longs.”

The promises of the LORD are promises that are pure, silver refined in a furnace on the ground, purified seven times.

O LORD, protect us, guard us ever from this

generation.

On every side the wicked prowl, as vileness is exalted among the sons of men.

Psalm 13 (12)

How long, O LORD? Will you forget me forever? How long will you hide your face from me?

How long must I bear pain in my soul, and have sorrow in my heart all the day? How long shall my enemy be exalted over me?

Consider and answer me, O LORD my God; lighten my eyes, lest I sleep the sleep of death; lest my enemy say, “I have prevailed over him”; lest my foes rejoice because I am shaken.

But I have trusted in your steadfast love; my heart shall rejoice in your salvation.

I will sing to the LORD, because he has dealt bountifully with me.

Psalm 14 (13)

The fool says in his heart, “There is no God.” They are corrupt, they do abominable deeds, there is none that does good.

The LORD looks down from heaven upon the sons of men, to see if there are any that act wisely, that seek after God.

They have all gone astray, they are all alike corrupt; there is none that does good, no, not one.

Have they no knowledge, all the evildoers who eat up my people as they eat bread, and do not call upon the LORD?

There they shall be in great terror, for God is with the generation of the righteous.

You would confound the plans of the poor, but the LORD is his refuge.

O that deliverance for Israel would come out of Zion! When the LORD restores the fortunes of his people, Jacob shall rejoice, Israel shall

be glad.

DAY 3 – MORNING

Psalm 15 (14)

O LORD, who shall sojourn in your tent? Who shall dwell on your holy hill?
He who walks blamelessly, and does what is right, and speaks truth from his heart; who does not slander with his tongue, and does no evil to his friend, nor takes up a reproach against his neighbour; in whose eyes a reprobate is despised, but who honours those who fear the LORD; who swears to his own hurt and does not change; who does not put out his money at interest, and does not take a bribe against the innocent. He who does these things shall never be moved.

Psalm 16 (15)

Preserve me, O God, for in you I take refuge. I say to the LORD, “You are my Lord; I have no good apart from you.”
As for the saints in the land, they are the noble, in whom is all my delight. Those who choose another god multiply their sorrows; their libations of blood I will not pour out or take their names upon my lips. The LORD is my chosen portion and my cup; you hold my lot. The lines have fallen for me in pleasant places; yes, I have a goodly heritage. I bless the LORD who gives me counsel; in the night also my heart instructs me. I keep the LORD always before me; because he is at my right hand, I shall not be moved. Therefore my heart is glad, and my soul rejoices; my body also dwells secure. For you do not give me up to Sheol, or let your godly one see the Pit.

You show me the path of life; in your presence there is fulness of joy, in your right hand are pleasures for evermore.

Psalm 17 (16)

Hear a just cause, O LORD; attend to my cry! Give ear to my prayer from lips free of deceit! From you let my vindication come! Let your eyes see the right!
If you try my heart, if you visit me by night, if you test me, you will find no wickedness in me; my mouth does not transgress. With regard to the works of people, by the word of your lips I have avoided the ways of the violent. My steps have held fast to your paths, my feet have not slipped. I call upon you, for you will answer me, O God; incline your ear to me, hear my words. Wondrously show your steadfast love, O saviour of those who seek refuge from their adversaries at your right hand. Keep me as the apple of the eye; hide me in the shadow of your wings, from the wicked who despoil me, my deadly enemies who surround me. They close their hearts to pity; with their mouths they speak arrogantly. They track me down; now they surround me; they set their eyes to cast me to the ground. They are like a lion eager to tear, as a young lion lurking in ambush. Arise, O LORD! confront them, overthrow them! Deliver my life from the wicked by your sword, from men by your hand, O LORD, from men whose portion in life is of the world. May their belly be filled with what you have stored up for them; may their children have more than enough; may they leave something over to their babes. As for me, I shall behold your face in

righteousness; when I awake, I shall be satisfied with beholding your form.

DAY 3 – EVENING

Psalm 18 (17)

I love you, O LORD, my strength.
The LORD is my rock, and my fortress, and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.
I call upon the LORD, who is worthy to be praised, and I am saved from my enemies.
The cords of death encompassed me, the torrents of perdition assailed me; the cords of Sheol entangled me, the snares of death confronted me.
In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears. Then the earth reeled and rocked; the foundations also of the mountains trembled and quaked, because he was angry.
Smoke went up from his nostrils, and devouring fire from his mouth; glowing coals flamed forth from him.
He bowed the heavens, and came down; thick darkness was under his feet.
He rode on a cherub, and flew; he came swiftly upon the wings of the wind.
He made darkness his covering around him, his canopy thick clouds dark with water.
Out of the brightness before him there broke through his clouds hailstones and coals of fire.
The LORD also thundered in the heavens, and the Most High uttered his voice, hailstones and coals of fire.
And he sent out his arrows, and scattered them; he flashed forth lightnings, and routed them.
Then the channels of the sea were seen, and

the foundations of the world were laid bare, at your rebuke, O LORD, at the blast of the breath of your nostrils.

He reached from on high, he took me, he drew me out of many waters.

He delivered me from my strong enemy, and from those who hated me; for they were too mighty for me.

They came upon me in the day of my calamity; but the LORD was my stay.

He brought me forth into a broad place; he delivered me, because he delighted in me.

The LORD rewarded me according to my righteousness; according to the cleanness of my hands he recompensed me.

For I have kept the ways of the LORD, and have not wickedly departed from my God.

For all his ordinances were before me, and his statutes I did not put away from me.

I was blameless before him, and I kept myself from guilt.

Therefore the LORD has recompensed me according to my righteousness, according to the cleanness of my hands in his sight.

With the loyal you show yourself loyal; with the blameless man you show yourself blameless;

with the pure you show yourself pure; and with the crooked you show yourself perverse.

For you deliver a humble people; but the haughty eyes you bring down.

Yes, you light my lamp; the LORD my God lightens my darkness.

Yes, by you I can crush a troop; and by my God I can leap over a wall.

This God – his way is perfect; the promise of the LORD proves true; he is a shield for all those who take refuge in him.

For who is God, but the LORD? And who is a rock, except our God? –

the God who girded me with strength, and made my way safe.

He made my feet like hinds' feet, and set me

secure on the heights.

He trains my hands for war, so that my arms
can bend a bow of bronze.

You have given me the shield of your
salvation, and your right hand supported me,
and your help made me great.

You gave a wide place for my steps under me,
and my feet did not slip.

I pursued my enemies and overtook them; and
did not turn back till they were consumed.

I thrust them through, so that they were not
able to rise; they fell under my feet.

For you girded me with strength for the battle;
you made my assailants sink under me.

You made my enemies turn their backs to me,
and those who hated me I destroyed.

They cried for help, but there was none to
save, they cried to the LORD, but he did not
answer them.

I beat them fine as dust before the wind; I cast
them out like the mire of the streets.

You delivered me from strife with the
peoples; you made me the head of the nations;
people whom I had not known served me.

As soon as they heard of me they obeyed me;
foreigners came cringing to me.

Foreigners lost heart, and came trembling out
of their fastnesses.

The LORD lives; and blessed be my rock, and
exalted be the God of my salvation,
the God who gave me vengeance and subdued
peoples under me;

who delivered me from my enemies; yes, you
exalted me above my adversaries; you
delivered me from people of violence.

For this I will extol you, O LORD, among the
nations, and sing praises to your name.

Great triumphs he gives to his king, and
shows steadfast love to his anointed, to David
and his descendants for ever.

DAY 4 – MORNING

Psalm 19 (18)

The heavens are telling the glory of God; and
the firmament proclaims his handiwork.

Day to day pours forth speech, and night to
night declares knowledge.

There is no speech, nor are there words; their
voice is not heard;

yet their voice goes out through all the earth,
and their words to the end of the world. In
them he has set a tent for the sun,
which comes forth like a bridegroom leaving
his chamber, and like a strong man runs its
course with joy.

Its rising is from the end of the heavens, and
its circuit to the end of them; and there is
nothing hid from its heat.

The law of the LORD is perfect, reviving the
soul; the testimony of the LORD is sure,
making wise the simple;

the precepts of the LORD are right, rejoicing the
heart; the commandment of the LORD is pure,
enlightening the eyes;

the fear of the LORD is clean, enduring for
ever; the ordinances of the LORD are true, and
righteous altogether.

More to be desired are they than gold, even
much fine gold; sweeter also than honey and
drippings of the honeycomb.

Moreover by them is your servant warned; in
keeping them there is great reward.

But who can discern his errors? Clear me from
hidden faults.

Keep back your servant also from
presumptuous sins; let them not have
dominion over me! Then I shall be blameless,
and innocent of great transgression.

Let the words of my mouth and the meditation
of my heart be acceptable in your sight, O
LORD, my rock and my redeemer.

Psalm 20 (19)

The LORD answer you in the day of trouble!
The name of the God of Jacob protect you!
May he send you help from the sanctuary, and
give you support from Zion!
May he remember all your offerings, and
regard with favour your burnt sacrifices!
May he grant you your heart's desire, and
fulfil all your plans!
May we shout for joy over your victory, and in
the name of our God set up our banners! May
the LORD fulfil all your petitions!

Now I know that the LORD will help his
anointed; he will answer him from his holy
heaven with mighty victories by his right
hand.

Some boast of chariots, and some of horses;
but we boast of the name of the LORD our God.
They will collapse and fall; but we shall rise
and stand upright.

Give victory to the king, O LORD; answer us
when we call.

Psalm 21 (20)

In your strength the king rejoices, O LORD; and
in your help how greatly he exults!

You have given him his heart's desire, and
have not withheld the request of his lips.

For you meet him with goodly blessings; you
set a crown of fine gold upon his head.

He asked life of you; you gave it to him,
length of days for ever and ever.

His glory is great through your help; splendour
and majesty you bestow upon him.

Yes, you make him most blessed for ever; you
make him glad with the joy of your presence.

For the king trusts in the LORD; and through
the steadfast love of the Most High he shall
not be moved.

Your hand will find out all your enemies; your
right hand will find out those who hate you.

You will make them as a blazing oven when
you appear. The LORD will swallow them up in
his wrath; and fire will consume them.

You will destroy their offspring from the
earth, and their children from among the sons
of men.

If they plan evil against you, if they devise
mischief, they will not succeed.

For you will put them to flight; you will aim at
their faces with your bows.

Be exalted, O LORD, in your strength! We will
sing and praise your power.

DAY 4 – EVENING

Psalm 22 (21)

My God, my God, why have you forsaken me?
Why are you so far from helping me, from the
words of my groaning?

O my God, I cry by day, but you do not
answer; and by night, but find no rest.

Yet you are holy, enthroned on the praises of
Israel.

In you our fathers trusted; they trusted, and
you delivered them.

To you they cried, and were saved; in you they
trusted, and were not disappointed.

But I am a worm, and no man; scorned by
men, and despised by the people.

All who see me mock at me, they make
mouths at me, they wag their heads;

“He committed his cause to the LORD; let him
deliver him, let him rescue him, for he
delights in him!”

Yet you are he who took me from the womb;
you kept me safe upon my mother's breasts.

Upon you was I cast from my birth, and since
my mother bore me you have been my God.

Do not be far from me, for trouble is near and
there is none to help.

Many bulls encompass me, strong bulls of
Bashan surround me;

they open wide their mouths at me, like a ravening and roaring lion.

I am poured out like water, and all my bones are out of joint; my heart is like wax, it is melted within my breast; my strength is dried up like a potsherd, and my tongue cleaves to my jaws; you lay me in the dust of death.

Yes, dogs are round about me; a company of evildoers encircle me; they have pierced my hands and feet –

I can count all my bones – they stare and gloat over me;

they divide my garments among them, and for my raiment they cast lots.

But you, O LORD, be not far off! O you my help, hasten to my aid!

Deliver my soul from the sword, my life from the power of the dog!

Save me from the mouth of the lion, my afflicted soul from the horns of the wild oxen!

I will tell of your name to my brethren; in the midst of the congregation I will praise you:

You who fear the LORD, praise him! all you sons of Jacob, glorify him, and stand in awe of him, all you sons of Israel!

For he has not despised or abhorred the affliction of the afflicted; and he has not hid his face from him, but has heard, when he cried to him.

From you comes my praise in the great congregation; my vows I will pay before those who fear him.

The afflicted shall eat and be satisfied; those who seek him shall praise the LORD! May your hearts live for ever!

All the ends of the earth shall remember and turn to the LORD; and all the families of the nations shall worship before him.

For dominion belongs to the LORD, and he rules over the nations.

Yes, to him shall all the proud of the earth bow down; before him shall bow all who go

down to the dust, and he who cannot keep himself alive.

Posterity shall serve him; people shall tell of the Lord to the coming generation, and proclaim his deliverance to a people yet unborn, that he has wrought it.

Psalm 23 (22)

The LORD is my shepherd, I shall not want; he makes me lie down in green pastures. He leads me beside still waters;

he restores my soul. He leads me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death, I fear no evil; for you are with me; your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies; you anoint my head with oil, my cup overflows.

Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the LORD for ever.

DAY 5 – MORNING

Psalm 24 (23)

The earth is the LORD's and the fulness thereof, the world and those who dwell therein;

for he has founded it upon the seas, and established it upon the rivers.

Who shall ascend the hill of the LORD? And who shall stand in his holy place?

He who has clean hands and a pure heart, who does not lift up his soul to what is false, and does not swear deceitfully.

He will receive blessing from the LORD, and vindication from the God of his salvation.

Such is the generation of those who seek him, who seek the face of the God of Jacob.

Lift up your heads, O gates! and be lifted up,
O ancient doors! that the King of glory may
come in.

Who is the King of glory? The LORD, strong
and mighty, the LORD, mighty in battle!

Lift up your heads, O gates! and be lifted up,
O ancient doors! that the King of glory may
come in.

Who is this King of glory? The LORD of hosts,
he is the King of glory!

Psalm 25 (24)

To you, O LORD, I lift up my soul.

O my God, in you I trust, let me not be put to
shame; let not my enemies exult over me.

Yes, let none that wait for you be put to
shame; let them be ashamed who are wantonly
treacherous.

Make me to know your ways, O LORD; teach
me your paths.

Lead me in your truth, and teach me, for you
are the God of my salvation; for you I wait all
the day long.

Be mindful of your mercy, O LORD, and of
your steadfast love, for they have been from of
old.

Remember not the sins of my youth, or my
transgressions; according to your steadfast
love remember me, for your goodness' sake,
O LORD!

Good and upright is the LORD; therefore he
instructs sinners in the way.

He leads the humble in what is right, and
teaches the humble his way.

All the paths of the LORD are steadfast love
and faithfulness, for those who keep his
covenant and his testimonies.

For your name's sake, O LORD, pardon my
guilt, for it is great.

Who is the man that fears the LORD? Him will
he instruct in the way that he should choose.

He himself shall abide in prosperity, and his

children shall possess the land.

The friendship of the LORD is for those who
fear him, and he makes known to them his
covenant.

My eyes are ever towards the LORD, for he will
pluck my feet out of the net.

Turn to me, and be gracious to me; for I am
lonely and afflicted.

Relieve the troubles of my heart, and bring me
out of my distresses.

Consider my affliction and my trouble, and
forgive all my sins.

Consider how many are my foes, and with
what violent hatred they hate me.

Oh guard my life, and deliver me; let me not
be put to shame, for I take refuge in you.

May integrity and uprightness preserve me, for
I wait for you.

Redeem Israel, O God, out of all his troubles.

Psalm 26 (25)

Vindicate me, O LORD, for I have walked in
my integrity, and I have trusted in the LORD
without wavering.

Prove me, O LORD, and try me; test my heart
and my mind.

For your steadfast love is before my eyes, and
I walk in faithfulness to you.

I do not sit with false people, nor do I consort
with dissemblers;

I hate the company of evildoers, and I will not
sit with the wicked.

I wash my hands in innocence, and go about
your altar, O LORD,

singing aloud a song of thanksgiving, and
telling all your wondrous deeds.

O LORD, I love the habitation of your house,
and the place where your glory dwells.

Do not sweep me away with sinners, nor my
life with bloodthirsty people,

people in whose hands are evil devices, and
whose right hands are full of bribes.

But as for me, I walk in my integrity; redeem me, and be gracious to me.
My foot stands on level ground; in the great congregation I will bless the LORD.

DAY 5 – EVENING

Psalm 27 (26)

The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?
When evildoers assail me, uttering slanders against me, my adversaries and foes, they shall stumble and fall.
Though a host encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.
One thing have I asked of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple.
For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent, he will set me high upon a rock.
And now my head shall be lifted up above my enemies round about me; and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.
Hear, O LORD, when I cry aloud, be gracious to me and answer me!
You have said, “Seek my face.” My heart says to you, “Your face, LORD, do I seek.”
Do not hide your face from me. Do not turn your servant away in anger, you who have been my help. Do not cast me off, do not forsake me, O God of my salvation!
For my father and my mother have forsaken me, but the LORD will take me up.
Teach me your way, O LORD; and lead me on a level path because of my enemies.
Do not give me up to the will of my adversaries; for false witnesses have risen

against me, and they breathe out violence.
I believe that I shall see the goodness of the LORD in the land of the living!
Wait for the LORD; be strong, and let your heart take courage; yes, wait for the LORD!

Psalm 28 (27)

To you, O LORD, I call; my rock, do not be deaf to me, lest, if you be silent to me, I become like those who go down to the Pit.
Hear the voice of my supplication, as I cry to you for help, as I lift up my hands towards your most holy sanctuary.
Do not take me off with the wicked, with those who are workers of evil, who speak peace with their neighbours, while mischief is in their hearts.
Requite them according to their work, and according to the evil of their deeds; requite them according to the work of their hands; render them their due reward.
Because they do not regard the works of the LORD, or the work of his hands, he will break them down and build them up no more.
Blessed be the LORD! for he has heard the voice of my supplications.
The LORD is my strength and my shield; in him my heart trusts; so I am helped, and my heart exults, and with my song I give thanks to him.
The LORD is the strength of his people, he is the saving refuge of his anointed.
O save your people, and bless your heritage; be their shepherd, and carry them for ever.

Psalm 29 (28)

Ascribe to the LORD, O heavenly beings, ascribe to the LORD glory and strength.
Ascribe to the LORD the glory of his name; worship the LORD in holy array.
The voice of the LORD is upon the waters; the God of glory thunders, the LORD, upon many waters.

The voice of the LORD is powerful, the voice of the LORD is full of majesty.

The voice of the LORD breaks the cedars, the LORD breaks the cedars of Lebanon.

He makes Lebanon to skip like a calf, and Sirion like a young wild ox.

The voice of the LORD flashes forth flames of fire.

The voice of the LORD shakes the wilderness, the LORD shakes the wilderness of Kadesh.

The voice of the LORD makes the oaks to whirl, and strips the forests bare; and in his temple all cry, "Glory!"

The LORD sits enthroned over the flood; the LORD sits enthroned as king for ever.

May the LORD give strength to his people! May the LORD bless his people with peace!

DAY 6 – MORNING

Psalm 30 (29)

I will extol you, O LORD, for you have drawn me up, and have not let my foes rejoice over me.

O LORD my God, I cried to you for help, and you have healed me.

O LORD, you have brought up my soul from Sheol, restored me to life from among those gone down to the Pit.

Sing praises to the LORD, O you his saints, and give thanks to his holy name.

For his anger is but for a moment, and his favour is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

As for me, I said in my prosperity, "I shall never be moved."

By your favour, O LORD, you had established me as a strong mountain; you hid your face, I was dismayed.

To you, O LORD, I cried; and to the LORD I made supplication:

"What profit is there in my death, if I go down

to the Pit? Will the dust praise you? Will it tell of your faithfulness?

Hear, O LORD, and be gracious to me! O LORD, be my helper!"

You have turned for me my mourning into dancing; you have loosed my sackcloth and girded me with gladness,

that my soul may praise you and not be silent.

O LORD my God, I will give thanks to you for ever.

Psalm 31 (30)

In you, O LORD, do I seek refuge; let me never be put to shame; in your righteousness deliver me!

Incline your ear to me, rescue me speedily! Be a rock of refuge for me, a strong fortress to save me!

Yes, you are my rock and my fortress; for your name's sake lead me and guide me, take me out of the net which is hidden for me, for you are my refuge.

Into your hand I commit my spirit; you have redeemed me, O LORD, faithful God.

You hate those who pay regard to vain idols; but I trust in the LORD.

I will rejoice and be glad for your steadfast love, because you have seen my affliction, you have taken heed of my adversities,

and have not delivered me into the hand of the enemy; you have set my feet in a broad place.

Be gracious to me, O LORD, for I am in distress; my eye is wasted from grief, my soul and my body also.

For my life is spent with sorrow, and my years with sighing; my strength fails because of my misery, and my bones waste away.

I am the scorn of all my adversaries, a horror to my neighbours, an object of dread to my acquaintances; those who see me in the street flee from me.

I have passed out of mind like one who is

dead; I have become like a broken vessel.
Yes, I hear the whispering of many – terror on every side! – as they scheme together against me, as they plot to take my life.
But I trust in you, O LORD, I say, “You are my God.”
My times are in your hand; deliver me from the hand of my enemies and persecutors!
Let your face shine on your servant; save me in your steadfast love!
Let me not be put to shame, O LORD, for I call on you; let the wicked be put to shame, let them go dumbfounded to Sheol.
Let the lying lips be dumb, which speak insolently against the righteous in pride and contempt.
O how abundant is your goodness, which you have laid up for those who fear you, and wrought for those who take refuge in you, in the sight of the sons of men!
In the covert of your presence you hide them from the plots of people; you hold them safe under your shelter from the strife of tongues.
Blessed be the LORD, for he has wondrously shown his steadfast love to me when I was beset as in a besieged city.
I had said in my alarm, “I am driven far from your sight.” But you heard my supplications, when I cried to you for help.
Love the LORD, all you his saints! The LORD preserves the faithful, but abundantly requites him who acts haughtily.
Be strong, and let your heart take courage, all you who wait for the LORD!

DAY 6 – EVENING

Psalm 32 (31)

Blessed is he whose transgression is forgiven, whose sin is covered.
Blessed is the man to whom the LORD imputes

no iniquity, and in whose spirit there is no deceit.
When I did not declare my sin, my body wasted away through my groaning all day long.
For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.
I acknowledged my sin to you, and I did not hide my iniquity; I said, “I will confess my transgressions to the LORD”; then you forgave the guilt of my sin.
Therefore let every one who is godly offer prayer to you; at a time of distress, in the rush of great waters, they shall not reach him.
You are a hiding place for me, you preserve me from trouble; you encompass me with deliverance.
I will instruct you and teach you the way you should go; I will counsel you with my eye upon you.
Do not be like a horse or a mule, without understanding, which must be curbed with bit and bridle, else it will not keep with you.
Many are the pangs of the wicked; but steadfast love surrounds him who trusts in the LORD.
Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart!

Psalm 33 (32)

Rejoice in the LORD, O you righteous! Praise befits the upright.
Praise the LORD with the lyre, make melody to him with the harp of ten strings!
Sing to him a new song, play skilfully on the strings, with loud shouts.
For the word of the LORD is upright; and all his work is done in faithfulness.
He loves righteousness and justice; the earth is full of the steadfast love of the LORD.
By the word of the LORD the heavens were

made, and all their host by the breath of his mouth.

He gathered the waters of the sea as in a bottle; he put the deeps in storehouses.

Let all the earth fear the LORD, let all the inhabitants of the world stand in awe of him!

For he spoke, and it came to be; he commanded, and it stood forth.

The LORD brings the counsel of the nations to nought; he frustrates the plans of the peoples.

The counsel of the LORD stands for ever, the thoughts of his heart to all generations.

Blessed is the nation whose God is the LORD, the people whom he has chosen as his heritage!

The LORD looks down from heaven, he sees all the sons of men;

from where he sits enthroned he looks forth on all the inhabitants of the earth,

he who fashions the hearts of them all, and observes all their deeds.

A king is not saved by his great army; a warrior is not delivered by his great strength.

The war horse is a vain hope for victory, and by its great might it cannot save.

Behold, the eye of the LORD is on those who fear him, on those who hope in his steadfast love,

that he may deliver their soul from death, and keep them alive in famine.

Our soul waits for the LORD; he is our help and shield.

Yes, our heart is glad in him, because we trust in his holy name.

Let your steadfast love, O LORD, be upon us, even as we hope in you.

Psalm 34 (33)

I will bless the LORD at all times; his praise shall continually be in my mouth.

My soul makes its boast in the LORD; let the afflicted hear and be glad.

O magnify the LORD with me, and let us exalt his name together!

I sought the LORD, and he answered me, and delivered me from all my fears.

Look to him, and be radiant; so your faces shall never be ashamed.

This poor man cried, and the LORD heard him, and saved him out of all his troubles.

The angel of the LORD encamps around those who fear him, and delivers them.

O taste and see that the LORD is good! Happy is the man who takes refuge in him!

O fear the LORD, you his saints, for those who fear him have no want!

The young lions suffer want and hunger; but those who seek the LORD lack no good thing.

Come, O sons, listen to me, I will teach you the fear of the LORD.

What man is there who desires life, and covets many days, that he may enjoy good?

Keep your tongue from evil, and your lips from speaking deceit.

Depart from evil, and do good; seek peace, and pursue it.

The eyes of the LORD are towards the righteous, and his ears towards their cry.

The face of the LORD is against evildoers, to cut off the remembrance of them from the earth.

When the righteous cry for help, the LORD hears, and delivers them out of all their troubles.

The LORD is near to the brokenhearted, and saves the crushed in spirit.

Many are the afflictions of the righteous; but the LORD delivers him out of them all.

He keeps all his bones; not one of them is broken.

Evil shall slay the wicked; and those who hate the righteous will be condemned.

The LORD redeems the life of his servants; none of those who take refuge in him will be condemned.

DAY 7 – MORNING

Psalm 35 (34)

Contend, O LORD, with those who contend with me; fight against those who fight against me!

Take hold of shield and buckler, and rise for my help!

Draw the spear and javelin against my pursuers! Say to my soul, “I am your deliverance!”

Let them be put to shame and dishonour who seek after my life! Let them be turned back and confounded who devise evil against me!

Let them be like chaff before the wind, with the angel of the LORD driving them on!

Let their way be dark and slippery, with the angel of the LORD pursuing them!

For without cause they hid their net for me; without cause they dug a pit for my life.

Let ruin come upon them unawares! And let the net which they hid ensnare them; let them fall therein to ruin!

Then my soul shall rejoice in the LORD, exulting in his deliverance.

All my bones shall say, “O LORD, who is like you, you who deliver the weak from him who is too strong for him, the weak and needy from him who despoils him?”

Malicious witnesses rise up; they ask me of things that I do not know.

They requite me evil for good; my soul is forlorn.

But I, when they were sick – I wore sackcloth, I afflicted myself with fasting. I prayed with head bowed on my bosom,

as though I grieved for my friend or my brother; I went about as one who laments his mother, bowed down and in mourning.

But at my stumbling they gathered in glee, they gathered together against me; cripples

whom I did not know slandered me without ceasing; they impiously mocked more and more, gnashing at me with their teeth.

How long, O LORD, will you look on? Rescue me from their ravages, my life from the lions! Then I will thank you in the great congregation; in the mighty throng I will praise you.

Let not those rejoice over me who are wrongfully my foes, and let not those wink the eye who hate me without cause.

For they do not speak peace, but against those who are quiet in the land they conceive words of deceit.

They open wide their mouths against me; they say, “Aha, Aha! our eyes have seen it!”

You have seen, O LORD; do not be silent! O Lord, be not far from me!

Bestir yourself, and awake for my right, for my cause, my God and my Lord!

Vindicate me, O LORD, my God, according to your righteousness; and do not let them rejoice over me!

Do not let them say to themselves, “Aha, we have our heart’s desire!” Do not let them say, “We have swallowed him up.”

Let them be put to shame and confusion altogether who rejoice at my calamity! Let them be clothed with shame and dishonour who magnify themselves against me!

Let those who desire my vindication shout for joy and be glad, and say evermore, “Great is the LORD, who delights in the welfare of his servant!”

Then my tongue shall tell of your righteousness and of your praise all the day long.

Psalm 36 (35)

Transgression speaks to the wicked deep in his heart; there is no fear of God before his

eyes.

For he flatters himself in his own eyes that his iniquity cannot be found out and hated.

The words of his mouth are mischief and deceit; he has ceased to act wisely and do good.

He plots mischief while on his bed; he sets himself in a way that is not good; he does not spurn evil.

Your steadfast love, O LORD, extends to the heavens, your faithfulness to the clouds.

Your righteousness is like the mountains of God, your judgements are like the great deep; man and beast you save, O LORD.

How precious is your steadfast love, O God! The children of men take refuge in the shadow of your wings.

They feast on the abundance of your house, and you give them drink from the river of your delights.

For with you is the fountain of life; in your light do we see light.

O continue your steadfast love to those who know you, and your salvation to the upright of heart!

Let not the foot of arrogance come upon me, nor the hand of the wicked drive me away.

There the evildoers lie prostrate, they are thrust down, unable to rise.

DAY 7 – EVENING

Psalm 37 (36)

Do not fret because of the wicked, do not be envious of wrongdoers!

For they will soon fade like the grass, and wither like the green herb.

Trust in the LORD, and do good; so you will dwell in the land, and enjoy security.

Take delight in the LORD, and he will give you the desires of your heart.

Commit your way to the LORD; trust in him, and he will act.

He will bring forth your vindication as the light, and your right as the noonday.

Be still before the LORD, and wait patiently for him; do not fret over him who prospers in his way, over the man who carries out evil devices! Refrain from anger, and forsake wrath! Do not fret; it tends only to evil.

For the wicked shall be cut off; but those who wait for the LORD shall possess the land.

Yet a little while, and the wicked will be no more; though you look well at his place, he will not be there.

But the meek shall possess the land, and delight themselves in abundant prosperity.

The wicked plots against the righteous, and gnashes his teeth at him; but the LORD laughs at the wicked, for he sees that his day is coming.

The wicked draw the sword and bend their bows, to bring down the poor and needy, to slay those who walk uprightly; their sword shall enter their own heart, and their bows shall be broken.

Better is a little that the righteous has than the abundance of many wicked.

For the arms of the wicked shall be broken; but the LORD upholds the righteous.

The LORD knows the days of the blameless, and their heritage will abide for ever; they are not put to shame in evil times, in the days of famine they have abundance.

But the wicked perish; the enemies of the LORD are like the glory of the pastures, they vanish – like smoke they vanish away.

The wicked borrows, and cannot pay back, but the righteous is generous and gives;

for those blessed by the LORD shall possess the land, but those cursed by him shall be cut off.

The steps of a man are from the LORD, and he establishes him in whose way he delights; though he fall, he shall not be cast headlong,

for the LORD is the stay of his hand.
I have been young, and now am old; yet I have not seen the righteous forsaken or his children begging bread.
He is ever giving liberally and lending, and his children become a blessing.
Depart from evil, and do good; so shall you abide for ever.
For the LORD loves justice; he will not forsake his saints. The righteous shall be preserved for ever, but the children of the wicked shall be cut off.
The righteous shall possess the land, and dwell upon it for ever.
The mouth of the righteous utters wisdom, and his tongue speaks justice.
The law of his God is in his heart; his steps do not slip.
The wicked watches the righteous, and seeks to slay him.
The LORD will not abandon him to his power, or let him be condemned when he is brought to trial.
Wait for the LORD, and keep to his way, and he will exalt you to possess the land; you will look on the destruction of the wicked.
I have seen a wicked man overbearing, and towering like a cedar of Lebanon.
Again I passed by, and, lo, he was no more; though I sought him, he could not be found.
Mark the blameless man, and behold the upright, for there is posterity for the man of peace.
But transgressors shall be altogether destroyed; the posterity of the wicked shall be cut off.
The salvation of the righteous is from the LORD; he is their refuge in the time of trouble.
The LORD helps them and delivers them; he delivers them from the wicked, and saves them, because they take refuge in him.

DAY 8 – MORNING

Psalm 38 (37)

O LORD, do not rebuke me in your anger, nor chasten me in your wrath!
For your arrows have sunk into me, and your hand has come down on me.
There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.
For my iniquities have gone over my head; they weigh like a burden too heavy for me.
My wounds grow foul and fester because of my foolishness,
I am utterly bowed down and prostrate; all the day I go about mourning.
For my loins are filled with burning, and there is no soundness in my flesh.
I am utterly spent and crushed; I groan because of the tumult of my heart.
Lord, all my longing is known to you, my sighing is not hidden from you.
My heart throbs, my strength fails me; and the light of my eyes – it also has gone from me.
My friends and companions stand aloof from my plague, and my kinsmen stand afar off.
Those who seek my life lay their snares, those who seek my hurt speak of ruin, and meditate treachery all the day long.
But I am like a deaf man, I do not hear, like a dumb man who does not open his mouth.
Yes, I am like a man who does not hear, and in whose mouth are no rebukes.
But for you, O LORD, do I wait; it is you, O LORD my God, who will answer.
For I pray, “Only let them not rejoice over me, who boast against me when my foot slips!”
For I am ready to fall, and my pain is ever with me.
I confess my iniquity, I am sorry for my sin.
Those who are my foes without cause are mighty, and many are those who hate me

wrongfully.

Those who render me evil for good are my adversaries because I follow after good.

Do not forsake me, O LORD! O my God, do not be far from me!

Make haste to help me, O Lord, my salvation!

Psalm 39 (38)

I said, "I will guard my ways, that I may not sin with my tongue; I will bridle my mouth, so long as the wicked are in my presence."

I was dumb and silent, I held my peace to no avail; my distress grew worse, my heart became hot within me. As I mused, the fire burned; then I spoke with my tongue: "LORD, let me know my end, and what is the measure of my days; let me know how fleeting my life is!

Behold, you have made my days a few handbreadths, and my lifetime is as nothing in your sight. Surely every man stands as a mere breath!

Surely man goes about as a shadow! Surely for nought are they in turmoil; man heaps up, and knows not who will gather!

"And now, Lord, for what do I wait? My hope is in you.

Deliver me from all my transgressions. Make me not the scorn of the fool!

I am dumb, I do not open my mouth; for it is you who have done it.

Remove your stroke from me; I am spent by the blows of your hand.

When you chasten man with rebukes for sin, you consume like a moth what is dear to him; surely every man is a mere breath!

"Hear my prayer, O LORD, and give ear to my cry; hold not your peace at my tears! For I am your passing guest, a sojourner, like all my fathers.

Look away from me, that I may know gladness, before I depart and be no more!"

Psalm 40 (39)

I waited patiently for the LORD; he inclined to me and heard my cry.

He drew me up from the desolate pit, out of the miry bog, and set my feet upon a rock, making my steps secure.

He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD.

Blessed is the man who makes the LORD his trust, who does not turn to the proud, to those who go astray after false gods!

You have multiplied, O LORD my God, your wondrous deeds and your thoughts towards us; none can compare with you! Were I to proclaim and tell of them, they would be more than can be numbered.

Sacrifice and offering you do not desire; but you have given me an open ear. Burnt offering and sin offering you have not required.

Then I said, "Lo, I come; in the roll of the book it is written of me;

I delight to do your will, O my God; your law is within my heart."

I have told the glad news of deliverance in the great congregation; lo, I have not restrained my lips, as you know, O LORD.

I have not hid your saving help within my heart, I have spoken of your faithfulness and your salvation; I have not concealed your steadfast love and your faithfulness from the great congregation.

Do not, O LORD, withhold your mercy from me, let your steadfast love and your faithfulness ever preserve me!

For evils have encompassed me without number; my iniquities have overtaken me, till I cannot see; they are more than the hairs of my head; my heart fails me.

Be pleased, O LORD, to deliver me! O LORD, make haste to help me!

Let them be put to shame and confusion

altogether who seek to snatch away my life;
let them be turned back and brought to
dishonour who desire my hurt!
Let them be appalled because of their shame
who say to me, "Aha, Aha!"
But may all who seek you rejoice and be glad
in you; may those who love your salvation say
continually, "Great is the LORD!"
As for me, I am poor and needy; but the Lord
takes thought for me. You are my help and my
deliverer; do not tarry, O my God!

DAY 8 – EVENING

Psalm 41 (40)

Blessed is he who considers the poor! The
LORD delivers him in the day of trouble;
the LORD protects him and keeps him alive; he
is called blessed in the land; you do not give
him up to the will of his enemies.
The LORD sustains him on his sickbed; in his
illness you heal all his infirmities.
As for me, I said, "O LORD, be gracious to me;
heal me, for I have sinned against you!"
My enemies say of me in malice: "When will
he die, and his name perish?"
And when one comes to see me, he utters
empty words, while his heart gathers mischief;
when he goes out, he tells it abroad.
All who hate me whisper together about me;
they imagine the worst for me.
They say, "A deadly thing has fastened upon
him; he will not rise again from where he
lies."
Even my bosom friend in whom I trusted, who
ate of my bread, has lifted his heel against me.
But you, O LORD, be gracious to me, and raise
me up, that I may requite them!
By this I know that you are pleased with me,
in that my enemy has not triumphed over me.
But you have upheld me because of my

integrity, and set me in your presence for ever.
Blessed be the LORD, the God of Israel, from
everlasting to everlasting! Amen and Amen.

Psalm 42 (41)

As a hart longs for flowing streams, so longs
my soul for you, O God.
My soul thirsts for God, for the living God.
When shall I come and behold the face of
God?
My tears have been my food day and night,
while men say to me continually, "Where is
your God?"
These things I remember, as I pour out my
soul: how I went with the throng, and led them
in procession to the house of God, with glad
shouts and songs of thanksgiving, a multitude
keeping festival.
Why are you cast down, O my soul, and why
are you disquieted within me? Hope in God;
for I shall again praise him, my help
and my God. My soul is cast down within me,
therefore I remember you from the land of
Jordan and of Hermon, from Mount Mizar.
Deep calls to deep at the thunder of your
cataracts; all your waves and your billows
have gone over me.
By day the LORD commands his steadfast love;
and at night his song is with me, a prayer to
the God of my life.
I say to God, my rock: "Why have you
forgotten me? Why do I go mourning because
of the oppression of the enemy?"
As with a deadly wound in my body, my
adversaries taunt me, while they say to me
continually, "Where is your God?"
Why are you cast down, O my soul, and why
are you disquieted within me? Hope in God;
for I shall again praise him, my help and my
God.

Psalm 43 (42)

Vindicate me, O God, and defend my cause against an ungodly people; from deceitful and unjust men deliver me!

For you are the God in whom I take refuge; why have you cast me off? Why do I go mourning because of the oppression of the enemy?

Oh send out your light and your truth; let them lead me, let them bring me to your holy hill and to your dwelling!

Then I will go to the altar of God, to God my exceeding joy; and I will praise you with the lyre, O God, my God.

Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God.

DAY 9 – MORNING

Psalm 44 (43)

We have heard with our ears, O God, our fathers have told us, what deeds you performed in their days, in the days of old:

you with your own hand drove out the nations, but them you planted; you afflicted the peoples, but them you set free;

for not by their own sword did they win the land, nor did their own arm give them victory; but your right hand, and your arm, and the light of your countenance; for you delighted in them.

You are my King and my God, who ordain victories for Jacob.

Through you we push down our foes; through your name we tread down our assailants.

For not in my bow do I trust, nor can my sword save me.

But you have saved us from our foes, and have put to confusion those who hate us.

In God we have boasted continually, and we will give thanks to your name for ever.

Yet you have cast us off and abased us, and have not gone out with our armies.

You have made us turn back from the foe; and our enemies have gotten spoil.

You have made us like sheep for slaughter, and have scattered us among the nations.

You have sold your people for a trifle, demanding no high price for them.

You have made us the taunt of our neighbours, the derision and scorn of those about us.

You have made us a byword among the nations, a laughingstock among the peoples.

All day long my disgrace is before me, and shame has covered my face,

at the words of the taunters and revilers, at the sight of the enemy and the avenger.

All this has come upon us, though we have not forgotten you, or been false to your covenant.

Our heart has not turned back, nor have our steps departed from your way,

that you should have broken us in the place of jackals, and covered us with deep darkness.

If we had forgotten the name of our God, or spread forth our hands to a strange god,

would not God discover this? For he knows the secrets of the heart.

No, for your sake we are slain all the day long, and accounted as sheep for the slaughter.

Rouse yourself! Why do you sleep, O Lord? Awake! Do not cast us off for ever!

Why do you hide your face? Why do you forget our affliction and oppression?

For our soul is bowed down to the dust; our body cleaves to the ground.

Rise up, come to our help! Deliver us for the sake of your steadfast love!

Psalm 45 (44)

My heart overflows with a goodly theme; I address my verses to the king; my tongue is like the pen of a ready scribe.

You are the fairest of the sons of Adam; grace is poured upon your lips; therefore God has blessed you for ever.

Gird your sword upon your thigh, O mighty one, in your glory and majesty!

In your majesty ride forth victoriously for the cause of truth and to defend the right; let your right hand teach you dread deeds!

Your arrows are sharp in the heart of the king's enemies; the peoples fall under you.

Your divine throne endures for ever and ever.

Your royal sceptre is a sceptre of equity; you love righteousness and hate wickedness.

Therefore God, your God, has anointed you with the oil of gladness above your fellows; your robes are all fragrant with myrrh and aloes and cassia. From ivory palaces stringed instruments make you glad;

daughters of kings are among your ladies of honour; at your right hand stands the queen in gold of Ophir.

Hear, O daughter, consider, and incline your ear; forget your people and your father's house;

and the king will desire your beauty. Since he is your lord, bow to him;

the people of Tyre will sue your favour with gifts, the richest of the people

with all kinds of wealth. The princess is decked in her chamber with gold-woven robes;

in many-coloured robes she is led to the king, with her virgin companions, her escort, in her train.

With joy and gladness they are led along as they enter the palace of the king.

Instead of your fathers shall be your sons; you will make them princes in all the earth. I will cause your name to be celebrated in all

generations; therefore the peoples will praise you for ever and ever.

Psalm 46 (45)

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult.

There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her, she shall not be moved; God will help her right early. The nations rage, the kingdoms totter; he utters his voice, the earth melts.

The LORD of hosts is with us; the God of Jacob is our refuge.

Come, behold the works of the LORD, how he has wrought desolations in the earth. He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear, he burns the chariots with fire! "Be still, and know that I am God. I am exalted among the nations, I am exalted in the earth!"

The LORD of hosts is with us; the God of Jacob is our refuge.

DAY 9 – EVENING

Psalm 47 (46)

Clap your hands, all peoples! Shout to God with loud songs of joy!

For the LORD, the Most High, is terrible, a great king over all the earth.

He subdued peoples under us, and nations under our feet.

He chose our heritage for us, the pride of Jacob whom he loves.

God has gone up with a shout, the LORD with

the sound of a trumpet.
Sing praises to God, sing praises! Sing praises
to our King, sing praises!
For God is the king of all the earth; sing
praises with a psalm!
God reigns over the nations; God sits on his
holy throne.
The princes of the peoples gather as the
people of the God of Abraham. For the shields
of the earth belong to God; he is highly
exalted!

Psalm 48 (47)

Great is the LORD and greatly to be praised in
the city of our God! His holy mountain,
beautiful in elevation, is the joy of all the
earth, Mount Zion, in the far north, the city of
the great King.
Within her citadels God has shown himself a
sure defence.
For lo, the kings assembled, they came on
together.
As soon as they saw it, they were astounded,
they were in panic, they took to flight;
trembling took hold of them there, anguish as
of a woman in travail.
By the east wind you shattered the ships of
Tarshish.
As we have heard, so have we seen in the city
of the LORD of hosts, in the city of our God,
which God establishes for ever.
We have thought on your steadfast love, O
God, in the midst of your temple.
As your name, O God, so your praise reaches
to the ends of the earth. Your right hand is
filled with victory;
let Mount Zion be glad! Let the daughters of
Judah rejoice because of your judgements!
Walk about Zion, go round about her, number
her towers,
consider well her ramparts, go through her
citadels; that you may tell the next generation

that this is God, our God for ever and ever. He
will be our guide for ever.

Psalm 49 (48)

Hear this, all peoples! Give ear, all inhabitants
of the world,
both low and high, rich and poor together!
My mouth shall speak wisdom; the meditation
of my heart shall be understanding.
I will incline my ear to a proverb; I will solve
my riddle to the music of the lyre.
Why should I fear in times of trouble, when
the iniquity of my persecutors surrounds me,
men who trust in their wealth and boast of the
abundance of their riches?
Truly no man can ransom himself, or give to
God the price of his life,
for the ransom of his life is costly, and can
never suffice,
that he should continue to live on for ever, and
never see the Pit.
Yes, he shall see that even the wise die, the
fool and the stupid alike must perish and leave
their wealth to others.
Their graves are their homes for ever, their
dwelling places to all generations, though they
named lands their own.
Man cannot abide in his pomp, he is like the
beasts that perish.
This is the fate of those who have foolish
confidence, the end of those who are pleased
with their portion.
Like sheep they are appointed for Sheol;
Death shall be their shepherd; straight to the
grave they descend, and their form shall waste
away; Sheol shall be their home.
But God will ransom my soul from the power
of Sheol, for he will receive me.
Be not afraid when one becomes rich, when
the glory of his house increases.
For when he dies he will carry nothing away;
his glory will not go down after him.

Though, while he lives, he counts himself happy, and though a man gets praise when he does well for himself, he will go to the generation of his fathers, who will never more see the light.

Man cannot abide in his pomp, he is like the beasts that perish.

DAY 10 – MORNING

Psalm 50 (49)

The Mighty One, God the LORD, speaks and summons the earth from the rising of the sun to its setting.

Out of Zion, the perfection of beauty, God shines forth.

Our God comes, he does not keep silence, before him is a devouring fire, round about him a mighty tempest.

He calls to the heavens above and to the earth, that he may judge his people:

“Gather to me my faithful ones, who made a covenant with me by sacrifice!”

The heavens declare his righteousness, for God himself is judge!

“Hear, O my people, and I will speak, O Israel, I will testify against you. I am God, your God.

I do not reprove you for your sacrifices; your burnt offerings are continually before me.

I will accept no bull from your house, nor he-goat from your folds.

For every beast of the forest is mine, the cattle on a thousand hills.

I know all the birds of the air, and all that moves in the field is mine.

“If I were hungry, I would not tell you; for the world and all that is in it is mine.

Do I eat the flesh of bulls, or drink the blood of goats?

Offer to God a sacrifice of thanksgiving, and

pay your vows to the Most High; and call upon me in the day of trouble; I will deliver you, and you shall glorify me.”

But to the wicked God says: “What right have you to recite my statutes, or take my covenant on your lips?

For you hate discipline, and you cast my words behind you.

If you see a thief, you are a friend of his; and you keep company with adulterers.

“You give your mouth free rein for evil, and your tongue frames deceit. You sit and speak against your brother; you slander your own mother’s son.

These things you have done and I have been silent; you thought that I was one like yourself. But now I rebuke you, and lay the charge before you.

“Mark this, then, you who forget God, lest I rend, and there be none to deliver!

He who brings thanksgiving as his sacrifice honours me; to him who orders his way aright I will show the salvation of God!”

Psalm 51 (50)

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sin!

For I know my transgressions, and my sin is ever before me.

Against you, you only, have I sinned, and done what is evil in your sight, so that you are justified in your sentence and blameless in your judgement.

Behold, I was brought forth in iniquity, and in sin did my mother conceive me.

Behold, you desire truth in the inward being; therefore teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

Fill me with joy and gladness; let the bones which you have broken rejoice.

Hide your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and put a new and right spirit within me.

Cast me not away from your presence, and take not your holy Spirit from me.

Restore to me the joy of your salvation, and uphold me with a willing spirit.

Then I will teach transgressors your ways, and sinners will return to you.

Deliver me from bloodguiltiness, O God, God of my salvation, and my tongue will sing aloud of your deliverance.

O Lord, open my lips, and my mouth shall show forth your praise.

For you have no delight in sacrifice; were I to give a burnt offering, you would not be pleased.

The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.

Do good to Zion in your good pleasure; rebuild the walls of Jerusalem,

then will you delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on your altar.

Psalm 52 (51)

Why do you boast of evil, O mighty man? The steadfast love of God endures all the day. Your tongue plots destruction like a sharp razor, you worker of treachery.

You love evil more than good, and lying more than speaking the truth.

You love all words that devour, O deceitful tongue.

But God will break you down for ever; he will snatch and tear you from your tent; he will uproot you from the land of the living.

The righteous shall see, and fear, and shall

laugh at him, saying,

“See the man who would not make God his refuge, but trusted in the abundance of his riches, and sought refuge in his wealth!”

But I am like a green olive tree in the house of God. I trust in the steadfast love of God for ever and ever.

I will thank you for ever, because you have done it. I will proclaim your name, for it is good, in the presence of the godly.

DAY 10 – EVENING

Psalm 53 (52)

The fool says in his heart, “There is no God.” They are corrupt, doing abominable iniquity; there is none that does good.

God looks down from heaven upon the sons of men to see if there are any that are wise, that seek after God.

They have all fallen away; they are all alike depraved; there is none that does good, no, not one.

Have those who work evil no understanding, who eat up my people as they eat bread, and do not call upon God?

There they are, in great terror, in terror such as has not been! For God will scatter the bones of the ungodly; they will be put to shame, for God has rejected them.

O that deliverance for Israel would come from Zion! When God restores the fortunes of his people, Jacob will rejoice and Israel be glad.

Psalm 54 (53)

Save me, O God, by your name, and vindicate me by your might.

Hear my prayer, O God; give ear to the words of my mouth.

For insolent men have risen against me,

ruthless men seek my life; they do not set God before them.

Behold, God is my helper; the Lord is the upholder of my life.

He will requite my enemies with evil; in your faithfulness put an end to them.

With a freewill offering I will sacrifice to you; I will give thanks to your name, O LORD, for it is good.

For you have delivered me from every trouble, and my eye has looked in triumph on my enemies.

Psalm 55 (54)

Give ear to my prayer, O God; and hide not yourself from my supplication!

Attend to me, and answer me; I am overcome by my trouble. I am distraught

by the noise of the enemy, because of the oppression of the wicked. For they bring trouble upon me, and in anger they cherish enmity against me.

My heart is in anguish within me, the terrors of death have fallen upon me.

Fear and trembling come upon me, and horror overwhelms me.

And I say, "O that I had wings like a dove! I would fly away and be at rest;

yes, I would wander afar, I would lodge in the wilderness,

I would haste to find me a shelter from the raging wind and tempest."

Destroy their plans, O Lord, confuse their tongues; for I see violence and strife in the city.

Day and night they go around it on its walls; and mischief and trouble are within it, ruin is in its midst; oppression and fraud do not depart from its market place.

It is not an enemy who taunts me – then I could bear it; it is not an adversary who deals insolently with me – then I could hide from

him.

But it is you, my equal, my companion, my familiar friend.

We used to hold sweet converse together; within God's house we walked in fellowship. Let death come upon them; let them go down to Sheol alive; let them go away in terror into their graves.

But I call upon God; and the LORD will save me.

Evening and morning and at noon I utter my complaint and moan, and he will hear my voice. He will deliver my soul in safety from the battle that I wage, for many are arrayed against me.

God will give ear, and humble them, he who is enthroned from of old; because they keep no law, and do not fear God.

My companion stretched out his hand against his friends, he violated his covenant.

His speech was smoother than butter, yet war was in his heart; his words were softer than oil, yet they were drawn swords.

Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.

But you, O God, will cast them down into the lowest pit; men of blood and treachery shall not live out half their days. But I will trust in you.

DAY 11 – MORNING

Psalm 56 (55)

Be gracious to me, O God, for men trample upon me; all day long foes oppress me; my enemies trample upon me all day long, for many fight against me proudly.

When I am afraid, I put my trust in you.

In God, whose word I praise, in God I trust without a fear. What can flesh do to me?

All day long they seek to injure my cause; all their thoughts are against me for evil.

They band themselves together, they lurk, they watch my steps. As they have waited for my life,

so recompense them for their crime; in wrath cast down the peoples, O God!

You have kept count of my tossings; put my tears in your bottle! Are they not in your book?

Then my enemies will be turned back in the day when I call. This I know, that God is for me.

In God, whose word I praise, in the LORD, whose word I praise, in God I trust without a fear. What can man do to me?

My vows to you I must perform, O God; I will render thank offerings to you.

For you have delivered my soul from death, yes, my feet from falling, that I may walk before God in the light of life.

Psalm 57 (56)

Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by.

I cry to God Most High, to God who fulfils his purpose for me.

He will send from heaven and save me, he will put to shame those who trample upon me.

God will send forth his steadfast love and his faithfulness!

I lie in the midst of lions that greedily devour the sons of men; their teeth are spears and arrows, their tongues sharp swords.

Be exalted, O God, above the heavens! Let your glory be over all the earth!

They set a net for my steps; my soul was bowed down. They dug a pit in my way, but they have fallen into it themselves.

My heart is steadfast, O God, my heart is steadfast! I will sing and make melody!

Awake, my soul! Awake, O harp and lyre! I will awake the dawn!

I will give thanks to you, O Lord, among the peoples; I will sing praises to you among the nations.

For your steadfast love is great to the heavens, your faithfulness to the clouds.

Be exalted, O God, above the heavens! Let your glory be over all the earth!

Psalm 58 (57)

Do you indeed decree what is right, you gods? Do you judge the sons of men uprightly?

No, in your hearts you devise wrongs; your hands deal out violence on earth.

The wicked go astray from the womb, they err from their birth, speaking lies.

They have venom like the venom of a serpent, like the deaf adder that stops its ear, so that it does not hear the voice of charmers or of the cunning enchanter.

O God, break the teeth in their mouths; tear out the fangs of the young lions, O LORD!

Let them vanish like water that runs away; like grass let them be trodden down and wither.

Let them be like the snail which dissolves into slime, like the untimely birth that never sees the sun.

Sooner than your pots can feel the heat of thorns, whether green or ablaze, may he sweep them away!

The righteous will rejoice when he sees the vengeance; he will bathe his feet in the blood of the wicked.

Men will say, "Surely there is a reward for the righteous; surely there is a God who judges on earth."

DAY 11 – EVENING

Psalm 59 (58)

Deliver me from my enemies, O my God, protect me from those who rise up against me, deliver me from those who work evil, and save me from bloodthirsty men.

For, lo, they lie in wait for my life; fierce men band themselves against me. For no transgression or sin of mine, O LORD, for no fault of mine, they run and make ready. Rouse yourself, come to my help, and see!

You, LORD God of hosts, are God of Israel. Awake to punish all the nations; spare none of those who treacherously plot evil.

Each evening they come back, howling like dogs and prowling about the city.

There they are, bellowing with their mouths, and snarling with their lips – for “Who,” they think, “will hear us?”

But you, O LORD, laugh at them; you hold all the nations in derision.

O my Strength, I will sing praises to you; for you, O God, are my fortress.

My God in his steadfast love will meet me; my God will let me look in triumph on my enemies.

Slay them not, lest my people forget; make them totter by your power, and bring them down, O Lord, our shield!

For the sin of their mouths, the words of their lips, let them be trapped in their pride. For the cursing and lies which they utter, consume them in wrath, consume them till they are no more, that men may know that God rules over Jacob to the ends of the earth.

Each evening they come back, howling like dogs and prowling about the city.

They roam about for food, and growl if they do not get their fill.

But I will sing of your might; I will sing aloud

of your steadfast love in the morning. For you have been to me a fortress and a refuge in the day of my distress.

O my Strength, I will sing praises to you, for you, O God, are my fortress, the God who shows me steadfast love.

Psalm 60 (59)

O God, you have rejected us, broken our defences; you have been angry; oh, restore us. You have made the land to quake, you have rent it open; repair its breaches, for it totters. You have made your people suffer hard things; you have given us wine to drink that made us reel.

You have set up a banner for those who fear you, to rally to it from the bow.

That your beloved may be delivered, give victory by your right hand and answer us!

God has spoken in his sanctuary: “With exultation I will divide up Shechem and portion out the Vale of Succoth.

Gilead is mine; Manasseh is mine; Ephraim is my helmet; Judah is my sceptre.

Moab is my washbasin; upon Edom I cast my shoe; over Philistia I shout in triumph.”

Who will bring me to the fortified city? Who will lead me to Edom?

have you not rejected us, O God? You do not go forth, O God, with our armies.

O grant us help against the foe, for vain is the help of man!

With God we shall do valiantly; it is he who will tread down our foes.

Psalm 61 (60)

Hear my cry, O God, listen to my prayer; from the end of the earth I call to you, when my heart is faint. Lead me to the rock that is higher than I; for you are my refuge, a strong tower against

the enemy.

Let me dwell in your tent for ever! Oh to be safe under the shelter of your wings!

For you, O God, have heard my vows, you have given me the heritage of those who fear your name.

Prolong the life of the king; may his years endure to all generations!

May he be enthroned for ever before God; bid steadfast love and faithfulness watch over him!

So will I ever sing praises to your name, as I pay my vows day after day.

DAY 12 – MORNING

Psalm 62 (61)

For God alone my soul waits in silence; from him comes my salvation.

He only is my rock and my salvation, my fortress; I shall not be greatly moved.

How long will you set upon a man to shatter him, all of you, like a leaning wall, a tottering fence?

They only plan to thrust him down from his eminence. They take pleasure in falsehood. They bless with their mouths, but inwardly they curse.

For God alone my soul waits in silence, for my hope is from him.

He only is my rock and my salvation, my fortress; I shall not be shaken.

On God rests my deliverance and my honour; my mighty rock, my refuge is God.

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.

Men of low estate are but a breath, men of high estate are a delusion; in the balances they go up; they are together lighter than a breath. Put no confidence in extortion, set no vain

hopes on robbery; if riches increase, set not your heart on them.

Once God has spoken; twice have I heard this: that power belongs to God;

and that to you, O Lord, belongs steadfast love. For you requite a man according to his work.

Psalm 63 (62)

O God, you are my God, I seek you, my soul thirsts for you; my flesh faints for you, as in a dry and weary land where no water is.

So I have looked upon you in the sanctuary, beholding your power and glory.

Because your steadfast love is better than life, my lips will praise you.

So I will bless you as long as I live; I will lift up my hands and call on your name.

My soul is feasted as with marrow and fat, and my mouth praises you with joyful lips, when I think of you upon my bed, and meditate on you in the watches of the night; for you have been my help, and in the shadow of your wings I sing for joy.

My soul clings to you; your right hand upholds me.

But those who seek to destroy my life shall go down into the depths of the earth;

they shall be given over to the power of the sword, they shall be prey for jackals.

But the king shall rejoice in God; all who swear by him shall glory; for the mouths of liars will be stopped.

Psalm 64 (63)

Hear my voice, O God, in my complaint; preserve my life from dread of the enemy, hide me from the secret plots of the wicked, from the scheming of evildoers, who whet their tongues like swords, who aim bitter words like arrows,

shooting from ambush at the blameless, shooting at him suddenly and without fear.

They hold fast to their evil purpose; they talk of laying snares secretly, thinking, "Who can see us?"

Who can search out our crimes? We have thought out a cunningly conceived plot." For the inward mind and heart of a man are deep! But God will shoot his arrow at them; they will be wounded suddenly.

Because of their tongue he will bring them to ruin; all who see them will wag their heads.

Then all people will fear; they will tell what God has wrought, and ponder what he has done.

Let the righteous rejoice in the LORD, and take refuge in him! Let all the upright in heart glory!

DAY 12 – EVENING

Psalm 65 (64)

Praise is due to you, O God, in Zion; and to you shall vows be performed,

O you who hear prayer! To you shall all flesh come

on account of sins. When our transgressions prevail over us, you forgive them.

Blessed is he whom you choose and bring near, to dwell in your courts! We shall be satisfied with the goodness of your house, your holy temple!

By dread deeds you answer us with deliverance, O God of our salvation, who are the hope of all the ends of the earth, and of the farthest seas;

who by your strength have established the mountains, being girded with might;

who still the roaring of the seas, the roaring of their waves, the tumult of the peoples;

so that those who dwell at earth's farthest

bounds are afraid at your signs; you make the outgoings of the morning and the evening to shout for joy.

You visit the earth and water it, you greatly enrich it; the river of God is full of water; you provide their grain, for so you have prepared it.

You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth.

You crown the year with your bounty; the tracks of your chariot drip with fatness.

The pastures of the wilderness drip, the hills gird themselves with joy,

the meadows clothe themselves with flocks, the valleys deck themselves with grain, they shout and sing together for joy.

Psalm 66 (65)

Make a joyful noise to God, all the earth; sing the glory of his name; give to him glorious praise!

Say to God, "How terrible are your deeds! So great is your power that your enemies cringe before you.

All the earth worships you; they sing praises to you, sing praises to your name."

Come and see what God has done: he is terrible in his deeds among men.

He turned the sea into dry land; men passed through the river on foot. There did we rejoice in him,

who rules by his might for ever, whose eyes keep watch on the nations – let not the rebellious exalt themselves.

Bless our God, O peoples, let the sound of his praise be heard,

who has kept us among the living, and has not let our feet slip.

For you, O God, have tested us; you have tried us as silver is tried.

You brought us into the net; you laid affliction

on our loins;
you let men ride over our heads; we went
through fire and through water; yet you have
brought us forth to a spacious place.

I will come into your house with burnt
offerings; I will pay you my vows,
that which my lips uttered and my mouth
promised when I was in trouble.

I will offer to you burnt offerings of fatlings,
with the smoke of the sacrifice of rams; I will
make an offering of bulls and goats.

Come and hear, all you who fear God, and I
will tell what he has done for me.

I cried aloud to him, and he was extolled with
my tongue.

If I had cherished iniquity in my heart, the
Lord would not have listened.

But truly God has listened; he has given heed
to the voice of my prayer.

Blessed be God, because he has not rejected
my prayer or removed his steadfast love from
me!

Psalm 67 (66)

May God be gracious to us and bless us and
make his face to shine upon us,
that your way may be known upon earth, your
saving power among all nations.

Let the peoples praise you, O God; let all the
peoples praise you!

Let the nations be glad and sing for joy, for
you judge the peoples with equity and guide
the nations upon earth.

Let the peoples praise you, O God; let all the
peoples praise you!

The earth has yielded its increase; God, our
God, has blessed us.

God has blessed us; let all the ends of the
earth fear him!

DAY 13 – MORNING

Psalm 68 (67)

Let God arise, let his enemies be scattered; let
those who hate him flee before him!

As smoke is driven away, so drive them away;
as wax melts before fire, let the wicked perish
before God!

But let the righteous be joyful; let them exult
before God; let them be jubilant with joy!

Sing to God, sing praises to his name; lift up
a song to him who rides upon the clouds; his
name is YHWH, exult before him!

Father of the fatherless and protector of
widows is God in his holy habitation.

God gives the desolate a home to dwell in; he
leads out the prisoners to prosperity; but the
rebellious dwell in a parched land.

O God, when you went forth before your
people, when you marched through the
wilderness,

the earth quaked, the heavens poured down
rain, at the presence of God; yon Sinai quaked
at the presence of God, the God of Israel.

Rain in abundance, O God, you shed abroad;
you restored your heritage as it languished;
your flock found a dwelling in it; in your
goodness, O God, you provided for the needy.

The Lord gives the command; great is the host
of those who bore the tidings:

“The kings of the armies, they flee, they flee!”

The women at home divide the spoil,
though they stay among the sheepfolds – the
wings of a dove covered with silver, its
pinions with green gold.

When the Almighty scattered kings there,
snow fell on Zalmon.

O mighty mountain, mountain of Bashan; O
many-peaked mountain, mountain of Bashan!
Why do you look with envy, O many-peaked
mountain, at the mount which God desired for
his abode, yes, where the LORD will dwell for

ever?

With mighty chariotry, twice ten thousand,
thousands upon thousands, the Lord came
from Sinai into the holy place.

You ascended the high mount, leading
captives in your train, and receiving gifts
among men, even among the rebellious, that
the LORD God may dwell there.

Blessed be the Lord, who daily bears us up;
God is our salvation.

Our God is a God of salvation; and to GOD, the
Lord, belongs escape from death.

But God will shatter the heads of his enemies,
the hairy crown of him who walks in his guilty
ways.

The Lord said, "I will bring them back from
Bashan, I will bring them back from the
depths of the sea,

that you may bathe your feet in blood, that the
tongues of your dogs may have their portion
from the foe."

Your solemn processions are seen, O God, the
processions of my God, my King, into the
sanctuary –

the singers in front, the minstrels last, between
them maidens playing timbrels:

"Bless God in the great congregation, the
LORD, O you who are of Israel's fountain!"

There is Benjamin, the least of them, in the
lead, the princes of Judah in their throng, the
princes of Zebulun, the princes of Naphtali.

Summon your might, O God; show your
strength, O God, you who have wrought for
us.

Because of your temple at Jerusalem kings
bear gifts to you.

Rebuke the beasts that dwell among the reeds,
the herd of bulls with the calves of the
peoples. Trample under foot those who lust
after tribute; scatter the peoples who delight in
war.

Let bronze be brought from Egypt; let
Ethiopia hasten to stretch out her hands to

God.

Sing to God, O kingdoms of the earth; sing
praises to the Lord,

to him who rides in the heavens, the ancient
heavens; lo, he sends forth his voice, his
mighty voice.

Ascribe power to God, whose majesty is over
Israel, and his power is in the skies.

Terrible is God in his sanctuary, the God of
Israel, he gives power and strength to his
people. Blessed be God!

DAY 13 – EVENING

Psalm 69 (68)

Save me, O God! For the waters have come up
to my neck.

I sink in deep mire, where there is no
foothold; I have come into deep waters, and
the flood sweeps over me.

I am weary with my crying; my throat is
parched. My eyes grow dim with waiting for
my God.

More in number than the hairs of my head are
those who hate me without cause; mighty are
those who would destroy me, those who attack
me with lies. What I did not steal must I now
restore?

O God, you know my folly; the wrongs I have
done are not hidden from you.

Let not those who hope in you be put to shame
through me, O Lord GOD of hosts; let not those
who seek you be brought to dishonour through
me, O God of Israel.

For it is for your sake that I have borne
reproach, that shame has covered my face.

I have become a stranger to my brethren, an
alien to my mother's sons.

For zeal for your house has consumed me, and
the insults of those who insult you have fallen
on me.

When I humbled my soul with fasting, it became my reproach.

When I made sackcloth my clothing, I became a byword to them.

I am the talk of those who sit in the gate, and the drunkards make songs about me.

But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love answer me. With your faithful help

rescue me from sinking in the mire; let me be delivered from my enemies and from the deep waters.

Let not the flood sweep over me, or the deep swallow me up, or the pit close its mouth over me.

Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me.

Hide not your face from your servant; for I am in distress, make haste to answer me.

Draw near to me, redeem me, set me free because of my enemies!

You know my reproach, and my shame and my dishonour; my foes are all known to you. Insults have broken my heart, so that I am in despair. I looked for pity, but there was none; and for comforters, but I found none.

They gave me poison for food, and for my thirst they gave me vinegar to drink.

Let their own table before them become a snare; let their sacrificial feasts be a trap.

Let their eyes be darkened, so that they cannot see; and make their loins tremble continually.

Pour out your indignation upon them, and let your burning anger overtake them.

May their camp be a desolation, let no one dwell in their tents.

For they persecute him whom you have smitten, and him whom you have wounded, they afflict still more.

Add to them punishment upon punishment; may they have no acquittal from you.

Let them be blotted out of the book of the living; let them not be enrolled among the righteous.

But I am afflicted and in pain; let your salvation, O God, set me on high!

I will praise the name of God with a song; I will magnify him with thanksgiving.

This will please the LORD more than an ox or a bull with horns and hoofs.

Let the oppressed see it and be glad; you who seek God, let your hearts revive.

For the LORD hears the needy, and does not despise his own that are in bonds.

Let heaven and earth praise him, the seas and everything that moves therein.

For God will save Zion and rebuild the cities of Judah; and his servants shall dwell there and possess it;

the children of his servants shall inherit it, and those who love his name shall dwell in it.

Psalm 70 (69)

Be pleased, O God, to deliver me! O LORD, make haste to help me!

Let them be put to shame and confusion who seek my life! Let them be turned back and brought to dishonour who desire my hurt!

Let them be appalled because of their shame who say, "Aha, Aha!"

May all who seek you rejoice and be glad in you! May those who love your salvation say evermore, "God is great!"

But I am poor and needy; hasten to me, O God! You are my help and my deliverer; O LORD, do not tarry!

DAY 14 – MORNING

Psalm 71 (70)

In you, O LORD, do I take refuge; let me never be put to shame!

In your righteousness deliver me and rescue me; incline your ear to me, and save me!

Be to me a rock of refuge, a strong fortress, to save me, for you are my rock and my fortress. Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel man.

For you, O Lord, are my hope, my trust, O LORD, from my youth.

Upon you I have leaned from my birth; you are he who took me from my mother's womb. My praise is continually of you.

I have been as a portent to many; but you are my strong refuge.

My mouth is filled with your praise, and with your glory all the day.

Do not cast me off in the time of old age; forsake me not when my strength is spent.

For my enemies speak concerning me, those who watch for my life consult together, and say, "God has forsaken him; pursue and seize him, for there is none to deliver him."

O God, be not far from me; O my God, make haste to help me!

May my accusers be put to shame and consumed; with scorn and disgrace may they be covered who seek my hurt.

But I will hope continually, and will praise you yet more and more.

My mouth will tell of your righteous acts, of your deeds of salvation all the day, for their number is past my knowledge.

With the mighty deeds of the Lord God I will come, I will praise your righteousness, yours alone.

O God, from my youth you have taught me, and I still proclaim your wondrous deeds.

So even to old age and gray hairs, O God, do not forsake me, till I proclaim your might to all the generations to come. Your power and your righteousness, O God, reach the high heavens. You who have done great things, O God, who is like you?

You who have made me see many sore troubles will revive me again; from the depths of the earth you will bring me up again.

You will increase my honour, and comfort me again.

I will also praise you with the harp for your faithfulness, O my God; I will sing praises to you with the lyre, O Holy One of Israel.

My lips will shout for joy, when I sing praises to you; my soul also, which you have rescued. And my tongue will talk of your righteous help all the day long, for they have been put to shame and disgraced who sought to do me hurt.

Psalm 72 (71)

Give the king your justice, O God, and your righteousness to the royal son!

May he judge your people with righteousness, and your poor with justice!

Let the mountains bear prosperity for the people, and the hills, in righteousness!

May he defend the cause of the poor of the people, give deliverance to the needy, and crush the oppressor!

May he live while the sun endures, and as long as the moon, throughout all generations!

May he be like rain that falls on the mown grass, like showers that water the earth!

In his days may righteousness flourish, and peace abound, till the moon be no more!

May he have dominion from sea to sea, and from the River to the ends of the earth!

May his foes bow down before him, and his enemies lick the dust!

May the kings of Tarshish and of the isles

render him tribute, may the kings of Sheba and Seba bring gifts!

May all kings fall down before him, all nations serve him!

For he delivers the needy when he calls, the poor and him who has no helper.

He has pity on the weak and the needy, and saves the lives of the needy.

From oppression and violence he redeems their life; and precious is their blood in his sight.

Long may he live, may gold of Sheba be given to him! May prayer be made for him continually, and blessings invoked for him all the day!

May there be abundance of grain in the land; on the tops of the mountains may it wave; may its fruit be like Lebanon; and may men blossom forth from the cities like the grass of the field!

May his name endure for ever, his fame continue as long as the sun! May men bless themselves by him, all nations call him blessed!

Blessed be the LORD, the God of Israel, who alone does wondrous things.

Blessed be his glorious name for ever; may his glory fill the whole earth! Amen and Amen!

The prayers of David, the son of Jesse, are ended.

DAY 14 – EVENING

Psalm 73 (72)

Truly God is good to the upright, to those who are pure in heart.

But as for me, my feet had almost stumbled, my steps had well nigh slipped.

For I was envious of the arrogant, when I saw the prosperity of the wicked.

For they have no pangs; their bodies are sound

and sleek.

They are not in trouble as other men are; they are not stricken like other men.

Therefore pride is their necklace; violence covers them as a garment.

Their eyes swell out with fatness, their hearts overflow with follies.

They scoff and speak with malice; loftily they threaten oppression.

They set their mouths against the heavens, and their tongue struts through the earth.

Therefore the people turn and praise them; and find no fault in them.

And they say, "How can God know? Is there knowledge in the Most High?"

Behold, these are the wicked; always at ease, they increase in riches.

All in vain have I kept my heart clean and washed my hands in innocence.

For all the day long I have been stricken, and chastened every morning.

If I had said, "I will speak thus," I would have been untrue to the generation of your children.

But when I thought how to understand this, it seemed to me a wearisome task,

until I went into the sanctuary of God; then I perceived their end.

Truly you set them in slippery places; you make them fall to ruin.

How they are destroyed in a moment, swept away utterly by terrors!

They are like a dream when one awakes, on awaking you despise their phantoms.

When my soul was embittered, when I was pricked in heart,

I was stupid and ignorant, I was like a beast towards you.

Nevertheless I am continually with you; you hold my right hand.

You guide me with your counsel, and afterward you will receive me to glory.

Whom have I in heaven but you? And there is nothing upon earth that I desire besides you.

My flesh and my heart may fail, but God is the strength of my heart and my portion for ever. For lo, those who are far from you shall perish; you put an end to those who are false to you.

But for me it is good to be near God; I have made the Lord God my refuge, that I may tell of all your works.

Psalm 74 (73)

O God, why do you cast us off for ever? Why does your anger smoke against the sheep of your pasture?

Remember your congregation, which you have gotten of old, which you have redeemed to be the tribe of your heritage! Remember Mount Zion, where you have dwelt.

Direct your steps to the perpetual ruins; the enemy has destroyed everything in the sanctuary!

Your foes have roared in the midst of your holy place; they set up their own signs for signs.

At the upper entrance they hacked the wooden trellis with axes.

And then all its carved wood they broke down with hatchets and hammers.

They set your sanctuary on fire; to the ground they desecrated the dwelling place of your name.

They said to themselves, "We will utterly subdue them"; they burned all the meeting places of God in the land.

We do not see our signs; there is no longer any prophet, and there is none among us who knows how long.

How long, O God, is the foe to scoff? Is the enemy to revile your name for ever?

Why do you hold back your hand, why do you keep your right hand in your bosom?

Yet God my King is from of old, working salvation in the midst of the earth.

You divided the sea by your might; you broke the heads of the dragons on the waters.

You crushed the heads of Leviathan, you gave him as food for the creatures of the wilderness.

You cleaved open springs and brooks; you dried up ever-flowing streams. Yours is the day, yours also the night; you have established the luminaries and the sun.

You have fixed all the bounds of the earth; you have made summer and winter.

Remember this, O LORD, how the enemy scoffs, and an impious people reviles your name.

Do not deliver the soul of your dove to the wild beasts; do not forget the life of your poor for ever.

Have regard for your covenant; for the dark places of the land are full of the habitations of violence.

Let not the downtrodden be put to shame; let the poor and needy praise your name.

Arise, O God, plead your cause; remember how the impious scoff at you all the day!

Do not forget the clamour of your foes, the uproar of your adversaries which goes up continually!

DAY 15 – MORNING

Psalm 75 (74)

We give thanks to you, O God; we give thanks; we call on your name and recount your wondrous deeds.

At the set time which I appoint I will judge with equity.

When the earth totters, and all its inhabitants, it is I who keep steady its pillars.

I say to the boastful, "Do not boast," and to the wicked, "Do not lift up your horn; do not lift up your horn on high, or speak with

insolent neck.”

For not from the east or from the west and not from the wilderness comes lifting up; but it is God who executes judgement, putting down one and lifting up another.

For in the hand of the LORD there is a cup, with foaming wine, well mixed; and he will pour a draught from it, and all the wicked of the earth shall drain it down to the dregs.

But I will rejoice for ever, I will sing praises to the God of Jacob.

All the horns of the wicked he will cut off, but the horns of the righteous shall be exalted.

Psalm 76 (75)

In Judah God is known, his name is great in Israel.

His abode has been established in Salem, his dwelling place in Zion.

There he broke the flashing arrows, the shield, the sword, and the weapons of war.

Glorious are you, more majestic than the everlasting mountains.

The stouthearted were stripped of their spoil; they sank into sleep; all the men of war were unable to use their hands.

At your rebuke, O God of Jacob, both rider and horse lay stunned.

But you, terrible are you! Who can stand before you when once your anger is roused?

From the heavens you uttered judgement; the earth feared and was still,

when God arose to establish judgement to save all the oppressed of the earth.

Surely the wrath of men shall praise you; the residue of wrath you will gird upon you.

Make your vows to the LORD your God, and perform them; let all around him bring gifts to him who is to be feared,

who cuts off the spirit of princes, who is terrible to the kings of the earth.

Psalm 77 (76)

I cry aloud to God, aloud to God, that he may hear me.

In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted.

I think of God, and I moan; I meditate, and my spirit faints.

You hold my eyelids from closing; I am so troubled that I cannot speak.

I consider the days of old, I remember the years long ago.

I commune with my heart in the night; I meditate and search my spirit:

“Will the Lord spurn for ever, and never again be favourable?

Has his steadfast love for ever ceased? Are his promises at an end for all time?

Has God forgotten to be gracious? Has he in anger shut up his compassion?”

And I say, “It is my grief that the right hand of the Most High has changed.”

I will call to mind the deeds of the LORD; yes, I will remember your wonders of old.

I will meditate on all your work, and muse on your mighty deeds.

Your way, O God, is holy. What god is great like our God?

You are the God who work wonders, who have manifested your might among the peoples.

You with your arm redeemed your people, the sons of Jacob and Joseph.

When the waters saw you, O God, when the waters saw you, they were afraid, yes, the deep trembled.

The clouds poured out water; the skies gave forth thunder; your arrows flashed on every side.

The crash of your thunder was in the whirlwind; your lightnings lighted up the world; the earth trembled and shook.

Your way was through the sea, your path through the great waters; yet your footprints were unseen.

You led your people like a flock by the hand of Moses and Aaron.

DAY 15 – EVENING

Psalm 78 (77)

Give ear, O my people, to my teaching; incline your ears to the words of my mouth!

I will open my mouth in a parable; I will utter dark sayings from of old,

things that we have heard and known, that our fathers have told us.

We will not hide them from their children, but tell to the coming generation the glorious deeds of the LORD, and his might, and the wonders which he has wrought.

He established a testimony in Jacob, and appointed a law in Israel, which he commanded our fathers to teach to their children;

that the next generation might know them, the children yet unborn, and arise and tell them to their children,

so that they should set their hope in God, and not forget the works of God, but keep his commandments;

and that they should not be like their fathers, a stubborn and rebellious generation, a generation whose heart was not steadfast, whose spirit was not faithful to God.

The Ephraimites, armed with the bow, turned back on the day of battle.

They did not keep God's covenant, but refused to walk according to his law.

They forgot what he had done, and the miracles that he had shown them.

In the sight of their fathers he wrought marvels in the land of Egypt, in the fields of

Zoan.

He divided the sea and let them pass through it, and made the waters stand like a heap.

In the daytime he led them with a cloud, and all the night with a fiery light.

He cleft rocks in the wilderness, and gave them drink abundantly as from the deep.

He made streams come out of the rock, and caused waters to flow down like rivers.

Yet they sinned still more against him, rebelling against the Most High in the desert. They tested God in their heart by demanding the food they craved.

They spoke against God, saying, "Can God spread a table in the wilderness?"

He smote the rock so that water gushed out and streams overflowed. Can he also give bread, or provide meat for his people?"

Therefore, when the LORD heard, he was full of wrath; a fire was kindled against Jacob, his anger mounted against Israel;

because they had no faith in God, and did not trust his saving power.

Yet he commanded the skies above, and opened the doors of heaven;

and he rained down upon them manna to eat, and gave them the grain of heaven.

Man ate of the bread of the angels; he sent them food in abundance.

He caused the east wind to blow in the heavens, and by his power he led out the south wind;

he rained flesh upon them like dust, winged birds like the sand of the seas;

he let them fall in the midst of their camp, all around their habitations.

And they ate and were well filled, for he gave them what they craved.

But before they had sated their craving, while the food was still in their mouths,

the anger of God rose against them and he slew the strongest of them, and laid low the picked men of Israel.

In spite of all this they still sinned; despite his wonders they did not believe.

So he made their days vanish like a breath, and their years in terror.

When he slew them, they sought for him; they repented and sought God earnestly.

They remembered that God was their rock, the Most High God their redeemer.

But they flattered him with their mouths; they lied to him with their tongues.

Their heart was not steadfast towards him; they were not true to his covenant.

Yet he, being compassionate, forgave their iniquity, and did not destroy them; he restrained his anger often, and did not stir up all his wrath.

He remembered that they were but flesh, a wind that passes and comes not again.

How often they rebelled against him in the wilderness and grieved him in the desert!

They tested him again and again, and provoked the Holy One of Israel.

They did not keep in mind his power, or the day when he redeemed them from the foe; when he wrought his signs in Egypt, and his miracles in the fields of Zoan.

He turned their rivers to blood, so that they could not drink of their streams.

He sent among them swarms of flies, which devoured them, and frogs, which destroyed them.

He gave their crops to the caterpillar, and the fruit of their labour to the locust.

He destroyed their vines with hail, and their sycamores with frost.

He gave over their cattle to the hail, and their flocks to thunderbolts.

He let loose on them his fierce anger, wrath, indignation, and distress, a company of destroying angels.

He made a path for his anger; he did not spare them from death, but gave their lives over to the plague.

He smote all the first-born in Egypt, the first issue of their strength in the tents of Ham.

Then he led forth his people like sheep, and guided them in the wilderness like a flock.

He led them in safety, so that they were not afraid; but the sea overwhelmed their enemies.

And he brought them to his holy land, to the mountain which his right hand had won. He drove out nations before them; he apportioned them for a possession and settled the tribes of Israel in their tents.

Yet they tested and rebelled against the Most High God, and did not observe his testimonies,

but turned away and acted treacherously like their fathers; they twisted like a deceitful bow. For they provoked him to anger with their high places; they moved him to jealousy with their graven images.

When God heard, he was full of wrath, and he utterly rejected Israel.

He forsook his dwelling at Shiloh, the tent where he dwelt among men, and delivered his power to captivity, his glory to the hand of the foe.

He gave his people over to the sword, and vented his wrath on his heritage.

Fire devoured their young men, and their maidens had no marriage song.

Their priests fell by the sword, and their widows made no lamentation.

Then the Lord awoke as from sleep, like a strong man shouting because of wine.

And he put his adversaries to rout; he put them to everlasting shame.

He rejected the tent of Joseph, he did not choose the tribe of Ephraim;

but he chose the tribe of Judah, Mount Zion, which he loves.

He built his sanctuary like the high heavens, like the earth, which he has founded for ever.

He chose David his servant, and took him from the sheepfolds;

from tending the ewes that had young he brought him to be the shepherd of Jacob his people, of Israel his inheritance.

With upright heart he tended them, and guided them with skilful hand.

DAY 16 – MORNING

Psalm 79

O God, the heathen have come into your inheritance; they have defiled your holy temple; they have laid Jerusalem in ruins.

They have given the bodies of your servants to the birds of the air for food, the flesh of your saints to the beasts of the earth.

They have poured out their blood like water round about Jerusalem, and there was none to bury them.

We have become a taunt to our neighbours, mocked and derided by those round about us. How long, O LORD? Will you be angry for ever? Will your jealous wrath burn like fire? Pour out your anger on the nations that do not know you, and on the kingdoms that do not call on your name!

For they have devoured Jacob, and laid waste his habitation.

Do not remember against us the iniquities of our forefathers; let your compassion come speedily to meet us, for we are brought very low.

Help us, O God of our salvation, for the glory of your name; deliver us, and forgive our sins, for your name's sake!

Why should the nations say, "Where is their God?" Let the avenging of the outpoured blood of your servants be known among the nations before our eyes!

Let the groans of the prisoners come before you; according to your great power preserve those doomed to die!

Return sevenfold into the bosom of our neighbours the taunts with which they have taunted you, O Lord!

Then we your people, the flock of your pasture, will give thanks to you for ever; from generation to generation we will recount your praise.

Psalm 80

Give ear, O Shepherd of Israel, you who lead Joseph like a flock! You who are enthroned upon the cherubim, shine forth

before Ephraim and Benjamin and Manasseh! Stir up your might, and come to save us!

Restore us, O God; let your face shine, that we may be saved!

O LORD God of hosts, how long will you be angry with your people's prayers?

You have fed them with the bread of tears, and given them tears to drink in full measure. You make us the scorn of our neighbours; and our enemies laugh among themselves.

Restore us, O God of hosts; let your face shine, that we may be saved!

You brought a vine out of Egypt; you drove out the nations and planted it.

You cleared the ground for it; it took deep root and filled the land.

The mountains were covered with its shade, the mighty cedars with its branches; it sent out its branches to the sea, and its shoots to the River.

Why then have you broken down its walls, so that all who pass along the way pluck its fruit? The boar from the forest ravages it, and all that move in the field feed on it.

Turn again, O God of hosts! Look down from heaven, and see; have regard for this vine, the stock which your right hand planted.

They have burned it with fire, they have cut it down; may they perish at the rebuke of your countenance!

But let your hand be upon the man of your right hand, the son of man whom you have made strong for yourself!
Then we will never turn back from you; give us life, and we will call on your name!
Restore us, O LORD God of hosts! let your face shine, that we may be saved!

Psalm 81

Sing aloud to God our strength; shout for joy to the God of Jacob!
Raise a song, sound the timbrel, the sweet lyre with the harp.
Blow the trumpet at the new moon, at the full moon, on our feast day.
For it is a statute for Israel, an ordinance of the God of Jacob.
He made it a decree in Joseph, when he went out over the land of Egypt. I hear a voice I had not known:
“I relieved your shoulder of the burden; your hands were freed from the basket.
In distress you called, and I delivered you; I answered you in the secret place of thunder; I tested you at the waters of Meribah.
Hear, O my people, while I admonish you! O Israel, if you would but listen to me!
There shall be no strange god among you; you shall not bow down to a foreign god.
I am the LORD your God, who brought you up out of the land of Egypt. Open your mouth wide, and I will fill it.
“But my people did not listen to my voice; Israel would have none of me.
So I gave them over to their stubborn hearts, to follow their own counsels.
O that my people would listen to me, that Israel would walk in my ways!
I would soon subdue their enemies, and turn my hand against their foes.
Those who hate the LORD would cringe towards him, and their fate would last for

ever.
I would feed you with the finest of the wheat, and with honey from the rock I would satisfy you.”

DAY 16 – EVENING

Psalm 82

God has taken his place in the divine council; in the midst of the gods he holds judgement: “How long will you judge unjustly and show partiality to the wicked?
Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute.
Rescue the weak and the needy; deliver them from the hand of the wicked.”
They have neither knowledge nor understanding, they walk about in darkness; all the foundations of the earth are shaken.
I say, “You are gods, sons of the Most High, all of you;
nevertheless, you shall die like men, and fall like any prince.”
Arise, O God, judge the earth; for to you belong all the nations!

Psalm 83 (82)

O God, do not keep silence; do not hold your peace or be still, O God!
For lo, your enemies are in tumult; those who hate you have raised their heads.
They lay crafty plans against your people; they consult together against your protected ones.
They say, “Come, let us wipe them out as a nation; let the name of Israel be remembered no more!”
Yes, they conspire with one accord; against you they make a covenant –
the tents of Edom and the Ishmaelites, Moab

and the Hagrites,
 Gebal and Ammon and Amalek, Philistia with
 the inhabitants of Tyre;
 Assyria also has joined them; they are the
 strong arm of the children of Lot.
 Do to them as you did to Midian, as to Sisera
 and Jabin at the river Kishon,
 who were destroyed at En-dor, who became
 dung for the ground.
 Make their nobles like Oreb and Zeeb, all their
 princes like Zebah and Zalmunna,
 who said, "Let us take possession for
 ourselves of the pastures of God."
 O my God, make them like whirling dust, like
 chaff before the wind.
 As fire consumes the forest, as the flame sets
 the mountains ablaze,
 so do you pursue them with your tempest and
 terrify them with your hurricane!
 Fill their faces with shame, that they may seek
 your name, O LORD.
 Let them be put to shame and dismayed for
 ever; let them perish in disgrace.
 Let them know that you alone, whose name is
 YHWH, are the Most High over all the earth.

Psalm 84 (83)

How lovely is your dwelling place, O LORD of
 hosts!
 My soul longs, yes, faints for the courts of the
 LORD; my heart and flesh sing for joy to the
 living God.
 Even the sparrow finds a home, and the
 swallow a nest for herself, where she may lay
 her young, at your altars, O LORD of hosts, my
 King and my God.
 Blessed are those who dwell in your house,
 ever singing your praise!
 Blessed are the men whose strength is in you,
 in whose heart are the highways to Zion.
 As they go through the valley of Baca they
 make it a place of springs; the early rain also

covers it with pools.
 They go from strength to strength; the God of
 gods will be seen in Zion.
 O LORD God of hosts, hear my prayer; give
 ear, O God of Jacob!
 Behold our shield, O God; look upon the face
 of your anointed!
 For a day in your courts is better than a
 thousand elsewhere. I would rather be a
 doorkeeper in the house of my God than dwell
 in the tents of wickedness.
 For the LORD God is a sun and shield; he
 bestows favour and honour. No good thing
 does the LORD withhold from those who walk
 uprightly.
 O LORD of hosts, blessed is the man who trusts
 in you!

Psalm 85 (84)

LORD, you were favourable to your land; you
 restored the fortunes of Jacob.
 You forgave the iniquity of your people; you
 pardoned all their sin.
 You withdrew all your wrath; you turned from
 your hot anger.
 Restore us again, O God of our salvation, and
 put away your indignation towards us!
 Will you be angry with us for ever? Will you
 prolong your anger to all generations?
 Will you not revive us again, that your people
 may rejoice in you?
 Show us your steadfast love, O LORD, and
 grant us your salvation.
 Let me hear what God the LORD will speak, for
 he will speak peace to his people, to his saints,
 to those who turn to him in their hearts.
 Surely his salvation is at hand for those who
 fear him, that glory may dwell in our land.
 Steadfast love and faithfulness will meet;
 righteousness and peace will kiss each other.
 Faithfulness will spring up from the ground,
 and righteousness will look down from the

sky.

Yes, the LORD will give what is good, and our land will yield its increase.

Righteousness will go before him, and make his footsteps a way.

DAY 17 – MORNING

Psalm 86 (85)

Incline your ear, O LORD, and answer me, for I am poor and needy.

Preserve my life, for I am godly; save your servant who trusts in you. You are my God; be gracious to me, O Lord, for to you do I cry all the day.

Gladden the soul of your servant, for to you, O Lord, do I lift up my soul.

For you, O Lord, are good and forgiving, abounding in steadfast love to all who call on you.

Give ear, O LORD, to my prayer; hearken to my cry of supplication.

In the day of my trouble I call on you, for you answer me.

There is none like you among the gods, O Lord, nor are there any works like yours.

All the nations you have made shall come and bow down before you, O Lord, and shall glorify your name.

For you are great and do wondrous things, you alone are God.

Teach me your way, O LORD, that I may walk in your truth; unite my heart to fear your name.

I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name for ever.

For great is your steadfast love towards me; you have delivered my soul from the depths of Sheol.

O God, insolent men have risen up against

me; a band of ruthless men seek my life, and they do not set you before them.

But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.

Turn to me and take pity on me; give your strength to your servant, and save the son of your handmaid.

Show me a sign of your favour, that those who hate me may see and be put to shame because you, LORD, have helped me and comforted me.

Psalm 87 (86)

On the holy mount stands the city he founded; the LORD loves the gates of Zion more than all the dwelling places of Jacob.

Glorious things are spoken of you, O city of God.

Among those who know me I mention Rahab and Babylon; behold, Philistia and Tyre, with Ethiopia – “This one was born there,” they say.

And of Zion it shall be said, “This one and that one were born in her”; for the Most High himself will establish her.

The LORD records as he registers the peoples, “This one was born there.”

Singers and dancers alike say, “All my springs are in you.”

Psalm 88 (87)

O LORD, my God, I call for help by day; I cry out in the night before you.

Let my prayer come before you, incline your ear to my cry!

For my soul is full of troubles, and my life draws near to Sheol.

I am reckoned among those who go down to the Pit; I am a man who has no strength, like one forsaken among the dead, like the

slain that lie in the grave, like those whom you remember no more, for they are cut off from your hand.

You have put me in the depths of the Pit, in the regions dark and deep.

Your wrath lies heavy upon me, and you overwhelm me with all your waves.

You have caused my companions to shun me; you have made me a thing of horror to them.

I am shut in so that I cannot escape; my eye grows dim through sorrow. Every day I call upon you, O LORD; I spread out my hands to you.

Do you work wonders for the dead? Do the shades rise up to praise you?

Is your steadfast love declared in the grave, or your faithfulness in Abaddon?

Are your wonders known in the darkness, or your saving help in the land of forgetfulness?

But I, O LORD, cry to you; in the morning my prayer comes before you.

O LORD, why do you cast me off? Why do you hide your face from me?

Afflicted and close to death from my youth up, I suffer your terrors; I am helpless.

Your wrath has swept over me; your dread assaults destroy me.

They surround me like a flood all day long; they close in upon me together.

You have caused lover and friend to shun me; my companions are in darkness.

DAY 17 – EVENING

Psalm 89 (88)

I will sing of your steadfast love, O LORD, for ever; with my mouth I will proclaim your faithfulness to all generations.

For your steadfast love was established for ever, your faithfulness is firm as the heavens. You have said, “I have made a covenant with

my chosen one, I have sworn to David my servant:

‘I will establish your descendants for ever, and build your throne for all generations.’”

Let the heavens praise your wonders, O LORD, your faithfulness in the assembly of the holy ones!

For who in the skies can be compared to the LORD? Who among the heavenly beings is like the LORD,

a God feared in the council of the holy ones, great and terrible above all that are round about him?

O LORD God of hosts, who is mighty as you are, O LORD, with your faithfulness round about you?

You rule the raging of the sea; when its waves rise, you still them.

You crushed Rahab like a carcass, you scattered your enemies with your mighty arm.

The heavens are yours, the earth also is yours; the world and all that is in it, you have founded them.

The north and the south, you have created them; Tabor and Hermon joyously praise your name.

You have a mighty arm; strong is your hand, high your right hand.

Righteousness and justice are the foundation of your throne; steadfast love and faithfulness go before you.

Blessed are the people who know the festal shout, who walk, O LORD, in the light of your countenance,

who exult in your name all the day, and extol your righteousness.

For you are the glory of their strength; by your favour our horn is exalted.

For our shield belongs to the LORD, our king to the Holy One of Israel.

Of old you spoke in a vision to your faithful one, and said: “I have set the crown upon one who is mighty, I have exalted one chosen from

the people.
I have found David, my servant; with my holy oil I have anointed him;
so that my hand shall ever abide with him, my arm also shall strengthen him.
The enemy shall not outwit him, the wicked shall not humble him.
I will crush his foes before him and strike down those who hate him.
My faithfulness and my steadfast love shall be with him, and in my name shall his horn be exalted.
I will set his hand on the sea and his right hand on the rivers.
He shall cry to me, 'You are my Father, my God, and the Rock of my salvation.'
And I will make him the first-born, the highest of the kings of the earth.
My steadfast love I will keep for him for ever, and my covenant will stand firm for him.
I will establish his line for ever and his throne as the days of the heavens.
If his children forsake my law and do not walk according to my ordinances,
if they violate my statutes and do not keep my commandments,
then I will punish their transgression with the rod and their iniquity with scourges;
but I will not remove from him my steadfast love, or be false to my faithfulness.
I will not violate my covenant, or alter the word that went forth from my lips.
Once for all I have sworn by my holiness; I will not lie to David.
His line shall endure for ever, his throne as long as the sun before me.
Like the moon it shall be established for ever; it shall stand firm while the skies endure."
But now you have cast off and rejected, you are full of wrath against your anointed.
You have renounced the covenant with your servant; you have defiled his crown in the dust.

You have breached all his walls; you have laid his strongholds in ruins.
All that pass by despoil him; he has become the scorn of his neighbours.
You have exalted the right hand of his foes; you have made all his enemies rejoice.
Yes, you have turned back the edge of his sword, and you have not made him stand in battle.
You have removed the sceptre from his hand, and cast his throne to the ground.
You have cut short the days of his youth; you have covered him with shame.
How long, O LORD? Will you hide yourself for ever? How long will your wrath burn like fire? Remember, O Lord, what the measure of life is, for what vanity you have created all the sons of men!
What man can live and never see death? Who can deliver his soul from the power of Sheol?

Lord, where is your steadfast love of old, which by your faithfulness you swore to David?
Remember, O Lord, how your servant is scorned; how I bear in my bosom the insults of the peoples,
with which your enemies taunt, O LORD, with which they mock the footsteps of your anointed.
Blessed be the LORD for ever! Amen and Amen.

DAY 18 – MORNING

Psalm 90 (89)

LORD, you have been our dwelling place in all generations.
Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.

You turn man back to the dust, and say, "Turn back, O children of men!"

For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night.

You sweep men away; they are like a dream, like grass which is renewed in the morning: in the morning it flourishes and is renewed; in the evening it fades and withers.

For we are consumed by your anger; by your wrath we are overwhelmed.

You have set our iniquities before you, our secret sins in the light of your countenance.

For all our days pass away under your wrath, our years come to an end like a sigh.

The years of our life are threescore and ten, or even by reason of strength fourscore; yet their span is but toil and trouble; they are soon gone, and we fly away.

Who considers the power of your anger, and your wrath according to the fear of you?

So teach us to number our days that we may get a heart of wisdom.

Return, O LORD! How long? Have pity on your servants!

Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.

Make us glad as many days as you have afflicted us, and as many years as we have seen evil.

Let your work be manifest to your servants, and your glorious power to their children.

Let the favour of the Lord our God be upon us, and establish the work of our hands upon us, yes, establish the work of our hands.

Psalm 91 (90)

He who dwells in the shelter of the Most High, who abides in the shadow of the Almighty, will say to the LORD, "My refuge and my

fortress; my God, in whom I trust."

For he will deliver you from the snare of the fowler and from the deadly pestilence; he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.

You will not fear the terror of the night, nor the arrow that flies by day,

nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.

A thousand may fall at your side, ten thousand at your right hand; but it will not come near you.

You will only look with your eyes and see the recompense of the wicked.

Because you have made the LORD your refuge, the Most High your habitation, no evil shall befall you, no scourge come near your tent.

For he will give his angels charge of you to guard you in all your ways.

On their hands they will bear you up, lest you dash your foot against a stone.

You will tread on the lion and the adder, the young lion and the serpent you will trample under foot.

Because he cleaves to me in love, I will deliver him; I will protect him, because he knows my name.

When he calls to me, I will answer him; I will be with him in trouble, I will rescue him and honour him.

With long life I will satisfy him, and show him my salvation.

Psalm 92 (91)

It is good to give thanks to the LORD, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night, to the music of the lute and the harp, to the melody of the lyre.

For you, O LORD, have made me glad by your work; at the works of your hands I sing for joy.

How great are your works, O LORD! Your thoughts are very deep!

The dull man cannot know, the stupid cannot understand this:

that, though the wicked sprout like grass and all evildoers flourish, they are doomed to destruction for ever,

but you, O LORD, are on high for ever.

For, lo, your enemies, O LORD, for, lo, your enemies shall perish; all evildoers shall be scattered.

But you have exalted my horn like that of the wild ox; you have poured over me fresh oil.

My eyes have seen the downfall of my enemies, my ears have heard the doom of my evil assailants.

The righteous flourish like the palm tree, and grow like a cedar in Lebanon.

They are planted in the house of the LORD, they flourish in the courts of our God.

They still bring forth fruit in old age, they are ever full of sap and green,

to show that the LORD is upright; he is my rock, and there is no unrighteousness in him.

DAY 18 – EVENING

Psalm 93 (92)

The LORD reigns; he is robed in majesty; the LORD is robed, he is girded with strength. Yes, the world is established; it shall never be moved;

your throne is established from of old; you are from everlasting.

The floods have lifted up, O LORD, the floods have lifted up their voice, the floods lift up their roaring.

Mightier than the thunders of many waters,

mightier than the waves of the sea, the LORD on high is mighty!

Your decrees are very sure; holiness befits your house, O LORD, for evermore.

Psalm 94 (93)

O LORD God of vengeance, God of vengeance, shine forth!

Rise up, O judge of the earth; render to the proud their deserts!

O LORD, how long shall the wicked, how long shall the wicked exult?

They pour out their arrogant words, they boast, all the evildoers.

They crush your people, O LORD, and afflict your heritage.

They slay the widow and the sojourner, and murder the fatherless;

and they say, "The LORD does not see; the God of Jacob does not perceive."

Understand, O dullest of the people! Fools, when will you be wise?

He who planted the ear, does he not hear? He who formed the eye, does he not see?

He who chastens the nations, does he not chastise? He who teaches men knowledge, the LORD, knows the thoughts of man, that they are but a breath.

Blessed is the man whom you chasten, O LORD, and whom you teach out of your law to give him respite from days of trouble, until a pit is dug for the wicked.

For the LORD will not forsake his people; he will not abandon his heritage;

for justice will return to the righteous, and all the upright in heart will follow it.

Who rises up for me against the wicked? Who stands up for me against evildoers?

If the LORD had not been my help, my soul would soon have dwelt in the land of silence.

When I thought, "My foot slips," your steadfast love, O LORD, held me up.

When the cares of my heart are many, your consolations cheer my soul.

Can wicked rulers be allied with you, who frame mischief by statute?

They band together against the life of the righteous, and condemn the innocent to death.

But the LORD has become my stronghold, and my God the rock of my refuge.

He will bring back on them their iniquity and wipe them out for their wickedness; the LORD our God will wipe them out.

DAY 19 – MORNING

Psalm 95 (94)

O come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!

Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

For the LORD is a great God, and a great King above all gods.

In his hand are the depths of the earth; the heights of the mountains are his also.

The sea is his, for he made it; for his hands formed the dry land.

O come, let us worship and bow down, let us kneel before the LORD, our Maker!

For he is our God, and we are the people of his pasture, and the sheep of his hand. O that today you would hearken to his voice!

Harden not your hearts, as at Meribah, as on the day at Massah in the wilderness, when your fathers tested me, and put me to the proof, though they had seen my work.

For forty years I loathed that generation and said, "They are a people who err in heart, and they do not regard my ways."

Therefore I swore in my anger that they should not enter my rest.

Psalm 96 (95)

O sing to the LORD a new song; sing to the LORD, all the earth!

Sing to the LORD, bless his name; tell of his salvation from day to day.

Declare his glory among the nations, his marvellous works among all the peoples!

For great is the LORD, and greatly to be praised; he is to be feared above all gods.

For all the gods of the peoples are idols; but the LORD made the heavens.

Honour and majesty are before him; strength and beauty are in his sanctuary.

Ascribe to the LORD, O families of the peoples, ascribe to the LORD glory and strength!

Ascribe to the LORD the glory due his name; bring an offering, and come into his courts!

Worship the LORD in holy array; tremble before him, all the earth!

Say among the nations, "The LORD reigns! Yes, the world is established, it shall never be moved; he will judge the peoples with equity."

Let the heavens be glad, and let the earth rejoice; let the sea roar, and all that fills it;

let the field exult, and everything in it! Then shall all the trees of the wood sing for joy

before the LORD, for he comes, for he comes to judge the earth. He will judge the world with righteousness, and the peoples with his truth.

Psalm 97 (96)

The LORD reigns; let the earth rejoice; let the many coastlands be glad!

Clouds and thick darkness are round about him; righteousness and justice are the foundation of his throne.

Fire goes before him, and burns up his adversaries round about.

His lightnings lighten the world; the earth sees and trembles.

The mountains melt like wax before the LORD,

before the Lord of all the earth.
The heavens proclaim his righteousness; and
all the peoples behold his glory.
All worshippers of images are put to shame,
who make their boast in worthless idols; all
gods bow down before him.
Zion hears and is glad, and the daughters of
Judah rejoice, because of your judgements, O
God.
For you, O LORD, are most high over all the
earth; you are exalted far above all gods.
The LORD loves those who hate evil; he
preserves the lives of his saints; he delivers
them from the hand of the wicked.
Light dawns for the righteous, and joy for the
upright in heart.
Rejoice in the LORD, O you righteous, and give
thanks to his holy name!

DAY 19 – EVENING

Psalm 98 (97)

O sing to the LORD a new song, for he has
done marvellous things! His right hand and
his holy arm have gotten him victory.
The LORD has made known his victory, he has
revealed his vindication in the sight of the
nations.
He has remembered his steadfast love and
faithfulness to the house of Israel. All the ends
of the earth have seen the victory of our God.
Make a joyful noise to the LORD, all the earth;
break forth into joyous song and sing praises!
Sing praises to the LORD with the lyre, with the
lyre and the sound of melody!
With trumpets and the sound of the horn make
a joyful noise before the King, the LORD!
Let the sea roar, and all that fills it; the world
and those who dwell in it!
Let the floods clap their hands; let the hills
sing for joy together

before the LORD, for he comes to judge the
earth. He will judge the world with
righteousness, and the peoples with equity.

Psalm 99 (98)

The LORD reigns; let the peoples tremble! He
sits enthroned upon the cherubim; let the earth
quake!
The LORD is great in Zion; he is exalted over
all the peoples.
Let them praise your great and terrible name!
Holy is he!
Mighty King, lover of justice, you have
established equity; you have executed justice
and righteousness in Jacob.
Extol the LORD our God; worship at his
footstool! Holy is he!
Moses and Aaron were among his priests,
Samuel also was among those who called on
his name. They cried to the LORD, and he
answered them.
He spoke to them in the pillar of cloud; they
kept his testimonies, and the statutes that he
gave them.
O LORD our God, you answered them; you
were a forgiving God to them, but an avenger
of their wrongdoings.
Extol the LORD our God, and worship at his
holy mountain; for the LORD our God is holy!

Psalm 100 (99)

Make a joyful noise to the LORD, all the lands!
Serve the LORD with gladness! Come into his
presence with singing!
Know that the LORD is God! It is he that made
us, and we are his; we are his people, and the
sheep of his pasture.
Enter his gates with thanksgiving, and his
courts with praise! Give thanks to him, bless
his name!
For the LORD is good; his steadfast love

endures for ever, and his faithfulness to all generations.

Psalm 101 (100)

I will sing of loyalty and of justice; to you, O LORD, I will sing.

I will give heed to the way that is blameless. Oh when will you come to me? I will walk with integrity of heart within my house;

I will not set before my eyes anything that is base. I hate the work of those who fall away; it shall not cleave to me.

Perverseness of heart shall be far from me; I will know nothing of evil.

Him who slanders his neighbour secretly I will destroy. The man of haughty looks and arrogant heart I will not endure.

I will look with favour on the faithful in the land, that they may dwell with me; he who walks in the way that is blameless shall minister to me.

No man who practises deceit shall dwell in my house; no man who utters lies shall continue in my presence.

Morning by morning I will destroy all the wicked in the land, cutting off all the evildoers from the city of the LORD.

DAY 20 – MORNING

Psalm 102 (101)

Hear my prayer, O LORD; let my cry come to you!

Do not hide your face from me in the day of my distress! Incline your ear to me; answer me speedily in the day when I call!

For my days pass away like smoke, and my bones burn like a furnace.

My heart is smitten like grass, and withered; I forget to eat my bread.

Because of my loud groaning my bones cleave to my flesh.

I am like a vulture of the wilderness, like an owl of the waste places;

I lie awake, I am like a lonely bird on the housetop.

All the day my enemies taunt me, those who deride me use my name for a curse.

For I eat ashes like bread, and mingle tears with my drink,

because of your indignation and anger; for you have taken me up and thrown me away.

My days are like an evening shadow; I wither away like grass.

But you, O LORD, are enthroned for ever; your name endures to all generations.

You will arise and have pity on Zion; it is the time to favour her; the appointed time has come.

For your servants hold her stones dear, and have pity on her dust.

The nations will fear the name of the LORD, and all the kings of the earth your glory.

For the LORD will build up Zion, he will appear in his glory;

he will regard the prayer of the destitute, and will not despise their supplication.

Let this be recorded for a generation to come, so that a people yet unborn may praise the LORD:

that he looked down from his holy height, from heaven the LORD looked at the earth,

to hear the groans of the prisoners, to set free those who were doomed to die;

that men may declare in Zion the name of the LORD, and in Jerusalem his praise,

when peoples gather together, and kingdoms, to worship the LORD.

He has broken my strength in mid-course; he has shortened my days.

“O my God,” I say, “take me not hence in the midst of my days, you whose years endure throughout all generations!”

Of old you laid the foundation of the earth,
and the heavens are the work of your hands.
They will perish, but you endure; they will all
wear out like a garment. You change them like
raiment, and they pass away;
but you are the same, and your years have no
end.

The children of your servants shall dwell
secure; their posterity shall be established
before you.

Psalm 103 (102)

Bless the LORD, O my soul; and all that is
within me, bless his holy name!

Bless the LORD, O my soul, and forget not all
his benefits,
who forgives all your iniquity, who heals all
your diseases,

who redeems your life from the Pit, who
crowns you with steadfast love and mercy,
who satisfies you with good as long as you
live so that your youth is renewed like the
eagle's.

The LORD works vindication and justice for all
who are oppressed.

He made known his ways to Moses, his acts to
the people of Israel.

The LORD is merciful and gracious, slow to
anger and abounding in steadfast love.

He will not always chide, nor will he keep his
anger for ever.

He does not deal with us according to our sins,
nor requite us according to our iniquities.

For as the heavens are high above the earth, so
great is his steadfast love towards those who
fear him;

as far as the east is from the west, so far does
he remove our transgressions from us.

As a father pities his children, so the LORD
pities those who fear him.

For he knows our frame; he remembers that
we are dust.

As for man, his days are like grass; he
flourishes like a flower of the field;
for the wind passes over it, and it is gone, and
its place knows it no more.

But the steadfast love of the LORD is from
everlasting to everlasting upon those who fear
him, and his righteousness to children's
children,

to those who keep his covenant and remember
to do his commandments.

The LORD has established his throne in the
heavens, and his kingdom rules over all.

Bless the LORD, O you his angels, you mighty
ones who do his word, hearkening to the voice
of his word!

Bless the LORD, all his hosts, his ministers that
do his will!

Bless the LORD, all his works, in all places of
his dominion. Bless the LORD, O my soul!

DAY 20 – EVENING

Psalm 104 (103)

Bless the LORD, O my soul! O LORD my God,
you are very great! You are clothed with
honour and majesty,

who cover yourself with light as with a
garment, who have stretched out the heavens
like a tent,

who have laid the beams of your chambers on
the waters, who make the clouds your chariot,
who ride on the wings of the wind,
who make the winds your messengers, fire and
flame your ministers.

You set the earth on its foundations, so that it
should never be shaken.

You covered it with the deep as with a
garment; the waters stood above the
mountains.

At your rebuke they fled; at the sound of your
thunder they took to flight.

The mountains rose, the valleys sank down to the place which you appointed for them.
You set a bound which they should not pass, so that they might not again cover the earth.
You make springs gush forth in the valleys; they flow between the hills,
they give drink to every beast of the field; the wild asses quench their thirst.
By them the birds of the air have their habitation; they sing among the branches.
From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work.
You cause the grass to grow for the cattle, and plants for man to cultivate, that he may bring forth food from the earth,
and wine to gladden the heart of man, oil to make his face shine, and bread to strengthen man's heart.
The trees of the LORD are watered abundantly, the cedars of Lebanon which he planted.
In them the birds build their nests; the stork has her home in the fir trees.
The high mountains are for the wild goats; the rocks are a refuge for the badgers.
You have made the moon to mark the seasons; the sun knows its time for setting.
You make darkness, and it is night, when all the beasts of the forest creep forth.
The young lions roar for their prey, seeking their food from God.
When the sun rises, they get them away and lie down in their dens.
Man goes forth to his work and to his labour until the evening.
O LORD, how manifold are your works! In wisdom have you made them all; the earth is full of your creatures.
Yonder is the sea, great and wide, which teems with things innumerable, living things both small and great.
There go the ships, and Leviathan which you formed to sport in it.

These all look to you, to give them their food in due season.
When you give to them, they gather it up; when you open your hand, they are filled with good things.
When you hide your face, they are dismayed; when you take away their breath, they die and return to their dust.
When you send forth your Spirit, they are created; and you renew the face of the ground.
May the glory of the LORD endure for ever, may the LORD rejoice in his works,
who looks on the earth and it trembles, who touches the mountains and they smoke!
I will sing to the LORD as long as I live; I will sing praise to my God while I have being.
May my meditation be pleasing to him, for I rejoice in the LORD.
Let sinners be consumed from the earth, and let the wicked be no more! Bless the LORD, O my soul! Praise the LORD!

DAY 21 – MORNING

Psalm 105 (104)

O give thanks to the LORD, call on his name, make known his deeds among the peoples!
Sing to him, sing praises to him, tell of all his wonderful works!
Glory in his holy name; let the hearts of those who seek the LORD rejoice!
Seek the LORD and his strength, seek his presence continually!
Remember the wonderful works that he has done, his miracles, and the judgements he uttered,
O offspring of Abraham his servant, sons of Jacob, his chosen ones!
He is the LORD our God; his judgements are in all the earth.
He is mindful of his covenant for ever, of the

word that he commanded, for a thousand generations,
the covenant which he made with Abraham,
his sworn promise to Isaac,
which he confirmed to Jacob as a statute, to
Israel as an everlasting covenant,
saying, "To you I will give the land of Canaan
as your portion for an inheritance."
When they were few in number, of little
account, and sojourners in it,
wandering from nation to nation, from one
kingdom to another people,
he allowed no one to oppress them; he
rebuked kings on their account,
saying, "Touch not my anointed ones, do my
prophets no harm!"
When he summoned a famine on the land, and
broke every staff of bread,
he had sent a man ahead of them, Joseph, who
was sold as a slave.
His feet were hurt with fetters, his neck was
put in a collar of iron;
until what he had said came to pass the word
of the LORD tested him.
The king sent and released him, the ruler of
the peoples set him free;
he made him lord of his house, and ruler of all
his possessions,
to instruct his princes at his pleasure, and to
teach his elders wisdom.
Then Israel came to Egypt; Jacob sojourned in
the land of Ham.
And the LORD made his people very fruitful,
and made them stronger than their foes.
He turned their hearts to hate his people, to
deal craftily with his servants.
He sent Moses his servant, and Aaron whom
he had chosen.
They wrought his signs among them, and
miracles in the land of Ham.
He sent darkness, and made the land dark;
they rebelled against his words.
He turned their waters into blood, and caused

their fish to die.
Their land swarmed with frogs, even in the
chambers of their kings.
He spoke, and there came swarms of flies, and
gnats throughout their country.
He gave them hail for rain, and lightning that
flashed through their land.
He smote their vines and fig trees, and
shattered the trees of their country.
He spoke, and the locusts came, and young
locusts without number;
which devoured all the vegetation in their
land, and ate up the fruit of their ground.
He smote all the first-born in their land, the
first issue of all their strength.
Then he led forth Israel with silver and gold,
and there was none among his tribes who
stumbled.
Egypt was glad when they departed, for dread
of them had fallen upon it.
He spread a cloud for a covering, and fire to
give light by night.
They asked, and he brought quails, and gave
them bread from heaven in abundance.
He opened the rock, and water gushed forth; it
flowed through the desert like a river.
For he remembered his holy promise, and
Abraham his servant.
So he led forth his people with joy, his chosen
ones with singing.
And he gave them the lands of the nations;
and they took possession of the fruit of the
peoples' toil,
to the end that they should keep his statutes,
and observe his laws. Praise the LORD!

DAY 21 – EVENING

Psalm 106 (105)

Praise the LORD! O give thanks to the LORD, for
he is good; for his steadfast love endures for

ever!

Who can utter the mighty doings of the LORD,
or show forth all his praise?

Blessed are they who observe justice, who do
righteousness at all times!

Remember me, O LORD, when you show
favour to your people; help me when you
deliver them;

that I may see the prosperity of your chosen
ones, that I may rejoice in the gladness of your
nation, that I may glory with your heritage.

Both we and our fathers have sinned; we have
committed iniquity, we have done wickedly.

Our fathers, when they were in Egypt, did not
consider your wonderful works; they did not
remember the abundance of your steadfast
love, but rebelled against the Most High at the
Red Sea.

Yet he saved them for his name's sake, that he
might make known his mighty power.

He rebuked the Red Sea, and it became dry;
and he led them through the deep as through a
desert.

So he saved them from the hand of the foe,
and delivered them from the power of the
enemy.

And the waters covered their adversaries; not
one of them was left.

Then they believed his words; they sang his
praise.

But they soon forgot his works; they did not
wait for his counsel.

But they had a wanton craving in the
wilderness, and put God to the test in the
desert;

he gave them what they asked, but sent a
wasting disease among them.

When men in the camp were jealous of Moses
and Aaron, the holy one of the LORD,
the earth opened and swallowed up Dathan,
and covered the company of Abiram.

Fire also broke out in their company; the
flame burned up the wicked.

They made a calf in Horeb and worshipped a
molten image.

They exchanged the glory of God for the
image of an ox that eats grass.

They forgot God, their Saviour, who had done
great things in Egypt,

wondrous works in the land of Ham, and
terrible things by the Red Sea.

Therefore he said he would destroy them –
had not Moses, his chosen one, stood in the
breach before him, to turn away his wrath
from destroying them.

Then they despised the pleasant land, having
no faith in his promise.

They murmured in their tents, and did not
obey the voice of the LORD.

Therefore he raised his hand and swore to
them that he would make them fall in the
wilderness,

and would disperse their descendants among
the nations, scattering them over the lands.

Then they attached themselves to the Baal of
Peor, and ate sacrifices offered to the dead;
they provoked the LORD to anger with their
doings, and a plague broke out among them.

Then Phinehas stood up and interposed, and
the plague was stayed.

And that has been reckoned to him as
righteousness from generation to generation
for ever.

They angered him at the waters of Meribah,
and it went ill with Moses on their account;
for they made his spirit bitter, and he spoke
words that were rash.

They did not destroy the peoples, as the LORD
commanded them,

but they mingled with the nations and learned
to do as they did.

They served their idols, which became a snare
to them.

They sacrificed their sons and their daughters
to the demons;

they poured out innocent blood, the blood of

their sons and daughters, whom they sacrificed to the idols of Canaan; and the land was polluted with blood.

Thus they became unclean by their acts, and played the harlot in their doings.

Then the anger of the LORD was kindled against his people, and he abhorred his heritage;

he gave them into the hand of the nations, so that those who hated them ruled over them.

Their enemies oppressed them, and they were brought into subjection under their power.

Many times he delivered them, but they were rebellious in their purposes, and were brought low through their iniquity.

Nevertheless he regarded their distress, when he heard their cry.

He remembered for their sake his covenant, and relented according to the abundance of his steadfast love.

He caused them to be pitied by all those who held them captive.

Save us, O LORD our God, and gather us from among the nations, that we may give thanks to your holy name and glory in your praise.

Blessed be the LORD, the God of Israel, from everlasting to everlasting! And let all the people say, "Amen!" Praise the LORD!

DAY 22 – MORNING

Psalm 107 (106)

O give thanks to the LORD, for he is good; for his steadfast love endures for ever!

Let the redeemed of the LORD say so, whom he has redeemed from trouble and gathered in from the lands, from the east and from the west, from the north and from the south.

Some wandered in desert wastes, finding no way to a city to dwell in;

hungry and thirsty, their soul fainted within them.

Then they cried to the LORD in their trouble, and he delivered them from their distress; he led them by a straight way, till they reached a city to dwell in.

Let them thank the LORD for his steadfast love, for his wonderful works to the sons of men!

For he satisfies him who is thirsty, and the hungry he fills with good things.

Some sat in darkness and in gloom, prisoners in affliction and in irons,

for they had rebelled against the words of God, and spurned the counsel of the Most High.

Their hearts were bowed down with hard labour; they fell down, with none to help.

Then they cried to the LORD in their trouble, and he delivered them from their distress; he brought them out of darkness and gloom, and broke their bonds asunder.

Let them thank the LORD for his steadfast love, for his wonderful works to the sons of men!

For he shatters the doors of bronze, and cuts in two the bars of iron.

Some were sick through their sinful ways, and because of their iniquities suffered affliction; they loathed any kind of food, and they drew near to the gates of death.

Then they cried to the LORD in their trouble, and he delivered them from their distress;

he sent forth his word, and healed them, and delivered them from destruction.

Let them thank the LORD for his steadfast love, for his wonderful works to the sons of men!

And let them offer sacrifices of thanksgiving, and tell of his deeds in songs of joy!

Some went down to the sea in ships, doing business on the great waters;

they saw the deeds of the LORD, his wondrous works in the deep.

For he commanded, and raised the stormy wind, which lifted up the waves of the sea.

They mounted up to heaven, they went down to the depths; their courage melted away in their evil plight;

they reeled and staggered like drunken men, and were at their wits' end.

Then they cried to the LORD in their trouble, and he delivered them from their distress; he made the storm be still, and the waves of the sea were hushed.

Then they were glad because they had quiet, and he brought them to their desired haven.

Let them thank the LORD for his steadfast love, for his wonderful works to the sons of men!

Let them extol him in the congregation of the people, and praise him in the assembly of the elders.

He turns rivers into a desert, springs of water into thirsty ground,

a fruitful land into a salty waste, because of the wickedness of its inhabitants.

He turns a desert into pools of water, a parched land into springs of water.

And there he lets the hungry dwell, and they establish a city to live in;

they sow fields, and plant vineyards, and get a fruitful yield.

By his blessing they multiply greatly; and he does not let their cattle decrease.

When they are diminished and brought low through oppression, trouble, and sorrow,

he pours contempt upon princes and makes them wander in trackless wastes;

but he raises up the needy out of affliction, and makes their families like flocks.

The upright see it and are glad; and all wickedness stops its mouth.

Whoever is wise, let him give heed to these things; let men consider the steadfast love of the LORD.

DAY 22 – EVENING

Psalm 108 (109)

A Song. A Psalm of David.

My heart is steadfast, O God, my heart is steadfast! I will sing and make melody! Awake, my soul!

Awake, O harp and lyre! I will awake the dawn!

I will give thanks to you, O LORD, among the peoples, I will sing praises to you among the nations.

For your steadfast love is great above the heavens, your faithfulness reaches to the clouds.

Be exalted, O God, above the heavens! Let your glory be over all the earth!

That your beloved may be delivered, give help by your right hand, and answer me!

God has promised in his sanctuary: "With exultation I will divide up Shechem, and portion out the Vale of Succoth.

Gilead is mine; Manasseh is mine; Ephraim is my helmet; Judah my sceptre.

Moab is my washbasin; upon Edom I cast my shoe; over Philistia I shout in triumph."

Who will bring me to the fortified city? Who will lead me to Edom?

Have you not rejected us, O God? You do not go forth, O God, with our armies.

O grant us help against the foe, for vain is the help of man!

With God we shall do valiantly; it is he who will tread down our foes.

Psalm 109 (108)

To the choirmaster. A Psalm of David.

Be not silent, O God of my praise!

For wicked and deceitful mouths are opened against me, speaking against me with lying tongues.

They beset me with words of hate, and attack me without cause.

In return for my love they accuse me, even as I make prayer for them.

So they reward me evil for good, and hatred for my love.

Appoint a wicked man against him; let an accuser bring him to trial.

When he is tried, let him come forth guilty; let his prayer be counted as sin!

May his days be few; may another seize his goods!

May his children be fatherless, and his wife a widow!

May his children wander about and beg; may they be driven out of the ruins they inhabit!

May the creditor seize all that he has; may strangers plunder the fruits of his toil!

Let there be none to extend kindness to him, nor any to pity his fatherless children!

May his posterity be cut off; may his name be blotted out in the second generation!

May the iniquity of his fathers be remembered before the LORD, and let not the sin of his mother be blotted out!

Let them be before the LORD continually; and may his memory be cut off from the earth!

For he did not remember to show kindness, but pursued the poor and needy and the brokenhearted to their death.

He loved to curse; let curses come on him! He did not like blessing; may it be far from him!

He clothed himself with cursing as his coat, may it soak into his body like water, like oil into his bones!

May it be like a garment which he wraps round him, like a belt with which he daily girds himself!

May this be the reward of my accusers from the LORD, of those who speak evil against my life!

But you, O GOD my Lord, deal on my behalf for your name's sake; because your steadfast

love is good, deliver me!

For I am poor and needy, and my heart is stricken within me.

I am gone, like a shadow at evening; I am shaken off like a locust.

My knees are weak through fasting; my body has become gaunt.

I am an object of scorn to my accusers; when they see me, they wag their heads.

Help me, O LORD my God! Save me according to your steadfast love!

Let them know that this is your hand; you, O LORD, have done it!

Let them curse, but you will bless! Let my assailants be put to shame; may your servant be glad!

May my accusers be clothed with dishonour; may they be wrapped in their own shame as in a mantle!

With my mouth I will give great thanks to the LORD; I will praise him in the midst of the throng.

For he stands at the right hand of the needy, to save him from those who condemn him to death.

DAY 23 – MORNING

Psalm 110 (109)

A Psalm of David.

The LORD says to my lord: "Sit at my right hand, till I make your enemies your footstool."

The LORD sends forth from Zion your mighty sceptre. Rule in the midst of your foes!

Your people will offer themselves freely on the day you lead your host upon the holy mountains. From the womb of the morning like dew your youth will come to you.

The LORD has sworn and will not change his mind, "You are a priest for ever after the order of Melchizedek."

The Lord is at your right hand; he will shatter kings on the day of his wrath.

He will execute judgement among the nations, filling them with corpses; he will shatter chiefs over the wide earth.

He will drink from the brook by the way; therefore he will lift up his head.

Psalm 111 (110)

Praise the LORD. I will give thanks to the LORD with my whole heart, in the company of the upright, in the congregation.

Great are the works of the LORD, studied by all who have pleasure in them.

Full of honour and majesty is his work, and his righteousness endures for ever.

He has caused his wonderful works to be remembered; the LORD is gracious and merciful.

He provides food for those who fear him; he is ever mindful of his covenant.

He has shown his people the power of his works, in giving them the heritage of the nations.

The works of his hands are faithful and just; all his precepts are trustworthy, they are established for ever and ever, to be performed with faithfulness and uprightness. He sent redemption to his people; he has commanded his covenant for ever. Holy and terrible is his name!

The fear of the LORD is the beginning of wisdom; a good understanding have all those who practise it. His praise endures for ever!

Psalm 112 (111)

Praise the LORD. Blessed is the man who fears the LORD, who greatly delights in his commandments!

His descendants will be mighty in the land; the generation of the upright will be blessed.

Wealth and riches are in his house; and his righteousness endures for ever.

Light rises in the darkness for the upright; the LORD is gracious, merciful, and righteous.

It is well with the man who deals generously and lends, who conducts his affairs with justice.

For the righteous will never be moved; he will be remembered for ever.

He is not afraid of evil tidings; his heart is firm, trusting in the LORD.

His heart is steady, he will not be afraid, until he sees his desire on his adversaries.

He has distributed freely, he has given to the poor; his righteousness endures for ever; his horn is exalted in honour.

The wicked man sees it and is angry; he gnashes his teeth and melts away; the desire of the wicked man comes to nought.

Psalm 113 (112)

Praise the LORD! Praise, O servants of the LORD, praise the name of the LORD!

Blessed be the name of the LORD from this time forth and for evermore!

From the rising of the sun to its setting the name of the LORD is to be praised!

The LORD is high above all nations, and his glory above the heavens!

Who is like the LORD our God, who is seated on high,

who looks far down upon the heavens and the earth?

He raises the poor from the dust, and lifts the needy from the ash heap,

to make them sit with princes, with the princes of his people.

He gives the barren woman a home, making her the joyous mother of children. Praise the LORD!

DAY 23 – EVENING

Psalm 114 (113)

When Israel went forth from Egypt, the house of Jacob from a people of strange language, Judah became his sanctuary, Israel his dominion.

The sea looked and fled, Jordan turned back. The mountains skipped like rams, the hills like lambs.

What ails you, O sea, that you flee? O Jordan, that you turn back?

O mountains, that you skip like rams? O hills, like lambs?

Tremble, O earth, at the presence of the LORD, at the presence of the God of Jacob, who turns the rock into a pool of water, the flint into a spring of water.

Psalm 115 (113b)

Not to us, O LORD, not to us, but to your name give glory, for the sake of your steadfast love and your faithfulness!

Why should the nations say, “Where is their God?”

Our God is in the heavens; he does whatever he pleases.

Their idols are silver and gold, the work of men’s hands.

They have mouths, but do not speak; eyes, but do not see.

They have ears, but do not hear; noses, but do not smell.

They have hands, but do not feel; feet, but do not walk; and they do not make a sound in their throat.

Those who make them are like them; so are all who trust in them.

O Israel, trust in the LORD! He is their help and their shield.

O house of Aaron, put your trust in the LORD!

He is their help and their shield.

You who fear the LORD, trust in the LORD! He is their help and their shield.

The LORD has been mindful of us; he will bless us; he will bless the house of Israel; he will bless the house of Aaron;

he will bless those who fear the LORD, both small and great.

May the LORD give you increase, you and your children!

May you be blessed by the LORD, who made heaven and earth!

The heavens are the LORD’s heavens, but the earth he has given to the sons of men.

The dead do not praise the LORD, nor do any that go down into silence.

But we will bless the LORD from this time forth and for evermore. Praise the LORD!

DAY 24 – MORNING

Psalm 116 (114)

I love the LORD, because he has heard my voice and my supplications.

Because he inclined his ear to me, therefore I will call on him as long as I live.

The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish.

Then I called on the name of the LORD: “O LORD, I beseech you, save my life!”

Gracious is the LORD, and righteous; our God is merciful.

The LORD preserves the simple; when I was brought low, he saved me.

Return, O my soul, to your rest; for the LORD has dealt bountifully with you.

For you have delivered my soul from death, my eyes from tears, my feet from stumbling; I walk before the LORD in the land of the living.

(Psalm 115)

I kept my faith, even when I said, "I am greatly afflicted";
I said in my consternation, "Men are all a vain hope."
What shall I render to the LORD for all his bounty to me?
I will lift up the cup of salvation and call on the name of the LORD,
I will pay my vows to the LORD in the presence of all his people.
Precious in the sight of the LORD is the death of his saints.
O LORD, I am your servant; I am your servant, the son of your handmaid. You have loosed my bonds.
I will offer to you the sacrifice of thanksgiving and call on the name of the LORD.
I will pay my vows to the LORD in the presence of all his people,
in the courts of the house of the LORD, in your midst, O Jerusalem. Praise the LORD!

Psalm 117 (116)

Praise the LORD, all nations! Extol him, all peoples!
For great is his steadfast love towards us; and the faithfulness of the LORD endures for ever.
Praise the LORD!

Psalm 118 (117)

O give thanks to the LORD, for he is good; his steadfast love endures for ever!
Let Israel say, "His steadfast love endures for ever."
Let the house of Aaron say, "His steadfast love endures for ever."
Let those who fear the LORD say, "His

steadfast love endures for ever."
Out of my distress I called on the LORD; the LORD answered me and set me free.
With the LORD on my side I do not fear. What can man do to me?
The LORD is on my side to help me; I shall look in triumph on those who hate me.
It is better to take refuge in the LORD than to put confidence in man.
It is better to take refuge in the LORD than to put confidence in princes.
All nations surrounded me; in the name of the LORD I cut them off!
They surrounded me, surrounded me on every side; in the name of the LORD I cut them off!
They surrounded me like bees, they blazed like a fire of thorns; in the name of the LORD I cut them off!
I was pushed hard, so that I was falling, but the LORD helped me.
The LORD is my strength and my song; he has become my salvation.
Hark, glad songs of victory in the tents of the righteous: "The right hand of the LORD does valiantly,
the right hand of the LORD is exalted, the right hand of the LORD does valiantly!"
I shall not die, but I shall live, and recount the deeds of the LORD.
The LORD has chastened me sorely, but he has not given me over to death.
Open to me the gates of righteousness, that I may enter through them and give thanks to the LORD.
This is the gate of the LORD; the righteous shall enter through it.
I thank you that you have answered me and have become my salvation.
The stone which the builders rejected has become the head of the corner.
This is the LORD's doing; it is marvellous in our eyes.
This is the day which the LORD has made; let

us rejoice and be glad in it.
Save us, we beseech you, O LORD! O LORD, we beseech you, give us success!
Blessed be he who enters in the name of the LORD! We bless you from the house of the LORD.
The LORD is God, and he has given us light. Bind the festal procession with branches, up to the horns of the altar!
You are my God, and I will give thanks to you; you are my God, I will extol you.
O give thanks to the LORD, for he is good; for his steadfast love endures for ever!

DAY 24 – EVENING

Psalm 119 (118)

א ALEPH

Blessed are those whose way is blameless, who walk in the law of the LORD!
Blessed are those who keep his testimonies, who seek him with their whole heart, who also do no wrong, but walk in his ways!
You have commanded your precepts to be kept diligently.
O that my ways may be steadfast in keeping your statutes!
Then I shall not be put to shame, having my eyes fixed on all your commandments.
I will praise you with an upright heart, when I learn your righteous ordinances.
I will observe your statutes; O forsake me not utterly!

ב BETH

How can a young man keep his way pure? By guarding it according to your word.
With my whole heart I seek you; let me not wander from your commandments!
I have laid up your word in my heart, that I

might not sin against you.
Blessed be you, O LORD; teach me your statutes!
With my lips I declare all the ordinances of your mouth.
In the way of your testimonies I delight as much as in all riches.
I will meditate on your precepts, and fix my eyes on your ways.
I will delight in your statutes; I will not forget your word.

ג GIMEL

Deal bountifully with your servant, that I may live and observe your word.
Open my eyes, that I may behold wondrous things out of your law.
I am a sojourner on earth; hide not your commandments from me!
My soul is consumed with longing for your ordinances at all times.
You rebuke the insolent, accursed ones, who wander from your commandments; take away from me their scorn and contempt, for I have kept your testimonies.
Even though princes sit plotting against me, your servant will meditate on your statutes.
Your testimonies are my delight, they are my counsellors.

ד DALETH

My soul cleaves to the dust; revive me according to your word!
When I told of my ways, you answered me; teach me your statutes!
Make me understand the way of your precepts, and I will meditate on your wondrous works.
My soul melts away for sorrow; strengthen me according to your word!
Put false ways far from me; and graciously teach me your law!
I have chosen the way of faithfulness, I set your ordinances before me.

I cleave to your testimonies, O LORD; let me not be put to shame!
I will run in the way of your commandments when you enlarge my understanding!

DAY 25 – MORNING

𐤇 HE

Teach me, O LORD, the way of your statutes; and I will keep it to the end.
Give me understanding, that I may keep your law and observe it with my whole heart.
Lead me in the path of your commandments, for I delight in it.
Incline my heart to your testimonies, and not to gain!
Turn my eyes from looking at vanities; and give me life in your ways.
Confirm to your servant your promise, which is for those who fear you.
Turn away the reproach which I dread; for your ordinances are good.
Behold, I long for your precepts; in your righteousness give me life!

𐤅 VAV

Let your steadfast love come to me, O LORD, your salvation according to your promise; then shall I have an answer for those who taunt me, for I trust in your word.
And take not the word of truth utterly out of my mouth, for my hope is in your ordinances.
I will keep your law continually, for ever and ever;
and I shall walk at liberty, for I have sought your precepts.
I will also speak of your testimonies before kings, and shall not be put to shame;
for I find my delight in your commandments, which I love.

I revere your commandments, which I love, and I will meditate on your statutes.

𐤆 ZAYIN

Remember your word to your servant, in which you have made me hope.
This is my comfort in my affliction that your promise gives me life.
Godless men utterly deride me, but I do not turn away from your law.
When I think of your ordinances from of old, I take comfort, O LORD.
Hot indignation seizes me because of the wicked, who forsake your law.
Your statutes have been my songs in the house of my pilgrimage.
I remember your name in the night, O LORD, and keep your law.
This blessing has fallen to me, that I have kept your precepts.

𐤇 HETH

The LORD is my portion; I promise to keep your words.
I entreat your favour with all my heart; be gracious to me according to your promise.
When I think of your ways, I turn my feet to your testimonies;
I hasten and do not delay to keep your commandments.
Though the cords of the wicked ensnare me, I do not forget your law.
At midnight I rise to praise you, because of your righteous ordinances.
I am a companion of all who fear you, of those who keep your precepts.
The earth, O LORD, is full of your steadfast love; teach me your statutes!

ו TETH

You have dealt well with your servant, O LORD, according to your word.
Teach me good judgement and knowledge, for I believe in your commandments.
Before I was afflicted I went astray; but now I keep your word.
You are good and do good; teach me your statutes.
The godless besmear me with lies, but with my whole heart I keep your precepts; their heart is gross like fat, but I delight in your law.
It is good for me that I was afflicted, that I might learn your statutes.
The law of your mouth is better to me than thousands of gold and silver pieces.

DAY 25 – EVENING

י YOD

Your hands have made and fashioned me; give me understanding that I may learn your commandments.
Those who fear you shall see me and rejoice, because I have hoped in your word.
I know, O LORD, that your judgements are right, and that in faithfulness you have afflicted me.
Let your steadfast love be ready to comfort me according to your promise to your servant.
Let your mercy come to me, that I may live; for your law is my delight.
Let the godless be put to shame, because they have subverted me with guile; as for me, I will meditate on your precepts.
Let those who fear you turn to me, that they may know your testimonies.
May my heart be blameless in your statutes, that I may not be put to shame!

כ KAPH

My soul languishes for your salvation; I hope in your word.
My eyes fail with watching for your promise; I ask, “When will you comfort me?”
For I have become like a wineskin in the smoke, yet I have not forgotten your statutes.
How long must your servant endure? When will you judge those who persecute me?
Godless men have dug pitfalls for me, men who do not conform to your law.
All your commandments are sure; they persecute me with falsehood; help me!
They have almost made an end of me on earth; but I have not forsaken your precepts.
In your steadfast love spare my life, that I may keep the testimonies of your mouth.

ל LAMED

For ever, O LORD, your word is firmly fixed in the heavens.
Your faithfulness endures to all generations; you have established the earth, and it stands fast.
By your appointment they stand this day; for all things are your servants.
If your law had not been my delight, I should have perished in my affliction.
I will never forget your precepts; for by them you have given me life.
I am yours, save me; for I have sought your precepts.
The wicked lie in wait to destroy me; but I consider your testimonies.
I have seen a limit to all perfection, but your commandment is exceedingly broad.

מ MEM

Oh, how I love your law! It is my meditation all the day.
Your commandment makes me wiser than my

enemies, for it is ever with me.
I have more understanding than all my teachers, for your testimonies are my meditation.
I understand more than the aged, for I keep your precepts.
I hold back my feet from every evil way, in order to keep your word.
I do not turn aside from your ordinances, for you have taught me.
How sweet are your words to my taste, sweeter than honey to my mouth!
Through your precepts I get understanding; therefore I hate every false way.

DAY 26 – MORNING

י NUN

Your word is a lamp to my feet and a light to my path.
I have sworn an oath and confirmed it, to observe your righteous ordinances.
I am sorely afflicted; give me life, O LORD, according to your word!
Accept my offerings of praise, O LORD, and teach me your ordinances.
I hold my life in my hand continually, but I do not forget your law.
The wicked have laid a snare for me, but I do not stray from your precepts.
Your testimonies are my heritage for ever; yes, they are the joy of my heart.
I incline my heart to perform your statutes for ever, to the end.

ו SAMEKH

I hate double-minded men, but I love your law.
You are my hiding place and my shield; I hope in your word.

Depart from me, you evildoers, that I may keep the commandments of my God.
Uphold me according to your promise, that I may live, and let me not be put to shame in my hope!
Hold me up, that I may be safe and have regard for your statutes continually!
You spurn all who go astray from your statutes; yes, their cunning is in vain.
All the wicked of the earth you count as dross; therefore I love your testimonies.
My flesh trembles for fear of you, and I am afraid of your judgements.

ז AYIN

I have done what is just and right; do not leave me to my oppressors.
Be surety for your servant for good; let not the godless oppress me.
My eyes fail with watching for your salvation, and for the fulfilment of your righteous promise.
Deal with your servant according to your steadfast love, and teach me your statutes.
I am your servant; give me understanding, that I may know your testimonies!
It is time for the LORD to act, for your law has been broken.
Therefore I love your commandments above gold, above fine gold.
Therefore I direct my steps by all your precepts; I hate every false way.

ח PE

Your testimonies are wonderful; therefore my soul keeps them.
The unfolding of your words gives light; it imparts understanding to the simple.
With open mouth I pant, because I long for your commandments.
Turn to me and be gracious to me, as is your

wont towards those who love your name.
Keep steady my steps according to your promise, and let no iniquity get dominion over me.
Redeem me from man's oppression, that I may keep your precepts.
Make your face shine upon your servant, and teach me your statutes.
My eyes shed streams of tears, because men do not keep your law.

י TSADI

Righteous are you, O LORD, and right are your judgements.
You have appointed your testimonies in righteousness and in all faithfulness.
My zeal consumes me, because my foes forget your words.
Your promise is well tried, and your servant loves it.
I am small and despised, yet I do not forget your precepts.
Your righteousness is righteous for ever, and your law is true.
Trouble and anguish have come upon me, but your commandments are my delight.
Your testimonies are righteous for ever; give me understanding that I may live.

DAY 26 – EVENING

ק QOF

With my whole heart I cry; answer me, O LORD! I will keep your statutes.
I cry to you; save me, that I may observe your testimonies.
I rise before dawn and cry for help; I hope in your words.
My eyes are awake before the watches of the night, that I may meditate upon your promise.

Hear my voice in your steadfast love; O LORD, in your justice preserve my life.
They draw near who persecute me with evil purpose; they are far from your law.
But you are near, O LORD, and all your commandments are true.
Long have I known from your testimonies that you have founded them for ever.

ר RESH

Look on my affliction and deliver me, for I do not forget your law.
Plead my cause and redeem me; give me life according to your promise!
Salvation is far from the wicked, for they do not seek your statutes.
Great is your mercy, O LORD; give me life according to your justice.
Many are my persecutors and my adversaries, but I do not swerve from your testimonies.
I look at the faithless with disgust, because they do not keep your commands.
Consider how I love your precepts! Preserve my life according to your steadfast love.
The sum of your word is truth; and every one of your righteous ordinances endures for ever.

ש SHIN

Princes persecute me without cause, but my heart stands in awe of your words.
I rejoice at your word like one who finds great spoil.
I hate and abhor falsehood, but I love your law.
Seven times a day I praise you for your righteous ordinances.
Great peace have those who love your law; nothing can make them stumble.
I hope for your salvation, O LORD, and I do your commandments.
My soul keeps your testimonies; I love them exceedingly.

I keep your precepts and testimonies, for all my ways are before you.

נ TAV

Let my cry come before you, O LORD; give me understanding according to your word!
Let my supplication come before you; deliver me according to your word.
My lips will pour forth praise that you teach me your statutes.
My tongue will sing of your word, for all your commandments are right.
Let your hand be ready to help me, for I have chosen your precepts.
I long for your salvation, O LORD, and your law is my delight.
Let me live, that I may praise you, and let your ordinances help me.
I have gone astray like a lost sheep; seek your servant, for I do not forget your commandments.

DAY 27 – MORNING

Psalm 120 (119)

In my distress I cry to the LORD, that he may answer me:
“Deliver me, O LORD, from lying lips, from a deceitful tongue.”
What shall be given to you? And what more shall be done to you, you deceitful tongue?
A warrior’s sharp arrows, with glowing coals of the broom tree!
Woe is me, that I sojourn in Meshech, that I dwell among the tents of Kedar!
Too long have I had my dwelling among those who hate peace.
I am for peace; but when I speak, they are for war!

Psalm 121 (120)

I lift up my eyes to the hills. From whence does my help come?
My help comes from the LORD, who made heaven and earth.
He will not let your foot be moved, he who keeps you will not slumber.
Behold, he who keeps Israel will neither slumber nor sleep.
The LORD is your keeper; the LORD is your shade on your right hand.
The sun shall not smite you by day, nor the moon by night.
The LORD will keep you from all evil; he will keep your life.
The LORD will keep your going out and your coming in from this time forth and for evermore.

Psalm 122 (121)

I was glad when they said to me, “Let us go to the house of the LORD!”
Our feet have been standing within your gates, O Jerusalem!
Jerusalem, built as a city which is bound firmly together,
to which the tribes go up, the tribes of the LORD, as was decreed for Israel, to give thanks to the name of the LORD.
There thrones for judgement were set, the thrones of the house of David.
Pray for the peace of Jerusalem! “May they prosper who love you!
Peace be within your walls, and security within your towers!”
For my brethren and companions’ sake I will say, “Peace be within you!”
For the sake of the house of the LORD our God, I will seek your good.

Psalm 123 (122)

To you I lift up my eyes, O you who are enthroned in the heavens!

Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the LORD our God, till he have mercy upon us. Have mercy upon us, O LORD, have mercy upon us, for we have had more than enough of contempt.

Too long our soul has been sated with the scorn of those who are at ease, the contempt of the proud.

Psalm 124 (123)

If it had not been the LORD who was on our side, let Israel now say –

if it had not been the LORD who was on our side, when men rose up against us, then they would have swallowed us up alive, when their anger was kindled against us; then the flood would have swept us away, the torrent would have gone over us; then over us would have gone the raging waters.

Blessed be the LORD, who has not given us as prey to their teeth!

We have escaped as a bird from the snare of the fowlers; the snare is broken, and we have escaped!

Our help is in the name of the LORD, who made heaven and earth.

Psalm 125 (124)

Those who trust in the LORD are like Mount Zion, which cannot be moved, but abides for ever.

As the mountains are round about Jerusalem, so the LORD is round about his people, from this time forth and for evermore.

For the sceptre of wickedness shall not rest upon the land allotted to the righteous, lest the righteous put forth their hands to do wrong.

Do good, O LORD, to those who are good, and to those who are upright in their hearts!

But those who turn aside upon their crooked ways the LORD will lead away with evildoers! Peace be in Israel!

DAY 27 – EVENING

Psalm 126 (125)

When the LORD restored the fortunes of Zion, we were like those who dream.

Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, “The LORD has done great things for them.”

The LORD has done great things for us; we are glad.

Restore our fortunes, O LORD, like the watercourses in the Negeb!

May those who sow in tears reap with shouts of joy!

He that goes forth weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him.

Psalm 127 (126)

Unless the LORD build the house, those who build it labour in vain. Unless the LORD watch over the city, the watchman stays awake in vain.

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

Lo, sons are a heritage from the LORD, the fruit of the womb a reward.

Like arrows in the hand of a warrior are the sons of one’s youth.

Happy is the man who has his quiver full of them! He shall not be put to shame when he speaks with his enemies in the gate.

Psalm 128 (127)

Blessed is every one who fears the LORD, who walks in his ways!

You shall eat the fruit of the labour of your hands; you shall be happy, and it shall be well with you.

Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.

Lo, thus shall the man be blessed who fears the LORD.

The LORD bless you from Zion! May you see the prosperity of Jerusalem all the days of your life!

May you see your children's children! Peace be upon Israel!

Psalm 129 (128)

"Sorely have they afflicted me from my youth," let Israel now say –

"Sorely have they afflicted me from my youth, yet they have not prevailed against me.

The plowers plowed upon my back; they made long their furrows."

The LORD is righteous; he has cut the cords of the wicked.

May all who hate Zion be put to shame and turned backwards!

Let them be like the grass on the housetops, which withers before it grows up,

with which the reaper does not fill his hand or the binder of sheaves his bosom,

while those who pass by do not say, "The blessing of the LORD be upon you! We bless you in the name of the LORD!"

Psalm 130 (129)

Out of the depths I cry to you, O LORD!

Lord, hear my voice! Let your ears be attentive to the voice of my supplications!

If you, O LORD, should mark iniquities, Lord, who could stand?

But there is forgiveness with you, that you may be feared.

I wait for the LORD, my soul waits, and in his word I hope;

my soul waits for the LORD more than watchmen for the morning, more than watchmen for the morning.

O Israel, hope in the LORD! For with the LORD there is steadfast love, and with him is plenteous redemption.

And he will redeem Israel from all his iniquities.

Psalm 131 (130)

O LORD, my heart is not lifted up, my eyes are not raised too high; I do not occupy myself with things too great and too marvellous for me.

But I have calmed and quieted my soul, like a child quieted at its mother's breast; like a child that is quieted is my soul.

O Israel, hope in the LORD from this time forth and for evermore.

DAY 28 – MORNING

Psalm 132

Remember, O LORD, in David's favour, all the hardships he endured;

how he swore to the LORD and vowed to the Mighty One of Jacob,

"I will not enter my house or get into my bed; I will not give sleep to my eyes or slumber to

my eyelids,
until I find a place for the LORD, a dwelling
place for the Mighty One of Jacob.”

Lo, we heard of it in Ephrathah, we found it in
the fields of Jaar.

“Let us go to his dwelling place; let us
worship at his footstool!”

Arise, O LORD, and go to your resting place,
you and the ark of your might.

Let your priests be clothed with righteousness,
and let your saints shout for joy.

For your servant David’s sake do not turn
away the face of your anointed one.

The LORD swore to David a sure oath from
which he will not turn back: “One of the sons
of your body I will set on your throne.

If your sons keep my covenant and my
testimonies which I shall teach them, their
sons also for ever shall sit upon your throne.”

For the LORD has chosen Zion; he has desired
it for his habitation:

“This is my resting place for ever; here I will
dwell, for I have desired it.

I will abundantly bless her provisions; I will
satisfy her poor with bread.

Her priests I will clothe with salvation, and
her saints will shout for joy.

There I will make a horn to sprout for David;
I have prepared a lamp for my anointed.

His enemies I will clothe with shame, but
upon himself his crown will shed its luster.”

Psalm 133

Behold, how good and pleasant it is when
brothers dwell in unity!

It is like the precious oil upon the head,
running down upon the beard, upon the beard
of Aaron, running down on the collar of his
robes!

It is like the dew of Hermon, which falls on
the mountains of Zion! For there the LORD has
commanded the blessing, life for evermore.

Psalm 134

Come, bless the LORD, all you servants of the
LORD, who stand by night in the house of the
LORD!

Lift up your hands to the holy place, and bless
the LORD!

May the LORD bless you from Zion, he who
made heaven and earth!

Psalm 135

Praise the LORD. Praise the name of the LORD,
give praise, O servants of the LORD,
you that stand in the house of the LORD, in the
courts of the house of our God!

Praise the LORD, for the LORD is good; sing to
his name, for he is gracious!

For the LORD has chosen Jacob for himself,
Israel as his own possession.

For I know that the LORD is great, and that our
Lord is above all gods.

Whatever the LORD pleases he does, in heaven
and on earth, in the seas and all deeps.

He it is who makes the clouds rise at the end
of the earth, who makes lightnings for the rain
and brings forth the wind from his
storehouses.

He it was who smote the first-born of Egypt,
both of man and of beast;

who in your midst, O Egypt, sent signs and
wonders against Pharaoh and all his servants;
who smote many nations and slew mighty
kings,

Sihon, king of the Amorites, and Og, king of
Bashan, and all the kingdoms of Canaan,
and gave their land as a heritage, a heritage to
his people Israel.

Your name, O LORD, endures for ever, your
renown, O LORD, throughout all ages.

For the LORD will vindicate his people, and
have compassion on his servants.

The idols of the nations are silver and gold,
the work of men's hands.

They have mouths, but they speak not, they
have eyes, but they see not,
they have ears, but they hear not, nor is there
any breath in their mouths.

Like them be those who make them! – yes,
every one who trusts in them!

O house of Israel, bless the LORD! O house of
Aaron, bless the LORD!

O house of Levi, bless the LORD! You that fear
the LORD, bless the LORD!

Blessed be the LORD from Zion, he who dwells
in Jerusalem! Praise the LORD!

DAY 28 – EVENING

Psalm 136

O give thanks to the LORD, for he is good, for
his steadfast love endures for ever.

O give thanks to the God of gods, for his
steadfast love endures for ever.

O give thanks to the Lord of lords, for his
steadfast love endures for ever;

to him who alone does great wonders, for his
steadfast love endures for ever;

to him who by understanding made the
heavens, for his steadfast love endures for
ever;

to him who spread out the earth upon the
waters, for his steadfast love endures for ever;

to him who made the great lights, for his
steadfast love endures for ever;

the sun to rule over the day, for his steadfast
love endures for ever;

the moon and stars to rule over the night, for
his steadfast love endures for ever;

to him who smote the first-born of Egypt, for
his steadfast love endures for ever;

and brought Israel out from among them, for
his steadfast love endures for ever;

with a strong hand and an outstretched arm,
for his steadfast love endures for ever;

to him who divided the Red Sea in sunder, for
his steadfast love endures for ever;

and made Israel pass through the midst of it,
for his steadfast love endures for ever;

but overthrew Pharaoh and his host in the Red
Sea, for his steadfast love endures for ever;

to him who led his people through the
wilderness, for his steadfast love endures for
ever;

to him who smote great kings, for his steadfast
love endures for ever;

and slew famous kings, for his steadfast love
endures for ever;

Sihon, king of the Amorites, for his steadfast
love endures for ever;

and Og, king of Bashan, for his steadfast love
endures for ever;

and gave their land as a heritage, for his
steadfast love endures for ever;

a heritage to Israel his servant, for his
steadfast love endures for ever.

It is he who remembered us in our low estate,
for his steadfast love endures for ever;

and rescued us from our foes, for his steadfast
love endures for ever;

he who gives food to all flesh, for his steadfast
love endures for ever.

O give thanks to the God of heaven, for his
steadfast love endures for ever.

Psalm 137

By the waters of Babylon, there we sat down
and wept, when we remembered Zion.

On the willows there we hung up our lyres.

For there our captors required of us songs, and
our tormentors, mirth, saying, “Sing us one of
the songs of Zion!”

How shall we sing the LORD's song in a
foreign land?

If I forget you, O Jerusalem, let my right hand

wither!

Let my tongue cleave to the roof of my mouth,
if I do not remember you, if I do not set
Jerusalem above my highest joy!

Remember, O LORD, against the Edomites the
day of Jerusalem, how they said, "Rase it, rase
it! Down to its foundations!"

O daughter of Babylon, you devastator! Happy
shall he be who requites you with what you
have done to us!

Happy shall he be who takes your little ones
and dashes them against the rock!

Psalm 138

I give you thanks, O LORD, with my whole
heart; before the gods I sing your praise;
I bow down towards your holy temple and
give thanks to your name for your steadfast
love and your faithfulness; for you have
exalted above everything your name and your
word.

On the day I called, you answered me, my
strength of soul you increased.

All the kings of the earth shall praise you, O
LORD, for they have heard the words of your
mouth;

and they shall sing of the ways of the LORD,
for great is the glory of the LORD.

For though the LORD is high, he regards the
lowly; but the haughty he knows from afar.

Though I walk in the midst of trouble, you
preserve my life; you stretch out your hand
against the wrath of my enemies, and your
right hand delivers me.

The LORD will fulfil his purpose for me; your
steadfast love, O LORD, endures for ever. Do
not forsake the work of your hands.

DAY 29 – MORNING

Psalm 139

O LORD, you have searched me and known
me!

You know when I sit down and when I rise
up; you discern my thoughts from afar.

You search out my path and my lying down,
and are acquainted with all my ways.

Even before a word is on my tongue, lo, O
LORD, you know it altogether.

You beset me behind and before, and lay your
hand upon me.

Such knowledge is too wonderful for me; it is
high, I cannot attain it.

Whither shall I go from your Spirit? Or
whither shall I flee from your presence?

If I ascend to heaven, you are there! If I make
my bed in Sheol, you are there!

If I take the wings of the morning and dwell in
the uttermost parts of the sea,
even there your hand shall lead me, and your
right hand shall hold me.

If I say, "Let only darkness cover me, and the
light about me be night,"

even the darkness is not dark to you, the night
is bright as the day; for darkness is as light
with you.

For you formed my inward parts, you knitted
me together in my mother's womb.

I praise you, for you are fearful and wonderful.
Wonderful are your works! You know me
right well;

my frame was not hidden from you, when I
was being made in secret, intricately wrought
in the depths of the earth.

Your eyes beheld my unformed substance; in
your book were written, every one of them,
the days that were formed for me, when as yet
there was none of them.

How precious to me are your thoughts, O
God! How vast is the sum of them!

If I would count them, they are more than the sand. When I awake, I am still with you.
O that you would slay the wicked, O God, and that men of blood would depart from me, men who maliciously defy you, who lift themselves up against you for evil!
Do I not hate them that hate you, O LORD? And do I not loathe them that rise up against you?
I hate them with perfect hatred; I count them my enemies.
Search me, O God, and know my heart! Try me and know my thoughts!
And see if there be any wicked way in me, and lead me in the way everlasting!

Psalm 140

Deliver me, O LORD, from evil men; preserve me from violent men,
who plan evil things in their heart, and stir up wars continually.
They make their tongue sharp as a serpent's, and under their lips is the poison of vipers.
Guard me, O LORD, from the hands of the wicked; preserve me from violent men, who have planned to trip up my feet.
Arrogant men have hidden a trap for me, and with cords they have spread a net, by the wayside they have set snares for me.
I say to the LORD, You are my God; give ear to the voice of my supplications, O LORD!
O LORD, my Lord, my strong deliverer, you have covered my head in the day of battle.
Grant not, O LORD, the desires of the wicked; do not further his evil plot!
Those who surround me lift up their head, let the mischief of their lips overwhelm them!
Let burning coals fall upon them! Let them be cast into pits, no more to rise!
Let not the slanderer be established in the land; let evil hunt down the violent man speedily!

I know that the LORD maintains the cause of the afflicted, and executes justice for the needy.

Surely the righteous shall give thanks to your name; the upright shall dwell in your presence.

DAY 29 – EVENING

Psalm 141

I call upon you, O LORD; make haste to me!
Give ear to my voice, when I call to you!
Let my prayer be counted as incense before you, and the lifting up of my hands as an evening sacrifice!
Set a guard over my mouth, O LORD, keep watch over the door of my lips!
Incline not my heart to any evil, to busy myself with wicked deeds in company with men who work iniquity; and let me not eat of their dainties!
Let a good man strike or rebuke me in kindness, but let the oil of the wicked never anoint my head; for my prayer is continually against their wicked deeds.
When they are given over to those who shall condemn them, then they shall learn that the word of the LORD is true.
As a rock which one cleaves and shatters on the land, so shall their bones be strewn at the mouth of Sheol.
But my eyes are towards you, O LORD God; in you I seek refuge; leave me not defenceless!
Keep me from the trap which they have laid for me, and from the snares of evildoers!
Let the wicked together fall into their own nets, while I escape.

Psalm 142

I cry with my voice to the LORD, with my voice
I make supplication to the LORD,

I pour out my complaint before him, I tell my
trouble before him.

When my spirit is faint, you know my way! In
the path where I walk they have hidden a trap
for me.

I look to the right and watch, but there is none
who takes notice of me; no refuge remains to
me, no man cares for me.

I cry to you, O LORD; I say, You are my refuge,
my portion in the land of the living.

Give heed to my cry; for I am brought very
low! Deliver me from my persecutors; for they
are too strong for me!

Bring me out of prison, that I may give thanks
to your name! The righteous will surround me;
for you will deal bountifully with me.

Psalm 143

Hear my prayer, O LORD; give ear to my
supplications! In your faithfulness answer me,
in your righteousness!

Enter not into judgement with your servant;
for no man living is righteous before you.

For the enemy has pursued me; he has crushed
my life to the ground; he has made me sit in
darkness like those long dead.

Therefore my spirit faints within me; my heart
within me is appalled.

I remember the days of old, I meditate on all
that you have done; I muse on what your
hands have wrought.

I stretch out my hands to you; my soul thirsts
for you like a parched land.

Make haste to answer me, O LORD! My spirit
fails! Hide not your face from me, lest I be
like those who go down to the Pit.

Let me hear in the morning of your steadfast
love, for in you I put my trust. Teach me the
way I should go, for to you I lift up my soul.

Deliver me, O LORD, from my enemies! I have
fled to you for refuge!

Teach me to do your will, for you are my God!
Let your good spirit lead me on a level path!

For your name's sake, O LORD, preserve my
life! In your righteousness bring me out of
trouble!

And in your steadfast love cut off my enemies,
and destroy all my adversaries, for I am your
servant.

DAY 30 – MORNING

Psalm 144 (143)

Blessed be the LORD, my rock, who trains my
hands for war, and my fingers for battle;
my rock and my fortress, my stronghold and
my deliverer, my shield and he in whom I take
refuge, who subdues the peoples under him.

O LORD, what is man that you regard him, or
the son of man that you think of him?

Man is like a breath, his days are like a
passing shadow.

Bow your heavens, O LORD, and come down!
Touch the mountains that they smoke!

Flash forth the lightning and scatter them,
send out your arrows and rout them!

Stretch forth your hand from on high, rescue
me and deliver me from the many waters,
from the hand of aliens,

whose mouths speak lies, and whose right
hand is a right hand of falsehood.

I will sing a new song to you, O God; upon a
ten-stringed harp I will play to you,
who give victory to kings, who rescue David
your servant.

Rescue me from the cruel sword, and deliver
me from the hand of aliens, whose mouths
speak lies, and whose right hand is a right
hand of falsehood.

May our sons in their youth be like plants full grown, our daughters like corner pillars cut for the structure of a palace;
may our garners be full, providing all manner of store; may our sheep bring forth thousands and ten thousands in our fields;
may our cattle be heavy with young, suffering no mischance or failure in bearing; may there be no cry of distress in our streets!
Happy the people to whom such blessings fall!
Happy the people whose God is the LORD!

Psalm 145 (144)

I will extol you, my God and King, and bless your name for ever and ever.
Every day I will bless you, and praise your name for ever and ever.
Great is the LORD, and greatly to be praised, and his greatness is unsearchable.
One generation shall laud your works to another, and shall declare your mighty acts.
On the glorious splendour of your majesty, and on your wondrous works, I will meditate.
People shall proclaim the might of your terrible acts, and I will declare your greatness.
They shall pour forth the fame of your abundant goodness, and shall sing aloud of your righteousness.
The LORD is gracious and merciful, slow to anger and abounding in steadfast love.
The LORD is good to all, and his compassion is over all that he has made.
All your works shall give thanks to you, O LORD, and all your saints shall bless you!
They shall speak of the glory of your kingdom, and tell of your power, to make known to the sons of men your mighty deeds, and the glorious splendour of your kingdom.
Your kingdom is an everlasting kingdom, and your dominion endures throughout all

generations. The LORD is faithful in all his words, and gracious in all his deeds.
The LORD upholds all who are falling, and raises up all who are bowed down.
The eyes of all look to you, and you give them their food in due season.
You open your hand, you satisfy the desire of every living thing.
The LORD is just in all his ways, and kind in all his doings.
The LORD is near to all who call upon him, to all who call upon him in truth.
He fulfils the desire of all who fear him, he also hears their cry, and saves them.
The LORD preserves all who love him; but all the wicked he will destroy.
My mouth will speak the praise of the LORD, and let all flesh bless his holy name for ever and ever.

Psalm 146 (145)

Praise the LORD! Praise the LORD, O my soul!
I will praise the LORD as long as I live; I will sing praises to my God while I have being.
Put not your trust in princes, in a son of man, in whom there is no help.
When his breath departs he returns to his earth; on that very day his plans perish.
Happy is he whose help is the God of Jacob, whose hope is in the LORD his God, who made heaven and earth, the sea, and all that is in them; who keeps faith for ever; who executes justice for the oppressed; who gives food to the hungry. The LORD sets the prisoners free;
the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down; the LORD loves the righteous.
The LORD watches over the sojourners, he upholds the widow and the fatherless; but the way of the wicked he brings to ruin.
The LORD will reign for ever, your God, O

Zion, to all generations. Praise the LORD!

DAY 30 – EVENING

Psalm 147 (146)

Praise the LORD! For it is good to sing praises to our God; for he is gracious, and a song of praise is seemly.

The LORD builds up Jerusalem; he gathers the outcasts of Israel.

He heals the brokenhearted, and binds up their wounds.

He determines the number of the stars, he gives to all of them their names.

Great is our LORD, and abundant in power; his understanding is beyond measure.

The LORD lifts up the downtrodden, he casts the wicked to the ground.

Sing to the LORD with thanksgiving; make melody to our God upon the lyre!

He covers the heavens with clouds, he prepares rain for the earth, he makes grass grow upon the hills.

He gives to the beasts their food, and to the young ravens which cry.

His delight is not in the strength of the horse, nor his pleasure in the legs of a man; but the LORD takes pleasure in those who fear him, in those who hope in his steadfast love.

(Psalm 147)

Praise the LORD, O Jerusalem! Praise your God, O Zion!

For he strengthens the bars of your gates; he blesses your sons within you.

He makes peace in your borders; he fills you with the finest of the wheat.

He sends forth his command to the earth; his word runs swiftly.

He gives snow like wool; he scatters hoarfrost like ashes.

He casts forth his ice like morsels; who can stand before his cold?

He sends forth his word, and melts them; he makes his wind blow, and the waters flow.

He declares his word to Jacob, his statutes and ordinances to Israel.

He has not dealt thus with any other nation; they do not know his ordinances. Praise the LORD!

Psalm 148

Praise the LORD! Praise the LORD from the heavens, praise him in the heights!

Praise him, all his angels, praise him, all his host!

Praise him, sun and moon, praise him, all you shining stars!

Praise him, you highest heavens, and you waters above the heavens!

Let them praise the name of the LORD! For he commanded and they were created.

And he established them for ever and ever; he fixed their bounds which cannot be passed.

Praise the LORD from the earth, you sea monsters and all deeps,

fire and hail, snow and frost, stormy wind fulfilling his command!

Mountains and all hills, fruit trees and all cedars!

Beasts and all cattle, creeping things and flying birds!

Kings of the earth and all peoples, princes and all rulers of the earth!

Young men and maidens together, old men and children!

Let them praise the name of the LORD, for his name alone is exalted; his glory is above earth and heaven.

He has raised up a horn for his people, praise for all his saints, for the people of Israel who are near to him. Praise the LORD!

Psalm 149

Praise the LORD! Sing to the LORD a new song,
his praise in the assembly of the faithful!
Let Israel be glad in his Maker, let the sons of
Zion rejoice in their King!
Let them praise his name with dancing,
making melody to him with timbrel and lyre!
For the LORD takes pleasure in his people; he
adorns the humble with victory.
Let the faithful exult in glory; let them sing for
joy on their couches.
Let the high praises of God be in their throats
and two-edged swords in their hands,
to wreak vengeance on the nations and
chastisement on the peoples,
to bind their kings with chains and their
nobles with fetters of iron,
to execute on them the judgement written!
This is glory for all his faithful ones. Praise
the LORD!

Psalm 150

Praise the LORD! Praise God in his sanctuary;
praise him in his mighty firmament!
Praise him for his mighty deeds; praise him
according to his exceeding greatness!
Praise him with trumpet sound; praise him
with lute and harp!
Praise him with timbrel and dance; praise him
with strings and pipe!
Praise him with sounding cymbals; praise him
with loud clashing cymbals!
Let everything that breathes praise the LORD!
Praise the LORD!

DAY 31 – MORNING

A Supernumerary Psalm (LXX)

My hands made a harp, my fingers fashioned
a lyre.
And who will declare it to my Lord? The Lord
himself; it is he who hears.
It was he who sent his messenger and took me
from my father's sheep, and anointed me with
his anointing oil.
My brothers were handsome and tall, but the
Lord was not pleased with them.
I went out to meet the Philistine, and he
cursed me by his idols.
But I drew his own sword; I beheaded him,
and removed reproach from the people of
Israel.

Prayer of Manasseh

O Lord Almighty, God of our fathers,
of Abraham and Isaac and Jacob
and of their righteous posterity;
you who have made heaven and earth
with all their order;
who have shackled the sea by your word of
command,
who have confined the deep
and sealed it with your terrible and glorious
name;
at whom all things shudder,
and tremble before your power,
for your glorious splendour cannot be borne,
and the wrath of your threat to sinners is
irresistible;
yet immeasurable and unsearchable is your
promised mercy,
for you are the Lord Most High,
of great compassion, long-suffering, and very
merciful,
and repent over the evils of men.

You, O Lord, according to your great goodness
have promised repentance and forgiveness
to those who have sinned against you;
and in the multitude of your mercies
you have appointed repentance for sinners,
that they may be saved.

Therefore you, O Lord, God of the righteous,
have not appointed repentance for the
righteous,
for Abraham and Isaac and Jacob, who did not
sin against you,

but you have appointed repentance for me,
who am a sinner.

For the sins I have committed are more in
number

than the sand of the sea;
my transgressions are multiplied, O Lord, they
are multiplied!

I am unworthy to look up and see the height of
heaven

because of the multitude of my iniquities.

I am weighted down with many an iron fetter,
so that I am rejected because of my sins,
and I have no relief;

for I have provoked your wrath
and have done what is evil in your sight,
setting up abominations and multiplying
offences.

And now I bend the knee of my heart,
beseeching you for your kindness.

I have sinned, O Lord, I have sinned,
and I know my transgressions.

I earnestly beseech you,
forgive me, O Lord, forgive me!

Do not destroy me with my transgressions!

Do not be angry with me for ever or lay up
evil for me;

do not condemn me to the depths of the earth.

For you, O Lord, are the God of those who
repent,

and in me you will manifest your goodness;

for, unworthy as I am, you will save me in

your great mercy,
and I will praise you continually all the days
of my life.

For all the host of heaven sings your praise,
and yours is the glory for ever. Amen.

THE CANTICLES

Song of Moses

Exodus 15:1-18

I will sing to the LORD, for he has triumphed gloriously;
the horse and his rider he has thrown into the sea.

The LORD is my strength and my song,
and he has become my salvation;
this is my God, and I will praise him,
my father's God, and I will exalt him.
The LORD is a man of war;
YHWH is his name.

Pharaoh's chariots and his host he cast into the sea;
and his picked officers are sunk in the Red Sea.

The floods cover them;
they went down into the depths like a stone.
Your right hand, O LORD, glorious in power,
your right hand, O LORD, shatters the enemy.
In the greatness of your majesty you
overthrow your adversaries;
you send forth your fury, it consumes them
like stubble.

At the blast of your nostrils the waters piled
up,
the floods stood up in a heap;
the deeps congealed in the heart of the sea.

The enemy said, "I will pursue, I will overtake,
I will divide the spoil, my desire shall have its
fill of them.

I will draw my sword, my hand shall destroy
them."

You blew with your wind, the sea covered
them;

they sank as lead in the mighty waters.

Who is like you, O LORD, among the gods?

Who is like you, majestic in holiness,

terrible in glorious deeds, doing wonders?
You stretched out your right hand,
the earth swallowed them.

You have led in your steadfast love
the people whom you have redeemed,
you have guided them by your strength to your
holy abode.

The peoples have heard, they tremble;
pangs have seized on the inhabitants of
Philistia.

Now are the chiefs of Edom dismayed;
the leaders of Moab, trembling seizes them;
all the inhabitants of Canaan have melted
away.

Terror and dread fall upon them;
because of the greatness of your arm, they are
as still as a stone,

till your people, O LORD, pass by,
till the people pass by whom you have
purchased.

You will bring them in, and plant them on
your own mountain,
the place, O LORD, which you have made for
your abode,

the sanctuary, LORD, which your hands have
established.

The LORD will reign for ever and ever.

Song of Moses

Deuteronomy 32:1-43

Give ear, O heavens, and I will speak; and let
the earth hear the words of my mouth.

May my teaching drop as the rain,
my speech distil as the dew,

as the gentle rain upon the tender grass,
and as the showers upon the herb.

For I will proclaim the name of the LORD.

Ascribe greatness to our God!

The Rock, his work is perfect;

for all his ways are justice.
A God of faithfulness and without iniquity,
just and right is he.
They have dealt corruptly with him,
they are no longer his children because of their
blemish;
they are a perverse and crooked generation.
Do you thus requite the LORD,
you foolish and senseless people?
Is not he your father, who created you,
who made you and established you?
Remember the days of old,
consider the years of many generations;
ask your father, and he will show you;
your elders, and they will tell you.
When the Most High gave to the nations their
inheritance,
when he separated the sons of men,
he fixed the bounds of the peoples
according to the number of the sons of God.
For the LORD's portion is his people,
Jacob his allotted heritage.
He found him in a desert land,
and in the howling waste of the wilderness;
he encircled him, he cared for him,
he kept him as the apple of his eye.
Like an eagle that stirs up its nest,
that flutters over its young,
spreading out its wings, catching them,
bearing them on its pinions,
the LORD alone did lead him,
and there was no foreign god with him.
He made him ride on the high places of the
earth,
and he ate the produce of the field;
and he made him suck honey out of the rock,
and oil out of the flinty rock.
Curds from the herd, and milk from the flock,
with fat of lambs and rams,
herds of Bashan and goats,
with the finest of the wheat –
and of the blood of the grape you drank wine.
But Jeshurun waxed fat, and kicked;

you waxed fat, you grew thick, you became
sleek;
then he forsook God who made him,
and scoffed at the Rock of his salvation.
They stirred him to jealousy with strange
gods;
with abominable practices they provoked him
to anger.
They sacrificed to demons which were no
gods,
to gods they had never known,
to new gods that had come in of late,
whom your fathers had never dreaded.
You were unmindful of the Rock that begot
you,
and you forgot the God who gave you birth.
The LORD saw it, and spurned them,
because of the provocation of his sons and his
daughters.
And he said, "I will hide my face from them,
I will see what their end will be,
for they are a perverse generation,
children in whom is no faithfulness.
They have stirred me to jealousy with what is
no god;
they have provoked me with their idols.
So I will stir them to jealousy with those who
are no people;
I will provoke them with a foolish nation.
For a fire is kindled by my anger,
and it burns to the depths of Sheol,
devours the earth and its increase,
and sets on fire the foundations of the
mountains.
And I will heap evils upon them;
I will spend my arrows upon them;
they shall be wasted with hunger,
and devoured with burning heat
and poisonous pestilence;
and I will send the teeth of beasts against
them,
with venom of crawling things of the dust.
In the open the sword shall bereave,

and in the chambers shall be terror,
 destroying both young man and virgin,
 the sucking child with the man of gray hairs.
 I would have said, 'I will scatter them afar,
 I will make the remembrance of them cease
 from among men,'
 had I not feared provocation by the enemy,
 lest their adversaries should judge amiss,
 lest they should say, 'Our hand is triumphant,
 the LORD has not wrought all this.'"

For they are a nation void of counsel,
 and there is no understanding in them.
 If they were wise, they would understand this,
 they would discern their latter end!
 How should one chase a thousand,
 and two put ten thousand to flight,
 unless their Rock had sold them,
 and the LORD had given them up?
 For their rock is not as our Rock,
 even our enemies themselves being judges.
 For their vine comes from the vine of Sodom,
 and from the fields of Gomorrah;
 their grapes are grapes of poison,
 their clusters are bitter;
 their wine is the poison of serpents,
 and the cruel venom of asps.

Is not this laid up in store with me,
 sealed up in my treasuries?
 Vengeance is mine, and recompense,
 for the time when their foot shall slip;
 for the day of their calamity is at hand,
 and their doom comes swiftly.

For the LORD will vindicate his people
 and have compassion on his servants,
 when he sees that their power is gone,
 and there is none remaining, bond or free.
 Then he will say, "Where are their gods,
 the rock in which they took refuge,
 who ate the fat of their sacrifices,
 and drank the wine of their drink offering?
 Let them rise up and help you,
 let them be your protection!"
 "See now that I, even I, am he,

and there is no god beside me;
 I kill and I make alive;
 I wound and I heal;
 and there is none that can deliver out of my
 hand.

For I lift up my hand to heaven,
 and swear, As I live for ever,
 if I whet my glittering sword,
 and my hand takes hold on judgement,
 I will take vengeance on my adversaries,
 and will requite those who hate me.
 I will make my arrows drunk with blood,
 and my sword shall devour flesh –
 with the blood of the slain and the captives,
 from the long-haired heads of the enemy."

Praise his people, O you nations;
 for he avenges the blood of his servants,
 and takes vengeance on his adversaries,
 and makes expiation for the land of his
 people.

Song of Hannah

I Samuel 2:1-10

My heart exults in the LORD;
 my strength is exalted in the LORD.
 My mouth derides my enemies,
 because I rejoice in your salvation.

There is none holy like the LORD,
 there is none besides you;
 there is no rock like our God.

Talk no more so very proudly,
 let not arrogance come from your mouth;
 for the LORD is a God of knowledge,
 and by him actions are weighed.

The bows of the mighty are broken,
 but the feeble gird on strength.

Those who were full have hired themselves
 out for bread,
 but those who were hungry have ceased to
 hunger.

The barren has borne seven,

but she who has many children is forlorn.
The LORD kills and brings to life;
he brings down to Sheol and raises up.
The LORD makes poor and makes rich;
he brings low, he also exalts.
He raises up the poor from the dust;
he lifts the needy from the ash heap,
to make them sit with princes
and inherit a seat of honour.
For the pillars of the earth are the LORD's,
and on them he has set the world.
He will guard the feet of his faithful ones;
but the wicked shall be cut off in darkness;
for not by might shall a man prevail.
The adversaries of the LORD shall be broken to
pieces;
against them he will thunder in heaven.
The LORD will judge the ends of the earth;
he will give strength to his king,
and exalt the power of his anointed.

Song of Isaiah

Isaiah 26:9-20

My soul yearns for you in the night,
my spirit within me earnestly seeks you.
For when your judgements are in the earth,
the inhabitants of the world learn
righteousness.
If favour is shown to the wicked,
he does not learn righteousness;
in the land of uprightness he deals perversely
and does not see the majesty of the LORD.
O LORD, your hand is lifted up,
but they see it not.
Let them see your zeal for your people, and be
ashamed.
Let the fire for your adversaries consume
them.
O LORD, you wilt ordain peace for us,
you have wrought for us all our works.
O LORD our God,

other lords besides you have ruled over us,
but your name alone we acknowledge.
They are dead, they will not live;
they are shades, they will not arise;
to that end you have visited them with
destruction
and wiped out all remembrance of them.
But you have increased the nation, O LORD,
you have increased the nation; you are
glorified;
you have enlarged all the borders of the land.
O LORD, in distress they sought you,
they poured out a prayer
when your chastening was upon them.
Like a woman with child,
who writhes and cries out in her pangs,
when she is near her time,
so were we because of you, O LORD;
we were with child, we writhed,
we have as it were brought forth wind.
We have wrought no deliverance in the earth,
and the inhabitants of the world have not
fallen.
Your dead shall live, their bodies shall rise.
O dwellers in the dust, awake and sing for joy!
For your dew is a dew of light,
and on the land of the shades you wilt let it
fall.
Come, my people, enter your chambers,
and shut your doors behind you;
hide yourselves for a little while
until the wrath is past.

Song of Isaiah

Isaiah 42:10-12

Sing to the LORD a new song,
his praise from the end of the earth!
Let the sea roar and all that fills it,
the coastlands and their inhabitants.
Let the desert and its cities lift up their voice,
the villages that Kedar inhabits;

let the inhabitants of Sela sing for joy,
let them shout from the top of the mountains.
Let them give glory to the LORD,
and declare his praise in the coastlands.

Song of Isaiah

Isaiah 60:1-19

Arise, shine; for your light has come,
and the glory of the LORD has risen upon you.
For behold, darkness shall cover the earth,
and thick darkness the peoples;
but the LORD will arise upon you,
and his glory will be seen upon you.
And nations shall come to your light,
and kings to the brightness of your rising.
Lift up your eyes round about, and see;
they all gather together, they come to you;
your sons shall come from far,
and your daughters shall be carried in the
arms.
Then you shall see and be radiant,
your heart shall thrill and rejoice;
because the abundance of the sea shall be
turned to you,
the wealth of the nations shall come to you.
A multitude of camels shall cover you,
the young camels of Midian and Ephah;
all those from Sheba shall come.
They shall bring gold and frankincense,
and shall proclaim the praise of the LORD.
All the flocks of Kedar shall be gathered to
you,
the rams of Nebaioth shall minister to you;
they shall come up with acceptance on my
altar,
and I will glorify my glorious house.
Who are these that fly like a cloud,
and like doves to their windows?
For the coastlands shall wait for me,
the ships of Tarshish first,
to bring your sons from far,

their silver and gold with them,
for the name of the LORD your God,
and for the Holy One of Israel,
because he has glorified you.
Foreigners shall build up your walls,
and their kings shall minister to you;
for in my wrath I smote you,
but in my favour I have had mercy on you.
Your gates shall be open continually;
day and night they shall not be shut;
that men may bring to you the wealth of the
nations,
with their kings led in procession.
For the nation and kingdom
that will not serve you shall perish;
those nations shall be utterly laid waste.
The glory of Lebanon shall come to you,
the cypress, the plane, and the pine,
to beautify the place of my sanctuary;
and I will make the place of my feet glorious.
The sons of those who oppressed you
shall come bending low to you;
and all who despised you
shall bow down at your feet;
they shall call you the City of the LORD,
the Zion of the Holy One of Israel.
Whereas you have been forsaken and hated,
with no one passing through,
I will make you majestic for ever,
a joy from age to age.
You shall suck the milk of nations,
you shall suck the breast of kings;
and you shall know that I, the LORD, am your
Saviour
and your Redeemer, the Mighty One of Jacob.
Instead of bronze I will bring gold,
and instead of iron I will bring silver;
instead of wood, bronze,
instead of stones, iron.
I will make your overseers peace
and your taskmasters righteousness.
Violence shall no more be heard in your land,
devastation or destruction within your borders;

you shall call your walls Salvation,
and your gates Praise.
The sun shall be no more
your light by day,
nor for brightness shall the moon
give light to you by night;
but the LORD will be your everlasting light,
and your God will be your glory

Prayer of the Three Youths

Daniel 3 (LXX)

Blessed are you, O Lord, God of our fathers,
and to be praised and highly exalted for ever;
And blessed is your glorious, holy name
and to be highly praised and highly exalted for
ever;
Blessed are you in the temple of your holy
glory
and to be extolled and highly glorified for
ever.
Blessed are you, who sit upon cherubim
and look upon the deeps,
and to be praised and highly exalted for ever.
Blessed are you upon the throne of your
kingdom
and to be extolled and highly exalted for ever.
Blessed are you in the firmament of heaven
and to be sung and glorified for ever.

Song of the Three Youths

Daniel 3 (LXX)

Bless the Lord, all works of the Lord,
sing praise to him and highly exalt him for
ever.
Bless the Lord, you heavens,
sing praise to him and highly exalt him for
ever.
Bless the Lord, you angels of the Lord,
sing praise to him and highly exalt him for

ever.
Bless the Lord, all waters above the heaven,
sing praise to him and highly exalt him for
ever.
Bless the Lord, all powers,
sing praise to him and highly exalt him for
ever.
Bless the Lord, sun and moon,
sing praise to him and highly exalt him for
ever.
Bless the Lord, stars of heaven,
sing praise to him and highly exalt him for
ever.
Bless the Lord, all rain and dew,
sing praise to him and highly exalt him for
ever.
Bless the Lord, all winds,
sing praise to him and highly exalt him for
ever.
Bless the Lord, fire and heat,
sing praise to him and highly exalt him for
ever.
Bless the Lord, winter cold and summer heat,
sing praise to him and highly exalt him for
ever.
Bless the Lord, dews and snows,
sing praise to him and highly exalt him for
ever.
Bless the Lord, nights and days,
sing praise to him and highly exalt him for
ever.
Bless the Lord, light and darkness,
sing praise to him and highly exalt him for
ever.
Bless the Lord, ice and cold,
sing praise to him and highly exalt him for
ever.
Bless the Lord, frosts and snows,
sing praise to him and highly exalt him for
ever.
Bless the Lord, lightnings and clouds,
sing praise to him and highly exalt him for
ever.

Let the earth bless the Lord;
let it sing praise to him and highly exalt him
for ever.
Bless the Lord, mountains and hills,
sing praise to him and highly exalt him for
ever.
Bless the Lord, all things that grow on the
earth,
sing praise to him and highly exalt him for
ever.
Bless the Lord, you springs,
sing praise to him and highly exalt him for
ever.
Bless the Lord, seas and rivers,
sing praise to him and highly exalt him for
ever.
Bless the Lord, you whales and all creatures
that move in the waters,
sing praise to him and highly exalt him for
ever.
Bless the Lord, all birds of the air,
sing praise to him and highly exalt him for
ever.
Bless the Lord, all beasts and cattle,
sing praise to him and highly exalt him for
ever.
Bless the Lord, you sons of men,
sing praise to him and highly exalt him for
ever.
Bless the Lord, O Israel,
sing praise to him and highly exalt him for
ever.
Bless the Lord, you priests of the Lord,
sing praise to him and highly exalt him for
ever.
Bless the Lord, you servants of the Lord,
sing praise to him and highly exalt him for
ever.
Bless the Lord, spirits and souls of the
righteous,
sing praise to him and highly exalt him for
ever.
Bless the Lord, you who are holy and humble

in heart,
sing praise to him and highly exalt him for
ever.
Bless the Lord, Hananiah, Azariah, and
Mishael,
sing praise to him and highly exalt him for
ever;
for he has rescued us from Hades and saved
us from the hand of death,
and delivered us from the midst of the burning
fiery furnace;
from the midst of the fire he has delivered us.
Give thanks to the Lord, for he is good,
for his mercy endures for ever.
Bless him, all who worship the Lord, the God
of gods,
sing praise to him and give thanks to him,
for his mercy endures for ever.

Song of Jonah

Jonah 2:2-9

I called to the LORD, out of my distress,
and he answered me;
out of the belly of Sheol I cried,
and you heard my voice.
For you cast me into the deep,
into the heart of the seas,
and the flood was round about me;
all your waves and your billows
passed over me.
Then I said, "I am cast out from your
presence;
how shall I again look upon your holy
temple?"
The waters closed in over me,
the deep was round about me;
weeds were wrapped about my head
at the roots of the mountains.
I went down to the land
whose bars closed upon me for ever;
yet you brought up my life from the Pit,

O LORD my God.
When my soul fainted within me,
I remembered the LORD;
and my prayer came to you,
into your holy temple.
Those who pay regard to vain idols
forsake their true loyalty.
But I with the voice of thanksgiving
will sacrifice to you;
what I have vowed I will pay.
Deliverance belongs to the LORD!

Song of Habakkuk

Habakkuk 3:2-19

O LORD, I have heard the report of you,
and your work, O LORD, do I fear.
In the midst of the years renew it;
in the midst of the years make it known;
in wrath remember mercy.
God came from Teman,
and the Holy One from Mount Paran.
His glory covered the heavens,
and the earth was full of his praise.
His brightness was like the light,
rays flashed from his hand;
and there he veiled his power.
Before him went pestilence,
and plague followed close behind.
He stood and measured the earth;
he looked and shook the nations;
then the eternal mountains were scattered,
the everlasting hills sank low.
His ways were as of old.
I saw the tents of Cushan in affliction;
the curtains of the land of Midian did tremble.
Was your wrath against the rivers, O LORD?
Was your anger against the rivers,
or your indignation against the sea,
when you rode upon your horses,
upon your chariot of victory?
You stripped the sheath from your bow,

and put the arrows to the string.

You cleaved the earth with rivers.
The mountains saw you, and writhed;
the raging waters swept on;
the deep gave forth its voice,
it lifted its hands on high.
The sun and moon stood still in their
habitation
at the light of thine arrows as they sped,
at the flash of your glittering spear.
You bestrode the earth in fury,
you trampled the nations in anger.
You went forth for the salvation of your
people,
for the salvation of your anointed.
You crushed the head of the wicked,
laying him bare from thigh to neck.
You pierced with your shafts the head of his
warriors,
who came like a whirlwind to scatter me,
rejoicing as if to devour the poor in secret.
You trampled the sea with your horses,
the surging of mighty waters.
I hear, and my body trembles,
my lips quiver at the sound;
rottenness enters into my bones,
my steps totter beneath me.
I will quietly wait for the day of trouble
to come upon people who invade us.
Though the fig tree do not blossom,
nor fruit be on the vines,
the produce of the olive fail
and the fields yield no food,
the flock be cut off from the fold
and there be no herd in the stalls,
yet I will rejoice in the LORD,
I will joy in the God of my salvation.
GOD, the Lord, is my strength;
he makes my feet like hinds' feet,
he makes me tread upon my high places.

Song of Mary

Luke 1:46-55

My soul magnifies the Lord,
and my spirit rejoices in God my Saviour,
for he has regarded the low estate of his
handmaiden.
For behold, henceforth all generations will call
me blessed;
for he who is mighty has done great things for
me, and holy is his name.
And his mercy is on those who fear him from
generation to generation.
He has shown strength with his arm,
he has scattered the proud in the imagination
of their hearts,
he has put down the mighty from their
thrones,
and exalted those of low degree;
he has filled the hungry with good things,
and the rich he has sent empty away.
He has helped his servant Israel, in
remembrance of his mercy,
as he spoke to our fathers, to Abraham and to
his posterity for ever.

Song of Zechariah

Luke 1:68-79

Blessed be the Lord God of Israel,
for he has visited and redeemed his people,
and has raised up a horn of salvation for us
in the house of his servant David,
as he spoke by the mouth of his holy prophets
from of old,
that we should be saved from our enemies,
and from the hand of all who hate us;
to perform the mercy promised to our fathers,
and to remember his holy covenant,
the oath which he swore to our father
Abraham,
to grant us that we, being delivered from the

hand of our enemies,
might serve him without fear,
in holiness and righteousness before him all
the days of our life.
And you, child, will be called the prophet of
the Most High;
for you will go before the Lord to prepare his
ways,
to give knowledge of salvation to his people in
the forgiveness of their sins,
through the tender mercy of our God,
when the day shall dawn upon us from on high
to give light to those who sit in darkness and
in the shadow of death,
to guide our feet into the way of peace.

Song of Simeon

Luke 2:29-32

Lord, now you let your servant depart in
peace,
according to your word;
for my eyes have seen your salvation
which you have prepared in the presence of all
peoples,
a light for revelation to the Gentiles,
and for glory to your people Israel.

Song of the Lamb

Revelation 15:3-4

Great and wonderful are your deeds,
O Lord God the Almighty!
Just and true are your ways,
O King of the ages!
Who shall not fear and glorify your name, O
Lord?
For you alone are holy.
All nations shall come and worship you,
for your judgments have been revealed.



THE KYRIE:

Lord have mercy.
Christ have mercy.
Lord have mercy.

THE CREED

I believe in God the Father, Almighty, Maker
of heaven and earth:

And in Jesus Christ, his only Son, our Lord:
Who was conceived by the Holy Spirit, born
of the Virgin Mary:

Suffered under Pontius Pilate; was crucified,
dead and buried: He descended into hell:

The third day he rose again from the dead:
He ascended into heaven, and is seated at the
right hand of God the Father Almighty:

From thence he shall come to judge the living
and the dead:

I believe in the Holy Spirit:
the holy catholic church: the communion of
saints:

The forgiveness of sins:
The resurrection of the body:
And the life everlasting. Amen.

THE GREAT LITANY:

O God the Father, Creator of heaven and
earth,
Have mercy upon us.

O God the Son, Redeemer of the world,
Have mercy upon us.

O God the Holy Spirit, Sanctifier of the
faithful,
Have mercy upon us.

O holy, blessed, and glorious Trinity, one
God,

Have mercy upon us.

Remember not, Lord Christ, our offences, nor
the offences of our forefathers; neither reward
us according to our sins.

Spare us, good Lord, spare thy people, whom
thou hast redeemed with thy most precious
blood, and by thy mercy preserve us for ever.
Spare us, good Lord.

From all evil and wickedness; from sin; from
the crafts and assaults of the devil; and from
everlasting damnation,

Good Lord, deliver us.

From all blindness of heart; from pride,
vainglory, and hypocrisy; from envy, hatred,
and malice; and from all want of charity,

Good Lord, deliver us.

From all inordinate and sinful affections; and
from all the deceits of the world, the flesh, and
the devil,

Good Lord, deliver us.

From all false doctrine, heresy, and schism;
from hardness of heart, and contempt of thy
Word and commandment,

Good Lord, deliver us.

From lightning and tempest; from earthquake,
fire, and flood; from plague, pestilence, and
famine,

Good Lord, deliver us.

From all oppression, conspiracy, and
rebellion; from violence, battle, and murder;
and from dying suddenly and unprepared,

Good Lord, deliver us.

By the mystery of thy holy incarnation; by thy
holy nativity and submission to the law; by thy
baptism, fasting, and temptation,

Good Lord, deliver us.

By thine agony and bloody sweat; by thy cross

and passion; by thy precious death and burial;
by thy glorious resurrection and ascension;
and by the coming of the Holy Spirit,
Good Lord, deliver us.

In all time of our tribulation; in all time of our
prosperity; in the hour of death, and in the day
of judgment,
Good Lord, deliver us.

We sinners do beseech thee to hear us, O Lord
God; and that it may please thee to rule and
govern thy holy church universal in the right
way,
We beseech thee to hear us, good Lord.

That it may please thee to illumine all bishops,
presbyters, and deacons, with true knowledge
and understanding of thy Word; and that both
by their preaching and living, they may set it
forth, and show it accordingly,
We beseech thee to hear us, good Lord.

That it may please thee to bless and keep all
thy people,
We beseech thee to hear us, good Lord.

That it may please thee to send forth laborers
into thy harvest, and to draw all mankind into
thy kingdom,
We beseech thee to hear us, good Lord.

That it may please thee to give to all people
increase of grace to hear and receive thy
Word, and to bring forth the fruits of the
Spirit,
We beseech thee to hear us, good Lord.

That it may please thee to bring into the way
of truth all such as have erred, and are
deceived,
We beseech thee to hear us, good Lord.

That it may please thee to give us a heart to
love and fear thee, and diligently to live after
thy commandments,
We beseech thee to hear us, good Lord.

That it may please thee so to rule the hearts of
thy servants, the political leaders of this
nation, and all others in authority, that they
may do justice, and love mercy, and walk in
the ways of truth,
We beseech thee to hear us, good Lord.

That it may please thee to make wars to cease
in all the world; to give to all nations unity,
peace, and concord; and to bestow freedom
upon all peoples,
We beseech thee to hear us, good Lord.

That it may please thee to show thy pity upon
all prisoners and captives, the homeless and
the hungry, and all who are desolate and
oppressed,
We beseech thee to hear us, good Lord.

That it may please thee to give and preserve to
our use the bountiful fruits of the earth, so that
in due time all may enjoy them,
We beseech thee to hear us, good Lord.

That it may please thee to inspire us, in our
several callings, to do the work which thou
givest us to do with singleness of heart as thy
servants, and for the common good,
We beseech thee to hear us, good Lord.

That it may please thee to preserve all who are
in danger by reason of their labour or their
travel,
We beseech thee to hear us, good Lord.

That it may please thee to preserve, and
provide for, all women in childbirth, young
children and orphans, the widowed, and all
whose homes are broken or torn by strife,
We beseech thee to hear us, good Lord.

That it may please thee to visit the lonely; to
strengthen all who suffer in mind, body, and
spirit; and to comfort with thy presence those
who are failing and infirm,
We beseech thee to hear us, good Lord.

That it may please thee to support, help, and comfort all who are in danger, necessity, and tribulation,

We beseech thee to hear us, good Lord.

That it may please thee to have mercy upon all mankind,

We beseech thee to hear us, good Lord.

That it may please thee to give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to amend our lives according to thy holy Word,

We beseech thee to hear us, good Lord.

That it may please thee to forgive our enemies, persecutors, and slanderers, and to turn their hearts,

We beseech thee to hear us, good Lord.

That it may please thee to strengthen such as do stand; to comfort and help the weak-hearted; to raise up those who fall; and finally to beat down Satan under our feet,

We beseech thee to hear us, good Lord.

That it may please thee to grant to all the faithful departed eternal life and peace,

We beseech thee to hear us, good Lord.

That it may please thee to grant that, in the fellowship of all the saints, we may attain to thy heavenly kingdom,

We beseech thee to hear us, good Lord.

Son of God, we beseech thee to hear us.

Son of God, we beseech thee to hear us.

O Lamb of God, that takest away the sins of the world,

Have mercy upon us.

O Lamb of God, that takest away the sins of the world,

Have mercy upon us.

O Lamb of God, that takest away the sins of the world,

Grant us thy peace.

O Christ, hear us.

O Christ, hear us.

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

THE LORD'S PRAYER:

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

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