

ORDINARY

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INVITATORY

The Invitatory takes place at the beginning of daily prayer. Sing the opening versicle:

℣. O Lord, open my lips.

℟. And my mouth shall proclaim your praise.

When the Invitatory is celebrated before Morning Lauds, Psalm 67 follows, without antiphon.

Then sing Psalm 95 with antiphon in the responsorial style. Before the psalm the antiphon is sung and repeated, and it is sung after each strophe of the psalm.

If the antiphon ends with the words Come, let us worship, these words only are repeated, with its melody. But after Gloria Patri the entire antiphon is always repeated.

MORNING LAUDS

℣. God, come to my assistance.

℟. Lord, make haste to help me.

Glory 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.

In Lent omit Alleluia.

Omit all if the Invitatory immediately precedes it.

HYMN

The congregational hymn is found in Libro hymnarius.

PSALMODY

Psalm 67 is sung straight through, without antiphon, if not sung at the Invitatory.

Psalm 51 with antiphon.

Two morning psalms, each with its own antiphon. On Sundays throughout the year, Psalms 51, 118, and 63 are sung under one alleluia antiphon.

Canticle from the Old Testament, with antiphon. Canticles are distributed over a four-week cycle.

Psalms of praise 148-149-150, with one Gloria Patri and one antiphon.

In the Sunday and weekday office, psalms, canticles, and antiphons are of the current psalter, unless otherwise noted.

On solemnities and feasts, and also on days within the octaves of Christmas and Easter, psalms and canticles are those of Sunday, with the canticle Benedicite, with antiphons from the proper or common.

READING

After the psalmody occurs the reading, short or long, as given in the Liturgy of the Hours or the appropriate lectionary.

RESPONSE TO THE WORD OF GOD

After the reading or homily, a period of silence may follow. Then the short responsory or versicle is sung.

GOSPEL CANTICLE

Then the gospel canticle is sung with antiphon.

On weekdays of Ordinary Time, the antiphon to Benedictus is given in the Psalter.

On other weekdays and on Sundays, it is given in the Proper of Seasons.

On celebrations of saints, if there is no proper antiphon, it comes from the commons; on memorials, the antiphon of the current weekday is used.

The Song of Zechariah, Benedictus Dominus Deus, Luke 1:68-79

Blessed be the Lord, the God of Israel; *
he has come to his people and set them free.
He has raised up for us a mighty savior, *
born of the house of his servant David.

Through his holy prophets he promised of old †
that he would save us from our enemies, *
from the hands of all who hate us.
He promised to show mercy to our fathers *
and to remember his holy covenant.

This was the oath he swore to our father Abraham: *
to set us free from the hands of our enemies,
free to worship him without fear, *
holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; *
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation *
by the forgiveness of their sins.

In the tender compassion of our God *
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death, *
and to guide our feet into the way of peace.

At the end of the canticle, add Gloria Patri and repeat the antiphon.

LITANY

After the canticle, the litany is sung as desired, as given in the Liturgy of the Hours (preces consecrating the day to the Lord) or in another appropriate book.

If the preces is omitted, sing a litany of supplication:

Kyrie eleison, Christe eleison, Kyrie eleison.

Then all sing the Lord's Prayer.

Immediately afterwards, and without Let us pray, the proper prayer with long conclusion is sung.

Then the officiant, if a bishop or priest, gives the blessing:

The Lord be with you.

℟. And with your spirit.

May almighty God bless you, Father, Son, and Holy Spirit.

℟. Amen.

Another formula of blessing may be used.

The dismissal follows:

℣. Let us bless the Lord.

℟. Thanks be to God.

TERCE, SEXT, AND NONES

℣. God, come to my assistance.

℟. Lord, make haste to help me.

Glory 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.

In Lent omit Alleluia.

On memorials of saints, always celebrate the given office of the season.

HYMN

The congregational hymn is found in Libro hymnarius.

PSALMODY

After the hymn comes the psalmody. The psalmody consists of three psalms or portions of psalms, chosen from the Psalter, with congruent antiphons.

On weekdays and Sundays of Ordinary Time the antiphons are those of the Psalter. In all other seasons, they are from the proper of the season.

On solemnities and feasts, when there are no proper antiphons, use antiphons 1 or 2, 3, and 5 from Lauds at Terce, Sext, and Nones respectively.

On memorials of saints sing as desired antiphons from the Psalter or the common. If a memorial of a saint has proper antiphons at Lauds, use as desired antiphons 1 or 2, 3, and 5 from Lauds at Terce, Sext, and Nones respectively, or antiphons from the Psalter.

SHORT READING

After the psalmody occurs the short reading, as given in the Liturgy of the Hours or the appropriate lectionary.

After the short reading, a period of silence may follow. Versicles may be used as a response to the Word of God.

CONCLUDING PRAYER

Afterwards the concluding prayer is said, with the invitation Let us pray, and adding the short ending.

All respond:

℟. Amen.

Then the acclamation is added:

Let us bless the Lord.

℟. Thanks be to God.

VESPERS

℣. God, come to my assistance.

℟. Lord, make haste to help me.

Glory 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.

In Lent omit Alleluia.

HYMN

The congregational hymn is found in Libro hymnarius.

PSALMODY

Psalmody consists of four psalms or parts of psalms, with an antiphon for each psalm.

In the Sunday and weekday office, psalms, canticles, and antiphons are of the current psalter, unless there are proper antiphons.

On solemnities and feasts, and also on days within the octaves of Christmas and Easter, use psalms of a feast, with antiphons from the proper or common.

On memorials of saints, psalms and antiphons are of the current weekday, unless there are proper antiphons, which may be used with psalms of the current weekday or of a feast.

After the psalmody occurs the reading, short or long, as given in the Liturgy of the Hours or the appropriate lectionary.

RESPONSE TO THE WORD OF GOD

After the reading or homily, a period of silence may follow. Then the short responsory or versicle is sung.

At I Vespers of a solemnity, and also on a feast occurring on Sunday, the elaborate response may be sung instead of the short response.

GOSPEL CANTICLE

Then the gospel canticle is sung with antiphon.

On weekdays of Ordinary Time, the antiphon to Magnificat is given in the Psalter.

On other weekdays and on Sundays, it is given in the Proper of Seasons.

On celebrations of saints, if there is no proper antiphon, it comes from the commons; on memorials, the antiphon of the current weekday is used.

The Song of Mary, Magnificat, Luke 1:46-55

My soul proclaims the greatness of the Lord, *
my spirit rejoices in God my Savior
for he has looked with favor *
on his lowly servant.
From this day all generations will call me blessed: *
the Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him *
in every generation.
He has shown the strength of his arm, *
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones, *
and has lifted up the lowly.
He has filled the hungry with good things, *
and the rich he has sent away empty.
He has come to the help of his servant Israel *
for he has remembered his promise of mercy,
the promise he made to our fathers, *
to Abraham and his children for ever.

At the end of the canticle, add Gloria Patri and repeat the antiphon.

LITANY

After the canticle, the litany is sung as desired, as given in the Liturgy of the Hours (preces or intercessions) or in another appropriate book.

If the preces is omitted, sing a litany of supplication:

Kyrie eleison, Christe eleison, Kyrie eleison.

Then all sing the Lord's Prayer.

Immediately afterwards, and without Let us pray, the proper prayer with long conclusion is sung.

Then the officiant, if a bishop or priest, gives the blessing:

The Lord be with you.
℟. And with your spirit.

May almighty God bless you, Father, Son, and Holy Spirit.
℟. Amen.

Another formula of blessing may be used.

The dismissal follows:

℣. Let us bless the Lord.
℟. Thanks be to God.

COMPLINE

℣. God, come to my assistance.
℟. Lord, make haste to help me.

Glory 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.

In Lent omit Alleluia.

Afterwards a confession of sins may be made.

The officiant concludes, saying:

May the Almighty God grant us forgiveness of all our sins, and the grace of comfort of the Holy Spirit.
℟. Amen.

HYMN

The hymn is found in Libro hymnarius.

PSALMODY

The psalmody consists of Psalms 4, 91, and 134, sung straight through without antiphon, with Gloria Patri at the end of all the psalms.

SHORT READING

After the psalmody occurs the short reading.

After the reading, a period of silence may follow.

Then follows this versicle:

℣. Guard me, O Lord, as the apple of your eye. (*T.P.* Alleluia.)
℟. Hide me in the shadow of your wings. (*T.P.* Alleluia.)

Where it is desired, in place of the versicle Guard me may be used the short response In manus tuas and the gospel canticle Nunc dimittis, as given below.

CONCLUDING PRAYER

Afterwards the prayer is sung as in the Psalter, with the invitation Let us pray. All respond: Amen.

Then the officiant gives a blessing:

The Lord almighty grant us a quiet night and a perfect end.
℟. Amen.

Or, if desired:

The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us.
℟. Amen.

At the end of Compline is sung one of the antiphons of the Blessed Virgin Mary.

PSALTER

Antiphons from 2006 *Antiphonale Monasticum II* (AM-II)
and 1981 *Psalterium Monasticum* (PM)

Psalms from 2010 *Revised Grail Psalms*, canticles from DivineOffice.org

For those using Gregorian tones, several features have been added: An asterisk (*) marks the end of the first half-verse, and the second half-verse is indented. Occasionally, a cross (†) indicates a pause, with inflection, in the first half-verse.

For those using modern tones, several Grail features have been retained: Accent marks over vowels (such as é) indicate rhythmic changes within lines, and lines have been grouped as strophes for melodic purposes.

SUNDAY

I VESPERS

Hymn

Week I and III

Hymn Deus, creator omnium, AM-II 21 and LH p. 181.

Week II and IV

Hymn Rerum, Deus, AM-II 22 and LH p. 208.

Psalmody

Antiphon 1

VII c *Regnum tuum (AM-II 22) Ps 145:13*



Your kingdom, O Lord, is an ev-er-last- ing kingdom.

Paschal season

VIII c (AM-II 22)



Alle-lu- ia, * al- le- lu- ia, al-le- lu- ia.

Psalm 145 [144B *Confiteantur tibi*]

- 10 All your wórks shall thánk you, O LÓRD, *
and áll your fáithful ones bléss you.
- 11 They shall spéak of the glóry of your réign, *
and decláre your míghty déeds,
- 12 To make knówn your míght to the children of mén, *
and the glórious spléndor of your réign.
- 13 Your kíngdom is an éverlasting kíngdom; *
your rule endúres for áll generátions.
- The LORD is fáithful in áll his wórds, *
and hólý in áll his déeds.
- 14 The LÓRD suppórts all who fáll, *
and ráises up áll who are bowed dówn.
- 15 The éyes of áll look to yóu, *
and you gíve them their fód in due séason.
- 16 You ópen your hánd and sátisfy *
the desíre of every líving thínq.

- 17 The LORD is júst in áll his wáys, *
and hólý in áll his déeds.
- 18 The LORD is clóse to áll who cáll him,
who cáll on hím in trúth.
- 19 He fulfills the desíres of those who féar him; *
héars their crý and he sáves them.
- 20 The LORD keeps wáтч over áll who lóve him; *
the wícked he will útterly destróy.
- 21 Let my móuth speak the práise of the LÓRD; *
let all flésh bless his hólý name
foréver, for áges unénding.

Glory 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 verse Gloria Patri is customarily sung at the end of all psalms and canticles, unless otherwise noted.
At the end of the psalm the antiphon is repeated, and this is done at the end of all psalms and canticles.*

Antiphon 2

IV* *Laudabo Deum* (AM-II 24) *Ps 146:2*



I will praise * the Lord all my life.

Psalm 146 (145) *Lauda, anima mea, Dominum*

- 1 Alleluia!
- My sóul, give práise to the LÓRD; *
- 2 I will práise the LÓRD all my lífe,
sing práise to my Gód while I líve.
- 3 Pút no trúst in prínces, *
in mortal mán who cánnót sáve.
- 4 Take their bréath, they retúrn to the éarth, *
and their pláns that dáy come to nóthing.
- 5 Blessed is hé who is hélped by Jacob's Gód, *
whose hópe is in the LÓRD his Gód,
- 6 who máde the héavens and the éarth, *
the séas and áll they contáin,
who presérves fidélity foréver, *
- 7 who does jústice to thóse who are opprésed.

It is hé who gives bréad to the húngry, *
the LÓRD who sets prísoners frée,

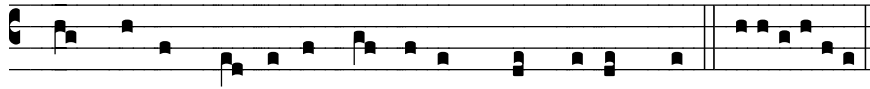
8 the LÓRD who ópens the éyes of the blínd, *
the LÓRD who ráises up thóse who are bowed dówn.

It is the LÓRD who lóves the júst, *
9 the LÓRD who protécts the stránger
and uphólds the órphan and the wídw, *
but thwárt the páth of the wícked.
10 The LÓRD will réign foréver, *
the God of Síon from áge to áge.

Alleluia!

Antiphon 3

VIII g *Deo nostro* (AM-II 25) *Ps 147:1*



How pleásant * it is to chant fit-ting praise to our God.

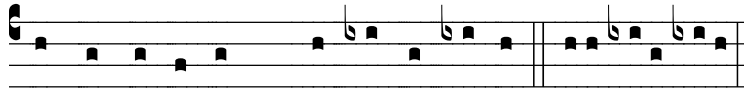
Psalm 147A (146:1–11) *Laudate Dominum, quoniam bonus*

Alleluia!

- 1 How góod to sing psálms to our Gód; *
how pléasant to chant fíting práise!
- 2 The LÓRD builds úp Jerúsalem *
and bríngs back Ísrael's éxiles;
- 3 he héals the brókenhéarted; *
he bínds up áll their wóunds.
- 4 He cóunts out the númer of the stárs; *
he cálls each óne by its náme.
- 5 Our LÓRD is gréat and almíghty; *
his wísdóm can néver be méasured.
- 6 The LÓRD lifts úp the lówly; *
he casts dówn the wícked to the gróund.
- 7 O síng to the LÓRD, gíving thánks; *
sing psálms to our Gód with the hárp.
- 8 He cóvers the héavens with clóuds; *
he prepáres the ráin for the éarth,
making móuntains spróut with gráss, *
and plánt to sérve human néeds.
- 9 He provídes the cáttle with their fóod, *
and young rávens that cáll upon hím.
- 10 His delíght is nótt in hórses, *
nor his pléasure in a wárríor's stréngth.
- 11 The LÓRD delíghts in thóse who revére hím, *
thóse who wáit for his mércífúll óve.

Antiphon 4

E *Lauda, Ierusalem (AM-II 26) Ps 147:12*



O Je- ru- sa- lem, * glo- ri- fy the Lord! *Do not repeat in psalm.*

Psalm 147B (147) *Lauda, Hierusalem*

- 12 O Jerúsalem, glórfify the LÓRD! *
O Síon, práise your Gód!
- 13 He has stréngthened the bárs of your gátes; *
he has bléssed your chýldren wýthín you.
- 14 He estáblished péace on your bórders; *
he gíves you your fíll of finest whéat.
- 15 He sénds out his wórd to the éarth, *
and swýftly rúns his commánd.
- 16 He shówers down snów like wóol; *
he scátters hóarfrost like áshes.
- 17 He húrls down háilstones like crúmbs; *
befóre such cóld, who can stánd?
- 18 He sénds forth his wórd and it mélts them; *
at the blówing of his bréath the waters flów.
- 19 He revéals his wórd to Jácob; *
to Ísrael, his decrées and júdgments.
- 20 He has nótt dealt thús with other nátions; *
he hás not táught them his júdgments.

Alleluia!

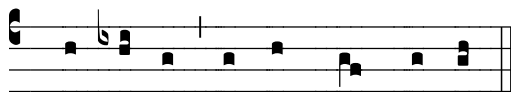
After the reading

Weeks I and III

R̄. br. *Quam magnificata (AM-II 27) Ps 104:24*



How ma- ny are * Your works, O Lord.



∇ In wis- dom you have made them all.



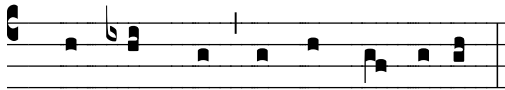
∇ Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi-rit.

Weeks II and IV

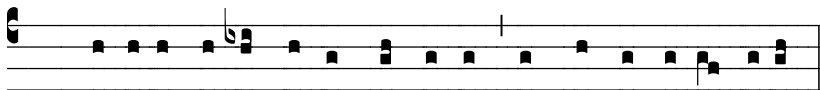
℞. br. *A solis ortu* (AM-II 27) *Ps 113:3-4*



From the ris-ing of the sun to its set-ting * Praised be the name of the Lord.



∇ A-bove the hea-vens his glo-ry.



∇ Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi-rit.

Or:

∇ Let my prayer be accepted, O Lord.

℞. As incense before you.

The antiphon at Magnificat and the prayer as in the Proper of Time. The conclusion of the Hour as in the Ordinary.

MORNING LAUDS

Hymn

Week I and III

Hymn Aeterne rerum conditor, AM-II 28 and LH p. 184.

Week II and IV

Hymn Ecce iam noctis, AM-II 28 and LH p. 212.

Psalmody

Psalm 67 is sung in directum without an antiphon.

Psalm 67 (66) *Deus misereatur*

- 1 *For the Choirmaster. With string instruments.
A Psalm. A Song.*
- 2 O Gód, be grácious and bléss us *
and let your fáce shed its líght upón us.
- 3 So will your wáys be knówn upon éarth *
and all nátions léarn your salvátion.
- 4 Let the péoples práise you, O Gód; *
let áll the péoples práise you.
- 5 Let the nátions be glád and shout for jóy, *
with úprightness you rúle the péoples;
you guíde the nátions on éarth.
- 6 Let the péoples práise you, O Gód; *
let áll the péoples práise you.
- 7 The éarth has yíelded its frúit *
for Gód, our Gód, has bléssed us.
- 8 May Gód still gíve us his bléssing *
that all the énds of the éarth may revére him.

On Sundays of the year and in Paschal season, Psalms 51, 118, and 63 are sung with one alleluia antiphon. If desired in Paschal season, other choices are found in the Proper of time.

Antiphon 1

C c2 (AM-II 30)



Al-le- lu-ia, * alle-lu- ia.

Psalm 51 (50) *Miserere mei, Deus*

- 1 *For the Choirmaster. A Psalm of David*
- 2 *when the prophet Nathan came to him
after he had gone to Bathsheba.*
- 3 Have mércy on mé, O Gód, *
accórding to your mérciful lóve;
accórding to your gréat compássion, *
blót out mý transgréssions.
- 4 Wásh me complétely from my iníquity, *
and cléanse me fróm my sín.

- 5 My transgressions, truly I know them; *
my sin is always before me.
- 6 Against you, you alone, have I sinned; *
what is evil in your sight I have done.
So you are just in your sentence, *
without reproach in your judgment.
- 7 O see, in guilt I was born, *
a sinner when my mother conceived me.
- 8 Yes, you delight in sincerity of heart; *
in secret you teach me wisdom.
- 9 Cleanse me with hyssop, and I shall be pure; *
wash me, and I shall be whiter than snow.
- 10 Let me hear rejoicing and gladness, *
that the bones you have crushed may exult.
- 11 Turn away your face from my sins, *
and blot out all my guilt.
- 12 Create a pure heart for me, O God; *
renew a steadfast spirit within me.
- 13 Do not cast me away from your presence; *
take not your holy spirit from me.
- 14 Restore in me the joy of your salvation; *
sustain in me a willing spirit.
- 15 I will teach transgressors your ways, *
that sinners may return to you.
- 16 Rescue me from bloodshed, O God, †
God of my salvation, *
and then my tongue shall ring out your justice.
- 17 O LORD, open my lips *
and my mouth shall proclaim your praise.
- 18 For in sacrifice you take no delight; *
burnt offering from me would not please you.
- 19 My sacrifice to God, a broken spirit: *
a broken and humbled heart,
O God, you will not spurn.
- 20 In your good pleasure, show favor to Sion; *
rebuild the walls of Jerusalem.
- 21 Then you will delight in right sacrifice, †
burnt offerings wholly consumed. *
Then you will be offered young bulls on your altar.

Psalm 118 (117) *Confitemini Domino, quoniam bonus*

- 1 Give praise to the LORD, for he is good; *
his mercy endures forever.
- 2 Let the house of Israel say, *

- “His mércy endúres foréver.”
 3 Let the hóuse of Áaron sáy, *
 “His mércy endúres foréver.”
 4 Let thóse who féar the LÓRD sáy, *
 “His mércy endúres foréver.”
- 5 I cálléd to the LÓRD in my distréss; *
 he has ánswered and fréed me.
 6 The LÓRD is at my síde; I do not féar. *
 What can mankínd dó agáinst me?
 7 The LÓRD is at my síde as my hélper; *
 I shall lóok in tríumph on my fóes.
- 8 It is bétter to take réfuge in the LÓRD *
 than to trúst in mán;
 9 it is bétter to take réfuge in the LÓRD *
 than to trúst in prínces.
- 10 The nátions all encírcled mé; *
 in the náme of the LÓRD I cut them óff.
 11 They encírcled me áll aróund; *
 in the náme of the LÓRD I cut them óff.
- 12 They encírcled me abóut like bées; †
 they blázed like a fíre among thórns. *
 In the náme of the LÓRD I cut them óff.
- 13 I was thrust dówn, thrust dówn and fálling, *
 but the LÓRD was my hélper.
 14 The LÓRD is my stréngth and my sóng; *
 hé was my sáviór.
- 15 There are shóuts of jóy and salvátion *
 in the ténts of the júst.
 “The LÓRD’s right hánd has done míghty déeds; *
 16 his ríght hand is exálted.
 The LÓRD’s right hánd has done míghty déeds.”
- 17 I shall not díe, Í shall líve *
 and recóunt the déeds of the LÓRD.
 18 The LÓRD púnished me, púnished me sevérely, *
 but did nó hand me óver to déath.
- 19 Open to mé the gátes of jústice: *
 I will énter and thánk the LÓRD.
 20 Thís is the LÓRD’s own gáte, *
 where the júst énter.
 21 I will thánk you, for yóu have ánswered, *
 and yóu are my sáviór.
- 22 The stóne that the buílders rejécted *
 has becóme the córnerstone.
 23 By the LÓRD has thís been dóne, *

- a márvel in our éyes.
 24 This is the dáy the LÓRD has máde; *
 let us rejóice in ít and be glád.
- 25 O LÓRD, gránt salvátion; *
 O LÓRD, gránt succéss.
 26 Blést is hé who cómes *
 in the náme of the LÓRD.
 We bléss you from the hóuse of the LÓRD; *
 27 the LORD is Gód, and has gíven us líght.
- Go fóward in procéssion with bránches, *
 as fár as the hórn of the áltar.
 28 Yóu are my Gód, I práise you. *
 My Gód, I exált you.
 29 Give práise to the LÓRD, for he is góod; *
 his mércy endúres foréver.

Psalm 63 (62) *Deus, Deus meus*

- 1 *A Psalm of David when he was in the desert of Judah.*
- 2 O Gód, you are my Gód; at dawn I séek you; *
 for yóu my sóul is thírsting.
 For yóu my flésh is píning, *
 like a drý, weary lánd without wáter.
 3 I have cóme before yóu in the sánctuary, *
 to behóld your stréngth and your glóry.
- 4 Your loving mércy is bétter than lífe; *
 my líps will spéak your práise.
 5 I will bléss you áll my lífe; *
 in your náme I will líft up my hánds.
 6 My sóul shall be filled as with a bándquet; *
 with joyful líps, my móuth shall práise you.
- 7 When I remémber you upón my béd, *
 I muse on yóu through the wátches of the níght.
 8 For yóu have béen my stréngth; *
 in the sháadow of your wíngs I rejóice.
 9 My sóul clings fást to yóu; *
 yóur right hánd uphólds me.
- 10 Those who séek to destróy my lífe *
 shall go dówn to the dépths of the éarth.
 11 Pút to the pówer of the swórd, *
 they shall be léft as préy for the jáckals.
- 12 But the kíng shall rejóice in Gód; †
 all that swéar by hím shall exúlt, *
 for the móuth of líars shall be sílenced.

Afterwards, sing one of the following antiphons with the canticle from Daniel, according to the current week.

Weeks of the year II, X, XIII, XXVI:

Antiphon 2

VIII g *Hymnum dicamus* (AM-II 34) Cf. *Judith 16:13*



Let us sing a new song, * al-le-lu- ia, to the Lord our God, alle-lu-ia.

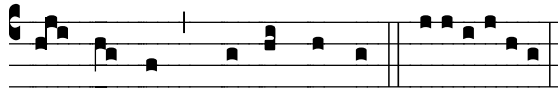
Weeks of the year III, XI, XIX, XXVII:

Antiphon 2

VIII g *Tres ex uno* (AM-II 34) *Daniel 3:51,23*



The three men * called out from the fur- nace of blaz- ing fire



and sang out: Blessed be God.

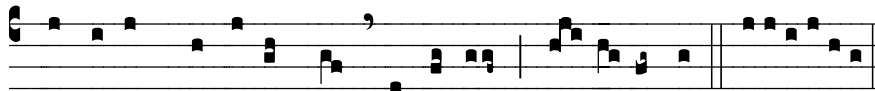
Weeks of the year IV, XII, XX, XXVIII:

Antiphon 2

VIII g *Tres pueri* (AM-II 34) *Daniel 3:22-26*



At the king's command, the three men * were thrown into the furnace,



not fearing the flaming fire, but say-ing: Glo- ry to God.

Weeks of the year V, XIII, XXI, XXIX:

Antiphon 2

IV* e *Hymnum dicite* (AM-II 35) Cf. *Daniel 3:57*

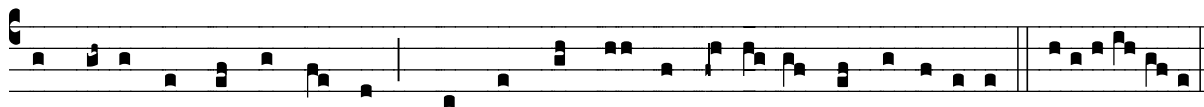


Sing a new song, * praise God and highly ex-alt him for ev-er.

Weeks of the year VI, XIV, XXII, XXX:

Antiphon 2

IV e *In camino ignis (AM-II 35) Cf. Daniel 3:50-51*



In the fur-nace of burn-ing fire * the three men high-ly ex- alt-ed God, al-le-lu-ia.

Weeks of the year VII, XV, XXIII, XXXI:

Antiphon 2

I f *Sidrac (AM-II 35) Cf. Daniel 3:29-68*



Shadrach, * Meshach, Ab-ednego , from the fur-nace sang a new song to the great King,



al-le- lu-ia.

Weeks of the year VIII, XVI, XXIV, XXXII:

Antiphon 2

D g *Tres video (AM-II 36) Cf. Daniel 3:25*



I see three men * walking in the midst of the fire, and a fourth has the appearance



of the Son of God, al-le-lu-ia.

Weeks of the year IX, XVII, XXV, XXIII:

Antiphon 2

VIII g *Est Deus (AM-II 36) Cf. Daniel 3:16-17*



God in heaven * whom we serve is able to de-liv-er us from the fur-nace of fire,



and from your hand, O king, let him de-liv-er us.

Psachal season

Antiphon 2

VI f *Redemptor noster* (AM-II 37)



Our redeemer * is ris- en from the tomb, who de- liv- ered the three men



from the fie-ry furnace, alle-lu-ia.

Weeks I and III

Benedicite, omnia opera Domini, Song of the Three Men 35-65 (Daniel 3:57-88,56)

Bless the Lord, all you works of the Lord. *

Praise and exalt him above all forever.

Angels of the Lord, bless the Lord.

You heavens, bless the Lord.

All you waters above the heavens, bless the Lord.

All you hosts of the Lord, bless the Lord.

Sun and moon, bless the Lord.

Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord.

All you winds, bless the Lord.

Fire and heat, bless the Lord.

Cold and chill, bless the Lord.

Dew and rain, bless the Lord.

Frost and chill, bless the Lord.

Ice and snow, bless the Lord.

Nights and days, bless the Lord.

Light and darkness, bless the Lord.

Lightnings and clouds, bless the Lord.

Let the earth bless the Lord. *

Praise and exalt him above all forever.

Mountains and hills, bless the Lord.

Everything growing from the earth, bless the Lord.

You springs, bless the Lord.

Seas and rivers, bless the Lord.

You dolphins and all water creatures, bless the Lord.

All you birds of the air, bless the Lord.
All you beasts, wild and tame, bless the Lord.
You sons of men, bless the Lord.

O Israel, bless the Lord. *
Praise and exalt him above all forever.
Priests of the Lord, bless the Lord.
Servants of the Lord, bless the Lord.
Spirits and souls of the just, bless the Lord.
Holy men of humble heart, bless the Lord.
Hananiah, Azariah, Mishael, bless the Lord. *
Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit. *
Let us praise and exalt him above all forever.
Blessed are you, Lord, in the firmament of heaven. *
Praiseworthy and glorious and exalted above all forever.
At the end of this canticle, do not sing Gloria Patri.

Weeks II and IV

Benedictus es, *Song of the Three Men 29-34 (between Daniel 3:23 and 3:24)*

Blessed are you, O Lord, the God of our fathers, *
praiseworthy and exalted above all forever;

And blessed is your holy and glorious name, *
praiseworthy and exalted above all for all ages.

Blessed are you in the temple of your holy glory, *
praiseworthy and glorious above all forever.

Blessed are you on the throne of your kingdom, *
praiseworthy and exalted above all forever.

Blessed are you who look into the depths
from your throne upon the cherubim, *
praiseworthy and exalted above all forever.

Blessed are you in the firmament of heaven, *
praiseworthy and glorious forever.

Bless the Lord, all you works of the Lord, *
praise and exalt him above all forever.

Antiphon 3

D g (AM-II 39)

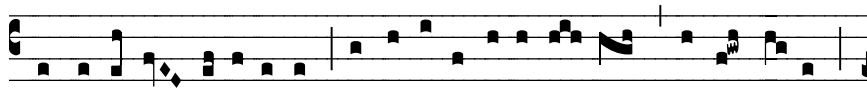


Al-le- lu-ia, * al- le-lu-ia, alle-lu- ia.

Or, as desired, throughout the Paschal season:

Antiphon 3

VIII g (AM-II 39)



Al-le-lu-ia, alle-lu-ia, * al-le-lu-ia, alle-lu-ia, al-le-lu-ia,



alle-lu-ia, al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.

Under which sing the last three psalms.

Psalm 148 *Laudate Dominum, de caelis*

1 Alleluia!

Práise the LÓRD from the héavens; *
práise him in the héights.

2 Práise him, áll his ángels; *
práise him, áll his hósts.

3 Práise him, sún and móon; *
práise him, all shíning stárs.

4 Práise him, híghest héavens, *
and the wáters abóve the héavens.

5 Let them práise the náme of the LÓRD. *
He commáded: théy were créated.

6 He estáblished them foréver and éver, *
gave a láw which shall nótt pass awáy.

7 Práise the LÓRD from the éarth, *
sea créatures and all ócean dépths,

8 fire and háil, snów and míst, *
stormy wínds that fulfill his commánd;

9 Móuntains ánd all hílls, *
frúit trees ánd all céders,

10 béasts, both wíld and táme, *
réptiles and bírds on the wíng;

11 Kíngs of the éarth and all péoples, *
prínces and all júdges of the éarth,

12 young mén and máidens as wéll, *
the óld and the yóung togéther.

13 Let them práise the náme of the LÓRD, *
for his náme alóne is exálted,
his spléndor above héaven and éarth.

- 14 He exalts the strength of his people. *
He is the praise of all his faithful,
the praise of the children of Israel, *
of the people to whom he is close.

Alleluia!

Do not sing Gloria Patri.

Psalm 149 *Cantate Domino canticum novum*

1 Alleluia!

- Sing a new song to the LORD, *
his praise in the assembly of the faithful.
- 2 Let Israel rejoice in its Maker; *
let Sion's children exult in their king.
- 3 Let them praise his name with dancing, *
and make music with timbrel and harp.
- 4 For the LORD takes delight in his people; *
he crowns the poor with salvation.
- 5 Let the faithful exult in glory, *
and rejoice as they take their rest.
- 6 Let the praise of God be in their mouths *
and a two-edged sword in their hand,
- 7 To deal out vengeance to the nations *
and punishment upon the peoples;
- 8 to bind their kings in chains *
and their nobles in fetters of iron;
- 9 to carry out the judgment decreed. *
This is an honor for all his faithful.

Alleluia!

Do not sing Gloria Patri.

Psalm 150 *Laudate Dominum in sanctis ejus*

1 Alleluia!

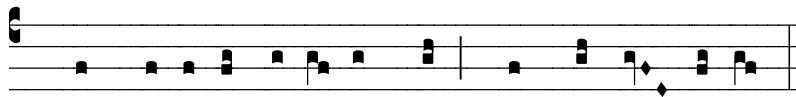
- Praise God in his holy place; *
praise him in his mighty firmament.
- 2 Praise him for his powerful deeds; *
praise him for his boundless grandeur.
- 3 O praise him with sound of trumpet; *
praise him with lute and harp.
- 4 Praise him with timbrel and dance; *
praise him with strings and pipes.
- 5 O praise him with resounding cymbals; *
praise him with clashing of cymbals.
- 6 Let everything that breathes *
praise the LORD!

Alleluia!
Sing Gloria Patri and repeat the antiphon.

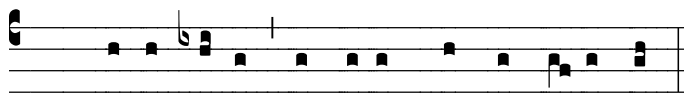
After the reading

Weeks I and III

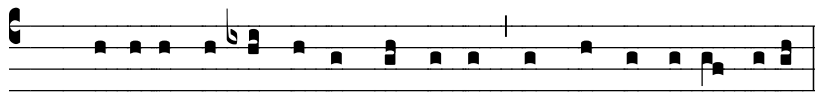
℣. br. *Christe, Fili Dei* (AM-II 41) Cf. *Matt 16:16*



Christ, the Son of the liv- ing God, * Have mer-cy on us.



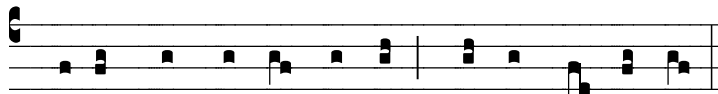
℣. Who is seated at the right hand of the Fa-ther.



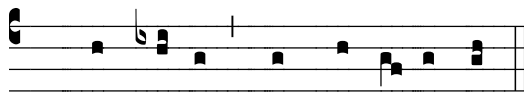
℣. Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi-rit.

Weeks II and IV

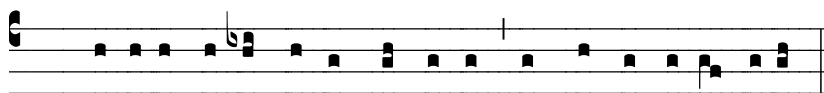
℣. br. *Confitebimur* (AM-II 42) *Ps 75:1*



We give praise to you, O God, * For your name is near.



℣. We re-count your wonder-ful deeds.



℣. Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi-rit.

Or, as desired, where part of Psalm 119 is sung at the Minor Hours this Sunday:

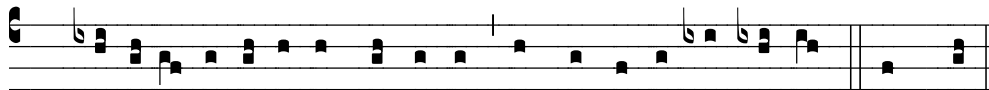
℞ br. *Inclina cor meum* (AM-II 42) *Ps 119:36-37*



Bend my heart, O God, * To your de- crees. Bend my.



℣ Turn my eyes from gaz- ing on van-i- ties; in your way, give me life. * To your de- crees.



℣ Glo-ry to the Father, and to the Son, and to the Ho- ly Spi- rit. Bend my.

Or:

℣ The Lord is king, with majesty enrobed.

℞ The Lord has robed himself with might and girded himself with power.

The antiphon at Benedictus and the prayer, as in the proper of seasons.

The conclusion of the Hour, as in the Ordinary.

Minor Hours

Selections from psalms 1-2, 6-20, 119-128 are to be used according to a scheme approved by the Abbot.

TERCE

Hymn

Hymn Nunc, Sancte, AM-II 43 and LH p. 185 (1982 Hymnal 19).

Or, as desired:

Hymn Certum tenentes, AM-II 44 and LH p. 213.

Psalmody

Seasons of the year

VIII c (AM-II 44)



Al-le-lu-ia, * alle-lu-ia, alle-lu-ia.

Paschal season

VII d (AM-II 44)



Al-le-lu-ia, * alle-lu-ia, alle-lu-ia, alle-lu-ia.

After the short reading

Week I

∿ Bend my heart, O God, to your decrees.

℞ In your way, give me life.

Week II

∿ I will sing forever of your mercies, O Lord.

℞ Through all ages my mouth will proclaim your fidelity.

Week III

∿ With you, O Lord, is the fountain of life.

℞ And in your light we see light.

Week IV

∿ My soul is longing and yearning for the courts of the Lord.

℞ My heart and my flesh cry out to the living God.

Prayer, as in the Proper of Seasons.

Conclusion of the Hour, as in the Ordinary.

SEXT

Hymn

Hymn Rector potens, AM-II 45 and LH p. 186 (1982 Hymnal 22).

Or, as desired:

Hymn Dicamus laudes, AM-II 46 and LH p. 214 (1982 Hymnal 16).

Psalmody

Seasons of the year

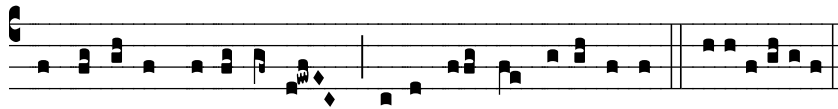
I a2 (AM-II 46)



Al-le- lu- ia, * al-le- lu- ia, alle- lu- ia.

Paschal season

VI f (AM-II 46)



Al-le-lu-ia, * alle-lu-ia, alle- lu- ia, alle-lu-ia.

After the short reading

Week I

℣. Forever is your word, O Lord.

℟. From age to age is your truth.

Week II

℣. Let my cry come before you, O Lord.

℟. Give me insight by your word.

Week III

℣. Bless the Lord, O my soul.

℟. Who redeems your life from the grave.

Week IV

∿ Lord, who may abide in your tent?
℣ And dwell on your holy mountain?

Prayer, as in the Proper of Seasons.

Conclusion of the Hour, as in the Ordinary.

NONES

Hymn

Hymn Rerum, Deus, AM-II 47 and LH p. 187.

Or, as desired:

Hymn Ternis horarum, AM-II 48 and LH p. 215.

Psalmody

Seasons of the year

III a (AM-II 48)



Al-le- lu- ia, * al-le- lu- ia, alle- lu- ia.

Paschal season

II* a (AM-II 48)



Al-le-lu-ia, * alle- lu- ia, al-le- lu- ia, alle-lu- ia.

After the short reading

Week I

∿ I call with all my heart.
℣ Lord, answer me, O Lord, that I may observe your statutes.

Week II

℣. The Lord is my light and my salvation.
℟. The Lord is the stronghold of my life.

Week III

℣. The Lord led them safely with nothing to fear.
℟. He brought them to his holy land.

Week IV

℣. I love you, Lord, my strength.
℟. My rock, my fortress, my savior.

Prayer, as in the Proper of Seasons.

Conclusion of the Hour, as in the Ordinary.

II VESPERS

Hymn

Weeks I and III

Hymn Lucis creator optime, *AM-II 49 and LH p. 188 (1982 Hymnal 27).*

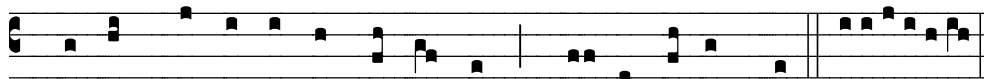
Weeks II and IV

Hymn O lux beata Trinitas, *AM-II 50 and LH p. 215 (1982 Hymnal 30).*

Psalmody

Antiphon 1

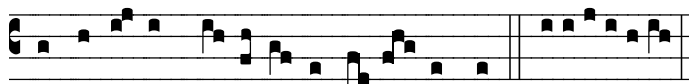
VII c2 *Dixit Dominus (AM-II 50) Ps 110:1*



The Lord's re- ve- la- tion to my Lord: * Sit at my right hand. *Do not repeat in psalm.*

Paschal season

VII c2 (AM-II 50)



Al-le-lu- ia, * al-le-lu- ia, al-le- lu- ia.

If desired in Pascha, use other choices found in the proper of the season.

Psalm 110 (109) *Dixit Dominus Domino meo*

1 *Of David. A Psalm.*

The LÓRD's revelátion to my LÓRD:
"Sít at my right hánd, *
until I máke your fóes your fóotstool."

2 The LÓRD will sénd from Síon
your scépter of pówer: *
rúle in the mídst of your fóes.

3 With yóu is princely rule
on the dáy of your pówer. *
In holy spléndor, from the wómb before the dáwn,
I have begóttén yóu.

4 The LÓRD has sworn an óath he will not chánge: *
"Yóu are a príest foréver,
in the líne of Melchízedeck."

5 The LÓRD, stánding at your ríght, *
shatters kíngs in the dáy of his wráth.

6 He brings a júdgment amóng the nátions,
and héaps the bódies hígh; *
he shatters héads throughóut the wide éarth.

7 He shall drínk from the stréam by the wáyside, *
and thérefore he shall líft up his héad.

Antiphon 2

IV a *Fidelia omnia* (AM-II 51) *Ps 111:7,8*



His pre- cepts * are all of them sure; standing firm for ever and ever.

Psalm 111 (110) *Confitebor tibi, Domine, in toto corde meo*

1 Alleluia!

I will práise the LÓRD with all my héart, *
in the méeting of the júst and the assémbly.

2 Gréat are the wórks of the LÓRD, *
to be póndered by áll who delight in them.

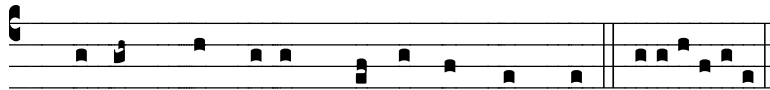
3 Majéstic and glórious his wórk; *
his jústice stands fírm foréver.

4 He has gíven us a memórial of his wónders. *
The LÓRD is grácious and mérciful.

- 5 He gives fóod to thóse who féar him; *
keeps his cóvenant éver in mínd.
- 6 His mighty wórks he has shówn to his péople *
by gíving them the héritage of nátions.
- 7 His hándiwork is jústice and trúth; *
his précepts are áll of them súde,
8 standing fírm foréver and éver, *
wróught in úprightness and trúth.
- 9 He has sént redémption to his péople, †
and estáblished his cóvenant foréver. *
Hóly his náme, to be féared.
- 10 The fear of the LÓRD is the begínning of wísdom; *
understánding marks áll who attain it.
His práise endúres foréver!

Antiphon 3

IV* e *In mandatis (AM-II 52) Ps 112:1*



Who takes great de-light * in his commandments.

Psalm 112 (111) *Beatus vir qui timet Dominum*

- 1 Alleluia!
- Bléssed the mán who fears the LÓRD, *
who tákes great delíght in his commándments.
- 2 His descéndants shall be pówerful on éarth; *
the generátion of the úpright will be blést.
- 3 Ríches and wéalth are in his hóuse; *
his jústice stands fírm foréver.
- 4 A light ríses in the dárkness for the úpright; *
he is génerous, mérciful, and júst.
- 5 It goes wéll for the mán who deals génerously and lénds, *
who condúcts his affáirs with jústice.
- 6 Hé will néver be móved; *
foréver shall the júst be remémbered.
- 7 He há s no féar of evil néws; *
with a fírm héart, he trústs in the LÓRD.
- 8 With a stéadfast héart he will not féar; *
he will sée the dównfall of his fóes.
- 9 Openháded, he gíves to the póor; *
his jústice stands fírm foréver.
His míght shall be exálted in glóry.

- 10 The wícked sées and is ángry, †
grinds his téeth and fádes awáy; *
the desíre of the wícked leads to dóom.

Antiphon 4

VII c *Sit nomen Domini (AM-II 53) Ps 113:2*



May the name of the Lord * be blest for- evermore.

Psalm 113 (112) *Laudate, pueri, Dominum*

1 Alleluia!

Práise, O sérvants of the LÓRD, *
práise the náme of the LÓRD!

2 May the náme of the LÓRD be blést *
both nów and forévermóre!

3 From the rísing of the sún to its sétting, *
práised be the náme of the LÓRD!

4 Hígh above all nátions is the LÓRD, *
above the héavens his glóry.

5 Whó is like the LÓRD, our Gód, *
who dwélls on hígh,

6 who lówers himsélf to look dówn *
upon héaven and éarth?

7 From the dúst he lífts up the lówly, *
from the ásh heap he ráises the póor,

8 to sét them in the cómpany of prínces, *
yés, with the prínces of his péople.

9 To the chíldless wífe he gives a hóme *
as a jóyful móther of chíldren.

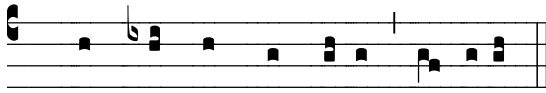
After the reading

Weeks I and III

℞. br. *Benedictus es (AM-II 54) Daniel 3:56*



In the high vault of heaven, * Glo-ri- fy the Lord.



∇ Sing praise and give honor for ever.



∇ Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi-rit.

Weeks II and IV

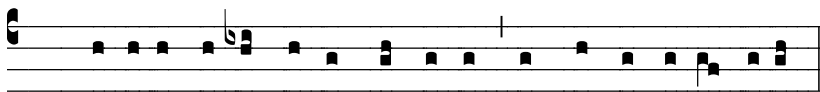
℞ br. *Magnus Dominus* (AM-II 54) *Ps 147:5*



Our Lord is great * And al- mighty.



∇ His wis-dom can nev-er be mea-sured.



∇ Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi-rit.

Or:

∇ Let my prayer be accepted, O Lord.

℞ As incense before you.

The antiphon at Magnificat and the prayer, as in the proper of seasons.

The conclusion of the Hour, as in the Ordinary.

MONDAY

MORNING LAUDS

Hymn

Week I and III

Hymn Splendor, paternae gloriae, AM-II 56 and LH p. 191 (1982 Hymnal 5).

Week II and IV

Hymn Lucis largitor, AM-II 56 and LH p. 218.

Psalmody

Psalm 67 is sung straight through without an antiphon.

Antiphon 1

VI f *Miserere mei (AM-II 57) Ps 51:1*



Have mercy on * me, O God. *Do not repeat in psalm.*
Psalm 51.

Paschal season

Antiphon 1

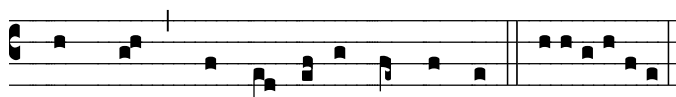
VI f (AM-II 57)



Al-le-lu-ia, * alle-lu-ia, alle-lu-ia.
Under this antiphon sing the first three psalms.

Antiphon 2

VIII g *Intellege clamorem (AM-II 58) Ps 5:1,2*



Give heed * to my cry to you, O Lord.

Psalm 5 Verba mea auribus percipe

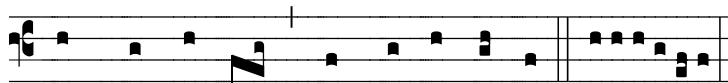
- 1 *For the Choirmaster. With flutes. A Psalm of David.*
- 2 To my wórd's give éar, O LÓRD; *
give héed to my síghs.
- 3 Atténd to the sóund of my crý, *

my Kíng and my Gód.

- 4 To yóu do I práy, O LÓRD. †
In the mórníng you héar my vóice; *
in the mórníng I pléad and watch befóre you.
- 5 You are no Gód who delíghts in évil; *
no sínnér is your guést.
- 6 The bóastful shall not stánd their ground *
befóre your éyes.
- 7 Áll who do évil you despíse; †
all who líe you destróy. *
The decéitful and thóse who shed blóod,
the LÓRD detésts.
- 8 Yet through the gréatness of your mérciful lóve,
I énter your hóuse. *
I bow dówn before your hólý témples,
in áwe of yóu.
- 9 Léad me, LÓRD, in your jústice,
becáuse of my fóes; *
make stráight your wáy befóre me.
- 10 No trúth can be fóund in their móuths, *
their héart is all málice,
their thróat a wíde-open gráve; *
with their tóngue they fláttér.
- 11 Decláre them guíltý, O Gód. *
Let them fáil in their desígns.
Drive them óut for their mány transgréssions, *
for against yóu have they rebélléd.
- 12 All who take réfuge in yóu shall be glád, *
and ever crý out their jóy.
You shéltér them; in yóu they rejóice, *
thóse who lóve your náme.
- 13 It is yóu who bless the júst one, O LÓRD; *
you surróund him with your fávor like a shíeld.

Antiphon 3

II d *Domine, in caelo* (AM-II 59) *Ps 36:6*



Your mer-cy, Lord, * reaches to heaven.

Psalm 36 (35) *Dixit injustus*

- 1 *For the Choirmaster. Of David, the servant of the LORD.*
- 2 Transgression speaks to the sinner in the depths of his heart. *
There is no fear of Gód before his éyes.
- 3 In his own éyes, he flatters himself, *
not to see and detest his own guílt.
- 4 The words of his móuth are mischief and decéit. *
He has céased to be prudent and do góod.
- 5 In béd he plóts iníquity. †
He sets his fóot on évery wicked wáy; *
no évil does hé rejéct.
- 6 Your mércy, LORD, réaches to héaven, *
your trúth to the clóuds.
- 7 Your jústice is líke God's móuntains; †
like the great déep, your jústice. *
Both man and béast you sáve, O LÓRD.
- 8 How précious is your mércy, O Gód! *
The children of mén seek shelter
in the shádw of your wíngs.
- 9 They féast on the ríches of your hóuse; *
you give them drínk from the stréam of your delíght.
- 10 For with yóu is the fóuntain of lífe, *
and ín your líght we see líght.
- 11 Maintain your mércy for thóse who knów you, *
your saving jústice to úpright héarts.
- 12 Let the fóot of the próud not tréad on me *
nor the hánd of the wícked drive me óut.
- 13 Thére have the évildoers fállen; *
flung dówn, unáble to ríse!

Week I

Antiphon 4

I g *Laudamus nomen (AM-II 60) 1 Chron 29:13*



We praise your * glo-rious name, O our God.

Benedictus es, 1 Chron 29:10-13

Blessed may you be, O Lord, *
God of Israel our father,
from eternity to eternity.

Yours, O Lord, are grandeur and power, *
majesty, splendor, and glory.

For all in heaven and on earth is yours; *
yours, O Lord, is the sovereignty:
you are exalted as head over all.

Riches and honor are from you, *
and you have dominion over all.
In your hand are power and might; *
it is yours to give grandeur and strength to all.

Therefore, our God, we give you thanks *
and we praise the majesty of your name.

Week II

Antiphon 4

III a *Ostende nobis (AM-II 61) Sirach 36:1*



Show us, * O Lord, the light of your mer-cy.

Miserere nostri, Sirach 36:1-7,13-16

Come to our aid, O God of the universe, *
and put all the nations in dread of you!
Raise your hand against the heathen, *
that they may realize your power.

As you have used us to show them your holiness, *
so now use them to show us your glory.
Thus they will know, as we know, *
that there is no God but you.

Give new signs and work new wonders; *
show forth the splendor of your right hand and arm.

Gather all the tribes of Jacob, *
that they may inherit the land as of old.
Show mercy to the people called by your name; *
Israel, whom you named your first-born.

Take pity on your holy city, *
Jerusalem, your dwelling place.

Fill Zion with your majesty, *
your temple with your glory.

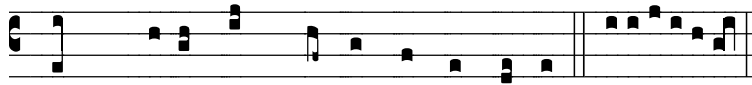
Make real the vision prophets spoke in your name; *
keep faith with what you began.
Reward those who hope in you, *
prove the prophets right.

Answer the pleas of the faithful *
and favor us as always.
Then the world will know *
that you are God for ever.

Week III

Antiphon 4

VII d *Venite, ascendamus* (AM-II 62) *Is 2:3*



Come, * let us climb the mountain of the Lord.

Erit in novissimis, *Is 2:2-5*

In days to come,
the mountain of the Lord's house *
shall be established as the highest mountain
and raised above the hills.

All nations shall stream toward it; *
many peoples shall come and say:
"Come, let us climb the Lord's mountain, *
to the house of the God of Jacob,
that he may instruct us in his ways, *
and we may walk in his paths."

For from Zion shall go forth instruction, *
and the word of the Lord from Jerusalem.

He shall judge between the nations, *
and impose terms on many peoples.
They shall beat their swords into plowshares *
and their spears into pruning hooks;
one nation shall not raise the sword against another, *
nor shall they train for war again.

O house of Jacob, come, *
let us walk in the light of the Lord!

Week IV

Antiphon 4

VI f *Cantate Domino* (AM-II 63) *Is 42:10*



Sing to the Lord * a new song. *Do not repeat in canticle.*

Cantate Domino, Is 42:10-16

Sing to the Lord a new song, *
his praise from the end of the earth:

Let the sea and what fills it resound, *
the coastlands, and those who dwell in them.
Let the steppe and its cities cry out, *
the villages where Kedar dwells;

Let the inhabitants of Sela exult, *
and shout from the top of the mountains.
Let them give glory to the Lord, *
and utter his praise in the coastlands.

The Lord goes forth like a hero, *
like a warrior he stirs up his ardor;
he shouts out his battle cry, *
against his enemies he shows his might:

I have looked away, and kept silence, *
I have said nothing, holding myself in;
but now, I cry out as a woman in labor, *
gasping and panting.

I will lay waste mountains and hills, *
all their herbage I will dry up;
I will turn the rivers into marshes, *
and the marshes I will dry up.

I will lead the blind on their journey; *
by paths unknown I will guide them.
I will turn darkness into light before them, *
and make crooked ways straight.

In Paschal season, at the Old Testament canticle:

Antiphon 2

VII a *Ego sum* (AM-II 64) *Rev 22:13,16; 3:7*



I am * the Alpha and the O-me-ga, the first and the last, the bright morning star;



I am the key of Da-vid, alle-lu-ia.

Antiphon 5

I a *Laudate Dominum* (AM-II 64) *Ps 148:1*



Praise * the Lord from the heavens. *Do not repeat in psalm.*
Psalms 148, 149, 150.

Paschal season

Antiphon 3

I a (AM-II 64)



Al-le-lu-ia, * alle-lu-ia, alle- lu- ia.

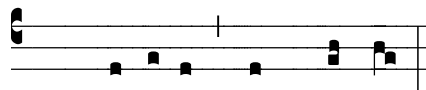
After the reading

Weeks I and III

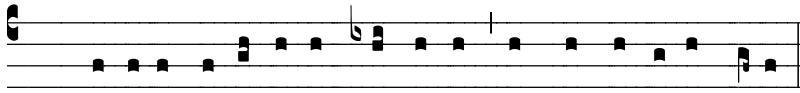
℞ br. *Benedictus Dominus* (AM-II 65) *Ps 72:18*



Bless-ed be the Lord God * For ev-er and un-to all the a-ges.



℣ Who a-lone works wonders.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

∇ Through the watches of the night, Lord, I muse on you.

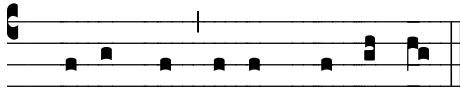
℞ For you have been my strength.

Weeks II and IV

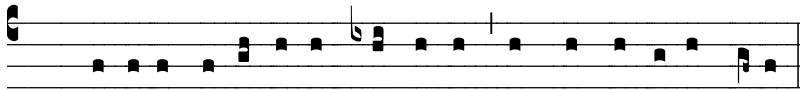
℞ br. *Exsultate, iusti* (AM-II 65) *Ps 33:1,3*



Ring out your joy to the Lord, O you just; * For praise is fit-ting for the upright.



∇ O sing him a song that is new.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

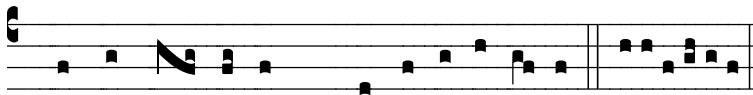
∇ At dawn, fill us with your merciful love.

℞ We shall exult and rejoice all our days.

Benedictus

Weeks I and III

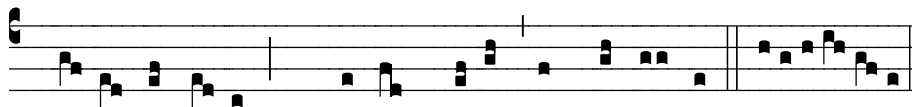
VI f *Benedictus Deus Israel* (AM-II 66) *Luke 1:68*



Bless-ed be the Lord, * the God of Is-ra- el. *Do not repeat in canticle.*

Weeks II and IV

IV e *Benedictus Dominus* (AM-II 66) *Luke 1:68*



Blessed be the Lord, * who comes to us and sets us free.

Concluding prayer

Conclusion of the Hour, as in the Ordinary.

Minor Hours

Selections from psalms 1-2, 6-20, 119-128 are to be used according to a scheme approved by the Abbot. Antiphons and psalms are given below, at the end of the section on the week.

TERCE

Hymn

Hymn Nunc, Sancte, AM-II 67 and LH p. 185 (1982 Hymnal 19).

Or, as desired:

Hymn Certum tenentes, AM-II 67 and LH p. 213.

Other melodies, for various seasons, are found in the Liber hymnarius.

Psalmody

Paschal season: weeks II, IV, and VI

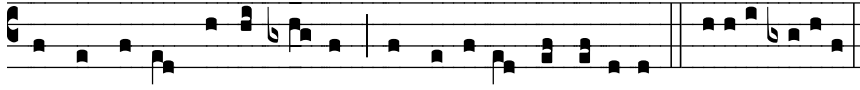
VIII g (AM-II 68)



Al-le-lu-ia, * alle-lu-ia, alle-lu-ia, al-le-lu-ia.

Paschal season: weeks III, V, and VII

V a2 (AM-II 68)



Al-le-lu-ia, * al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.

After the short reading

Week I

℣ You have been my help; do not abandon me.

℟ Do not forsake me, O God, my Savior.

Week II

℣ Create a pure heart for me, O God.

℟ Do not cast me away from your presence.

Week III

℣ The Lord turns his eyes to the just.

℟ And his ears are open to their cry.

Week IV

℣ Blessed is the nation whose God is the Lord.

℟ The people he has chosen as his heritage.

Concluding prayer

SEXT

Hymn

Hymn Rector potens, AM-II 69 and LH p. 186 (1982 Hymnal 22).

Or, as desired:

Hymn Dicamus laudes, AM-II 70 and LH p. 214 (1982 Hymnal 16).

Other melodies are in the Libro hymnarius, for various seasons.

Psalmody

Paschal season: weeks II, IV, and VI

I a2 (AM-II 70)



Al-le-lu-ia, * alle-lu- ia, al-le-lu- ia, alle- lu- ia.

Paschal season: weeks III, V, and VII

II d (AM-II 70)



Al-le-lu-ia, * alle-lu- ia, al-le-lu- ia, alle-lu- ia.

After the short reading

Week I

℣. Forever is your word, O Lord.

℟. From age to age is your truth.

Week II

℣. In God is my salvation and glory.

℟. In God is my rock of strength and my refuge.

Week III

℣. Will you not restore again our life.

℟. That your people may rejoice in you?

Week IV

℣. You, O God, are compassionate and gracious.

℟. Slow to anger, O Lord, abundant in mercy and fidelity.

Concluding prayer

NONES

Hymn

Hymn Rerum, Deus, AM-II 71 and LH p. 187.

Or, as desired:

Hymn Ternis horarum, AM-II 72 and LH p. 215.

Other melodies are in the Libro hymnarius, for various seasons.

Psalmody

Paschal season: weeks II, IV, and VI

VIII g (AM-II 72)



Al-le-lu-ia, * allelu- ia, alle-lu-ia, alle- lu- ia.

Paschal season: weeks III, V, and VII

IV* e (AM-II 73)



Al-le- lu-ia, * al-le-lu-ia, alle-lu-ia, al-le- lu-ia.

After the short reading

Week I

℣. Redeem me, O Lord, and have mercy on me.

℟. I will bless the Lord in the assembly.

Week II

℣. The Lord is my shepherd; there is nothing I shall want.

℟. Fresh and green are the pastures where he gives me repose.

Week III

℣. Sing psalms to the Lord, you faithful ones.

℟. Give thanks to his holy name.

Week IV

☩ Remember me because of your goodness, O Lord.

☩ And your compassion and your merciful love, for they are from of old.

Concluding prayer

VESPERS

Hymn

Weeks I and III

Hymn Immense caeli, AM-II 74 and LH p. 195.

Weeks II and IV

Hymn Luminis fons, AM-II 74 and LH p. 223.

Psalmody

Antiphon 1

per. *Nos qui vivimus (AM-II 75) Ps 115:18*



We who live * will bless the Lord.

Paschal season

D d (AM-II 75)



Al-le-lu-ia, * al- le-lu-ia, alle-lu- ia.

Psalm 114 (113A) *In exitu Israel de Ægypto*

1 Alleluia!

When Ísrael came fóρθ from Égypt, *
the house of Jácob from a fóreign péople,

2 Júdah becáme his témples, *
Ísrael becáme his domáin.

3 The séa behéld them and fléd; *
the Jórdan turned báck on its cóurse.

- 4 The móuntains léapt like ráms, *
and the hílls like yéarling shéep.
- 5 Whý was it, séa, that you fléd; *
that you túrned back, Jórdan, on your cóurse?
- 6 O móuntains, that you léapt like ráms; *
O hílls, like yéarling shéep?
- 7 Trémble, O éarth, before the LÓRD, *
in the présence of the Gód of Jácob,
- 8 who túrns the róck into a póol, *
and flínt into a spríng of wáter.

Psalm 115 (113B) *Non nobis, Domine*

- 1 Not to ús, O LÓRD, not to ús, †
but to your náme give the glóry, *
for your mérciful lóve and fidélity.
- 2 Whý should the nátions sáy: *
“Whére is their Gód?”
- 3 But our Gód is ín the héavens; *
he dóes whatever he wílls.
- 4 Their ídols are sílver and góld, *
the wórks of húman hánds.
- 5 They have móuths but they cánnót spéak; *
they have éyes but they cánnót sée.
- 6 They have éars but they cánnót héar; *
they have nóstrils but they cánnót sméll.
- 7 They have hánds but they cánnót féel; †
they have féet but they cánnót wálk. *
They máke no sóund from their thróats.
- 8 Their mákers will cóme to be líke them, *
as will áll who trúst in thém.
- 9 House of Ísrael, trúst in the LÓRD; *
hé is their hélp and their shíeld.
- 10 House of Áaron, trúst in the LÓRD; *
hé is their hélp and their shíeld.
- 11 Those who féar the LORD, trúst in the LÓRD; *
hé is their hélp and their shíeld.
- 12 The LORD remémbers us, and hé will bléss us; *
he will bléss the hóuse of Ísrael.
He will bléss the hóuse of Áaron.
- 13 He will bléss those who féar the LÓRD, *
the líttle no léss than the gréat.
- 14 To yóu may the LÓRD grant íncrease, *
to yóu and áll your chíldren.

- 15 Máj you be blést by the LÓRD, *
the máker of héaven and éarth.
- 16 The héavens, the héavens belóng to the LÓRD, *
but to the chýldren of mén, he has gíven the éarth.
- 17 The déad shall not práise the LÓRD, *
nor thóse who go dówm into the sílence.
- 18 But wé who líve bless the LÓRD *
both nów and forévermóre.

Alleluia!

Antiphon 2

I g *Inclinavit Dominus (AM-II 77) Ps 116:2*



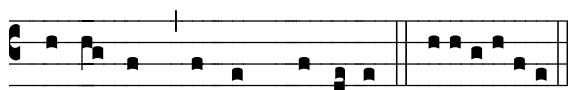
The Lord * has turned his ear to me.

Psalm 116A (114:1–9; 115) *Dilexi, quoniam exaudiet Dominus*

- 1 I lóve the LÓRD, for he has héard
my vóice, my appéal; *
- 2 for he has túrned his éar to mé
whenéver I cáll.
- 3 They surróunded me, the snáres of déath; †
the ánguish of the gráve has fóund me; *
ánguish and sórrow I fóund.
- 4 I cálléd on the náme of the LÓRD: *
“Delíver my sóul, O LÓRD!”
- 5 How grácious is the LÓRD, and júst; *
our Gód has compásson.
- 6 The LÓRD protéctés the símple; *
I was brought lów, and he sáved me.
- 7 Turn báck, my sóul, to your rést, *
for the LÓRD has been gód to yóu;
- 8 he has képt my sóul from déath, *
my eyes from téars, and my féet from stúmbling.
- 9 I will wálk in the présence of the LÓRD *
in the lánd of the líving.

Antiphon 3

VIII g *Credidi, propter (AM-II 78) Ps 116:10*



I trust-ed, * ev-en when I said. *Do not repeat in psalm.*

Psalm 129 (128) *Sæpe expugnaverunt me*

1 *A Song of Ascents.*

“They have pressed me hárd from my yóuth,” *
let Ísrael síng.

2 “They have pressed me hárd from my yóuth, *
but could néver overcóme me.

3 The plówmen plówed my báck, *
dráwing long fúrrows.

4 Yet the LÓRD, who is júst, has destróyed *
the yóke of the wícked.”

5 Lét them be shámed and róuted, *
all thóse who hate Síon!

6 Lét them be like gráss on the róof, *
that wíthers befóre it flówers.

7 With thát no réaper fills his hánds, *
no bínder of shéaves his árms.

8 And thóse passing bý will not sáy, †
“The bléssing of the LÓRD be upón you!” *
We bléss you in the náme of the LÓRD!

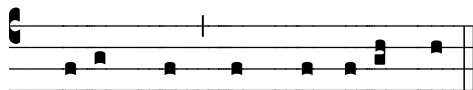
After the reading

Weeks I and III

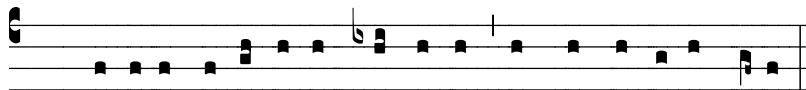
℣. br. *Sana animam* (AM-II 80) *Ps 41:5*



Heal my soul, * For I have sinned a-against you.



℣. I said: Lord, have mer-cy on me.



℣. Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

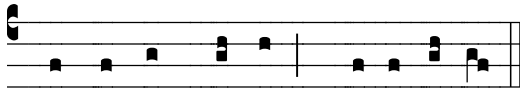
Or:

℣. Let my prayer be accepted, O Lord.

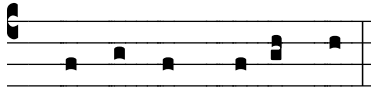
℣. As incense before you.

Weeks II and IV

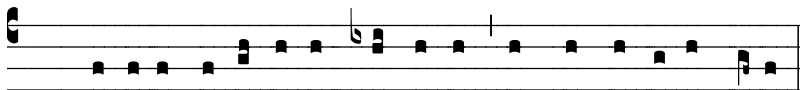
℞ br. *Dirigatur, Domine* (AM-II 81) *Ps 141:2*



Let my prayer, O Lord, * Be accepted.



∇ As in-cense be-fore you.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

∇ Let evening prayer rise to you, O Lord.

℞ And your mercy descend on us.

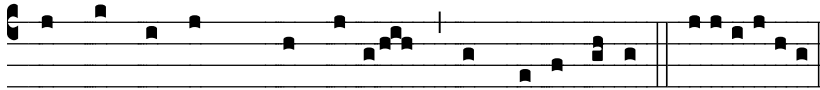
Magnificat

Weeks I and III

VIII g *Magnificat anima mea* (AM-II 81) *Luke 1:46,48*



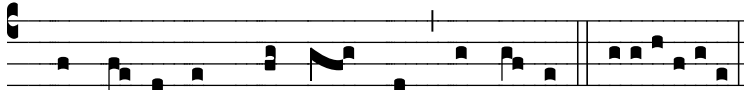
My soul proclaims * the greatness of the Lord,



for God has looked with favor on my lowli-ness.

Weeks II and IV

IV* e *Magnificet te semper* (AM-II 82) *Luke 1:46*



My soul always proclaims you, * O my God.

Concluding prayer

Conclusion of the Hour, as in the Ordinary.

TUESDAY
MORNING LAUDS

Hymn

Week I and III

Hymn Pergrata mundo, AM-II 83 and LH p. 197.

Week II and IV

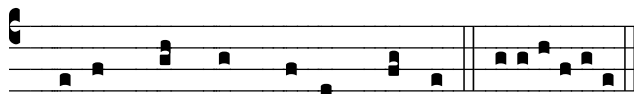
Hymn Aeterne lucis conditor, AM-II 83 and LH p. 226.

Psalmody

Psalm 67 is sung straight through without an antiphon.

Antiphon 1

IV *Dele, Domine (AM-II 84) Ps 51:1*



Blot out my * transgressions, O Lord.

Psalm 51.

Paschal season

Antiphon 1

IV* e (AM-II 84)



Al-le-lu-ia, * alle-lu-ia, alle-lu-ia.

Under this antiphon sing the first three psalms.

Antiphon 2

VI f *Salutare vultus mei (AM-II 84) Ps 43:5*



My sav-ing * pre- sence and my God.

Psalm 43 (42) Judica me, Deus

1 Give me jústice, O Gód, and plead my cause
against a nátion that is fáithless. *

From the decéitful ánd the cunning
réscue me, O Gód.

2 Yóu, O Gód, are my stréngth; †

whý have you rejeécted me? *

Whý do Í go móurning,
oppréssed by the fóe?

- 3 O sénd forth your líght and your trúth;
they will guíde me ón. *
They will bríng me to your hóly móuntain,
to the pláce where you dwéll.
- 4 And I will cóme to the áltar of Gód, †
to God, my jóy and gládness. *
To yóu will I give thánks on the hárp,
O Gód, my Gód.
- 5 Whý are you cast dówn, my sóul; *
why gróan withín me?
Hope in Gód; I will práise him yet agáin, *
my saving présence and my Gód.

Antiphon 3

VIII g *Quoniam in te* (AM-II 84) *Ps 57:1*



For in you * my soul has tak-en re- fuge.

Psalm 57 (56) *Miserere mei, Deus*

- 1 *For the Choirmaster. Intoned like "Do not destroy."*
A Miktam of David when he fled from Saul
into a cave.
- 2 Have mércy on me, Gód, have mércy, *
for in yóu my sóul has taken réfuge.
In the sháddow of your wíngs I take réfuge, *
till the stórms of destrúction pass bý.
- 3 I cáll to you, Gód the Most Hígh, *
to Gód who provídes for mé.
- 4 May he sénd from héaven and sáve me, †
and pút to shame thóse who assáil me. *
May God sénd his loving mércy and fáithfulness.
- 5 My sóul lies dówn among líons, *
who would devóur the sons of mén.
Their téeth are spéars and árrows, *
their tóngue a shárpene'd swórd.
- 6 Be exálted, O Gód, above the héavens; *
may your glóry shíne on éarth!
- 7 They láid down a nét for my stéps; †
my sóul was bowed dówn. *

They dúg a pít in my páth,
but féll in it themsélves.

- 8 My héart is réady, O Gód;
my héart is réady. *
I will síng, I will síng your práise.
- 9 Awáke, my sóul! †
Awáke, lýre and hárp! *
I will awáke the dáwn.
- 10 I will práise you, LÓRD, among the peoples, *
among the nátions sing psálms to you,
- 11 for your mércy réaches to the héavens, *
and your trúth to the skíes.
- 12 Be exálted, O Gód, above the héavens; *
may your glóry shine on áll the éarth!

Week I

Antiphon 4

VII a *Exaltate regem* (AM-II 86) *Tobit 13:6*



Exalt * the King of the ages in all your works.

Benedictus Deus, *Tobit 13:2-8*

Blessed be God who lives forever, *
because his kingdom lasts for all ages.

For he scourges and then has mercy; *
he casts down to the depths of the nether world,
and he brings up from the great abyss. *
No one can escape his hand.

Praise him, you Israelites, before the Gentiles, *
for though he has scattered you among them,
he has shown you his greatness even there.

Exalt him before every living being, *
because he is the Lord our God,
our Father and God forever.

He scourged you for your iniquities, *
but will again have mercy on you all.
He will gather you from all the Gentiles *
among whom you have been scattered.

When you turn back to him with all your heart, *
to do what is right before him,
then he will turn back to you, *

and no longer hide his face from you.

So now consider what he has done for you, *
and praise him with full voice.
Bless the Lord of righteousness, *
and exalt the King of the ages.

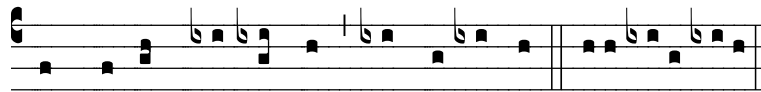
In the land of my exile I praise him, *
and show his power and majesty to a sinful nation.
“Turn back, you sinners! do the right before him: *
perhaps he may look with favor upon you and show you mercy.

“As for me, I exalt my God, *
and my spirit rejoices in the King of heaven.
Let all men speak of his majesty, *
and sing his praises in Jerusalem.”

Week II

Antiphon 4

E *Cunctis diebus (AM-II 88) Is 38:20*



All the days * of our lives, save us, O Lord.

Ego dixi, Is 38:10-14,17-20

Once I said,
“In the noontime of life I must depart! *
To the gates of the nether world I shall be consigned
for the rest of my years.”

I said, “I shall see the Lord no more
in the land of the living. *
No longer shall I behold my fellow men
among those who dwell in the world.”

My dwelling, like a shepherd’s tent,
is struck down and borne away from me; *
you have folded up my life, like a weaver
who severs the last thread.

Day and night you give me over to torment; *
I cry out until the dawn.
Like a lion he breaks all my bones; *
day and night you give me over to torment.

Like a swallow I utter shrill cries; *
I moan like a dove.
My eyes grow weak, gazing heaven-ward: *
O Lord, I am in straits; be my surety!

You have preserved my life
from the pit of destruction, *
when you cast behind your back
all my sins.

For it is not the nether world that gives you thanks, †
nor death that praises you; *
Neither do those who go down into the pit
await your kindness.

The living, the living give you thanks,
as I do today. *
Fathers declare to their sons,
O God, your faithfulness.

The Lord is our savior; †
we shall sing to stringed instruments *
in the house of the Lord
all the days of our life.

Week III

Antiphon 4

VII d *De nocte* (AM-II 89) *Is 29:6*



By night * my spi-rit wakes for you, O God.

Urbs fortis, *Is 26:1-4,7-9,12*

A strong city have we; *
he sets up walls and ramparts to protect us.
Open up the gates
to let in a nation that is just, *
one that keeps faith.

A nation of firm purpose you keep in peace; *
in peace, for its trust in you.
Trust in the Lord forever! *
For the Lord is an eternal Rock.

The way of the just is smooth; *
the path of the just you make level.
Yes, for your way and your judgments, O Lord,
we look to you; *
your name and your title
are the desire of our souls.

My soul yearns for you in the night, *
yes, my spirit within me keeps vigil for you;

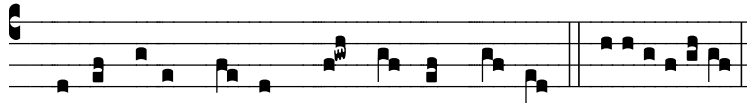
when your judgment dawns upon the earth, *
the world's inhabitants learn justice.

O Lord, you mete out peace to us, *
for it is you who have accomplished all we have done.

Week IV

Antiphon 4

I f *Sacrificium Deo* (AM-II 90) *Ps 51:19*



My sa-cri-fice to God, * a bro- ken spi- rit.

Benedictus es, Domine, Dan 3:26,27-29,34-41 [Azariah 3,4-6,11-18]

Blessed are you, and praiseworthy,
O Lord, the God of our fathers, *
and glorious forever is your name.

For you are just in all you have done; *
all your deeds are faultless, all your ways right,
and all your judgments proper.

For we have sinned and transgressed
by departing from you, *
and we have done every kind of evil.

For your name's sake, do not deliver us up forever, *
or make void your covenant.

Do not take away your mercy from us, *
for the sake of Abraham, your beloved,
Isaac your servant, and Israel your holy one,

To whom you promised to multiply their offspring
like the stars of heaven, *
or the sand on the shore of the sea.

For we are reduced, O Lord, beyond any other nation, *
brought low everywhere in the world this day
because of our sins.

We have in our day no prince, prophet, or leader, *
no holocaust, sacrifice, oblation, or incense,
no place to offer first fruits, to find favor with you.

But with contrite heart and humble spirit
let us be received; *
as though it were holocausts of rams and bullocks,
or thousands of fat lambs,

so let our sacrifice be in your presence today
as we follow you unreservedly; *
for those who trust in you cannot be put to shame.

And now we follow you with our whole heart, *
we fear you and we pray to you.

In Paschal season, at the Old Testament canticle:

Antiphon 2

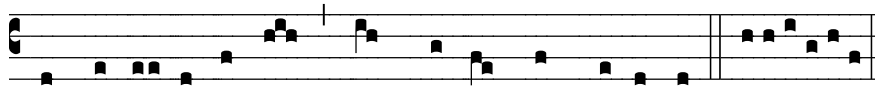
V a *Ierusalem, luce* (AM-II 91) *Tobit 13:13*



Je-ru-sa-lem, * a bright light will shine be-fore the Lord God, alle-lu-ia.

Antiphon 5

V a *Omnes angeli eius* (AM-II 91) *Psalms 148:2,1*

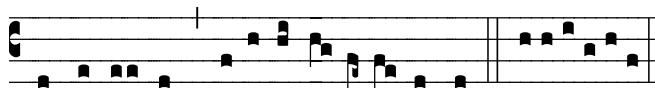


All you an-gels of his, * praise the Lord from the heavens.
Psalms 148, 149, 150

Paschal season

Antiphon 3

V a (AM-II 92)



Al-le-lu- ia, * alle-lu-ia, alle- lu- ia.

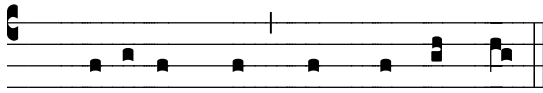
After the reading

Weeks I and III

R̄. br. *Deus meus* (AM-II 92) *Psalms 18:3*



My God, my rock * where I take re-fuge.



∇ My sav-ing strength and my stronghold.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

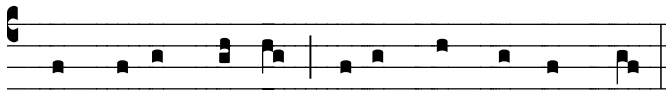
Or:

∇ Through the watches of the night, Lord, I muse on you.

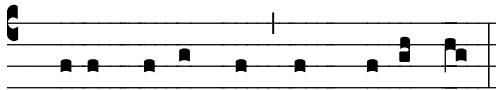
℞ For you have been my strength.

Weeks II and IV

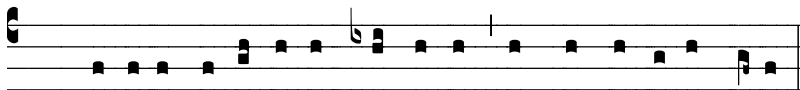
℞ br. *Vocem meam* (AM-II 92) 119:149,147



Hear my voice, O Lord, * I have hoped in your word.



∇ I rise be-fore dawn and cry for help.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

∇ At dawn, fill us with your merciful love.

℞ We shall exult and rejoice all our days.

Benedictus

Weeks I and III

VII a *Erexit nobis* (AM-II 93) *Luke 1:69*



The Lord has raised up for us * a mighty sav-ior,



born of the house of his ser- vant Da-vid.

Weeks II and IV

I g3 *De manu omnium* (AM-II 93) *Luke 1:71*



From the hands of all * who hate us, de- liv-er us, O Lord.

Concluding prayer

Conclusion of the Hour, as in the Ordinary.

Minor Hours

Hymn as on Monday. Selections from psalms 1-2, 6-20, 119-128 are to be used according to a scheme approved by the Abbot. Antiphons and psalms are given below, at the end of the section on the week.

TERCE

After the short reading

Week I

∇ The Lord will not withhold any good to those who walk without blame.

℞ O Lord of hosts, how blessed is the man who trusts in you.

Week II

∇ The salvation of God is near for those who fear him.

℞ And his glory will dwell in our land.

Week III

℣. The Lord will judge the world with justice.
℟. And govern the peoples with equity.

Week IV

℣. The upright is generous, merciful, and just.
℟. Forever shall the just be remembered.

Concluding prayer

SEXT

After the short reading

Week I

℣. Lord, you delight in sincerity of heart.
℟. In secret you teach me wisdom.

Week II

℣. Holy Father, protect them in your name.
℟. That they may be one.

Week III

℣. O Lord, you have heard the desire of the poor.
℟. You strengthen their heart; you turn your ear.

Week IV

℣. Your word is a lamp for my feet, O Lord.
℟. And a light for my path.

Concluding prayer

NONES

After the short reading

Week I

℣. Treat your servant with merciful love, O Lord.
℟. And teach me your statutes.

Week II

℣. O Lord our God, gather us from the nations.
℟. To give thanks to your holy name.

Week III

℣. The Lord shall save the needy when they cry.
℟. The poor, and those who are helpless.

Week IV

℣. The Lord sends out his word to the earth.
℟. And swiftly runs his command.

Concluding prayer

VESPERS

Hymn

Weeks I and III

Hymn Telluris ingens, AM-II 96 and LH p. 198.

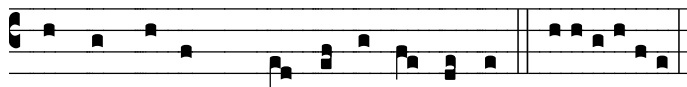
Weeks II and IV

Hymn Sator princepsque, AM-II 97 and LH p. 227.

Psalmody

Antiphon 1

VIII g *De profundis* (AM-II 97) *Ps 130:1*



Out of the depths * I cry to you, O Lord. *Do not repeat in psalm.*

Paschal season

VIII g (AM-II 97)



Al-le-lu-ia, * al-le-lu-ia, al-le-lu-ia.

Psalm 130 (129) *De profundis clamavi*

1 *A Song of Ascents.*

Out of the dépths I crý to you, O LÓRD; †

2 LÓRD, hear my vóice! *

O lét your éars be attentive
to the sóund of my pléadings.

3 If you, O LÓRD, should márk iníquities, *
LÓRD, who could stánd?

4 But with yóu is fóund forgíveness, *
that yóu may be révéréd.

5 I lóng for yóu, O LÓRD, *
my soul lóngs for his wórd.

6 My sóul hópes in the LÓRD *
more than wátchmen for dáybreak.

Móre than wátchmen for dáybreak, *

7 let Ísrael hópe for the LÓRD.

For with the LÓRD there is mércy, *
in hím is pléntiful redémption.

8 It is hé who will redéem Ísrael *
from áll its iníquities.

Antiphon 2

E *Speret Israel (AM-II 98) Ps 131:3*



O * Isra- el, wait for the Lord.

Psalm 131 (130) *Domine, non est exaltatum cor meum*

1 *A Song of Ascents. Of David.*

O LÓRD, my héart is not próud, *
nor háughty my éyes. *

I have not góne after thíngs too gréat, *
nor márvéls beyónd me.

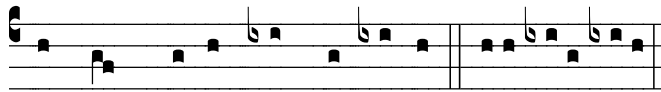
2 Trúly, I have sét my sóul *
in tranqúility and sílence.

As a wéaned chíld on its móther, *
as a weaned chíld is my sóul withín me.

3 O Ísrael, wáit for the LÓRD, *
both nów and foréver.

Antiphon 3

E *Et omnis* (AM-II 99) *Ps 132:1*



And all * the hardships he endured.

Psalm 132 (131) *Memento, Domine, David*

1 *A Song of Ascents.*

O LÓRD, remémbber Dávid *
and áll the hárdships he endúred,

2 the óath he swóre to the LÓRD, *
his vów to the Stróng One of Jácob.

3 “Í will not énter my hóuse, *
nor gó to the béd where I rést;
4 I will gíve no sléep to my éyes, *
to my éyelids I will gíve no slúmber,
5 till I fínd a pláce for the LÓRD, *
a dwélling for the Stróng One of Jácob.”

6 At Éphrata we héard of it; *
we fóund it in the pláins of Yéarim.

7 “Let us gó to the pláce of his dwélling; *
lét us bow dówn at his fóotstool.”

8 Go úp, LORD, to the pláce of your rést, *
yóu and the árck of your stréngth.

9 Your príests shall be clóthed with jústice; *
your fáithful shall ríng out their jóy.

10 For the sáke of Dávid your sérvant, *
dó not rejéct your anóinted.

11 The LÓRD swore an óath to Dávid; *
he will nót go báck on his wórd:
“A són, the frúit of your bódý, *
will I sét upón your thróne.

12 If your sóns hold fást to my cóvenant, †
and my láws that Í have táught them, *
their sóns, in túrn, shall sít
on your thróne from áge to áge.”

13 For the LÓRD has chósen Síon; *
hé has desíred it for his dwélling:

14 “This is my résting place from áge to áge; *
hére have I chósen to dwéll.

15 I will gréatly bléss her próduce; *
I will fíll her póor with bréad.

16 I will clothe her priests with salvation, *
and her faithful shall ring out their joy.

17 I will make a stock sprout up for David; *
I will prepare a lamp for my anointed.

18 I will cover his enemies with shame, *
but on him my crown shall shine.”

Antiphon 4

I a *Habitare fratres* (AM-II 100) *Ps 133:1*



Brothers live * in un- i- ty.

Psalm 133 (132) *Ecce, quam bonum et quam jucundum!*

1 *A Song of Ascents. Of David.*

How good and how pleasant it is, *
when brothers live in unity!

2 It is like precious oil upon the head, *
running down upon the beard,
running down upon Aaron's beard, *
upon the collar of his robes;

3 Like the dew of Hermon, which runs down *
on the mountains of Sion.
For there the LORD bestows his blessing: *
life forever.

After the reading

Weeks I and III

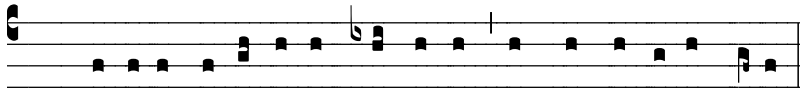
℞. br. *In aeternum* (AM-II 101) *Ps 119:89-90*



For-ev-er * Is your word, O Lord.



℣. From age to age is your truth.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

∇ Let my prayer be accepted, O Lord.

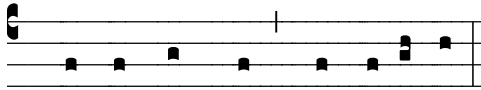
℞ As incense before you.

Weeks II and IV

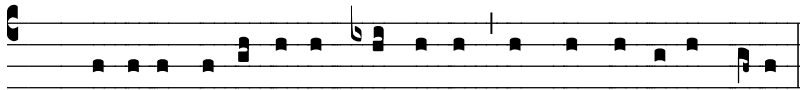
℞ br. *Ad implebis (AM-II 101) Ps 16:11*



In your pre-sence, O Lord, * the full-ness of joy.



∇ At your right hand, bliss for-ev-er.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

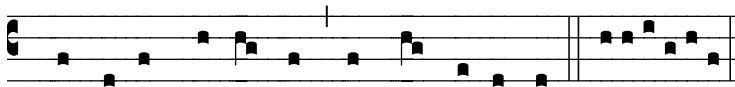
∇ Let evening prayer rise to you, O Lord.

℞ And your mercy descend on us.

Magnificat

Weeks I and III

V a *Exsultet spiritus meus (AM-II 102) Luke 1:47*



My spi- rit * re- joi- ces in God my sav- ior.

Weeks II and IV

VIII g *Respexit Dominus* (AM-II 102) *Luke 1:46,49*



The Lord has looked with favor * on my lowliness,



and the Almighty has done great things for me.

Concluding prayer

Conclusion of the Hour, as in the Ordinary.

WEDNESDAY
MORNING LAUDS

Hymn

Week I and III
Hymn Nox et tenebrae, AM-II 103 and LH p. 199.

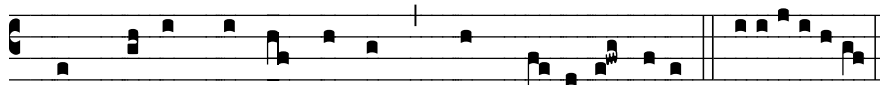
Week II and IV
Hymn Fulgentis auctor, AM-II 104 and LH p. 230.

Psalmody

Psalm 67 is sung straight through without an antiphon.

Antiphon 1

VII a *Amplius lava me (AM-II 104) Ps 51:4*



Wash me completely, O Lord, * from my in-i-qui-ty.

Paschal season

Antiphon 1

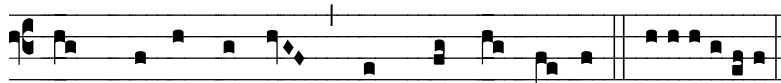
VII a (AM-II 105)



Al-le-lu-ia, * alle-lu-ia, alle- lu- ia.
Under this antiphon sing the first three psalms.

Antiphon 2

II d *A timore inimici (AM-II 105) Ps 64:2*



Guard my life, O Lord, * from dread of the foe.

Psalm 64 (63) *Exaudi, Deus*

- 1 *For the Choirmaster. A Psalm of David.*
- 2 Hear, O Gód, the vóice of my compláint; *
guard my life from dréad of the fóe.
- 3 From the assémbly of the wícked, híde me, *
from the thróng of thóse who do évil.

4 They shárpen their tóngues like swórds. *
They áim bitter wórds like árrows,
5 to shóot at the ínnocent from ámbush, *
shóoting súddenly and féarlessly.

6 Holding fírm in their évil cóurse, *
they conspíre to lay sécret snáres.
They sáy, “Whó will sée us? *
7 Whó can séarch out our crímes?”

They have háatched their wícked plóts, †
and bróught them to perféction. *
How profóund the dépths of the héart!

8 Gód will shóot them with his árrow, *
and déal them súdden wóunds.
9 Their ówn tongue bríngs them to rúin; *
all who sée them sháke their héads.
10 Thén will áll be afráid; †
they will téll what Gód has dóne. *
Théy will pónder God’s déeds.
11 The júst one will rejóice in the LÓRD; †
and flý to hím for réfuge. *
All úpright héarts will glóry.

Antiphon 3

VIII c *Te decet hymnus* (AM-II 106) *Ps 65:2*



Praise is due * to you in Si- on, O God. *Do not repeat in psalm.*

Psalm 65 (64) *Te decet hymnus*

1 *For the Choirmaster. A Psalm of David. A Song.*

2 Práise is dúe to yóu
in Síon, O Gód. *
To you we páy our vóws in Jerúsalem,
3 you who héar our práyer.

To yóu all flésh will cóme. †
4 Our evil déeds are too héavy for ús, *
but our transgréssions you wípe awáy.

5 Blessed is hé whom you chóose and call
to dwéll in your cóurts. *
We are fílléd with the góod things of your hóuse,
of your hólý ténple.

6 With wóndrous delíverance you ánsWer us,

O Gód our sáviour. *
You are the hópe of áll the éarth,
and of fár distant ísles.

7 You estáblish the móuntains with your stréngth; *
you are gírded with pówer.

8 You stíll the róaring of the séas, †
the róaring of their wáves, *
and the túmült of the péoples.

9 Distant péoples stánd in áwe
at your wóndrous déeds. *
The lánds of súnrise and sunset
you fíll with your jóy.

10 You vísit the éarth, give it wáter; †
you fíll it with ríches. *
God's éver-flowing ríver brims over
to preparé the gráin.

And thús you províde for the éarth: †
11 you drénc'h its fúrrows; *
you lével it, sóften it with shówers;
you bléss its grówth.

12 You crówn the yéar with your bóunty. †
Abúndance flóws in your páthways; *
13 in pástures of the désert it flóws.

The hílls are gírded with jóy, *
14 the méadows clóthed with flócks.
The válleys are décked with whéat. *
They shóut for jóy; yes, they síng!

Week I

Antiphon 4

II* d *Domine, magnus es tu (AM-II 107) Judith 16:13*



O Lord, * great are you and glorious, wonderful in power and unsurpassable.

Incipite Deo, Judith 16:13-15

A new hymn I will sing to my God. *
O Lord, great are you and glorious,
wonderful in power and unsurpassable.

Let your every creature serve you; *
for you spoke, and they were made,
you sent forth your spirit, and they were created; *

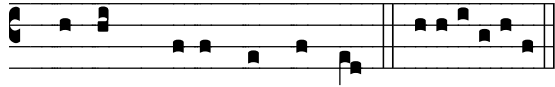
no one can resist your word.

The mountains to their bases, and the seas are shaken; *
the rocks, like wax, melt before your glance.
But to those who fear you, *
you are very merciful.

Week II

Antiphon 4

V a *Exsultavit* (AM-II 108) 1 Sam 2:1



My heart * exults in the Lord. *Do not repeat in canticle.*

Exsultavit, 1 Sam 2:1-8

My heart exults in the Lord, *
my horn is exalted in my God.

I have swallowed up my enemies; *
I rejoice in my victory.
There is no Holy One like the Lord; *
there is no Rock like our God.

Speak boastfully no longer, *
nor let arrogance issue from your mouths.
For an all-knowing God is the Lord, *
a God who judges deeds.

The bows of the mighty are broken, *
while the tottering gird on strength.
The well-fed hire themselves out for bread, *
while the hungry batten on spoil.
The barren wife bears seven sons, *
while the mother of many languishes.

The Lord puts to death and gives life; *
he casts down to the nether world; he raises up again.
The Lord makes poor and makes rich, *
he humbles, he also exalts.

He raises the needy from the dust; *
from the ash heap he lifts up the poor,
to seat them with nobles *
and make a glorious throne their heritage.

For the pillars of the earth are the Lord's, *
and he has set the world upon them.

Week III

Antiphon 4

VIII g *Beati qui ambulat* (AM-II 109) *Ps 119:1*



Blessed * are those who walk in your law, O Lord.

Audite, Is 33:13-16

Hear, you who are far off,
what I have done; *
you who are near,
acknowledge my might.

On Zion sinners are in dread, *
trembling grips the impious;
“Who of us can live with the consuming fire? *
Who of us can live with the everlasting flames?”

He who practices virtue and speaks honestly, †
who spurns what is gained by oppression, *
brushing his hands
free of contact with a bribe,
stopping his ears lest he hear of bloodshed, *
closing his eyes lest he look on evil.

He shall dwell on the heights, †
his stronghold shall be the rocky fastness, *
his food and drink
in steady supply.

Week IV

Antiphon 4

VII c *Induit me* (AM-II 110) *Is 61:10*



The Lord has clothed me * with a robe of salva- tion.

Gaudens gaudebo, Is 61:10—62:5

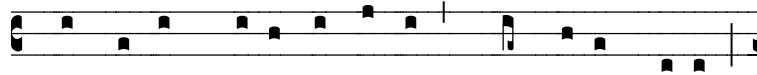
I rejoice heartily in the Lord, *
in my God is the joy of my soul;
for he has clothed me with a robe of salvation, *
and wrapped me in a mantle of justice,
like a bridegroom adorned with a diadem, *
like a bride bedecked with her jewels.

As the earth brings forth its plants, *
 and a garden makes its growth spring up,
 so will the Lord God make justice and praise *
 spring up before all the nations.
 For Zion's sake I will not be silent, *
 for Jerusalem's sake I will not be quiet,
 until her vindication shines forth like the dawn *
 and her victory like a burning torch. *
 Nations shall behold your vindication, *
 and all kings your glory; *
 you shall be called by a new name *
 pronounced by the mouth of the Lord. *
 You shall be a glorious crown in the hand of the Lord, *
 a royal diadem held by your God.
 No more shall men call you "Forsaken," *
 or your land "Desolate,"
 but you shall be called "My Delight," *
 and your land "Espoused."
 For the Lord delights in you, *
 and makes your land his spouse.
 As a young man marries a virgin, *
 your Builder shall marry you;
 and as a bridegroom rejoices in his bride *
 so shall your God rejoice in you.

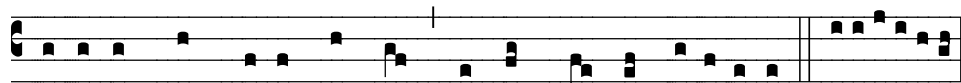
In Paschal season, at the Old Testament canticle:

Antiphon 2

VII c *De sub pede (AM-II 111) Cf. Ps 46:5*



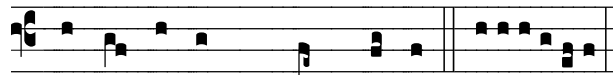
From be-neath the feet of the Lamb * flows liv-ing wa-ter:



a riv-er whose wat-ers give joy to God's ci- ty, alle-lu-ia.

Antiphon 5

II d *Caeli caelorum (AM-I 112) Ps 148:4*

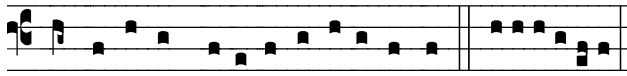


Highest heavens, * praise the Lord.
Psalms 148, 149, 150

Paschal season

Antiphon 3

II d (AM-II 112)



Al-le-lu-ia, * alle-lu-ia, alle-lu- ia

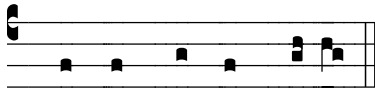
After the reading

Weeks I and III

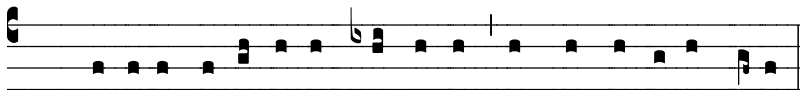
℞ br. *Inclina cor* (AM-II 112) *Ps 119:36-37*



Bend my heart, O God * To your de-crees.



℣ In your way give me life.



℣ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

℣ Through the watches of the night, Lord, I muse on you.

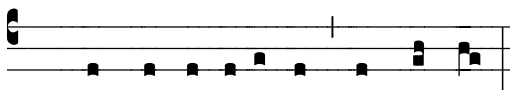
℞ For you have been my strength.

Weeks II and IV

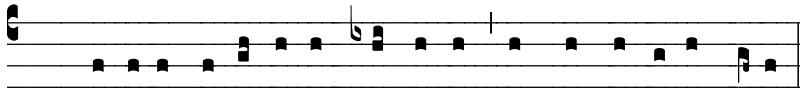
℞ br. *Benedicam Dominum* (AM-II 112) *Ps 34:1*



I will bless the Lord * At all times.



℣ Praise of him is always in my mouth.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

∇ At dawn, fill us with your merciful love.

⊗ We shall exult and rejoice all our days.

Benedictus

Weeks I and III

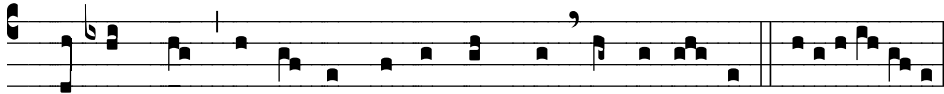
VIII g *Memorare, Domine* (AM-II 113) *Luke 1:72,68*



Remem-ber, O Lord, * your ho-ly co-ve-nant, and set your peo-ple free.

Weeks II and IV

IV e *Liberati serviamus* (AM-II 113) *Luke 1:74-75*



We are free * to worship the Lord our God in ho-li-ness.

Concluding prayer

Conclusion of the Hour, as in the Ordinary.

Minor Hours

Hymn as on Monday. Selections from psalms 1-2, 6-20, 119-128 are to be used according to a scheme approved by the Abbot. Antiphons and psalms are given below, at the end of the section on the week.

TERCE

After the short reading

Week I

℣. O Lord, make me know your ways.

℟. Teach me your paths.

Week II

℣. The Lord is just and loves deeds of justice.

℟. The upright shall behold his face.

Week III

℣. Let all who seek you, O Lord, rejoice and be glad.

℟. And continually say: Great is the Lord.

Week IV

℣. It is good to give thanks to the Lord.

℟. To make music to your name, O Most High.

Concluding prayer

SEXT

After the short reading

Week I

℣. Your priests shall be clothed with justice.

℟. Your faithful shall ring out their joy.

Week II

℣. O Lord God of hosts, who is your equal?

℟. You are mighty, O Lord, and fidelity surrounds you.

Week III

℣. May your merciful love be upon us.

℟. As we hope in you, O Lord.

Week IV

℣. A thanksgiving sacrifice I make.

℟. I will call on the name of the Lord.

Concluding prayer

NONES

After the short reading

Week I

℣. Yes, the Lord's eyes are on those who fear him.

℟. Who hope in his merciful love.

Week II

℣. Search me, God, and know my heart.

℟. And lead me in the way everlasting.

Week III

℣. The humble shall own the land.

℟. And delight in fullness of peace.

Week IV

℣. O Lord, it is you who are my portion and cup.

℟. You yourself who secure my lot.

Concluding prayer

VESPERS

Hymn

Weeks I and III

Hymn Caeli Deus sanctissime, AM-II 116 and LH p. 200.

Weeks II and IV

Hymn Sol, ecce, lentus, AM-II 117 and LH p. 231.

Psalmody

Antiphon 1

III g *Omnia quaecumque (AM-II 117) Ps 135:6*



The Lord does * what- ev-er he wills.

Paschal season

III g (AM-II 118)



Al-le-lu-ia, * allelu- ia, alle- lu- ia.

Psalm 135 (134) *Laudate Nomen Domini*

1 Alleluia!

Práise the náme of the LÓRD; *
práise him, sérvants of the LÓRD,

2 who stánd in the hóuse of the LÓRD, *
in the cóurts of the hóuse of our Gód.

3 Praise the LÓRD, for the LÓRD is góod. *
Sing a psálm to his náme, for this is our delíght.

4 For the LÓRD has chosen Jácob for himsélf, *
and Ísrael as his tréasured posséssion.

5 For I knów that the LÓRD is gréat, *
that our LÓRD is hígh above all góds.

6 The LORD dóes whatéver he wílls,
in héaven, ánd on éarth, *
in the séas, and in áll the dépths.

7 He summons clóuds from the énds of the éarth, †
makes líghtning producé the ráin; *
from his tréasuries he sénds forth the wínd.

8 The firstbórn of the Egýptians he smóte, *
of mán and béast alíke.

9 He sent sígns and wónders in your mídst, O Égypt, *
against Pháraoh and áll his sérvants.

10 Nátions in great númeres he strúck, *
and kíngs in their míght he sléw:

11 Síhon, kíng of the Ámorites, †
Óg, the kíng of Báshan, *
and áll the kíngdoms of Cánaan.

12 Their lánd he gáve as a héritage, *
a héritage to Ísrael, his péople.

13 LÓRD, your náme stands foréver, *
your renówn, LORD, from áge to áge.

14 For the LÓRD does jústice for his péople *
and takes píty on his sérvants.

15 Pagan ídols are sílver and góld, *
the wórk of húman hánds.

16 They have móuths but they dó not spéak; *

they have éyes but they dó not sée.

- 17 They have éars but they dó not héar; *
there is néver a bréath on their líps.
18 Their mákers will cóme to be like thém, *
and só will áll who trúst in them!
- 19 House of Ísrael, bléss the LÓRD! *
House of Áaron, bléss the LÓRD!
20 House of Lévi, bléss the LÓRD! *
You who féar the LORD, bléss the LÓRD!
21 From Síon may the LÓRD be blést, *
hé who dwélls in Jerúsalem!

Alleluia!

Antiphon 2

III g *Quoniam in aeternum* (AM-II 119) *Ps 136:1*



For his mer-cy * endures for ev- er.

Psalm 136 (135) *Confitemini Domino, quoniam bonus*

- 1 O give thánks to the LÓRD, for he is góod, *
for his mércy endúres foréver.
2 Give thánks to the Gód of góds, *
for his mércy endúres foréver.
3 Give thánks to the LÓRD of lórd, *
for his mércy endúres foréver;
- 4 Who alóne has wrought márvelous wórks, *
for his mércy endúres foréver;
5 who in wísdóm máde the héavens, *
for his mércy endúres foréver;
6 who spréad the éarth on the wáters, *
for his mércy endúres foréver.
- 7 It was hé who máde the great líghts, *
for his mércy endúres foréver;
8 the sún to rúle in the dáy, *
for his mércy endúres foréver;
9 the móon and the stárs in the níght, *
for his mércy endúres foréver.
- 10 The firstbórn of the Egýptians he smóte, *
for his mércy endúres foréver.
11 He brought Ísrael óut from their mídst, *
for his mércy endúres foréver;
12 with mighty hánd and óutstretched árm, *
for his mércy endúres foréver.

- 13 The Réd Sea he divided in twó, *
for his mércy endúres foréver;
- 14 he made Ísrael páss through the mídst, *
for his mércy endúres foréver;
- 15 he flung Pháraoh and his fórcé in the Réd Sea, *
for his mércy endúres foréver.
- 16 Through the désert his péople he léd, *
for his mércy endúres foréver.
- 17 Nátions in their gréatness he strúck, *
for his mércy endúres foréver.
- 18 Kíngs in their spléndor he sléw, *
for his mércy endúres foréver:
- 19 Síhon, kíng of the Ámorites, *
for his mércy endúres foréver;
- 20 and Óg, the kíng of Báshan, *
for his mércy endúres foréver.
- 21 He gáve their lánd as a héritage, *
for his mércy endúres foréver;
- 22 a héritage for Ísrael, his sérvant, *
for his mércy endúres foréver.
- 23 He remébered us in óur distréss, *
for his mércy endúres foréver.
- 24 And he snátched us awáy from our fóes, *
for his mércy endúres foréver.
- 25 He gives fóod to áll living créatures, *
for his mércy endúres foréver.
- 26 To the Gód of héaven give thánks, *
for his mércy endúres foréver.

If desired, Psalm 136 may be sung in the responsorial style, as indicated in the appendix.

Antiphon 3

VIII g *Hymnum cantate* (AM-II 121) *Ps 137:3*



Sing to us * one of Si- on's songs.

Psalm 137 (136) *Super flumina Babylonis illic sedimus*

- 1 By the rívers of Bábylon
thére we sat and wépt, *
remébering Síon;
- 2 on the póplars that gréw there *
we húng up our hárps.
- 3 For it was thére that they ásked us,

our captors, for songs, *
our oppressors, for joy.
“Sing to us,” they said, *
“one of Sion’s songs.”

- 4 O how could we sing
the song of the LÓRD *
on foreign soil?
- 5 If I forget you, Jerusalem, *
let my right hand wither!
- 6 O let my tongue
cleave to my palate *
if I remember you not,
if I prize not Jerusalem *
as the first of my joys!
- 7 Remember, O LÓRD, *
against the children of Édom
the day of Jerusalem,
when they said, “Tear it down! *
Tear it down to its foundations!”
- 8 O daughter B bylon, destroyer, *
blessed whoever repays you
the payment you paid to us!
- 9 Blessed whoever grasps and shatters *
your children on the rock!

Antiphon 4

V a2 *In conspectus angelorum (AM-II 122) Ps 138:1*



In the pre-sence * of the an-gels I praise you, O God.

Psalm 138 (137) *Confitebor tibi, Domine, in toto corde meo*

1 *Of David.*

I thank you, LÓRD, with all my heart; *
you have heard the words of my mouth.
In the presence of the angels I praise you. *

2 I bow down toward your holy temple.

Í give thanks to your name †
for your merciful love and your faithfulness. *
You have exalted your name over all.

3 On the day I called, you answered me; *
you increased the strength of my soul.

4 All earth’s kings shall thank you, O LÓRD, *

- when they héar the wórds of your móuth.
- 5 They shall síng of the wáys of the LÓRD, *
 “How gréat is the glóry of the LÓRD!”
- 6 The LORD is hígh, yet he lóoks on the lówly, *
 and the háughty he knóws from afár.
- 7 You give me lífe though I wálk amid afflictión; *
 you stréach out your hánd against the ánger of my fóes.
- With yóur right hánd you sáve me; *
 8 the LÓRD will accómplish this for mé.
 O LORD, your mérciful lóve is etérnal; *
 discárd not the wórk of your hánds.

After the reading

Weeks I and III

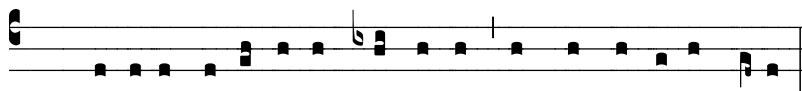
℞ br. *Redime me* (AM-II 123) *Ps 26:11,9*



Re-deem me, O Lord, * And have mer-cy on me.



℣. Do not sweep a-way my soul with sin-ners.



℣. Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

℣. Let my prayer be accepted, O Lord.

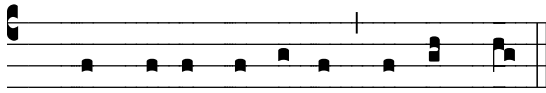
℞. As incense before you.

Weeks II and IV

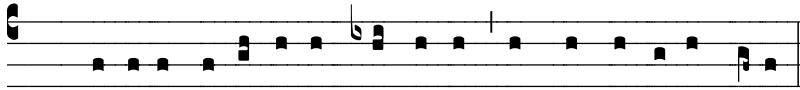
℞ br. *Custodi nos* (AM-II 124) *Ps 17:8*



Guard me, O Lord, * As the ap-ple of your eye.



∿ Hide me in the sha-dow of your wings.



∿ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

∿ Let evening prayer rise to you, O Lord.

℞ And your mercy descend on us.

Magnificat

Weeks I and III

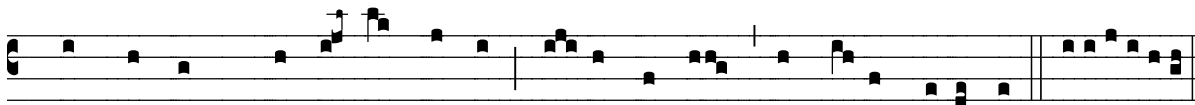
I d *Quia fecit mihi (AM-II 124) Luke 1:49*



The Almighty has done great things * for me, and ho-ly is his name.

Weeks II and IV

VII c *Fac, Deus (AM-II 124) Luke 1:51-52*



Show the strength * of your arm, O God, scat- ter the proud and lift up the lowly.

Concluding prayer

Conclusion of the Hour, as in the Ordinary.

THURSDAY
MORNING LAUDS

Hymn

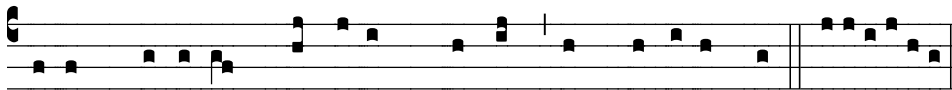
Week I and III
Hymn Sol ecce surgit, AM-II 126 and LH p. 202.

Week II and IV
Hymn Iam lucis, AM-II 126 and LH p. 233.

Psalmody

Psalm 67 is sung straight through without an antiphon.

Antiphon 1
VIII g *Tibi soli peccavi (AM-II 127) Ps 51:6,3*



Against you a-lone * have I sinned, O Lord, have mercy on me.
Psalm 51.

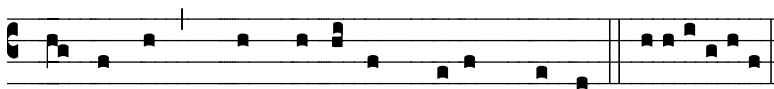
Paschal season

Antiphon 1
VIII g (AM-II 127)



Al-le-lu-ia, * al-le-lu-ia, alle-lu-ia.
Under this antiphon sing the first three psalms.

Antiphon 2
V a *Intret oratio mea (AM-II 127) Ps 88:3*



Let my prayer * come into your presence, O Lord.

Psalm 88 (87) Domine, Deus, salutis mee

1 *A Song. A Psalm. Of the sons of Korah.*
For the Choirmaster. Intoned like Mahalat Leannoth.
A Maskil. For Heman the Ezrahite.

2 O LÓRD and Gód of my salvátion, *
I crý before you dáy and níght.

- 3 Let my práyer cóme into your présence. *
Inclíne your éar to my crý.
- 4 For my sóul is filled with évils; *
my lífe is on the brínk of the gráve.
- 5 I am réckoned as óne in the tómb; *
Í am like a wárríor without stréngth,
- 6 like one róaming amóng the déad, *
like the sláin líng in their gráves,
like thóse you reméber no móre, *
cut óff, as they áre, from your hánd.
- 7 You have láid me in the dépths of the pít, *
in régions that are dárk and déep.
- 8 Your ánger wéighs down upón me; *
I am drówned benéath your wáves.
- 9 You have táken awáy my fríends; *
to thém you have máde me háteful.
- Imprísoned, I cannót escápe; *
10 my éyes are súnken with gríef.
I cáll to you, LÓRD, all day lóng; *
to yóu I strétch out my hánds.
- 11 Will you wórk your wónders for the déad? *
Will the shádes rise úp to práise you?
- 12 Will your mércy be tóld in the gráve, *
or your fáithfulness in the pláce of perdítion?
- 13 Will your wónders be knówn in the dárk, *
your jústice in the lánd of oblívion?
- 14 But Í, O LORD, crý out to yóu; *
in the mórning my práyer comes befóre you.
- 15 Whý do you rejéct me, O LÓRD? *
Why do you híde your fáce from mé?
- 16 I am wrétched, close to déath from my yóuth. *
I have bórne your tríals; I am númb.
- 17 Your fúry has swept dówn upón me; *
your térrors have útterly destróyed me.
- 18 They surróund me all the dáy like a flóod; *
togéther they close ín agáinst me.
- 19 Friend and néighbor you have táken awáy: *
my óne compánion is dárkness.

Antiphon 3

VI f *Domine, refugium* (AM-II 129) *Ps 90:1*



O Lord, * you have been our re-fuge. *Do not repeat in psalm.*

Psalm 90 (89) *Domine, refugium factus es nobis*

1 *Prayer of Moses, the man of God.*

O LÓRD, yóu have been our réfuge, *
from generátion tó generátion.

2 Befóre the móuntains were bórn, †
or the éarth or the wórld were brought fóρθ, *
you are Gód, from áge to áge.

3 You túrn man báck to dúst, *
and say, “Retúrn, O children of mén.”

4 To your éyes a thóusand yéars
are like yésterday, cóme and góne, *
or líke a wátch in the níght.

5 You swéep them awáy like a dréam, *
like gráss which is frésh in the mórníng.

6 In the mórníng it spróuts and is frésh; *
by éveníng it wíthers and fádes.

7 Indéed, we are consúmed by your ánger; *
we are strúck with térror at your fúry.

8 You have sét our guílt befóre you, *
our sécrets in the líght of your fáce.

9 All our dáys pass awáy in your ánger. *
Our yéars are consúmed like a sígh.

10 Seventy yéars is the spán of our dáys, *
or éíghty if wé are stróng.

And móst of these are tóil and páin. *
They pass swíftly and wé are góne.

11 Who understánds the pówer of your ánger? *
Your fúry máches the féar of you.

12 Then téach us to númer our dáys, *
that wé may gain wísdóm of héart.

13 Turn báck, O LÓRD! How lóng? *
Show píty tó your sérvants.

14 At dawn, fíll us with your mérciful lóve; *
we shall exúlt and rejóice all our dáys.

15 Give us jóy for the dáys of our afflíctíon, *
for the yéars when we lóoked upon évil.

16 Let your déed be séen by your sérvants, *
and your glórious pówer by their children.

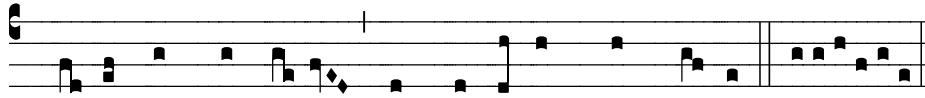
17 Let the fávor of the LÓRD our Gód be upón us; †
give succéss to the wórck of our hánds. *

O give succéss to the wórck of our hánds.

Week I

Antiphon 4

IV* e *Populus meus* (AM-II 130) *Jer 31:14*



My people * shall be filled with my blessings, says the Lord.

Audite verbum, Jer 31:10-14

Hear the word of the Lord, O nations, *
proclaim it on distant coasts and say:
He who scattered Israel, now gathers them together, *
he guards them as a shepherd his flock.

The Lord shall ransom Jacob, *
he shall redeem him from the hand of his conqueror.

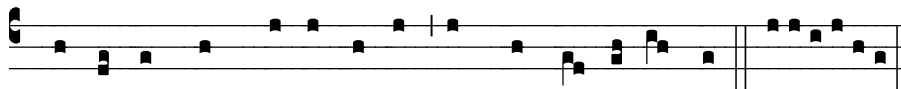
Shouting, they shall mount the heights of Zion, *
they shall come streaming to the Lord's blessings:
the grain, the wine, and the oil, *
the sheep and the oxen; *
they themselves shall be like watered gardens, *
never again shall they languish.

Then the virgins shall make merry and dance, *
and young men and old as well.
I will turn their mourning into joy, *
I will console and gladden them after their sorrows.
I will lavish choice portions upon the priests, *
and my people shall be filled with my blessings, says the Lord.

Week II

Antiphon 4

VIII g *Conversus est* (AM-II 131) *Is 12:1*



Your anger * turned away, O Lord, and you comforted me.

Ecce, Deus, Is 12:2-6

God indeed is my savior; *
I am confident and unafraid.
My strength and my courage is the Lord, *
and he has been my savior.

With joy you will draw water

at the fountain of salvation, and say on that day: *
Give thanks to the Lord, acclaim his name;
among the nations make known his deeds, *
proclaim how exalted is his name.

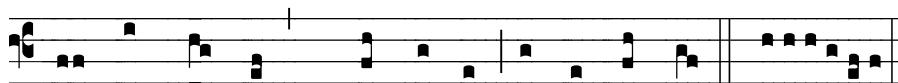
Sing praise to the Lord for his glorious achievement; *
let this be known throughout all the earth.

Shout with exultation, O city of Zion, *
for great in your midst
is the Holy One of Israel!

Week III

Antiphon 4

II d *Ecce Dominus noster* (AM-II 132) Cf. *Is 40:10*



Look! Our Lord comes * with pow-er and a strong arm.

Ecce Dominus Deus, *Is 40:10-17*

Here comes with power
the Lord God, *
who rules by his strong arm;
here is his reward with him, *
his recompense before him.

Like a shepherd he feeds his flock; *
in his arms he gathers the lambs,
Carrying them in his bosom, *
and leading the ewes with care.

Who has cupped in his hand the waters of the sea, *
and marked off the heavens with a span? *
Who has held in a measure the dust of the earth, *
weighed the mountains in scales
and the hills in a balance?

Who has directed the spirit of the Lord, *
or has instructed him as his counselor?
Whom did he consult to gain knowledge? †
Who taught him the path of judgment, *
or showed him the way of understanding?

Behold, the nations count as a drop of the bucket, †
as dust on the scales; *
the coastlands weigh no more than powder.

Lebanon would not suffice for fuel, *
nor its animals be enough for holocausts.

Before him all the nations are as nought, *
as nothing and void he accounts them.

Week IV

Antiphon 4

IV* e *Declinabit Dominus* (AM-II 133) *Is 66:12*



The Lord will spread * prospe-ri-ty ov-er Je-ru- sa- lem.

Lætamini, *Is 66:10-14a*

Rejoice with Jerusalem and be glad because of her, *
all you who love her;
exult, exult with her, *
all you who were mourning over her!

Oh, that you may suck fully *
of the milk of her comfort,
that you may nurse with delight *
at her abundant breasts!

For thus says the Lord: †
Lo, I will spread prosperity over her like a river, *
and the wealth of the nations like an overflowing torrent.

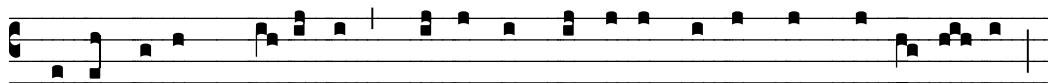
As nurslings, you shall be carried in her arms, *
and fondled in her lap;
as a mother comforts her son, †
so will I comfort you; *
in Jerusalem you shall find your comfort.

When you see this, your heart shall rejoice, *
and your bodies flourish like the grass.

In Paschal season, at the Old Testament canticle:

Antiphon 2

VII a *Vincenti dabo* (AM-II 134) *Rev 2:7*



To every- one who conquers, * I will give permission to eat from the tree of life



that is in the pa- ra- dise of God, al-le- lu-ia.

Antiphon 5

VI f *In sanctis eius* (AM-II 135) *Ps 150:1*



In his ho-ly place, * praise God.
Psalms 148, 149, 150

Paschal season

Antiphon 3

VI f (AM-II 135)



Al-le-lu-ia, * al-le-lu-ia, alle-lu-ia.

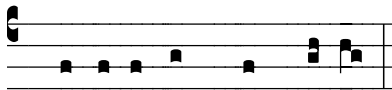
After the reading

Weeks I and III

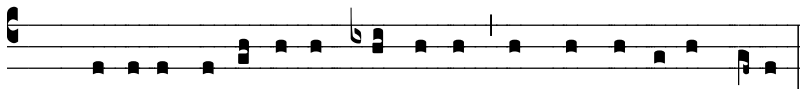
℞ br. *Clamavi in toto* (AM-II 135) *Ps 119:145*



I call with all my heart; * Lord, answer me.



∇ I will observe your sta-tutes.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

∇ Through the watches of the night, Lord, I muse on you.

℞ For you have been my strength.

Weeks II and IV

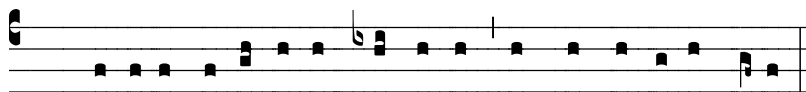
℞ br. *In matutinis* (AM-II 135) *Ps 63:7-8*



Through the watches of the night, Lord, * I muse on you.



∇ For you have been my strength.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

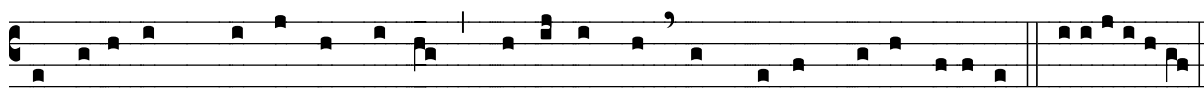
∇ At dawn, fill us with your merciful love.

℞ We shall exult and rejoice all our days.

Benedictus

Weeks I and III

VII a *In sanctitate* (AM-II 136) *Luke 1:74-75*



In ho-li-ness * we worship the Lord, who sets us free from the hands of our enemies.

Weeks II and IV

VII c2 *Da scientiam* (AM-II 136) *Luke 1:77*



Give knowledge * to your people, O Lord, by the forgiveness of their sins.

Concluding prayer

Conclusion of the Hour, as in the Ordinary.

Minor Hours

Hymn as on Monday. Selections from psalms 1-2, 6-20, 119-128 are to be used according to a scheme approved by the Abbot. Antiphons and psalms are given below, at the end of the section on the week.

TERCE

After the short reading

Week I

℣. Bless the Lord, all you works of the Lord.
℟. Praise and exalt him above all forever.

Week II

℣. Lord, I will run the way of your commands.
℟. You open wide my heart.

Week III

℣. You are the God who works wonders.
℟. Among the peoples you showed your power.

Week IV

℣. You, O Lord, make the just man stand firm.
℟. It is you who test mind and heart, O God of justice.

Concluding prayer

SEXT

After the short reading

Week I

℣. In his presence are majesty and splendor.
℟. Strength and honor in his holy place.

Week II

℣. You are good, O Lord, and you do what is good.
℟. Teach me your statutes.

Week III

℣. The Lord is close to all who call him.
℟. Who call on him in truth.

Week IV

℣. Trust in the Lord and do good.

℟. Then you will dwell in the land and safely pasture.

Concluding prayer

NONES

After the short reading

Week I

℣. The heavens declare the glory of God.

℟. And the firmament proclaims the work of his hands.

Week II

℣. Make me know the way I should walk.

℟. Let your good Spirit guide me upon ground that is level.

Week III

℣. I will give thank you, O Lord, for you have answered.

℟. And you are my savior.

Week IV

℣. I long for you, O Lord.

℟. My soul longs for his word.

Concluding prayer

VESPERS

Hymn

Weeks I and III

Hymn Magnae Deus, AM-II 139 and LH p. 202.

Weeks II and IV

Hymn Deus, qui claro, AM-II 140 and LH p. 233.

Psalmody

Antiphon 1

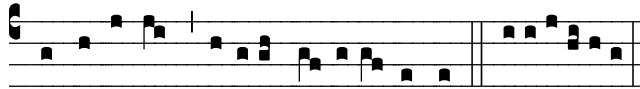
III g *Domine, probasti me* (AM-II 141) *Ps 139:1*



O Lord, you * search me and you know me. *Do not repeat in psalm.*

Paschal season

III g (AM-II 141)



Al-le-lu-ia, * allelu-ia, alle-lu-ia.

Psalm 139 (138) *Domine, probasti me, et cognovisti me*

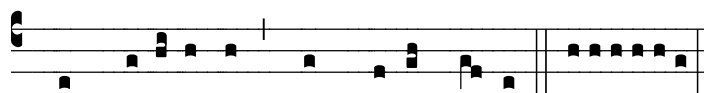
1 *For the Choirmaster. Of David. A Psalm.*

- 1 O LÓRD, you séarch me and you knów me. *
- 2 You yoursélf know my résting and my rísing;
you discern my thóughts from afár.
- 3 You márk when I wálk or lie dówn; *
you knów all my wáys through and thróugh.
- 4 Before éver a wórd is on my tóngue, *
you knów it, O LÓRD, through and thróugh.
- 5 Behínd and befóre, you beséfe me, *
your hánd ever láid upón me.
- 6 Too wónderful for mé, this knówledge; *
too hígh, beyónd my réach.
- 7 O whére can I gó from your spírit, *
or whére can I flée from your fáce?
- 8 If I clímb the héavens, you are thére. *
If I líe in the gráve, you are thére.
- 9 If I táke the wíngs of the dáwn *
or dwéll at the séa's furthest énd,
10 even thére your hánd would léad me; *
your right hánd would hóld me fást.
- 11 If I sáy, "Let the dárkness híde me *
and the líght aróund me be níght,"
12 even dárkness is not dárk to yóu, †
the níght shall be as bríght as dáy, *
and dárkness the sáme as the líght.

- 13 For it was yóu who fórméd my inmost béing, *
knit me togéther in my móther's wómb.
- 14 I thánk you who wónderfully máde me; *
how wónderful áre your wórks,
which my sóul knows wéll!
- 15 My fráme was not hídden from yóu, *
when Í was being fáshioned in secret
and mólded in the dépths of the éarth.
- 16 Your éyes saw me yét unfórmed; †
and all dáys are recórded in your bóok, *
fórméd before óne of them cáme into béing.
- 17 To me how précious your thóughts, O Gód; *
how gréat is the súm of thém!
- 18 If I cóunt them, they are móre than the sánd; *
at the énd I am stíll at your síde.
- 19 O Gód, that you would sláy the wícked, *
that men of blóod would depárt from mé!
- 20 With decéit they rebél agáinst you, *
and sét your desígns at náught.
- 21 Do Í not hate thóse who hate yóu, *
abhor thóse who ríse agáinst yóu?
- 22 I háte them with a pérfect háte, *
and théy are fóes to mé.
- 23 O séarch me, Gód, and know my héart. *
O tést me, and knów my thóughts.
- 24 Sée that my páth is not wícked, *
and léad me in the wáy everlásting.

Antiphon 2

IV g *A viro iniquo* (AM-II 143) *Ps 140:5*



From the vi- o- lent * keep me safe, O Lord.

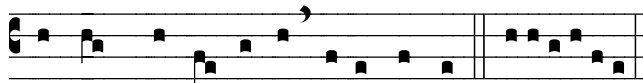
Psalm 140 (139) *Eripe me, Domine, ab homine malo*

- 1 *For the Choirmaster. A Psalm of David.*
- 2 Réscue me, LÓRD, from evil mán; *
from the víolent man kéep me sáfe,
- 3 from thóse who plan évil in their héarts, *
and stír up strífe every dáy;
- 4 who shárpen their tóngue like an ádder's, *
with the póison of víper on their líps.

- 5 LORD, guárd me from the hánds of the wícked; †
from the víolent kéeep me sáfe; *
they plán to máke me stúmbles.
- 6 The próud have hídden a tráp, †
have spréad out línes in a nēt, *
set snáres acróss my páth.
- 7 I have sáid to the LÓRD, “You are my Gód.” *
Give ear, O LÓRD, to the crý of my appéal!
- 8 LORD, my LÓRD, my míghty hélp, *
you shíeld my héad in the báttle.
- 9 Do not gránt, O LORD, the wícked their desíre, *
nor lét their plóts succéed.
- 10 Those surróunding me líft up their héads. *
Let the málice of their spéech overwhélm them.
- 11 Let cóals of fíre rain upón them. *
Let them be flúng in the abýss, no more to ríse.
- 12 Let the slánderer not endúre upón the éarth. *
Let évil quickly tráp the víolent!
- 13 I know the LÓRD will avéngé the póor, *
that hé will do jústice for the néedy.
- 14 Truly the júst will give thánks to your náme; *
the úpright shall líve in your présence.

Antiphon 3

VIII g *Domine, clamavi* (AM-II 144) *Ps 141:1*



O Lord, * I call to you, listen to me.

Psalm 141 (140) *Domine, clamavi ad te, exaudi me*

1 *A Psalm of David.*

I have cálled to you, LÓRD; hásten to hélp me! *
Héar my vóice when I crý to yóu.

2 Let my práyer be accépted as íncense befóre you, *
the ráising of my hánds like an évening oblátion.

3 Sét, O LÓRD, a guárd on my móuth; *
keep wáttch at the dóor of my líps!

4 Do not túrn my héart to thínks that are évil, *
to wícked déeds with thóse who are sínners.

Néver allów me to sháre in their féasting. *

5 If a góod man stríkes me it is kíndness;
but let the óil of the wícked not anóint my héad. *
Let my práyer be éver agáinst their málice.

- 6 If they fáll into the mérciless hánds of their júdges, *
 théy will grásp how kínd are my wórds.
- 7 As clóds of éarth plowed úp on the gróund, *
 so their bónes were stréwn at the móuth of the gráve.
- 8 To you my éyes are túrned, O LÓRD, my LÓRD. *
 In yóu I take réfuge; spáre my sóul!
- 9 From the tráp they have láid for me, kéepp me sáfe; *
 kéepp me from the snáres of thóse who do évil.
- 10 Let the wícked togéther fáll into their tráps, *
 while Í pursúe my wáy unhármed.

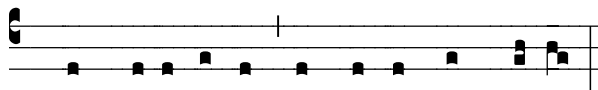
After the reading

Weeks I and III

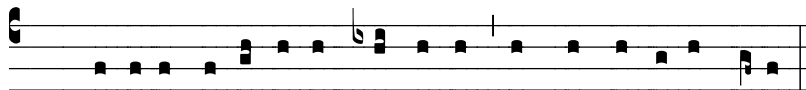
℞ br. *Cibavit nos* (AM-II 145) *Ps 81:17*



The Lord feeds us * With the fin- est wheat.



℣. And sat-is-fies us with hon-ey from the rock.



℣. Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

℣. Let my prayer be accepted, O Lord.

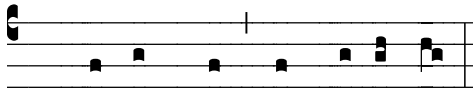
℞. As incense before you.

Weeks II and IV

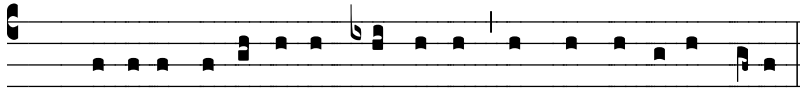
℞ br. *Dominus pascit* (AM-II 145) *Ps 23:1-2*



The Lord is my shep-herd; * There is nothing I shall want.



∇ Fresh and green are the pas-tures.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

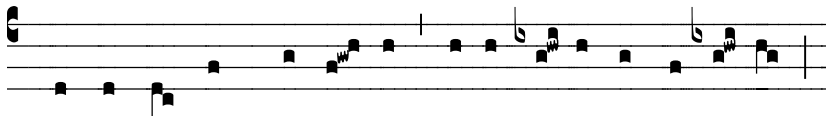
∇ Let evening prayer rise to you, O Lord.

℞ And your mercy descend on us.

Magnificat

Weeks I and III

I f *Deposit potentes (AM-II 146) Luke 1:52*



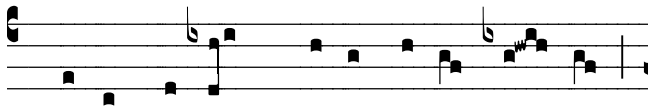
God has cast down the migh-ty, * perse- cu- tors of the ho- ly,



and has lift- ed up the lowly, confessors of Christ.

Weeks II and IV

I g *Esurientes replevit (AM-II 146) Luke 1:53*



The Lord has filled * the hungry with good things,



and the rich he has sent a-way empty.

Concluding prayer

Conclusion of the Hour, as in the Ordinary.

FRIDAY
MORNING LAUDS

Hymn

Week I and III

Hymn Aeterna caeli gloria, AM-II 148 and LH p. 204.

Week II and IV

Hymn Deus, qui caeli, AM-II 148 and LH p. 236.

Psalmody

Psalm 67 is sung straight through without an antiphon.

Antiphon 1

I a *Spiritu principali (AM-II 149) Ps 51:12*



Re- new a steadfast spi-rit * with- in me, O God.

Psalm 51.

Paschal season

Antiphon 1

I a (AM-II 149)



Al-le-lu-ia, * al-lelu-ia, al-le- lu- ia.

Under this antiphon sing the first three psalms.

Antiphon 2

VIII g *In Israel (AM-II 149) Ps 76:1*



In Is- ra- el the name * of the Lord is great.

Psalm 76 (75) Notus in Judæa Deus

1 *For the Choirmaster. With String Instruments.*
A Psalm of Asaph. A Song.

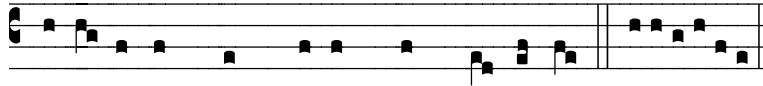
2 Gód is renówned in Júdah; *
in Ísrael his náme is gréat.

3 His tént is sét in Sálem, *

- and his dwelling place in Sion.
- 4 It was there he broke the flaming arrows, *
the shield, the sword, the armor.
- 5 Resplendent are you, more majestic *
than the everlasting mountains.
- 6 The stouthearted, despoiled, slept in death; *
none of the soldiers could lift a hand.
- 7 At your threat, O God of Jacob, *
horse and rider lay stunned.
- 8 You, you alone, strike terror. *
Who can stand in your presence,
against the might of your wrath?
- 9 You uttered your sentence from the heavens; *
the earth in terror was still
- 10 when you arose, O God, to judge, *
to save all the humble of the earth.
- 11 For the rage of man only serves to praise you; *
you surround yourself with the survivors of wrath.
- 12 Make vows to the LORD your God and fulfill them. *
Let all around him pay tribute to the One who strikes terror,
- 13 who cuts short the breath of princes, *
who strikes terror in the kings of the earth.

Antiphon 3

VIII g *Bonum est* (AM-II 150) *Ps 92:2*



It is a good thing * to give thanks to the Lord. *Do not repeat in psalm.*

Psalm 92 (91) *Bonum est confiteri Domino*

- 1 *A Psalm. A Song for the Sabbath.*
- 2 It is good to give thanks to the LORD, *
to make music to your name, O Most High,
- 3 to proclaim your loving mercy in the morning, *
and your truth in the watches of the night,
- 4 on the ten-stringed lyre and the lute, *
with the sound of song on the harp.
- 5 You have gladdened me, O LORD, by your deeds; *
for the work of your hands I shout with joy.
- 6 O LORD, how great are your works! *
How deep are your designs!
- 7 The senseless cannot know this, *
and the fool cannot understand.

- 8 Though the wicked spring up like grass, *
and all who do evil thrive,
they are doomed to be eternally destroyed. *
- 9 But you, O LORD, are eternally on high.
- 10 See, your enemies, O LORD, †
see, your enemies will perish; *
all who do evil will be scattered.
- 11 To me you give the wild ox's strength; *
you have poured out on me purest oil.
- 12 My eyes looked in triumph on my foes; *
my ears heard gladly of their fall.
- 13 The just will flourish like the palm tree, *
and grow like a Lebanon cedar.
- 14 Planted in the house of the LORD, *
they will flourish in the courts of our God,
- 15 still bearing fruit when they are old, *
still full of sap, still green,
- 16 to proclaim that the LORD is upright. *
In him, my rock, there is no wrong.

Week 1

Antiphon 4

V a *In Domino (AM-II 152) Is 45:25*



In the Lord * shall triumph and glory all the offspring of Israel.

Vere tu es, Is 45:15-25

Truly with you God is hidden, *
the God of Israel, the savior!
Those are put to shame and disgrace
who vent their anger against him. *
Those go in disgrace
who carve images.

Israel, you are saved by the Lord, saved forever! *
You shall never be put to shame or disgrace
in future ages.

For thus says the Lord, *
the creator of the heavens,
who is God,
the designer and maker of the earth *
who established it,
not creating it to be a waste, *

but designing it to be lived in:

I am the Lord, and there is no other. *

I have not spoken from hiding
nor from some dark place of the earth.

And I have not said to the descendants of Jacob, †
“Look for me in an empty waste.” *

I, the Lord, promise justice,
I foretell what is right.

Come and assemble, gather together, *
you fugitives from among the Gentiles!

They are without knowledge who bear wooden idols *
and pray to gods that cannot save.

Come here and declare in counsel together: *

Who announced this from the beginning
and foretold it from of old?

Was it not I, the Lord,
besides whom there is no other God? *

There is no just and saving God but me.

Turn to me and be safe,
all you ends of the earth, *
for I am God; there is no other!

By myself I swear, *
uttering my just decree
and my unalterable word:

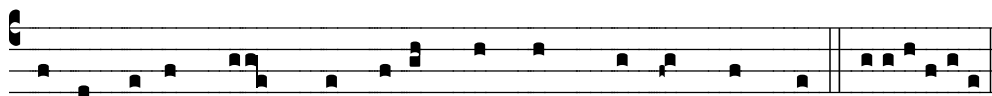
To me every knee shall bend; *
by me every tongue shall swear,
saying, “Only in the Lord *
are just deeds and power.

“Before him in shame shall come *
all who vent their anger against him.
In the Lord shall be the vindication and the glory *
of all the descendants of Israel.”

Week II

Antiphon 4

IV* *Domine, audivi (AM-II) Hab 3:2*



O Lord, I have heard * your renown, and feared, O Lord, your work. *Do not repeat in canticle.*

Domine, audivi, Hab 3:2-4,13a,15-19

O Lord, I have heard your renown, *
and feared, O Lord, your work.
In the course of the years revive it, †
in the course of the years make it known; *
in your wrath remember compassion!

God comes from Teman, *
the Holy One from Mount Paran.
Covered are the heavens with his glory, *
and with his praise the earth is filled.
His splendor spreads like the light; *
rays shine forth from beside him,
where his power is concealed.
You come forth to save your people, *
to save your anointed one

You tread the sea with your steeds *
amid the churning of the deep waters.
I hear, and my body trembles; *
at the sound, my lips quiver.

Decay invades my bones, *
my legs tremble beneath me.
I await the day of distress *
that will come upon the people who attack us.

For though the fig tree blossom not *
nor fruit be on the vines,
Though the yield of the olive fail *
and the terraces produce no nourishment,

Though the flocks disappear from the fold *
and there be no herd in the stalls,
Yet will I rejoice in the Lord *
and exult in my saving God.

God, my Lord, is my strength; *
he makes my feet swift as those of hinds
and enables me to go upon the heights.

Week III

Antiphon 4

VIII g *Non nos derelinquas* (AM-II 154) *Ps 119:8*



Do not ev-er * for-sake me, O Lord,

Deducant oculi, Jer 14:17-21

Let my eyes stream with tears *
day and night, without rest,
over the great destruction which overwhelms *
the virgin daughter of my people,
over her incurable wound.

If I walk out into the field, *
look! those slain by the sword;
If I enter the city, *
look! those consumed by hunger.
Even the prophet and the priest *
forage in a land they know not.

Have you cast Judah off completely? *
Is Zion loathsome to you?
Why have you struck us a blow *
that cannot be healed?

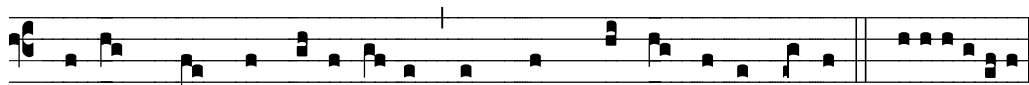
We wait for peace, to no avail; *
for a time of healing, but terror comes instead.
We recognize, O Lord, our wickedness, †
the guilt of our fathers; *
that we have sinned against you.

For your name's sake spurn us not, †
disgrace not the throne of your glory; *
remember your covenant with us, and break it not.

Week IV

Antiphon 4

II d *Ædificans Ierusalem (AM-II 155) Ps 147:2*



The Lord * builds up Je-ru-sa-lem and brings back Is- ra- el's ex-iles.

Benedicite Dominum, Tobit 13:8-11,13-14ab,15-16ab

Let all men speak of the Lord's majesty, *
and sing his praises in Jerusalem.

O Jerusalem, holy city, †
he scourged you for the works of your hands, *
but will again pity the children of the righteous.

Praise the Lord for his goodness, †
and bless the King of the ages, *
so that his tent may be rebuilt in joy with you .

May he gladden within you all who were captives; *
all who were ravaged may he cherish within you
for all generations to come.

A bright light will shine to all parts of the earth; *
many nations shall come to you from afar,
And the inhabitants of all the limits of the earth, †
drawn to you by the name of the Lord God, *
Bearing in their hands their gifts for the King of heaven.

Every generation shall give joyful praise in you, *
and shall call you the chosen one,
through all ages forever.

Go, then, rejoice over the children of the righteous, *
who shall all be gathered together
and shall bless the Lord of the ages.

Happy are those who love you, *
and happy those who rejoice in your prosperity.

Happy are all the men who shall grieve over you, *
over all your chastisements,
For they shall rejoice in you *
as they behold all your joy forever.

My spirit blesses the Lord, * the great King.

In Paschal season, at the Old Testament canticle:

Antiphon 2

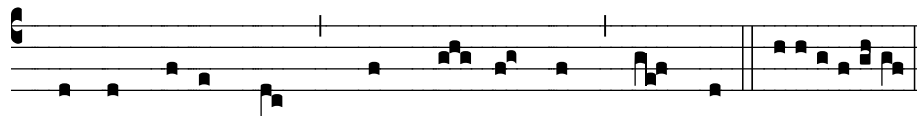
VIII g *Beati qui lavant* (AM-II 156) *Rev 22:14; 7:14*



Blessed are * those who wash their robes in the blood of the Lamb, alle-lu- ia.

Antiphon 5

I f *In tympano* (AM-II 157) *Ps 150:4*



With timbrel and dance, * with strings and pipe, praise God.
Psalms 148, 149, 150

Paschal season

Antiphon 3

If (AM-II 157)



Al-le- lu- ia, * al-le- lu- ia, alle-lu- ia.

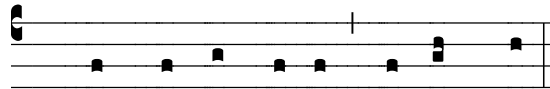
After the reading

Weeks I and III

℣ br. *Auditam fac* (AM-II 157) *Ps 143:8*



In the morn-ing, * Let me know your lov-ing mer-cy.



℣. Make me know the way I should walk.



℣. Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

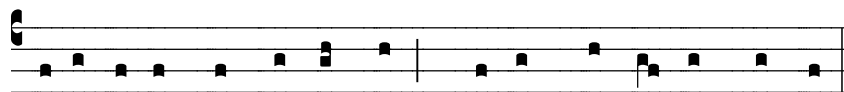
Or:

℣. Through the watches of the night, Lord, I muse on you.

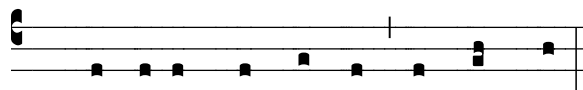
℣. For you have been my strength.

Weeks II and IV

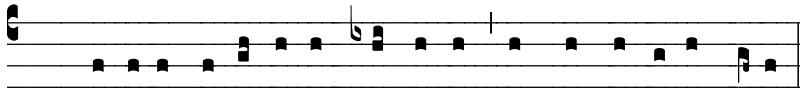
℣ br. *Clamabo* (AM-II 158) *Ps 57:3-4*



I call to you, God the Most High, * To God who pro- vides for me.



℣. May he send from hea-ven and save me.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

∇ At dawn, fill us with your merciful love.

⊗ We shall exult and rejoice all our days.

Benedictus

Weeks I and III

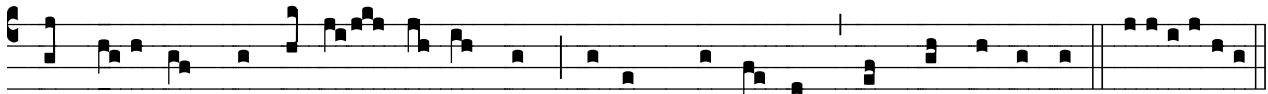
V a *Visitavit et fecit* (AM-II 158) *Luke 1:68*



The Lord has come * to his people and set them free.

Weeks II and IV

VIII g *Per viscera* (AM-II 159) *Luke 1:78*



In the tender * compassion of our God, the dawn from on high shall break up-on us.

Concluding prayer

Conclusion of the Hour, as in the Ordinary.

Minor Hours

Hymn as on Monday. Selections from psalms 1-2, 6-20, 119-128 are to be used according to a scheme approved by the Abbot. Antiphons and psalms are given below, at the end of the section on the week.

TERCE

After the short reading

Week I

℣. All the Lord's paths are mercy and faithfulness.

℟. For those who keep his covenant and commands.

Week II

℣. Uphold me, O Lord, by your promise; I shall live.

℟. Let my hopes not be in vain.

Week III

℣. In the Lord do our hearts find joy.

℟. We trust in his holy name.

Week IV

℣. The mercy of the Lord is everlasting.

℟. For those who keep his covenant.

Concluding prayer

SEXT

After the short reading

Week I

℣. My soul holds fast to the dust.

℟. Revive me by your word, O Lord.

Week II

℣. With the Lord there is mercy.

℟. With him is plentiful redemption.

Week III

℣. The precepts of the Lord are right; they gladden the heart.

℟. The command of the Lord is clear; it gives light to the eyes.

Week IV

℣. O give thanks to the Lord, for he is good.

℟. For his mercy endures forever.

Concluding prayer

NONES

After the short reading

Week I

∇ The Lord is compassionate and gracious.

℞ Slow to anger and rich in mercy.

Week II

∇ The Lord has rescued my soul from death.

℞ That I may walk in the presence of God, in the light of the living.

Week III

∇ So will your ways, O Lord, be known upon earth.

℞ And all nations learn your salvation.

Week IV

∇ Turn your eyes, O God, our shield.

℞ Look on the face of your anointed.

Concluding prayer

VESPERS

Hymn

Weeks I and III

Hymn Plasmator hominis, AM-II 162 and LH p. 205.

Weeks II and IV

Hymn Horis peractis, AM-II 162 and LH p. 236.

Psalmody

Antiphon 1

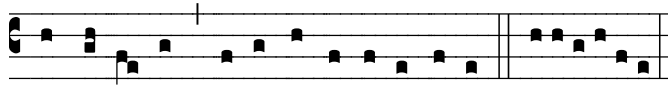
VIII g *Portio mea* (AM-II 163) *Ps 142:6*



You are my re-fuge, O Lord, * my portion in the land of the liv-ing.

Paschal season

VIII g (AM-II 163)



Al-le-lu- ia, * alle- lu- ia, alle- lu- ia.

Psalm 142 (141) *Voce mea ad Dominum clamavi*

1 A Maskil of David when he was in the cave.
A Prayer.

2 With all my vóice I crý to the LÓRD; *
with all my vóice I entréat the LÓRD.

3 I póur out my tróuble befóre him; *
I téll him áll my distréss

4 while my spírít fáints withín me. *
But yóu, O LÓRD, know my páth.

On the wáy where Í shall wálk, *
they have hídden a snáre to entráp me.

5 Lóok on my right hánd and sée: *
there is nó one who páys me héed.
No escápe remains ópen to mé; *
nó one cáres for my sóul.

6 To yóu I crý, O LÓRD. *
I have sáid, “Yóu are my réfuge,
my pórtion in the lánd of the líving.”

7 Lísten, thén, to my crý, *
for Í am brought dówn very lów.

Réscue me from thóse who pursúe me, *
for théy are strónger than Í.

8 Bríng my sóul out of prísion,
and Í shall give thánks to your náme. *
Aróund me the júst will assémbles,
becáuse of your góodness to mé.

Antiphon 2

VI f *Benedictus Dominus* (AM-II 164) *Ps 144:1*



Blest be * the Lord my God.

Psalm 144 (143) *Benedictus Dominus Deus meus*

1 *Of David.*

Blést be the LÓRD, my róck, *
who tráins my hánds for báttle, *
who prepáres my fíngers for wár.

2 He is my mérciful lóve, my fórtress; *
hé is my stróngthold, my sáviór,
my shíeld in whóm I take réfuge. *
He brings péoples únder my rúle.

3 LÓRD, what is mán that you regárd him, *
the son of mán that you kéeep him in mínd,
4 mán who is mérely a bréath, *
whose dáys are like a pássing sháadow?

5 Lower your héavens, O LÓRD, and come dówn. *
Touch the móuntains; wréathe them in smóke.
6 Flash your líghtnings; róut the fóe. *
Shoot your árrows, and pút them to flíght.

7 Reach dówn with your hánd from on hígh; *
rescue me, sáve me from the míghty wátters,
from the hánds of fóreign fóes
8 whose móuths speak ónly émptiness, *
whose hánds are ráised in pérjury.

9 To you, O Gód, will I síng a new sóng; *
I will pláy on the tén-stringed hárp
10 to yóu who give kíngs their víctory, *
who set Dávid your sérvant free
from the évil swórd.

11 Rescue me, fréed me from the hánds of foreign fóes, *
whose móuths speak ónly émptiness, *
whose right hánds are ráised in pérjury.

12 Let our sóns then flóurish like sáplings,
grown táll and stróng from their yóuth; *
our dáughters gráceful as cólumn,
as thóugh they were cárved for a pálace.

13 Let our bárn be filled to overflowing *
with cróps of évery kínd;
our shéep incréasing by thóusands,
téns of thóusands in our fíelds, *
14 our cáttle héavy with yóung.

No rúined wáll, no éxile, *
no sóund of wéeping in our stréets.

15 Blessed the péople of whóm this is trúe; *

blessed the péople whose Gód is the LÓRD!

Antiphon 3

VIII g *Per singulos* (AM-II 165) *Ps 145:2*



I will bless you, * O Lord, day af-ter day.

Psalm 145 (144A) *Exaltabo te, Deus meus rex*

1 *Praise. Of David.*

I will extól you, my Gód and kíng, *
and bless your náme foréver and éver.

2 I will bléss you dáy after dáy, *
and praise your náme foréver and éver.

3 The LORD is gréat and híghly to be práised; *
his gréatness cánnót be méasured.

4 Age to áge shall procláim your wórks, *
shall decláre your míghty déeds.

5 They will téll of your great glóry and spléndor, *
and recóunt your wónderful wórks.

6 They will spéak of your áwesome déeds, *
recóunt your gréatness and míght.

7 They will recáll your abúndant góodness, *
and síng of your just déeds with jóy.

8 The LORD is kínd and fúll of compásson, *
slow to ánger, abóunding in mércy.

9 How góod is the LÓRD to áll, *
compássonate to áll his créatures.

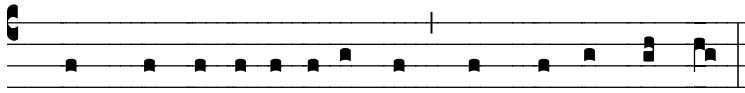
After the reading

Weeks I and III

℞ br. *Christus dilexit* (AM-II 166) *Rev 1:5-6*



Christ loves us and washed us * By his blood.



∿ And made us to be a kingdom, priests serv-ing his God.



∿ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

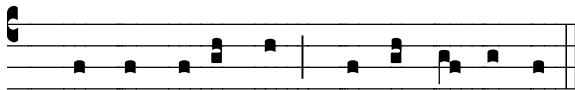
Or:

∿ Let my prayer be accepted, O Lord.

℞ As incense before you.

Weeks II and IV

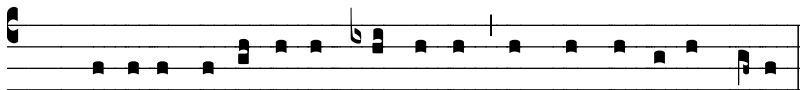
℞ br. *Mortuus est* (AM-II 167) *1 Peter 3:18*



Christ died for our sins, * to bring us to God.



∿ He was put to death in the flesh, but made a-live in the spi-rit.



∿ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

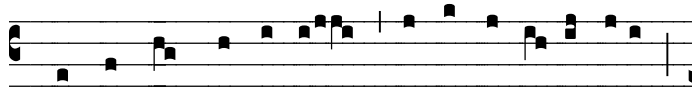
∿ Let evening prayer rise to you, O Lord.

℞ And your mercy descend on us.

Magnificat

Weeks I and III

VII a *Suscepit Deus* (AM-II 167) *Luke 1:55,52*



God has come to the help * of his servant Is-ra-el,



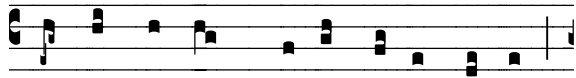
as he promised to Abraham and his children,



and has lifted up the lowly for ev- er and ev-er.

Weeks II and IV

VII a *Sicut locutus est* (AM-II 168) *Luke 1:55,54*



As you pro-mised * to our fathers, O Lord,



re-mem-ber your pro-mise of mer-cy.

Concluding prayer

Conclusion of the Hour, as in the Ordinary.

SATURDAY
MORNING LAUDS

Hymn

Week I and III

Hymn Aurora iam spargit, AM-II 169 and LH p. 207.

Week II and IV

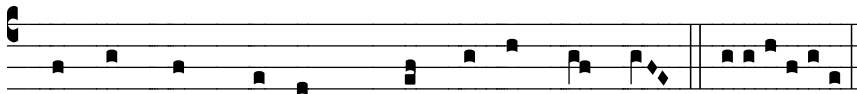
Hymn Diei luce, AM-II 169 and LH p. 239.

Psalmody

Psalm 67 is sung straight through without an antiphon.

Antiphon 1

IV *Begnigne fac (AM-II 170) Ps 51:20*

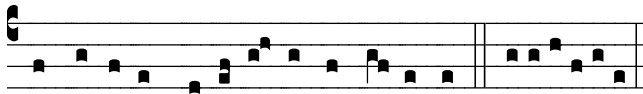


In your good pleasure, * show fav-or, O Lord.
Psalm 51.

Paschal season

Antiphon 1

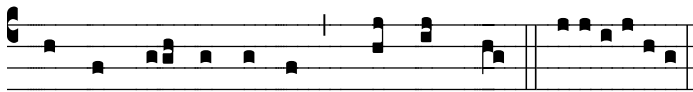
IV* e (AM-II 170)



Al-le-lu-ia, * alle-lu- ia, al-le- lu- ia.
Under this antiphon sing the first three psalms.

Antiphon 2

VIII g *In veritate tua (AM-II 171) Ps 143:1*



You are faithful, O Lord, * give answer.

Psalm 143 (142) Domine, exaudi orationem meam

1 *A Psalm of David.*

O LÓRD, lísten to my práyer; †
túrn your éar to my appéal. *
You are fáithful, you are júst; give ánswer.

2 Do not cáll your sérvant to júdgment, *

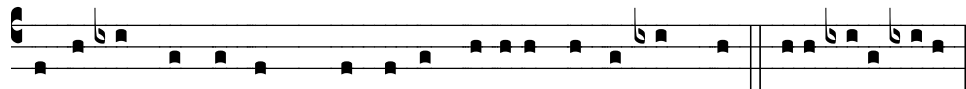
for in your síght no one líving is jústified.

- 3 The ényemy pursúes my sóul; *
he has crúshed my lífe to the gróund.
He has máde me dwéll in dárkness, *
like the déad, lóng forgóttén.
- 4 Thérefore my spírit fáils; *
my héart is désolate withín me.
- 5 I remémber the dáy's that are pást; †
I pónder áll your wórks. *
I múse on what your hánd has wróught,
and to yóu I strétch out my hánds. *
- 6 Like a párched land my sóul thirsts for yóu.
- 7 O LORD, make háste and ánsver mé, *
for my spírit fáils withín me.
Do not híde your fáce from mé,
lest I becóme like those *
who go dówn into the gráve.
- 8 In the mórning, let me knów your loving mércy, *
for in yóu I pláce my trúst.
Make me knów the wáy I should wálk; *
to yóu I líft up my sóul.
- 9 Réscue me, O LÓRD, from my fóes; *
to yóu have I fléd for réfuge.
- 10 Téach me to dó your wíll, *
for yóu are my Gód.
Lét your good spírit guíde me *
upon gróund that is lével.
- 11 LORD, sáve my lífe for the sáke of your náme; *
in your jústice, léad my sóul out of distréss.
- 12 In your mércy make an énd of my fóes; †
destroy all thóse who opprés's my sóul, *
for Í am your sérvant.

Week I

Antiphon 3

E *Cantemus Domino (AM-II 172) Exodus 15:1*



I will sing to the Lord, * for he is glo-ri-ously tri- umphant. *Do not repeat in canticle.*

Cantemus Domino, Ex 15:1-4a,8-13,17-18

I will sing to the Lord, for he is gloriously triumphant; *
horse and chariot he has cast into the sea.

My strength and my courage is the Lord, *
and he has been my savior.
He is my God, I praise him; *
the God of my father, I extol him.

The Lord is a warrior,
Lord is his name! *
Pharaoh's chariots and army he hurled into the sea.
At a breath of your anger the waters piled up, *
the flowing waters stood like a mound,
the flood waters congealed in the midst of the sea.

The enemy boasted, "I will pursue and overtake them; *
I will divide the spoils and have my fill of them;
I will draw my sword; *
my hand shall despoil them!"
When your wind blew, the sea covered them; *
like lead they sank in the mighty waters.

Who is like to you among the gods, O Lord? *
Who is like to you, magnificent in holiness?
O terrible in renown, worker of wonders, *
when you stretched out your right hand, the earth swallowed them!

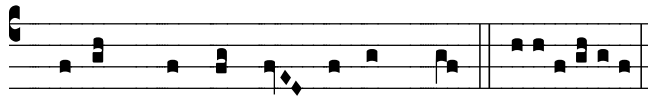
In your mercy you led the people you redeemed; *
in your strength you guided them to your holy dwelling.

And you brought them in and planted them on the mountain of your inheritance, *
the place where you made your seat, O Lord,
the sanctuary, O Lord, which your hands established.
The Lord shall reign * forever and ever.

Week II

Antiphon 3

VI f *Date magnitudinem (AM-II 173) Deut 32:3*



Proclaim the greatness * of our God!

Audite, caeli, Deut 32:1-12

Give ear, O heavens, while I speak; *
let the earth hearken to the words of my mouth!
May my instruction soak in like the rain, *
and my discourse permeate like the dew,
like a downpour upon the grass, *
like a shower upon the crops:

For I will sing the Lord's renown. *

Oh, proclaim the greatness of our God!
The Rock—how faultless are his deeds, *
how right all his ways!
A faithful God, without deceit, *
how just and upright he is!

Yet basely has he been treated by his degenerate children, *
a perverse and crooked race!
Is the Lord to be thus repaid by you, *
O stupid and foolish people?
Is he not your father who created you? *
Has he not made you and established you?

Think back on the days of old, *
reflect on the years of age upon age.
Ask your father and he will inform you, *
ask your elders and they will tell you:

When the Most High assigned the nations their heritage, *
when he parceled out the descendants of Adam,
he set up the boundaries of the peoples *
after the number of the sons of God;
While the Lord's own portion was Jacob, *
his hereditary share was Israel.

He found them in a wilderness, *
a wasteland of howling desert.
He shielded them and cared for them, *
guarding them as the apple of his eye.

As an eagle incites its nestlings forth *
by hovering over its brood,
so he spread his wings to receive them *
and bore them up on his pinions.
The Lord alone was their leader, *
no strange god was with him.

Week III

Antiphon 3

IV* e *Candor est* (AM-II 175) *Wis 7:26*



She is a reflec-tion * of light e-ter-nal, a mir-ror with- out a spot.

Deus patrum, Wis 9:1-6,9-11

God of my fathers, Lord of mercy, *
you who have made all things by your word
and in your wisdom have established man *
to rule the creatures produced by you,

to govern the world in holiness and justice, *
and to render judgment in integrity of heart:

Give me Wisdom, the attendant at your throne, *
and reject me not from among your children:
for I am your servant, the son of your handmaid, *
a man weak and short-lived
and lacking in comprehension of judgment and of laws.

Indeed, though one be perfect among the sons of men, †
if Wisdom, who comes from you, be not with him, *
he shall be held in no esteem.

Now with you is Wisdom who knows your works *
and was present when you made the world;
who understands what is pleasing in your eyes *
and what is conformable with your commands.

Send her forth from your holy heavens *
and from your glorious throne dispatch her
that she may be with me and work with me, *
that I may know what is your pleasure.

For she knows and understands all things, *
and will guide me discreetly in my affairs
and safeguard me by her glory.

Week IV

Antiphon 3

IV* e *Dabo vobis* (AM-II 176) *Ezek 36:26*



I will give you * a new heart and place a new spi- rit.

Tollam quippe, Ezek 36:24-28

I will take you away from among the nations, †
gather you from all the foreign lands, *
and bring you back to your own land.

I will sprinkle clean water upon you †
to cleanse you from all your impurities, *
and from all your idols I will cleanse you.

I will give you a new heart *
and place a new spirit within you,
taking from your bodies your stony hearts *
and giving you natural hearts.

I will put my spirit within you †

and make you live by my statutes, *
careful to observe my decrees.

You shall live in the land I gave your fathers; *
you shall be my people,
and I will be your God.

In Paschal season, at the Old Testament canticle:

Antiphon 2

II d *Iesus Christus (AM-II 177) Heb 13:8*



Je-sus Christ * is the same yes-ter-day and to-day and for-ev-er, al-le- lu-ia.

Antiphon 4

E *In cymbalis (AM-II 177) Ps 150:5*



With re-sounding cymbals, * praise the Lord.
Psalms 148, 149, 150

Paschal season

Antiphon 3

E (AM-II 177)



Al-le-lu-ia, * alle-lu- ia, alle-lu- ia.

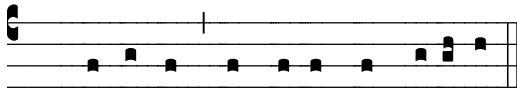
After the reading

Weeks I and III

℞ br. *Clamavi ad te (AM-II 177) Ps 142:6*



To you I cry, O Lord; * You are my re-fuge.



∇ My por-tion in the land of the liv-ing.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

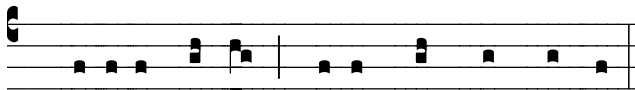
Or:

∇ Through the watches of the night, Lord, I muse on you.

℞ For you have been my strength.

Weeks II and IV

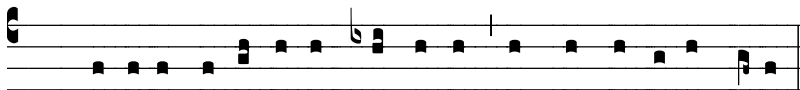
℞ br. *Exsultabunt* (AM-II 178) *Ps 71:23-24*



When I sing to you, * My lips shall shout with joy.



∇ My tongue shall tell the tale of your justice.



∇ Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

Or:

∇ At dawn, fill us with your merciful love.

℞ We shall exult and rejoice all our days.

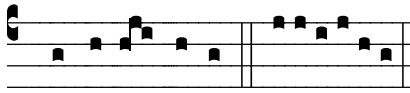
Benedictus

Weeks I and III

VIII g *Illuminare, Domine* (AM-II 178) *Luke 1:79*



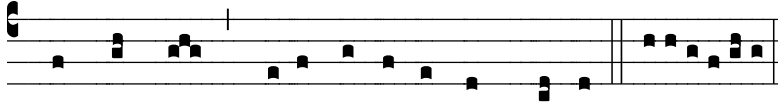
Shine, O Lord, * on those who dwell in darkness, and guide our feet into the way of peace,



God of Is- ra- el.

Weeks II and IV

I g *In viam pacis (AM-II 179) Luke 1:79*



Guide our feet * into the way of peace, O Lord.

Concluding prayer

Conclusion of the Hour, as in the Ordinary.

Minor Hours

Hymn as on Monday. Selections from psalms 1-2, 6-20, 119-128 are to be used according to a scheme approved by the Abbot. Antiphons and psalms are given below, at the end of the section on the week.

TERCE

After the short reading

Week I

☩ My God, teach me your paths.

☩ Guide me in your truth.

Week II

☩ The fear of the Lord is pure, abiding forever.

☩ The judgments of the Lord are true; they are, all of them, just.

Week III

☩ A sacrifice of praise gives me honor.

☩ And to one whose way is blameless, I will show the salvation of God.

Week IV

☩ Be still and know that I am God.

☩ Exalted over nations, exalted over earth.

Concluding prayer

SEXT

After the short reading

Week I

℣ From hidden faults acquit me, O Lord.

℟ And instruct your servant.

Week II

℣ Lord, teach me the way of your statutes.

℟ And I will keep them to the end.

Week III

℣ Oh, how good and pleasant it is, when brethren live in unity.

℟ For there the Lord bestows his blessing.

Week IV

℣ The Lord takes delight in his people.

℟ He crowns the poor with salvation.

Concluding prayer

NONES

After the short reading

Week I

℣ O Lord, how great are your works.

℟ How deep are your designs.

Week II

℣ Your decrees are my heritage for ever.

℟ The joy of my heart.

Week III

℣ I rejoice, O Lord, in the way of your precepts.

℟ I will not forget your word.

Week IV

☩ I will extol you, my God and king.

☩ And bless your name forever and ever.

Concluding prayer

PSALMS AT THE MINOR HOURS

Selections from psalms 1-2, 6-20, 119-128 are to be used according to a scheme approved by the Abbot.

In Sundays in the year or in paschal season, but not on weekdays of paschal season, the antiphons are alleluias, as above on Sunday.

On weekdays of the season of the year, the antiphons are those of the psalms.

In all other seasons, the antiphons are taken from the propers or the commons.

I d *In lege Domini (AM-II 183) Ps 1:2*



In the law * of the Lord * they de- light day and night.

Psalm 1 *Beatus vir qui non abiit*

- 1 Bléssed indéed is the mán *
who fóllows not the cóunsel of the wícked,
nor stánds in the páth with sínners, *
nor abídes in the cómpány of scórners,
- 2 but whose delíght is the láu of the LÓRD, *
and who pónders his láu day and níght.
- 3 Hé is like a trée that is planted
besíde the flówing wátters, *
that yíelds its frúit in due séason,
and whose léaves shall néver fáde; *
and áll that he dóes shall próspér.
- 4 Not só are the wícked, not só! *
For théy, like wínnowed cháff,
shall be dríven awáy by the wínd.
- 5 When the wícked are júdged they shall not ríse, *
nor shall sínners in the cóuncil of the júst;
- 6 for the LÓRD knows the wáy of the júst, *
but the wáy of the wícked will pérish.

VIII g *Servite Domino (AM-II 184) Ps 2:11*



Serve * the Lord with fear; with trembling pay him your homage.

Psalm 2 *Quare fremuerunt gentes?*

- 1 Why do the nátions conspíre, *
and the péoples plót in váin?
- 2 They aríse, the kíngs of the éarth; *
princes plót against the LÓRD and his Anóinted.
- 3 “Let us búrst asúnder their fétters. *
Let us cást off from ús their cháins.”

- 4 He who síts in the héavens láughs; *
the LÓRD derídes and mócks them.
- 5 Thén he will spéak in his ánger, *
his ráge will stríke them with térror.
- 6 “It is Í who have appóinted my kíng *
on Síon, my hóly móuntain.”

- 7 I will annóunce the decree of the LÓRD: *
The LORD sáid to me, “Yóu are my Són.
It is Í who have begóttén you this dáy.

- 8 Ásk of me and Í will gíve you
the nátions as yóur inhéritance, *
and the énds of the éarth as your posséssion.
- 9 With a ród of íron you will rúle them; *
like a pótter’s jár you will shátter them.”

- 10 So nów, O kíngs, understánd; *
take wárning, rúlers of the éarth.
- 11 Sérve the LÓRD with féar; *
exult with trémbling, páy him your hómage,
- 12 lest he be ángry and you pérish on the wáy, *
for súddenly his ánger will bláze.

Bléssed are áll * who trust in Gód!

IV e *Miserere mihi, Domini* (AM-II 185) *Ps* 6:3



Have mer-cy on me, Lord, * for I languish;



Lord, heal me; my bones are shak- ing.

Psalm 6 *Domine, ne in furore tuo*

1 *For the Choirmaster. With stringed instruments,
upon the Eighth Chord. A Psalm of David.*

2 O LÓRD, do not rebúke me in your ánger; *
repróve me nót in your ráge.

3 Have mércy on me, LÓRD, for I lánguish. *
LORD, héal me; my bónes are sháking,
4 and my sóul is gréatly sháken.

But yóu, O LÓRD, how lóng? †
5 Retúrn, LORD, réscue my sóul. *
Sáve me in your mérciful lóve.

6 For in déath there is nó remémbrance of yóu; *
from the gráve, whó can gíve you práise?

7 Í am exháusted with my gróaning; *
every níght I drench my béd with téars,
I bedéw my cóuch with wéeping.

8 My éyes waste awáy with gríef; *
I have grown óld surróunded by áll my fóes.

9 Léave me, áll who do évil, *
for the LÓRD héeds the sóund of my wéeping.

10 The LÓRD has héard my pléa; *
the LÓRD will recéive my práyer.

11 All my fóes will be shámed and gréatly sháken, *
súddenly pút to sháme.

I g *Domine, Deus meus (AM-II 186) Ps 7:2*



O Lord, * my God, I take re-fuge in you. *Do not repeat in psalm.*

VIII g *Deus iudex iustus (AM-II 186) Ps 7:12,11*



God is a just judge, * powerful and pa-tient every day.

Psalm 7 *Domine, Deus meus in te speravi*

1 *A Lament of David that he chanted to the Lord
on account of Cush, the Benjaminite.*

2 O LORD, my Gód, I take réfuge in yóu. *
Save and réscue me from áll my pursúers,

3 lest they téar me apárt like a líon, *

and drag me óff with nó one to réscue me.

- 4 If I have dóne this, O LÓRD, my Gód, †
5 if I have páid back évil for góod, *
I who sáved my unjúst oppréssor:
6 then let my fóe pursúe my soul and séize me; *
let him trámples my lífe to the gróund,
and láy my hónor in the dúst.
- 7 O LÓRD, rise úp in your ánger; *
be exálted against the fúry of my fóes.
Awáke, my Gód, to enáct *
the jústice you órdered.
- 8 Let the cómpany of péoples gather róund you, *
as you táke your seat abóve them on hígh.
- 9 The LÓRD is júdge of the péoples. †
Give júdgment for mé, O LÓRD, *
for I am júst and blámeless of héart.
- 10 Put an énd to the évil of the wícked! †
Make the júst man stand fírm; *
it is yóu who test mínd and héart,
O Gód of jústice!
- 11 Gód is a shíeld befóre me, *
who sáves the úpright of héart.
- 12 God is a júdge, just and pówerful and pátient, *
not éxercising ánger every dáy.
- 13 Against sómeone who does nó repént,
Gód will shárpen his swórd; *
he bénds his bów and makes réady.
- 14 For such a óne he prepáres deadly wéapons; *
he bárbs his árrows with fíre.
- 15 Here is óne who concéives iníquity; *
pregnant with málice, he gives bírth to lées.
- 16 He digs a pít and bóres it déep; *
and in the tráp he has máde he fálls.
- 17 His málice recóils on his héad; *
on his own skúll his víolence fálls.
- 18 I thánk the LÓRD for his jústice, *
singing to the náme of the LÓRD, the Most Hígh.

I g *Quam admirabile est* (AM-II 188) *Ps 8:2*



How ma- jes- ic is * your name, O Lord, through all the earth.

Psalm 8 *Domine, Dominus noster quam admirabile*

1 *For the Choirmaster. Upon the gittith. A Psalm of David.*

2 O LÓRD, our LÓRD, how majestic
is your náme through áll the éarth! *

Your májesty is sét above the héavens.

3 From the móuths of chÍldren and of babes †
you fáshioned praise to fóil your énemy, *
to sílence the fÓe and the rébel.

4 When I see the héavens, the wÓrk of your fÍngers, *
the móon and the stárs which you arráinged,

5 what is mán that you should kÉep him in mínd, *
the son of mán that you cáre for hÍm?

6 Yet you have máde him little lÓwer than the ángels; *
with glÓry and hÓnor you crÓwned him,

7 gave him pówer over the wÓrks of your hÁnds: *
you put áll things únder his féet,

8 Áll of them, shéep and óxen, *
yes, éven the cáttle of the fÍelds,

9 birds of the áir, and fÍsh of the séa *
that máke their wáy through the wÁters.

10 O LÓRD, our LÓRD, how majestic *
is your náme through áll the éarth!

V a *Exsurge, Domine (AM-II 189) Ps 9:20*



A-rise, O Lord, * let hu-man strength not pre- vail.

Psalm 9 *Confitebor tibi, Domine, in toto corde meo*

1 *For the Chorimaster. In the manner of a Chant*
Mut Labben. A Psalm of David.

2 I will práise you, LÓRD, with all my héart; *
all your wÓnders Í will conféss.

3 I will rejÓice in yÓu and be glád, *
and sing psálms to your náme, O Most HÍgh.

4 Sée how my énemies turn báck, *
how they stúmble and pérish befóre you.

5 You uphÉld the jústice of my cáuse; *
you sat enthronéd, an úpright júdge.

6 You have rebúked the nátions, destrÓyed the wÍcked; *
you have wÍped out their náme foréver and éver.

7 The fÓe is destrÓyed, etérnally rúined. *

You uprooted their cities; their memory has perished.

- 8 But the LÓRD sits enthroned forever; *
he has set up his throne for judgment.
- 9 He will judge the world with justice; *
he will govern the peoples with equity.
- 10 For the oppressed, the LÓRD will be a stronghold, *
a stronghold in times of distress.
- 11 Those who know your name will trust you; *
you will not forsake those who seek you, O LÓRD.
- 12 Sing psalms to the LÓRD who dwells in Sión. *
Tell his mighty works among the peoples,
- 13 for the Avenger of Blood has remembered them, *
has not forgotten the cry of the poor.
- 14 Have mercy on me, O LÓRD; *
see how I suffer from my foes,
you who raise me from the gates of death,
- 15 that I may recount all your praise
at the gates of daughter Sión, *
and rejoice in your salvation.
- 16 The nations have fallen in the pit which they made; *
their feet have been caught in the snare they laid.
- 17 The LÓRD has revealed himself; he has given judgment. *
The wicked are snared by the work of their hands.
- 18 Let the wicked go down to the grave, *
all the nations forgetful of God:
- 19 for the needy shall not always be forgotten, *
nor the hopes of the poor ever perish.
- 20 Arise, O LÓRD, let human strength not prevail! *
Let the nations be judged before you.
- 21 Strike them with terror, O LÓRD; *
let the nations know they are but men.

II d *Ut quid, Domine? (AM-II 190) Ps 10:1*



O Lord, why do you stand * a- far off? *Do not repeat in psalm.*

Psalm 10 (9:22-39) *Ut quid, Domine, recessisti longe?*

- 1 O LÓRD, why do you stand afar off, *
and hide yourself in times of distress?
- 2 The poor are devoured by the pride of the wicked; *
they are caught in the schemes that others have made.

- 3 For the wicked boasts of his soul's desires; *
the covetous blasphemes and spurns the LÓRD.
- 4 The wicked says in his pride, "Gód will not punish. *
There is no Gód." Such are his thoughts.
- 5 His páth is éver untróubled; †
your júdgments are on hígh, far remóved. *
All thóse who oppóse him, he derídes.
- 6 In his héart he thinks, "Néver shall I fálder; *
néver shall misfórtune be my lótt."
- 7 His móuth is full of cúrsing, guíle, oppréssion; *
únder his tóngue are decéit and évil.
- 8 He síts in ámbush in the víllages; *
in hidden pláces, he múrders the ínnocent.
- The éyes of the wícked keep wáttch for the hélpless. *
- 9 He lúrks in híding like a líon in his láir;
he lúrks in híding to séize the póor; *
he séizes the póor one and drágs him awáy.
- 10 He cróuches, préparing to spríng, *
and the hélpless fall préy to his stréngth.
- 11 He sáys in his héart, "God forgéts, *
he hides his fáce, néver will he sée."
- 12 Arise, O LÓRD; lift up your hánd, O Gód! *
Do nótt forgétt the póor!
- 13 Whý should the wícked spurn Gód, *
saying in his héart, "You will not cáll to accóunt"?
- 14 But you have séen the tróuble and sórrow. *
You nóte it; you táke it in your hánds.
The hélpless one relíes on yóu, *
for yóu are the hélper of the órphan.
- 15 Break the árm of the wícked and the sínner! *
Pursue their wíckedness till nóthing remáins!
- 16 The LORD is kíng foréver and éver. *
The nátions shall pérish from his lánd.
- 17 O LÓRD, you have héard the desíre of the póor. *
You stréngthen their héarts; you túrn your éar
- 18 to gíve right júdgment for the órphan and oppréssed, *
so that nó one on éarth may strike térror agáin.

VIII g *Dominus in templo* (AM-II 192) *Ps 11:4*



The Lord * is in his ho-ly temple; the throne of the Lord is in heaven.

Psalm 11 (10) *In Domino confido*

1 *For the Choirmaster. Of David.*

In the LÓRD I have táken réfuge. *
Hów can you sáy to my sóul,
“Flý like a bírd to the móuntain!

2 Look, the wícked are bénding their bów! †
They are fíxing their árrrow on the stríng, *
to shoot the úpright of héart in the dárk.

3 Foundátions ónce destróyed, *
whát can the júst man dó?”

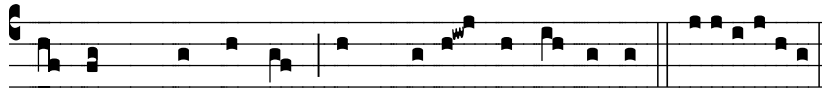
4 The LÓRD is in his hólý témples; *
the thróne of the LÓRD is in héaven.
His éyes behóld the wórld; *
his gáze probes the chíldren of mén.

5 The LORD inspécts the júst and the wícked; *
the lóver of víolence he hátes.

6 He sends fíre and brímstone on the wícked, *
a scorching wínd to fill their cúp.

7 For the LORD is júst and lóves deeds of jústice; *
the úpright shall behóld his fáce.

VIII g *Tu, Domine (AM-II 193) Ps 12:8*



O Lord, * keep us safe and pro-TECT us for- ev-er.

Psalm 12 (11) *Salvum me fac, Domine*

1 *For the Choirmaster. Upon the Eighth Chord.*
A Psalm of David.

2 Save me, O LÓRD, for the hólý ones áre no móre; *
the fáithful have vánished from the sóns of mén.

3 They bábble vánities, óne to anóther, *
with cúnning líps, with dívided héart.

4 May the LÓRD destróy all cúnning líps, *
the tóngue that útters bóastful wórds,

5 thóse who sáy, “We preváil with our tóngue; *
our líps are our ówn, whó is our máster?”

6 “For the póor who are opprésed and the néedy who gróan, †
nów will Í aríse,” sáys the LÓRD; *

“I will gránt them the salvátion for whích they lóng.”

7 The wórds of the LÓRD are wórds without álloy, *
síilver from the fúrnace, séven times refíned.

if ány seek Gód.

- 3 Áll have góne astráy,
depráved, every óne; *
there is nó one who dóes any góod;
nó, not even óne.
- 4 Do nóne of the évildoers únderstánd? *
They eat úp my péople as if éating bréad;
they néver call óut to the LÓRD.
- 5 Thére they shall trémble with féar, *
for Gód is with the generátion of the júst.
- 6 You may móck the pláns of one that is póor, *
but his réfuge is the LÓRD.
- 7 O that Ísrael's salvátion might cóme from Síon. *
When the LÓRD delívers his péople from bóndage,
then Jácob will be glád and Ísrael rejóice.

IV* *Qui non egit* (AM-II 196) Cf. *Ps 15:3,1*



Who- ev-er does not slander * with his tongue a-bides in the tent of God.

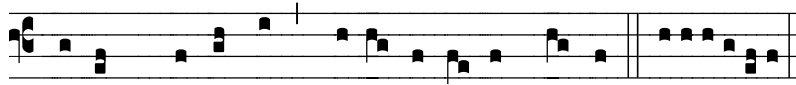
Psalm 15 (14) *Domine, quis habitabit?*

- 1 *A Psalm of David.*

LORD, whó may abíde in your tént, *
and dwéll on your hóly móuntain?
- 2 Whoéver wáiks without fáult; †
who dóes what is júst, *
and spéaks the trúth from his héart.
- 3 Whoéver does not slánder with his tóngue, †
who dóes no wróng to a néighbor, *
who cásts no slúr on a fríend,
- 4 who lóoks with scórn on the wícked, *
but hónors those who féar the LÓRD.

- 5 Who keeps an óath, whatever the cóst, *
who lénds no móney at ínterest,
and accépts no bríbés against the ínnocent. *
Such a óne shall néver be sháken.

II d *Conserve me, Domine* (AM-II 197) *Ps 16:1*



Pre-serve me, O God, * for in you I take re- fuge. *Do not repeat in psalm.*

Psalm 16 (15) *Conserve me, Domine*

1 A Miktam. *Of David.*

Presérve me, O GóD, for in yóu I take réfuge. *

2 I sáy to the LÓRD, “Yóu are my LÓRD.
My háppiness lées in yóu alóne.”

3 As for the hólly ones who dwéll in the lánd, *
they are nóble, and in thém is all my delíght.

4 Those who chóose other góds increáse their sórrows. †
I will nóttake párt in their ófferings of blóod. *
Nór will I táke their námes upon my líps.

5 O LÓRD, it is yóu who are my pórtion and cúp; *
yóu yoursélf who secúre my lót.

6 Pléasant pláces are márked out for mé: *
a pleasing héritage indéed is míne!

7 I will bléss the LÓRD who gíves me cóunsel, *
who éven at níght dirécts my héart.

8 I kéepthe LÓRD befóre me álways; *
with hím at my ríght hand, I shall nóttbe móved.

9 And so, my héart rejóices, my sóul is glád; *
éven my flésh shall rést in hópe.

10 For yóu will not abándon my sóul to héll, *
nor lét your hólly one sée corrúption.

11 You will shów me the páth of lífe, *
the fúllness of jóy in your présence,
at your ríght hand, blíss foréver.

VII c *Inclina, Domine* (AM-II 198) *Ps 17:6*



Turn your ear to me, * O God; hear my words.

Psalm 17 (16) *Exaudi, Domine, justitiam meam*

1 *A Prayer of David.*

O LÓRD, hear a cáuse that is júst; †
pay héed to my crý. *

Túrn your éar to my práyer:
no decéit is on my líps.

2 From yóu may my jústice come fóρθ. *
Your eyes discern what is úpright.

3 Search my héart and vísit me by níght. *
Test me by fíre, and you will fínd no wrong in mé.

4 My móuth does not transgréss as others dó; †
on accóunt of the wórds of your líps, *
I closely wátched the páths of the víolent.

5 I képt my steps fírmly in your páths. *
My féet have néver fálted.

6 To you I cáll; for you will súrely héed me, O Gód. *
Túrn your éar to me; héar my wórds.

7 Displáy your mérciful lóve. *
By your right hánd you delíver from their foes
those who pút their trúst in yóu.

8 Guárd me as the ápple of your éye. *
Híde me in the shádw of your wings
9 from the víolent attáck of the wícked.

My fóes encírcle me with déadly intént. *

10 Their héarts tight shút, their móuths speak próudly.
11 They advánce agáinst me, and nów they surróund me. *
Their éyes wátch to stríke me to the gróund.

12 Théy are like a líon réady to cláw, *
líke some young líon cróuched in híding.

13 Arise, O LÓRD, confrónt them, stríke them dówn! *
Let your swórd delíver my sóul from the wícked!

14 Let your hánd, O LÓRD, delíver me from thóse *
whose pórtion in this présent lífe is fléeting.

May you gíve them their fíll of your tréasures; *
may their óffspring rejóice in plénty,
and léave their wéalth to their chíldren.

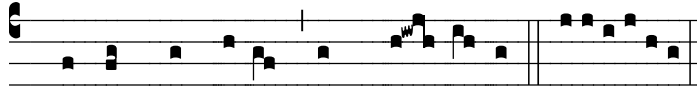
15 As for mé, in jústice I shall behóld your fáce; *
when I awáke I shall be fílléd with the vísion of your présence.

VI f *Diligam te* (AM-II 199) *Ps 18:2*



I love you, * Lord my strength. *Do not repeat in psalm.*

VIII g *Dominus firmamentum* (AM-II 199) *Ps 18:3*



The Lord * is my rock and my re- fuge.

Psalm 18 (17)

Part I (1-20) *Diligam te, Domine, fortitudo mea*

1 *For the Choirmaster. Of David, the servant of the Lord,
who spoke the words of this canticle to the Lord
when he had been freed from the power of all his enemies
and from the hand of Saul.*

2 *He said:*

I love you, LÓRD, my stréngth; *

3 O LORD, my róck, my fórtress, my sáviour;
my Gód, my róck where I take réfuge; *
my shíeld, my saving stréngth, my strónghold.

4 I cry óut, "Práised be the LÓRD!" *
and sée, I am sáved from my fóes.

5 The wáves of déath rose abóut me; *
the tórrents of destrúction assáiled me;
6 the snáres of the gráve surróunded me; *
the tráps of déath confrónted me.

7 In my ánguish I cálléd to the LÓRD; *
I críed to my Gód for hélp.
From his témphe he héárd my vóice; *
my crý to him réached his éars.

8 The éarth then réeled and rócked; *
the móuntains were sháken to their báse;
they quáked at his térrible ánger.

9 Smóke came fórtth from his nóstrils, †
and scórching fíre from his móuth; *
from hím were kíndled live cóals.

10 He bént the héavens and came dówn, *
a black clóud was únder his féet.

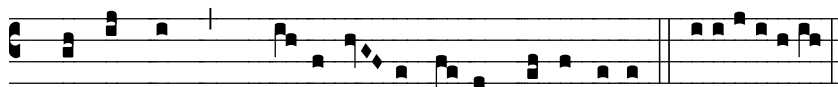
- 11 On a chérub, he róde and he fléw; *
he sóared on the wíngs of the wínd.
- 12 He máde the dárkness his cóvering, *
the dark wáters of the clóuds, his tént.
- 13 A bríghtness shóne out befóre him, *
with háilstones and fláshes of fíre.
- 14 The LÓRD then thúndered in the héavens; *
the Most Hígh let his vóice be héard,
with háil and cóals of fíre.
- 15 He shot his árrrows, scátttered the fóe, *
flashed his líghtnings, and pút them to flíght.
- 16 The béd of the ócean was revéaled; †
the foundátions of the wórld were laid bare *
at yóur rebúke, O LÓRD,
at the blást of the bréath of your nóstrils.
- 17 From on hígh he reached dówn and séized me; *
he drew me fóρθ from the míghty wáters.
- 18 He sáved me from my pówerful fóe, *
from my énemies, whose stréngth I could not mách.
- 19 They assáiled me in the dáy of my misfórtune, *
but the LÓRD was my stróng suppórt.
- 20 He brought me óut to a pláce of fréedom; *
he sáved me becáuse he lóved me.

I g *Factus est adiutor* (AM-II 200) Cf. *Ps 18:7*



You have come * to my help, O my God.

VII c2 *Vivit Dominus* (AM-II 200) *Ps 18:47*



The Lord lives! * Blessed is the God of my salva-tion.

Psalm 18 (17)

Part II (21-50) *Et retribuet mihi*

- 21 The LORD rewárded me becáuse I was júst, *
repáid me, for my hánds were cléan,
- 22 for I have képt the wáys of the LÓRD, *
and have not fállen awáy from my Gód.

- 23 For his júdgments are áll befóre me; *
his commánds I have nót cast asíde.
- 24 Í have been blámeless befóre him; *
I have képt mysélf from guílt.
- 25 The LÓRD repáid me becáuse I was júst, *
and my hánds were cléan in his éyes.
- 26 With the fáithful you shów yourself fáithful; *
with the blámeless you shów yourself blámeless.
- 27 With the sincére you shów yourself sincére, *
but the cúnning you outdó in shréwdness;
- 28 for you sáve a lówly péople, *
but bring lów the éyes that are próud.
- 29 It is yóu who give líght to my lámp; *
the LÓRD my God líghtens my dárkness.
- 30 With yóu I can bréak through a bárrier, *
with my Gód I can scále a wáll.
- 31 As for Gód, his wáy is blámeless; †
the wórd of the LÓRD is púre. *
Hé indéed is the shield
of áll who trúst in hím.
- 32 For whó is Gód but the LÓRD? *
Whó is a róck but our Gód?
- 33 It is Gód who gírds me with stréngth, *
and kéeps my páth free of bláme.
- 34 My féet he makes swíft as the déer's; *
he has máde me stand fírm on the héights.
- 35 He has tráined my hánds for báttle, *
and my árms to bénd the bronze bów.
- 36 You gáve me your sáving shíeld; *
with your right hánd, you gáve me suppórt;
you bent dówn to máke me gréat.
- 37 You léngthened my stéps benéath me; *
and my féet have néver slípped.
- 38 I pursúed and overtóok my fóes, *
néver turning báck till they were sláin.
- 39 I strúck them so they cóuld not ríse; *
they féll benéath my féet.
- 40 You gírded me with stréngth for báttle; *
you made my énemies fáll benéath me.
- 41 You máde my fóes take flíght; *
those who háted me Í destróyed.
- 42 They cried óut, but there was nó one to sáve them, *
cried to the LÓRD, but he díd not ánswer.
- 43 I crúshed them fine as dúst before the wínd, *

trod them dówn like dírt in the stréets.

44 From the féuds of the péople you delívered me, *
and pút me at the héad of the nátions.

Péople unknówn to me sérvéd me; *
45 when they héárd of me, théy obéyed me.

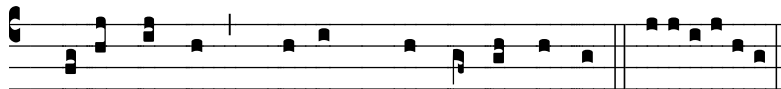
Foreign nátions cáme to me crínging; †
46 foreign nátions fádéd awáy. *
Trémbling, they came fóρθ from their stróngholds.

47 The LORD líves, and blést be my Róck! *
May the Gód of my salvátion be exálted,
48 the Gód who gíves me redrés *
and subdúes the péoples únder me.

49 You sáved me from my fúrious fóes; †
you sét me abóve my assáilants; *
you sáved me from the víolent mán.
50 So I will práise you, LÓRD, among the nátions; *
to your náme will I síng a psálm.

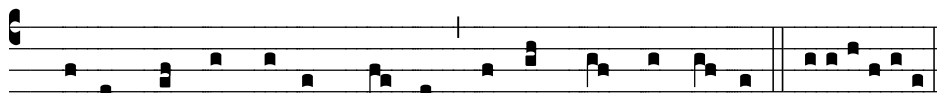
51 The LORD gíves great víctories to his kíng, *
and shows mérciful lóve for his anóinted,
for Dávid and his séed foréver.

VIII g *Opera manuum* (AM-II 204) *Ps 19:1*



The fir-ma-ment * proclaims the work of his hands.

IV* e *Præceptum Domini* (AM-II 204) *Ps 19:9*



The command of the Lord * is clear; it gives light to the eyes.

Psalm 19 (18) *Caeli enarrant gloriam Dei*

[Psalm 18A *Caeli enarrant gloriam Dei*]

1 *For the Choirmaster. A Psalm of David.*

2 The héavens decláre the glóry of Gód, *
and the fírmament procláims the wórk of his hánds.

3 Dáy unto dáy convéys the méssage, *
and níght unto níght impárts the knówledge.

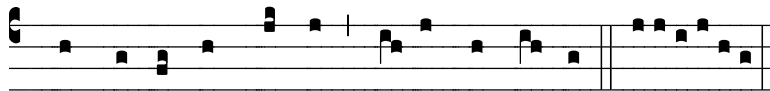
4 No spéech, no wórd, whose vóice goes unhéeded; †

- 5 their sound goes forth through all the earth, *
their message to the utmost bounds of the world.
- 6 There he has placed a tent for the sun; *
it comes forth like a bridegroom coming from his tent,
rejoices like a champion to run his course.
- 7 At one end of the heavens is the rising of the sun; †
to its furthest end it runs its course. *
There is nothing concealed from its burning heat.

[Psalm 18B *Lex Domini*]

- 8 The law of the LÓRD is perfect;
it revives the soul. *
The decrees of the LÓRD are steadfast;
they give wisdom to the simple.
- 9 The precepts of the LÓRD are right;
they gladden the heart. *
The command of the LÓRD is clear;
it gives light to the eyes.
- 10 The fear of the LÓRD is pure,
abiding forever. *
The judgments of the LÓRD are true;
they are, all of them, just.
- 11 They are more to be desired than gold,
than quantities of gold. *
And sweeter are they than honey,
than honey flowing from the comb.
- 12 So in them your servant finds instruction; *
great reward is in their keeping.
- 13 But who can detect their own errors? *
From hidden faults acquit me.
- 14 From presumption restrain your servant; †
may it not rule me. *
Then shall I be blameless,
clean from grave sin.
- 15 May the spoken words of my mouth,
the thoughts of my heart, *
win favor in your sight, O LÓRD,
my rock and my redeemer!

VIII g *Exaudiat te Dominus* (AM-II 206) *Ps 20:2*

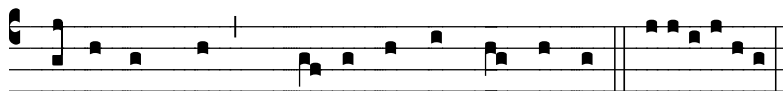


May the Lord answer you * in time of trial. *Do not repeat in psalm.*

Psalm 20 (19) *Exaudiat te Dominus*

- 1 *For the Choirmaster. A Psalm of David.*
- 2 May the LORD answer you in time of trial; *
may the name of Jacob's God protect you.
- 3 May he send you help from the holy place, *
and give you support from Sion.
- 4 May he remember all your offerings, *
and receive your sacrifice with favor.
- 5 May he give you your heart's desire, *
and fulfill every one of your plans.
- 6 May we ring out our joy at your victory, †
and raise banners in the name of our God. *
May the LORD grant all your prayers.
- 7 Now I know the LORD saves his anointed, *
and answers from his holy heaven
with the mighty victory of his hand.
- 8 Some put their trust in chariots or horses, *
but we in the name of the LORD, our God.
- 9 They will collapse and fall, *
but we shall rise up and hold firm.
- 10 Grant salvation to the king, O LORD, *
give answer on the day we call.

VIII g *Beati qui ambulat* (AM-II 207) *Ps 119:1*



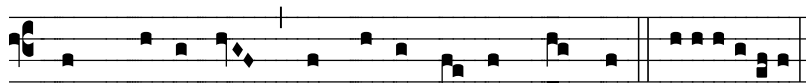
Blessed are those * who walk in your law, O Lord.

VIII g *Beati, qui scrutantur* (AM-II 207) *Ps 119:2*



Blessed are those * who keep his decrees.

II d *Deduc me* (AM-II 207) *Ps 119:35*



Guide me, O Lord, * in the path of your commands.

VII a *In verbum tuum* (AM-II 207) *Ps 119:81*



I hope * in your word, O Lord.

VIII g *Adiuva me* (AM-II 208) *Ps 119:117*



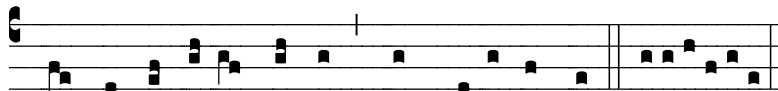
Bear me up * and I shall be saved, O Lord.

VIII g *Aspice in me* (AM-II 208) *Ps 119:132*



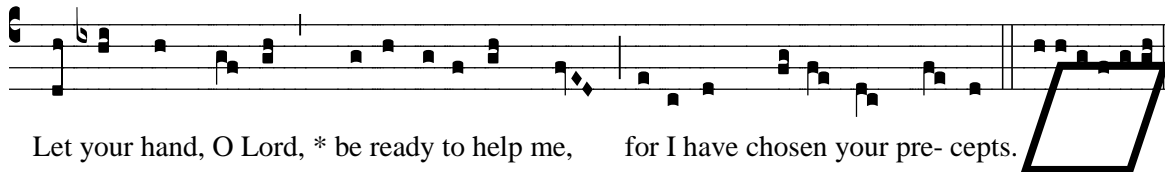
Turn to me * in mer-cy, O Lord.

IV *Vide humilitatem* (AM-II 208) *Ps 119:153*



See my affliction, O Lord, * and de-liv-er me.

I a *Fiat manus tua* (AM-II 208) *Ps 119:173*



Let your hand, O Lord, * be ready to help me, for I have chosen your pre- cepts.

Psalm 119 (118):1–8 *Beati immaculati in via*
Aleph

- 1 Blessed are those whose way is blameless, *
who walk in the law of the LÓRD!
- 2 Blessed are those who keep his decrees! *
With all their hearts they seek him.
- 3 They never do anything evil, *

- but wálk in his wáys.
 4 Yóu have láid down your précepts *
 to be cárefully képt.
- 5 Máy my wáys be fírm *
 in kéeping your státutes.
- 6 Thén I shall nótt be put to sháme *
 as I obsérve all your commánds.
- 7 I will thánk you with an úpright héart, *
 as I léarn your just júdgments.
- 8 Í will kéep your státutes; *
 do not éver forsáke me.

Psalm 119 (118):9–16 *In quo corrigit adolescentior viam suam?*
Beth

- 9 How shall a yóuth remain púre on his wáy? *
 By obéying your wórd.
- 10 I have sóught you with áll my héart; *
 let me not stráy from your commánds.
- 11 I tréasure your wórd in my héart, *
 lest I sín agáinst you.
- 12 Blést are yóu, O LÓRD; *
 téach me your státutes.
- 13 With my líps have Í recóunted *
 all the decrées of your móuth.
- 14 I rejóice in the wáy of your précepts, *
 as though all ríches were míne.
- 15 Í will pónder your précepts, *
 and consíder your páths.
- 16 I táke delíght in your státutes; *
 I will nótt forget your wórd.

Psalm 119 (118):17–24 *Retribuere servo tuo, vivificat me*
Gimel

- 17 Deal bóuntifully wíth your sérvant, *
 that I may líve and keep your wórd.
- 18 Ópen my éyes, that I may sée *
 the wónders of your lów.
- 19 Í am a pílgrim in the lánd; *
 híde not your commánds from mé.
- 20 My sóul is consúmed with lónging *
 at all tímes for yóur decrées.
- 21 You thréaten the próud, the accúrsed, *
 who stráy from your commánds.
- 22 Frée me from scórn and contémp, *

for I observe your decrees.

- 23 Though princes sit plotting against me, *
your servant ponders your statutes.
24 See, your decrees are my delight; *
your statutes are my counselors.

Psalm 119 (118):25–32 *Adhaesit pavimento anima mea*
Daleth

- 25 My soul holds fast to the dust; *
revive me by your word.
26 I declared my ways and you answered me; *
teach me your statutes.
27 Make me grasp the way of your precepts, *
and I will ponder your wonders.
28 My soul pines away with grief; *
by your word raise me up.
29 Keep me from the way of falsehood; *
grant me mercy by your law.
30 I have chosen the way of faithfulness; *
your decrees I have upheld.
31 I cling to your decrees, O LORD; *
let me not be put to shame.
32 I will run the way of your commands; *
you open wide my heart.

Psalm 119 (118):33–40 *Legem pone mihi, Domine*
He

- 33 LORD, teach me the way of your statutes, *
and I will keep them to the end.
34 Grant me insight that I may keep your law, *
and observe it wholeheartedly.
35 Guide me in the path of your commands, *
for in them is my delight.
36 Bend my heart to your decrees, *
and not to wrongful gain.
37 Turn my eyes from gazing on vanities; *
in your way, give me life.
38 Fulfill your promise to your servant, *
that you may be revered.
39 Turn away the taunts I dread, *
for your decrees are good.
40 See, I long for your precepts; *
give me life by your justice.

Psalm 119 (118):41–48 *Et veniat super me misericordia tua*

Vau

- 41 LÓRD, let your mércy come upón me, *
the salvátion you have prómised.
- 42 I shall ánswer thóse who táunt me, *
for I trúst in your wórd.
- 43 Never táke the word of trúth from my móuth, *
for I hópe in your decreés.
- 44 I shall álways kéept your lów, *
foréver and éver.
- 45 I shall wálk on a spácious pláin, *
for I séek your précepts.
- 46 I will spéak of your decreés before kíngs, *
and nót be abáshed.
- 47 In your commánds I have fóund my delíght; *
thése I have lóved.
- 48 I reach óut to your commánds, which I lóve, *
and pónder your státutes.

Psalm 119 (118):49–56 *Memor esto verbi tui servo tuo*

Zayin

- 49 Reméber your wórd to your sérvant, *
by which you máde me hópe.
- 50 Thís is my cómfort in sórrow: *
that your prómise gives me lífe.
- 51 Though the pród may útterly deríde me, *
I do not túrn from your lów.
- 52 When I reméber your júdgments of óld, *
thése, O LORD, consóle me.
- 53 I am séized with indignátion at the wícked *
who forsáke your lów.
- 54 Your státutes have becóme my sóng *
wheréver I dwéll.
- 55 I reméber your náme in the níghttime, *
and I kéept your lów.
- 56 Thís has béen my lót, *
for I have kéept your précepts.

Psalm 119 (118):57–64 *Portio mea, Domine*

Heth

- 57 I have sáid, “O LÓRD, my pórtion *
is to obéy your wórds.”
- 58 With all my héart I implóre your fávor; *
as with your prómise, have mércy.

- 59 Í have póndered my wáys, *
and turned my stéps to your decreés.
- 60 I made háste; I did nót deláy *
to obéy your commánds.
- 61 Though the néts of the wícked ensnáre me, *
your lów I did nót forgét.
- 62 At mídnight I will ríse and thánk you *
for your júst decreés.
- 63 I am a fríend of áll who revére you, *
who kéeep your précepts.
- 64 O LORD, your mérciful lóve fills the éarth. *
Téach me your státutes.

Psalm 119 (118):65–72 *Bonitatem fecisti cum servo tuo*
Teth

- 65 O LÓRD, you have been góod to your sérvant, *
accórding to your wórd.
- 66 Téach me good júdgment and knówledge, *
for I trúst in your commánds.
- 67 Befóre I was húmbled, I stráyed, *
but nów I keep your wórd.
- 68 You are góod, and you dó what is góod; *
téach me your státutes.
- 69 The árrogant sméar me with lées; *
with all my héart I keep your précepts.
- 70 Their héart is déense like fát, *
but your lów is my delíght.
- 71 It was góod for mé to be húmbled, *
that I might léarn your státutes.
- 72 The lów from your móuth means móre to me *
than large quántities of sílver and góld.

Psalm 119 (118):73–80 *Manus tuae fecerunt me*
Yod

- 73 It was your hánds that máde me and sháped me; *
grant me ínsight to léarn your commánds.
- 74 Those who revére you sée me and rejóice, *
for I trúst in your wórd.
- 75 O LORD, I knów that your decreés are ríght; *
though I am húmbled, you are júst.
- 76 Let your mérciful lóve consóle me *
by your prómise to your sérvant.
- 77 Show me compásson, that Í may líve, *

- for your l aw is my del ight.
- 78 Let the  arrogant be shamed who deflect me with lies; *
as for m e, I will ponder your precepts.
- 79 Let those who fear you turn to m e, *
that they may know your decrees.
- 80 Let my heart be blameless in your statutes, *
that I may not be put to shame.

Psalm 119 (118):81–88 *Defecit in salutare tuum anima mea*
Caph

- 81 My soul yearns for your salvation; *
I hope in your word.
- 82 My eyes yearn to see your promise. *
I ask, “When will you comfort me?”
- 83 I am like a wineskin shriveled by smoke, *
yet I remember your statutes.
- 84 How long must your servant endure? *
When will you bring judgment on my foes?
- 85 For me the proud have dug pitfalls; *
they defy your law.
- 86 Your commands are all true; then help me *
when lies oppress me.
- 87 They have almost made an end of me on earth, *
yet I forsake not your precepts.
- 88 In your merciful love, give me life; *
I will obey the decrees of your lips.

Psalm 119 (118):89–96 *In aeternum, Domine*
Lamed

- 89 Forever is your word, O LORD, *
standing firm in the heavens.
- 90 From age to age is your truth; *
like the earth, it stands firm.
- 91 Your judgments endure to this day, *
for all things are your servants.
- 92 Had your law not been my delight, *
I would have died in my affliction.
- 93 I will never forget your precepts, *
for with them you give me life.
- 94 Save me, I am yours, *
for I seek your precepts.
- 95 Though the wicked lie in wait to destroy me, *
yet I ponder your decrees.
- 96 I have seen that all perfection has an end, *

but your commánd is bóundless.

Psalm 119 (118):97–104 *Quomodo dilexi legem tuam, Domine!*
Mem

- 97 O LÓRD, how I love your lów: *
my meditátion all the dáy!
- 98 Your commánd makes me wíser than my fóes, *
for it is wíth me álways.
- 99 I have more ínsight than áll who téach me, *
for I pónder your decreés.
- 100 I have gáined more understánding than my élders, *
for I kéeep your précepts.
- 101 I keep my féet from évery evil páth, *
to obéy your wórd.
- 102 I have nót turned awáy from your decreés, *
which you yoursélf have táught me.
- 103 How swéet is your prómise to my tóngue, *
more than hóney in the móuth.
- 104 I gáin understánding from your précepts, *
and so I háte all false wáys.

Psalm 119 (118):105–112 *Lucerna pedibus meis verbum tuum*
Nun

- 105 Your wórd is a lámp for my féet, *
and a líght for my páth.
- 106 I have swórn an óath and affírmed it, *
to obéy your just júdgments.
- 107 I am déeplý afflícted, O LÓRD; *
by your wórd, give me lífe.
- 108 Accépt, LORD, my fréely offered hómage, *
and téach me your decreés.
- 109 My lífe is in my hánds at all tímes; *
I do nót forget your lów.
- 110 For me the wícked have sét a snáre; *
yet I do not stráy from your précepts.
- 111 Your decreés are my héritage foréver, *
the jóy of my héart.
- 112 I inclíne my heart to cárry out your státutes *
foréver, to the énd.

Psalm 119 (118):113–120 *Iniquos odio habui*
Samech

- 113 I detest thóse with a dívided héart, *
but I love your lów.

- 114 Yóu are my híding place, my shíeld; *
I hópe in your wórd.
- 115 Depárt from me, yóu who do évil; *
I will kéeep my God's commánds.
- 116 Uphóld me by your prómise; I shall líve. *
Let my hópes not be in váin.
- 117 Bear me úp and Í shall be sáved, *
and ever múse on your státutes.
- 118 You spúrn all who stráy from your státutes; *
their cúnning is in váin.
- 119 You regárd the wícked like dróss, *
so I lóve your decreés.
- 120 My flesh trémbles in térror befóre you; *
I féar your júdgments.

Psalm 119 (118):121–128 *Feci iudicium et justitiam*
Ayin

- 121 I have dóne what is júst and ríght; *
do not léave me to my fóes.
- 122 Guarántée the well-béing of your sérvant; *
let not the próud opprés me.
- 123 My eyes grow wéary as I wáitch for your salvátion, *
and for your prómise of jústice.
- 124 Treat your sérvant with mérciful lóve, *
and téach me your státutes.
- 125 I am your sérvant; gíve me understánding: *
then I shall knów your decreés.
- 126 It is tíme for the LÓRD to áct, *
for your lów has been bróken.
- 127 That is why I lóve your commánds *
more than fínest góld,
- 128 why I rúle my lífe by your précepts, *
and háte false wáys.

Psalm 119 (118):129–136 *Mirabilia testimonia tua*
Pe

- 129 Your decreés are wónderful indéed; *
therefore my sóul obéys them.
- 130 The unfólding of your wórd gives líght, *
and understánding to the símples.
- 131 I have ópened my móuth and I sígh, *
for I yéarn for your commánds.
- 132 Túrn and have mércy on mé, *
as is your rúle for those who lóve your náme.

- 133 Let my stéps be guíded by your prómise; *
 may évil never rúle me.
- 134 Redéem me from mán's oppréssion, *
 and I will kéeep your précepts.
- 135 Let your fáce shine fóρθ on your sérvant, *
 and téach me your DECREES.
- 136 My éyes shed stréams of téars, *
 because of thóse who have not képt your lÁw.

Psalm 119 (118):137–144 *Justus es, Domine*
Tsade

- 137 Yóu are júst, O LÓRD; *
 your júdgments are úpright.
- 138 You have impósed your DECREES with jústice, *
 and with útter fidélity.
- 139 Í am consúmed with zéal, *
 for my fóes forget your wórd.
- 140 Your prómise has been thóroughly tésted, *
 and it is chérished by your sérvant.
- 141 Although Í am yóung and despísed, *
 I do nóт forget your précepts.
- 142 Your jústice is jústice foréver, *
 and your lÁw is trúth.
- 143 Though ánguish and distréss have fóund me, *
 your commÁnds are my delíght.
- 144 Your DECREES are foréver júst; *
 give me ínsight, and Í shall líve.

Psalm 119 (118):145–152 *Clamavi in toto corde meo*
Koph

- 145 I cáll with all my héart; LORD, ánswer me. *
 I will obsérve your státutes.
- 146 I cáll upón you; sÁve me, *
 and I will kéeep your DECREES.
- 147 I ríse before dáwn and cry for hélp; *
 I have hóped in your wórd.
- 148 My éyes awÁken before dáwn, *
 to pónder your prómise.
- 149 In your mércy, héar my voice, O LÓRD; *
 give me lífe by your DECREES.
- 150 Those who pursúe me with malíce draw néar; *
 they are fÁr from your lÁw.
- 151 But yóu, O LÓRD, are clóse; *

- all your commánds are trúth.
152 From of óld I have knówn that your decreés *
are estáblished foréver.

Psalm 119 (118):153–160 *Vide humilitatem*
Resh

- 153 Sée my afflíction and delíver me, *
for I do nót forget your lów.
154 Uphóld my cáuse and defénd me; *
by your prómise, give me lífe.
155 Salvátion is fár from the wícked, *
who are héedless of your státutes.
156 Númerless, LÓRD, are your mércies; *
in your jústice, give me lífe.
157 Though my fóes and oppréssors are cóuntless, *
I have not swérvéd from your decreés.
158 I lóok at the fáithless with disgúst; *
they have not képt your wórd.
159 See how I lóve your précepts, O LÓRD! *
In your mércy, give me lífe.
160 Trúth is the súm of your wórd; *
all your just júdgments are etérnal.

Psalm 119 (118):161–168 *Principes persecuti sunt me gratis*
Shin

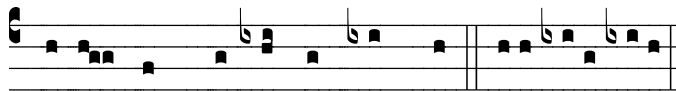
- 161 Though prínces oppréss me without cáuse, *
my heart revéres your wórd.
162 Í rejóice at your prómise, *
like one who fínds a great tréasure.
163 Fálsehood I háte and detést, *
but I lóve your lów.
164 Séven times a dáy I práise you *
for your júst decreés.
165 The lóvers of your lów have great péace; *
no stúmbing block for thém.
166 I awáit your salvátion, O LÓRD; *
I fulfill your commánds.
167 My sóul obéys your decreés, *
and lóves them déarly.
168 I obéy your précepts and decreés; *
all my wáys are befóre you.

Psalm 119 (118):169–176 *Appropinquet deprecatio mea*

Tau

- 169 Let my cry come before you, O LÓRD; *
give me insight by your word.
- 170 Let my pleading come before you; *
rescue me according to your promise.
- 171 My lips shall proclaim your praise, *
because you teach me your statutes.
- 172 My tongue will sing of your promise, *
for your commands are just.
- 173 Let your hand be ready to help me, *
for I have chosen your precepts.
- 174 I have longed for your salvation, O LÓRD, *
and your law is my delight.
- 175 My soul shall live and praise you. *
Your judgments give me help.
- 176 I have strayed like a sheep; seek your servant, *
for I do not forget your commands.

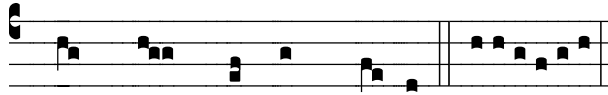
E *Clamavi (AM-II 220) Ps 120:1*



I call, * and the Lord answers me.

- 1 *A Song of Ascents.*
- To the LÓRD in the hour of my distress *
I call—and he answers me.
- 2 “O LÓRD, save my soul from lying lips, *
from the tongue of the deceitful.”
- 3 What should he give you, what repay you, *
O deceitful tongue?
- 4 The warrior’s arrows sharpened, *
with red-hot coals from the broom tree!
- 5 Alas, that I live in Méshech, *
dwell among the tents of Kédar!
- 6 I have had enough of dwelling *
with those who hate peace.
- 7 I am for peace, but when I speak, *
they are for war.

I a *Unde veniet (AM-II 220) Ps 121:1*



From where * shall come my help?

Psalm 121 (120) *Levavi oculos meos in montes*

1 *A Song of Ascents.*

I líft up my éyes to the móuntains; *
from whére shall come my hélp?

2 My hélp shall cóme from the LÓRD, *
who made héaven and éarth.

3 He will kéeep your fóot from stúmbling. *
Your guárd will never slúmber.

4 NÓ, he sléeps not nor slúmbers, *
Ísrael's guárd.

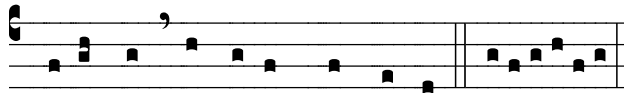
5 The LORD your guárd, the LÓRD your sháde *
at yóur right hánd.

6 By dáy the sún shall not smíte you, *
nor the móon in the níght.

7 The LÓRD will guárd you from évil; *
he will guárd your sóul.

8 The LORD will guárd your góing and cóming, *
both nów and foréver.

II* g *In domum (AM-II 221) Ps 122:1*



Let us go * to the house of the Lord.

Psalm 122 (121) *Laetatus sum in his quae dicta sunt mihi*

1 *A Song of Ascents. Of David.*

I rejóiced when they sáid to mé, *
“Let us gó to the hóuse of the LÓRD.”

2 And nów our féet are stánding *
withín your gátes, O Jerúsalem.

3 Jerúsalem is buílt as a cíty *
bonded as óne togéther. *

4 It is thére that the tríbes go úp, *
the tríbes of the LÓRD.

- For Ísrael's witness it is *
to praise the name of the LÓRD.
- 5 There were set the thrones for judgment, *
the thrones of the house of Dávid.
- 6 For the peace of Jerúsalem pray, *
"May they prosper, those who love you."
- 7 May peace abide in your walls, *
and security be in your towers.
- 8 For the sake of my family and friends, *
let me say, "Peace upon you."
- 9 For the sake of the house of the LÓRD, our Gód, *
I will seek good things for you.

VIII g *Qui habitas* (AM-II 222) *Ps 123:1,2*



You who dwell * in the heavens, show us your mercy.

Psalm 123 (122) *Ad te levavi oculos meos*

- 1 *A Song of Ascents.*
- To you have I lifted up my eyes, *
you who dwell in the heavens.
- 2 Behold, like the eyes of slaves
on the hand of their lords, *
like the eyes of a servant
on the hand of her mistress,
so our eyes are on the LÓRD our Gód, *
till he show us his mercy.
- 3 Have mercy on us, LÓRD, have mercy. *
We are filled with contempt.
- 4 Indeed, all too full is our soul
with the scorn of the arrogant, *
the disdain of the proud.

I g *Adiutorium nostrum* (AM-II 223) *Ps 124:8*



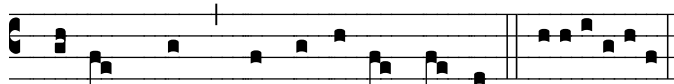
Our help * is in the name of the Lord.

Psalm 124 (123) *Nisi quia Dominus erat in nobis*

- 1 *A Song of Ascents. Of David.*

- “If the LÓRD had not béen on our síde,” *
 let Ísrael sáy—
- 2 “If the LÓRD had not béen on our síde *
 when péople rose agáinst us,
 3 thén would they have swállowed us alíve *
 when their ánger was kíndled.
- 4 Thén would the wáters have engúlfed us, *
 the tórrént gone óver us;
 5 óver our héad would have swépt *
 the ráging wáters.”
- 6 Blést be the LÓRD who did not gíve us *
 a préy to their téeth!
 7 Our lífe, like a bírd, has escáped *
 from the snáre of the fówler.
- Indéed, the snáre has been bróken, *
 and wé have escáped.
- 8 Our hélp is in the náme of the LÓRD, *
 who made héaven and éarth.

V a *Benefac, Domine (AM-II 224) Ps 125:4*



Do good, Lord, * to the upright of heart.

Psalm 125 (124) *Qui confidunt in Domino*

- 1 *A Song of Ascents.*
- Thóse who put their trúst in the LÓRD *
 are like Mount Síon, that cánnót be sháken,
 that stánds foréver.
- 2 Jerúsalem! The móuntains surróund her; *
 so the LÓRD surróunds his péople,
 both nów and foréver.
- 3 For the scépter of the wícked shall not rest
 over the lánd allótted to the júst, *
 for féar that the hánds of the just
 should túrn to évil.
- 4 Do góod, LORD, to thóse who are góod, *
 to the úpright of héart;
 5 but thóse who túrn to crooked wáys— †
 the LÓRD will drive awáy with the wícked! *
 On Ísrael, péace!

I a *Facti sumus* (AM-II 224) *Ps 126:1*



We thought * we were dreaming.

Psalm 126 (125) *In convertendo Dominus captivitatem Sion*

1 *A Song of Ascents.*

When the LÓRD brought back the éxiles of Síon, *
we thóught we were dréaming.

2 Thén was our móuth filled with láughter; *
on our tóngues, songs of jóy.

Then the nátions themselves sáid, “What great déeds *
the LÓRD worked for thém!”

3 What great déeds the LÓRD worked for ús! *
Indéed, we were glád.

4 Bring báck our éxiles, O LÓRD, *
as stréams in the sóuth.

5 Thóse who are sówing in téars *
will síng when they réap.

6 They go óut, they go óut, full of téars, *
bearing séed for the sówing;
they come báck, they come báck with a sóng, *
béaring their shéaves.

I g *Nisi tu, Domine* (AM-II 225) *Ps 127:1*



If you, Lord, * do not guard us, in vain our eyes stay a-wake.

Psalm 127 (126) *Nisi Dominus ædificaverit domum*

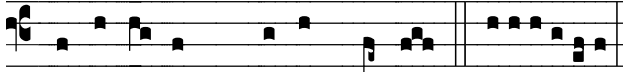
1 *A Song of Ascents. Of Solomon.*

If the LÓRD does not buíld the hóuse, *
in váin do its buílders lábor;
if the LÓRD does not guárd the cíty, *
in váin does the guárd keep wách.

2 In váin is your éarlier rísing, *
your góing láter to rést,
you who tóil for the bréad you éat, *
when he pours gifts on his belóved while they slúmber.

- 3 Yes, children are a gift from the LÓRD, *
a bléssing, the frúit of the wómb.
- 4 Indéed, the sóns of yóuth *
are like árróws in the hánd of a wárrior.
- 5 Bléssed ís the wárrior *
who has fílléd his quíver with these árróws!
He will háve no cáuse for sháme, *
when he dispútes with his fóes in the gáteways.

II d *Beati omnes* (AM-II 226) *Ps 128:1*



Blessed are all * who fear the Lord. *Do not repeat in psalm.*

Psalm 128 (127) *Beati omnes qui timent Dominum*

- 1 *A Song of Ascents.*
- Blessed are áll who féar the LÓRD, *
and wálk in his wáys!
- 2 By the lábor of your hánds you shall éat. *
You will be bléssed and próspér.
- 3 Your wífe like a frúitful vine
in the héart of your hóuse; *
your chýldren like shóots of the olive
aróund your táble.
- 4 Indéed thus sháll be bléssed *
the man who féars the LÓRD.
- 5 May the LÓRD bléss you from Sión. *
May you sée Jerúsalem prosper
all the dáys of your lífe!
- 6 May you sée your chýldren's chýldren. *
On Ísrael, péace!

COMPLINE

Hymn

Hymn Te lucis ante terminum, *AM-II 228 and LH p. 241.*

Or, as desired:

Hymn Christe, qui splendor, *AM-II 228 and LH p. 243.*

Other melodies, according to the grade of celebration and for various seasons, are found in Liber hymnarius (pp. 241-244).

Psalmody

The following three psalms are sung straight through without antiphons.

Psalm 4 *Cum invocarem exaudivit me*

- 1 *For the Choirmaster. With stringed instruments.
A Psalm of David.*
- 2 I called, the Gód of jústice gave me ánsver; *
from ánguish you reléased me, have mércy and héar me!
- 3 Children of mán, how lóng will my glóry be dishónored, *
will you lóve what is fútile and séek what is fálse?
- 4 Knów that the LÓRD works wónders for his fáithful one; *
the LÓRD will héar me whenever I cáll him.
- 5 Tremble, do not sín: pónder on your béd and be stíll. *
- 6 Óffer right sácrafice, and trúst in the LÓRD.
- 7 “What can bríng us háppiness?” mány sáy. *
Lift up the líght of your fáce on ús, O LÓRD.
- 8 You have pút into my héart a gréater jój *
than abúndance of gráin and new wíne can províde.
- 9 In péace I will lie dówn and fáll asléep, *
for yóu alone, O LÓRD, make me dwéll in sáfety.

Psalm 91 (90) *Qui habitat in adjutorio Altissimi*

- 1 He who dwélls in the shéltér of the Most Hígh, *
and abídes in the sháde of the Almíghty,
- 2 sáys to the LÓRD, “My réfuge, *
my stróngthold, my Gód in whom I trúst!”
- 3 He will frée you from the snáre of the fówler, *
from the destrúctive plágue;
- 4 hé will concéal you with his pínions, †

and únder his wíngs you will find réfuge. *
His fáithfulness is búckler and shíeld.

- 5 You will not féar the térror of the níght, *
nor the árrow that flíes by dáy,
6 nor the plágue that prówls in the dárkness, *
nor the scóurge that lays wáste at nóon.
- 7 A thóusand may fáll at your síde, †
ten thóusand fáll at your ríght: *
yóu it will néver appróach.
- 8 Your éyes have ónly to lóok *
to sée how the wícked are repáid.
- 9 For yóu, O LÓRD, are my réfuge. *
You have máde the Most Hígh your dwélling.
- 10 Upon yóu no évil shall fáll, *
no plágue appróach your tént.
- 11 For yóu has he commáded his ángels *
to kéepp you in áll your wáys.
- 12 They shall béar you upón their hánds, *
lest you stríke your fóot against a stóne.
- 13 On the líon and the víper you will tréad, *
and trámples the young líon and the sérpent.
- 14 Since he clíngs to me in lóve, I will frée him, *
protéct him, for he knóws my náme.
- 15 When he cálls on mé, I will ánsWER him; *
I will bé with hím in distréss;
I will delíver him, and gíve him glóry.
- 16 With léngth of dáys I will contént him; *
I will shów him my sáving pówer.

Psalm 134 (133) *Ecce nunc benedicite Dominum*

- 1 *A Song of Ascents.*
O cóme, bléss the LÓRD, *
áll you sérvants of the LÓRD,
who stánd by níght in the courts *
of the hóuse of the LÓRD.
- 2 Lift up your hánds to the hóly pláce, *
and bléss the LÓRD.
- 3 May the LÓRD bléss you from Síon, *
he who máde both héaven and éarth.

After the short reading

℣. Guard me, O Lord, as the apple of your eye. (*T.P. Alleluia.*)

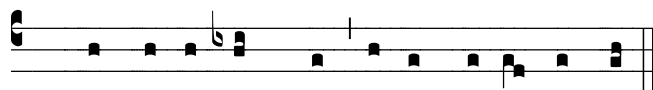
℟. Hide me in the shadow of your wings. (*T.P. Alleluia.*)

In place of the versicle above, the short responsary In manus tuas and the cancticle Nunc dimittis may be sung.

℟. br. *In manus tuas* (AM-II 231) *Ps 31:6*



Into your hands, O Lord, * I commend my spi-rit.



℣. You will re- deem me, O Lord, O faithful God.



℣. Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi-rit.

Advent

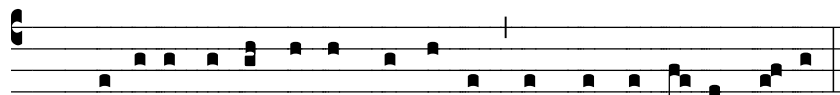
℟. br. *In manus tuas* (AM-II 231) *Ps 31:6*



Into your hands, O Lord, * I commend my spi-rit.



℣. You will re- deem me, O Lord, O faithful God.



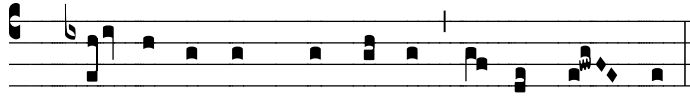
℣. Glo-ry to the Fa-ther, and to the Son, and to the Ho- ly Spi- rit.

Lent

℞. br. *In manus tuas* (AM-II 232) *Ps 31:6*



Into your hands, O Lord, * I commend my spi- rit.



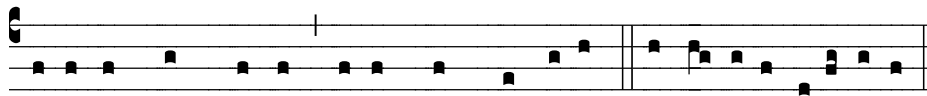
∇. You will re- deem me, O Lord, O faithful God.



∇. Glo- ry to the Fa- ther, and to the Son, and to the Ho- ly Spi- rit.

Paschal season

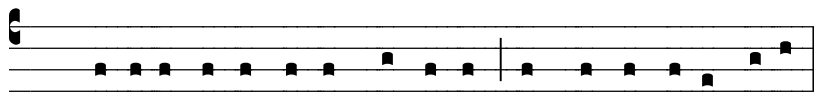
℞. br. *In manus tuas* (AM-II 232) *Ps 31:6*



Into your hands, O Lord, I commend my spi-rit, ℞. Al- le- lu- ia, alle- lu- ia.



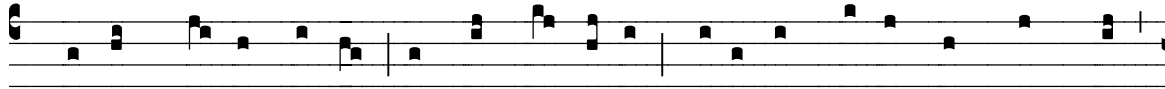
∇. You will re- deem me, O Lord, O faithful God.



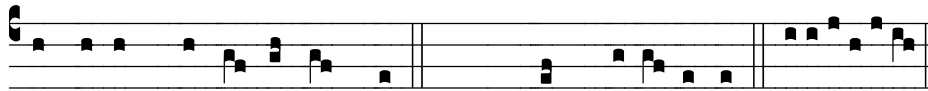
∇. Glo- ry to the Fa- ther, and to the Son, and to the Ho- ly Spi- rit.

Then

III a *Salva nos, Domine* (AM-II 233)



Guide us * wak- ing, O Lord, and guard us sleeping, that a-wake we may watch with Christ,



and asleep we may rest in † peace. *T.P.* † peace, alle- lu- ia.

Nunc dimittis (Luke 2:29-32)

Lord, now you let your servant go in peace; *
your word has been fulfilled:
my own eyes have seen the salvation *
which you have prepared in the sight of every people:
a light to reveal you to the nations *
and the glory of your people Israel.
Add Gloria Patri and repeat the antiphon.

Concluding prayer

Conclusion of the Hour, as in the Ordinary.

OFFICE OF THE DEAD
OUTSIDE OF PASCHAL SEASON

MORNING LAUDS

Hymn

Hymn Spes, Christe, AM-II 237 and LH p. 330.

Psalmody

Psalm 67 is sung straight through without antiphon.

Antiphon 1

I f *Exsultabunt Domino (AM-II 239) Ps 51:10*



May the bones the Lord * has crushed ex- ult.
Psalm 51.

Antiphon 2

VII c tr *Me suscepit (AM-II 239) Ps 18:36*



Your right hand * supports me, O Lord.
Psalm 63.

Antiphon 3

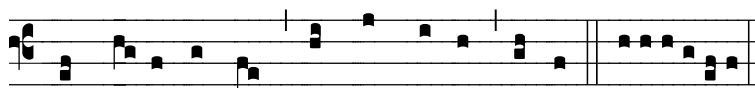
VIII g *Exaudi, Domine (AM-II 239) Cf. Ps 65:3*



Hear my prayer, * O Lord; to you all flesh comes.
Psalm 65.

Antiphon 4

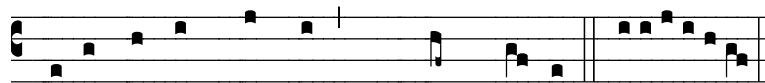
II d *A porta inferi (AM-II 240)*



At the gate of hell * raise up my soul, O Lord.
Canticle of Hezekiah (Is 38).

Antiphon 5

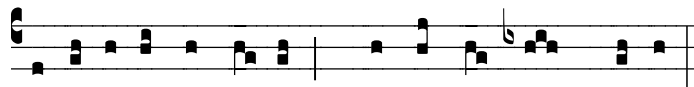
VII a *Omni spiritus* (AM-II 240) *Ps 150:6*



Let every-thing that breathes * praise the Lord.
Psalms 148, 149, 150.

After the reading

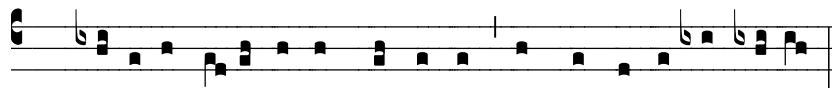
℞ br. *Exaltabo te* (AM-III 284) *Ps 30:1,12*



I will extol you, O Lord, * For you have raised me up.



℣. You have changed my mourning into dancing.



℣. Glo-ry to the Father, and to the Son, and to the Ho-ly Spi-rit.

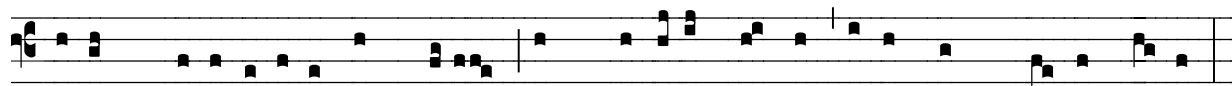
Or:

℣. At the gate of hell.

℞. Raise up my soul, O Lord.

Benedictus

II d *Ego sum resurrectio* (AM-II 241) *John 11:25-26*



I am * the re-surrection and the life. Those who be-lieve in me, ev-en though they die, will live,

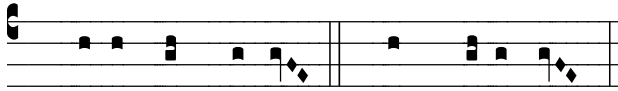


and eve-ry-one who be-lieves in me will nev-er die.

Concluding prayer

[Any of the collects appointed for the dead may be used.]

Dismissal:



∇. Let us bless the Lord. ☩. Thanks be to God.

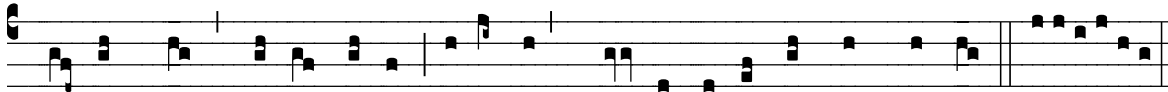
TERCE

Hymn

Hymn Qui lacrimatus, AM-II 242 and LH p. 333.

Psalmody

VIII g *Convertere, Domine (AM-II 243) Ps 6:4,5*



Re- turn, Lord, * rescue my soul, for in death there is no re-membrance of you.
Psalm of the current weekday.

∇. Why are you cast down, my soul; why groan within me?
☩. Hope in God; I will praise him yet again.

Prayer as at Morning Lauds.

SEXT

Hymn

Hymn Qui petivisti, AM-II 244 and LH p. 333.

Psalmody

II d *Sana, Domine (AM-II 245) Ps 41:5*



Heal my soul, * for I have sinned a-against you.
Psalm of the current weekday.

∇ In the valley of the shadow of death, no evil would I fear.
✠ For you, O Lord, are with me.

Prayer as at Morning Lauds.

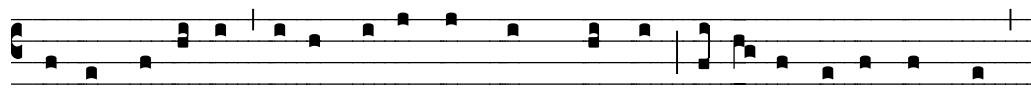
NONES

Hymn

Hymn Qui, moriens, AM-II 245 and LH p. 333.

Psalmody

II* a *Sicut Pater (AM-II 247) John 5:21*



Just as the Father * raises the dead and gives them life, so al-so the Son gives life



to whom-ev-er he wishes.

Psalm of the current weekday.

∇ To you, O God, that hear prayer.
✠ Shall all flesh come.

Prayer as at Morning Lauds.

VESPERS

Hymn

Hymn Immensae rex, AM-II 247 and LH p. 334.

Psalmody

Antiphon 1

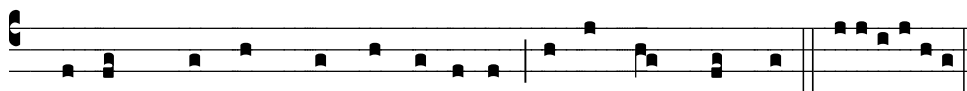
III b *Placebo Domino (AM-II 249) Ps 116:9*



I will walk in the presence of the Lord, * in the land of the liv- ing.
Psalm 116.

Antiphon 2

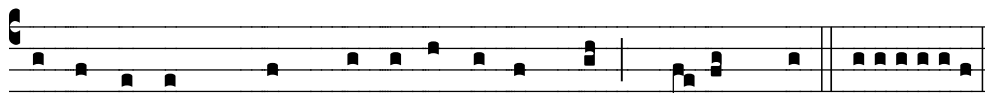
VIII g *Dominus, custodit te* (AM-II 249) *Ps 121:7*



The Lord * will guard you from all ev-il; he will guard your soul.
Psalm 121.

Antiphon 3

D f *Si iniquitates* (AM-II 250) *Ps 130:3*



If you, O Lord, * should mark i- in-qui-ties, Lord, who could stand ?
Psalm 130.

Antiphon 4

II d *Sana, Domine* (AM-II 245) *Ps 138:8*



O Lord, * discard not the work of your hands.
Psalm 138.

After the reading

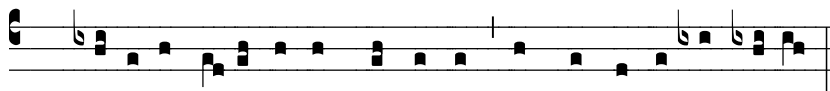
℞ br. *In te, Domine* (AM-III 250) *Ps 71:1; 31:7*



In you, O Lord, I take re- fuge, * Let me nev-er be put to shame.



℣. Let me be glad and re-joice in your mer-cy.



℣. Glo-ry to the Father, and to the Son, and to the Ho- ly Spi- rit.

Or:

℣ I heard a voice from heaven saying.

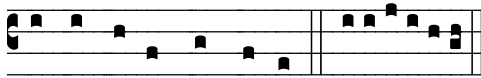
℞ Blessed are the dead who from now on die in the Lord.

Magnificat

VII c *Omne quod dat mihi* (AM-II 251) *John 6:37*



Eve-rything * that the Father gives me will come to me, and any- one who comes to me

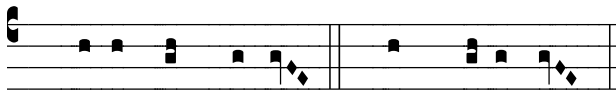


I will never drive away.

Concluding prayer

[Any of the collects appointed for the dead may be used.]

Dismissal:



℣. Let us bless the Lord. ℟. Thanks be to God.

At Compline, all as in the Ordinary, with the Marian antiphon of the dead.

PASCHAL SEASON

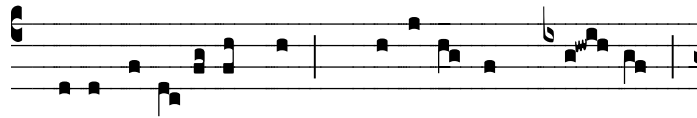
All as above, except:

MORNING LAUDS

Psalmody

Antiphon 1

I f *Amen amen dico vobis* (AM-II 252) *John 8:51*



Ve-ry tru-ly, I tell you, * who- ever keeps my word

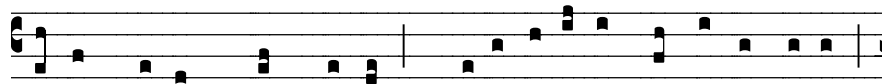


will nev-er taste death, al-le- lu-ia.

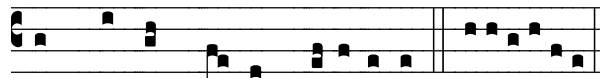
Psalm 51.

Antiphon 2

VIII g *Ego sum ostium* (AM-II 252) *John 10:9*



I am the gate, * says the Lord. Who- ev-er enters by me will be saved,

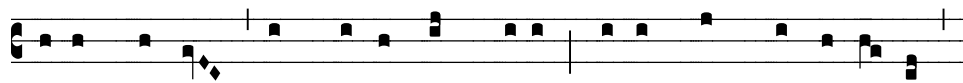


and will find pas-ture, alle-lu- ia.

Psalm 63.

Antiphon 3

VIII c *Ego sum via* (AM-II 253) *John 14:6*



I am the way, * and the truth, and the life. No one comes to the Fa-ther



except through me, alle-lu- ia.

Psalm 65.

Antiphon 4

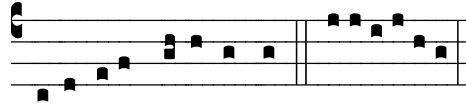
With the Canticle of Hezekiah (Is 38) sing the antiphon of the current feria in paschal season.

Antiphon 5

VIII g *Tristitia vestra vertetur* (AM-II 253) *John 16:20,22*



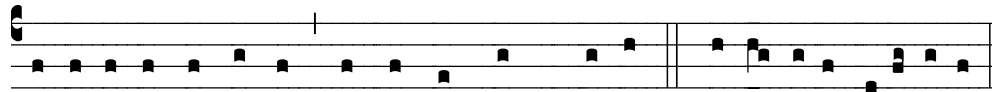
Your pain * will turn in-to joy, and no one will take your joy from you,



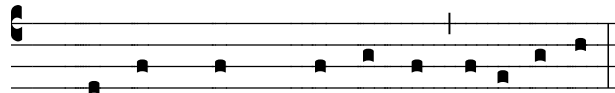
alle-lu-ia, alle-lu-ia.
Psalms 148, 149, 150.

After the reading

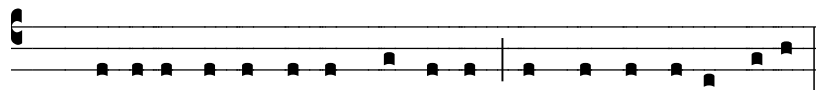
℣ br. *Exaltabo te* (AM-II 253) *Ps 30:1,12*



I will extol you, O Lord, for you have raised me up, ℣ Alle- lu- ia, alle-lu-ia.



℣ You have changed my mourning into dancing.



℣ Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi-rit.

Or:

℣ Christ being raised from the dead will never die again, alleluia.

℣ Death no longer has dominion over him, alleluia.

Benedictus

II d *Audivi vocem* (AM-II 254) *Rev 10:4; 14:13*



I heard a voice * from heaven say- ing: Blessed are the dead



who from now on die in the Lord, alle- lu-ia.

Concluding prayer

[Any of the collects appointed for the dead may be used.]

At the minor hours, add Alleluia at the end of versicles; for musical reasons, do not add it at the end of antiphons.

VESPERS

Psalmody

Antiphon 1

II d *Crucem sanctam* (AM-II 255)



He bore the ho-ly cross * who broke the power of hell; gird-ed with power,



he rose a-gain on the third day, al-le- lu-ia.
Psalm 115.

Antiphon 2

VIII g *Ego sum panis . . . dicit* (AM-II 255) *John 6:51*



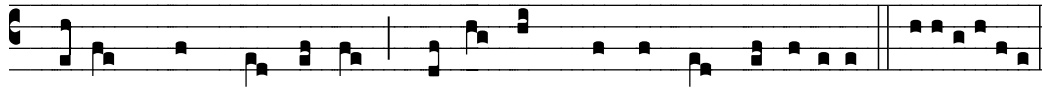
I am the liv-ing bread, * says the Lord, that came down from hea- ven,



alle-lu- ia, alle-lu- ia.
Psalm 121.

Antiphon 3

VIII g *Sustinuit anima mea* (AM-II 255) *Ps 130:4-5*



My soul * hopes for the Lord; my soul longs for his word, al-le-lu-ia.
Psalm 130.

Antiphon 4

VIII g *Oportebat* (AM-II 256) *Luke 24:46*



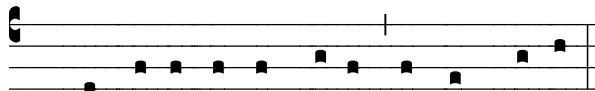
The Messi- ah * is to suf-fer and to rise from the dead, alle-lu-ia.
Psalm 138.

After the reading

℣. br. *In te, Domine, speravi* (AM-II 256) *Ps 71:1; 31:7*



In you, O Lord, I take re-fuge, * Let me nev-er be put to shame, ℣. Alle- lu-ia, alle-lu-ia.



℣. Let me be glad and re-joice in your mercy.



℣. Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi-rit.

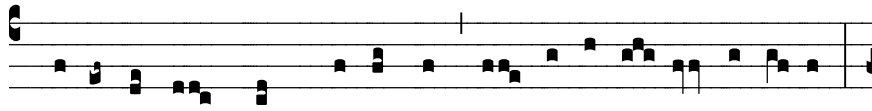
Or:

℣. Christ being raised from the dead will never die again, alleluia.

℣. Death no longer has dominion over him, alleluia.

Magnificat

VI f *Non turbetur* (AM-II 257) *John 14:1,27*



Do not let your * hearts be troubled, and do not let them be a-fraid.



Be- lieve in God, be-lieve al- so in me. In my Father's house



there are ma-ny dwell-ing plac- es, alle- lu- ia, alle-lu- ia.

Concluding prayer

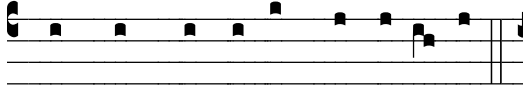
[Any of the collects appointed for the dead may be used.]

APPENDIX

PSALM 136

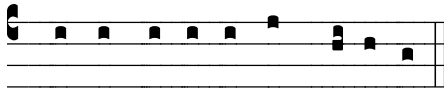
When desired, Psalm 136 may be sung in the responsorial style. If so, the cantor does not give the intonation formula at the first verse, and the antiphon before and after the psalm is omitted.

Cantor



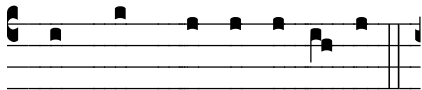
Give thanks to the Lord, for he is good,

People



℟ℵ For his mercy endures for-ev-er.

Cantor



Give thanks to the God of gods,

People



℟ℵ For his mercy endures for ev-er.

Glory to the Father, and to the Son, and to the Holy Spirit.

℟ℵ For his mercy endures for ev-er.

As it was in the beginning, is now, and will be for ever.

℟ℵ For his mercy endures for ev-er.

CANTICLES FROM THE NEW TESTAMENT

In some places, a canticle from the New Testament is sung at Vespers.

SUNDAY AT I VESPERS

If *Humiliavit* (AM-II 293) *Phil 2:8,9*



The Lord Je-sus * humbled him-self, and therefore God



has highly ex-alt-ed him for ev-er.

Or:

If *Dedit illi Dominus* (AM-II 293) *Wis 10:14; Sirach 15:6*



The Lord gave them * ev-er-last-ing hon-or, and they will in-her-it



an ev-er-last-ing name.

Christus Iesus, *Phil 2:6-11*

Though he was in the form of God, *

Jesus did not deem equality with God something to be grasped at.

Rather, he emptied himself and took the form of a slave, *

being born in the likeness of men.

He was known to be of human estate, †

and it was thus that he humbled himself, *

obediently accepting even death, death on a cross!

Because of this, God highly exalted him *

and bestowed on him the name above every other name,

So that at Jesus' name every knee must bend *

in the heavens, on the earth, and under the earth,

and every tongue proclaim to the glory of God the Father: *

Jesus Christ is Lord!

SUNDAY AT II VESPERS

Except in Lent

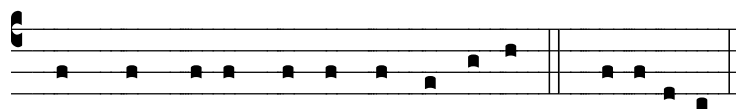
VI *Salus et gloria (AM-II 294) Rev 19:1-7*



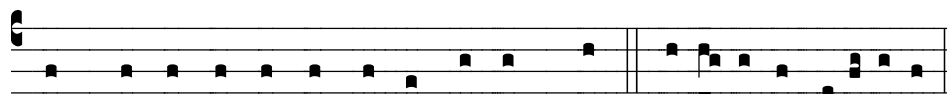
∇ Salvation, glory, and power to our God, R∇ Alle-lu-ia.



∇ His judgments are honest and true, R∇ Alle- lu- ia, alle-lu-ia.



∇ Sing praise to our God, all you his servants, R∇ Alle-lu-ia.



∇ All who worship him reverently, great and small, R∇ Alle- lu- ia, alle-lu-ia.



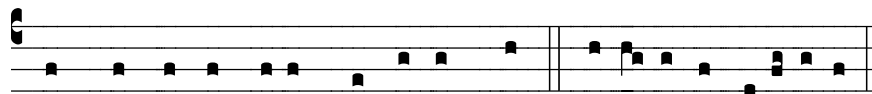
∇ The Lord our all-powerful God is King, R∇ Alle-lu-ia.



∇ Let us rejoice, sing praise, and give him glo- ry, R∇ Alle- lu- ia, alle-lu-ia.



∇ The wedding feast of the Lamb has begun, R∇ Alle-lu-ia.



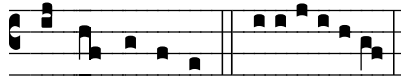
∇ And his bride is prepared to welcome him, R∇ Alle- lu- ia, alle-lu-ia.

In Lent

VII a *Ecce ascendimus* (AM-II 295) *Matt 20:18-19*



See, we are go- ing up * to Je- ru- sa- lem, and the Son of Man will be handed ov-er



to be cru-ci-fied.

Salus et gloria, Rev 19:1-7

Salvation, glory, and power to our God: *
his judgments are honest and true.
Sing praise to our God, all you his servants, *
all who worship him reverently, great and small.
The Lord our all-powerful God is King; *
Let us rejoice, sing praise, and give him glory,
The wedding feast of the Lamb has begun, *
and his bride is prepared to welcome him.

MONDAY

V a *In Filio suo* (AM-II 296) *Eph 1:4-5*



God chose us * in his Son for a-dop-tion as his children.

Or:

VII a *Elegit nos* (AM-II 296) *Eph 1:4*



God chose us in Christ * be-fore the world be-gan to be ho- ly



and blame-less in his sight.

Benedictus Deus, Eph 1:3-10

Praised be the God and Father of our Lord Jesus Christ, *
who has bestowed on us in Christ
every spiritual blessing in the heavens.

God chose us in him before the world began *
to be holy and blameless in his sight.

He predestined us to be his adopted sons through Jesus Christ, *
such was his will and pleasure,
that all might praise the glorious favor *
he has bestowed on us in his beloved.

In him and through his blood, we have been redeemed, *
and our sins forgiven,
so immeasurably generous *
is God's favor to us.

God has given us the wisdom
to understand fully the mystery, *
the plan he was pleased to decree in Christ.

A plan to be carried out in Christ, *
in the fullness of time,
to bring all things into one in him, *
in the heavens and on earth.

TUESDAY

IV* e *Dignus es, Domine* (AM-II 297) Rev 4:11



Splendor and ho-nor * and roy-al pow-er are yours by right, O God Most High.

Or:

VIII g *Dignus es Agnus* (AM-II 298) Rev 5:12,9



Worthy is the Lamb * who was slain for us and rose a-gain



to take the scroll and op-en its seals.

Dignus es, Rev 4:11; 5:9-10,13

O Lord our God, you are worthy *
to receive glory and honor and power.

For you have created all things; *
by your will they came to be and were made.

Worthy are you, O Lord, *
to receive the scroll and break open its seals.

For you were slain; *
with your blood you purchased for God
men of every race and tongue, *
of every people and nation.

You made of them a kingdom,
and priests to serve our God, *
and they shall reign on the earth.

Worthy is the Lamb that was slain *
to receive power and riches,
wisdom and strength, *
honor and glory and praise.

WEDNESDAY

If *Gratias agamus* (AM-II 299) *Col 1:12*



Let us give * thanks to the Fa- ther, for hav- ing made you worthy



to share the lot of the saints in light.

Or:

IV* e *Candor est* (AM-II 299) *Wis 7:26*



She is a reflec-tion * of light e-ter-nal, a mir-ror with- out a spot.

Gratias agamus, Col 1:12-20

Let us give thanks to the Father *
for having made you worthy
to share the lot of the saints in light.

He rescued us from the power of darkness *
and brought us into the kingdom of his beloved Son.
Through him we have redemption, *
the forgiveness of our sins.

He is the image of the invisible God, *
the first-born of all creatures.
In him everything in heaven and on earth was created, *
things visible and invisible.

All were created through him; *
all were created for him.
He is before all else that is. *
In him everything continues in being.

It is he who is head of the body, the church! *
he who is the beginning,
the first-born of the dead, *
so that primacy may be his in everything.

It pleased God to make absolute fullness reside in him *
and, by means of him, to reconcile everything in his person,
both on earth and in the heavens, *
making peace through the blood of his cross.

THURSDAY

III a *Reddet Deus* (AM-II 300) *Wis 10:17*



She gave * to ho-ly people the re-ward of their la-bors;



she guided them a- long a mar-ve-lous way.

Or:

VIII c *Nunc facta est* (AM-II 300) *Rev 12:10*



Now have come * salva- tion and the reign of our God.

Gratias agimus, *Rev 11:17-18; 12:10b-12a*

We praise you, the Lord God Almighty, *
who is and who was.

You have assumed your great power, *
you have begun your reign.

The nations have raged in anger, *
but then came your day of wrath
and the moment to judge the dead:
The time to reward your servants the prophets *
and the holy ones who revere you,
the great and the small alike.

Now have salvation and power come, *
the reign of our God and the authority
of his Anointed One.

For the accuser of our brothers is cast out, *
who night and day accused them before God.

They defeated him by the blood of the Lamb †
and by the word of their testimony; *
love for life did not deter them from death.
So rejoice, you heavens, *
and you that dwell therein!

FRIDAY

VIII g *Magna et mirabilia* (AM-II 301) *Rev 15:3*



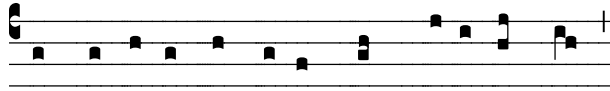
Mighty * and wonderful are your works, Lord God Almighty!



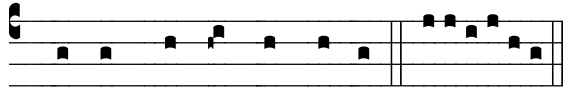
Right-eous and true are your ways, O King of the na- tions. *Do not repeat in canticle.*

Or:

VIII g *In consilio iustorum* (AM-II 302) *Ps 111:1-2*



In the meeting of the just * and the assembly,



great are the works of the Lord!

Magna et mirabilia, *Rev 15:3-4*

Mighty and wonderful are your works, *
Lord God Almighty!
Righteous and true are your ways, *
O King of the nations!

Who would dare refuse you honor, *
or the glory due your name, O Lord?

Since you alone are holy, †
all nations shall come
and worship in your presence. *
Your mighty deeds are clearly seen.

PASCHAL SEASON AT MORNING LAUDS

In place of Psalms 51 and 118, sing Psalms 93 and 100.

Psalm 93 (92) *Dominus regnavit, decorem indutus est*

- 1 The LORD is kÍng, with májesty enróbed. †
The LORD has róbed himsélF with míght; *
he has gÍrded himsélF with pówer.

The wórld you made fÍrm, not to be móved; †
- 2 your thróne has stood fÍrm from of óld. *
From all etérnity, O LÓRD, you áre.
- 3 The flóods have lífted up, O LÓRD, †
the flóods have lífted up their vóice; *
the flóods have lífted up their thúnder.
- 4 Gréater than the róar of mighty wátters, †
more glórious than the súrgings of the séa, *
the LÓRD is glórious on hígh.
- 5 Trúly your DECREES are to be trústed. *
Hóliness is fÍtting to your hóuse,
O LÓRD, until the énd of tíme.

Psalm 100 (99) *Jubilate Deo, omnis terra*

- 1 *A Psalm of Thanksgiving.*

Cry out with jÓy to the LÓRD, all the éarth. *
- 2 SÉRVE the LÓRD with gládness.
Come befóre him, sínging for jÓy.
- 3 Know that hé, the LÓRD, is Gód. *
He máde us; we belÓng to hÍm.
We are his péople, the shéep of his flóck.
- 4 Énter his gátes with thanksgÍving †
and his cóurts with sÓngs of práise. *
Give thánks to him, and bléss his náme.
- 5 Indéed, how gÓod is the LÓRD, †
etérnal his mérciful lÓve. *
He is fáithful from áge to áge.

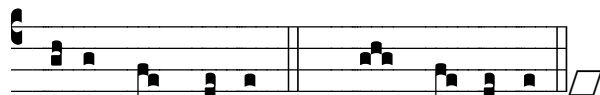
DISMISSALS IN ORDINARY TIME

Sundays at Lauds and Vespers



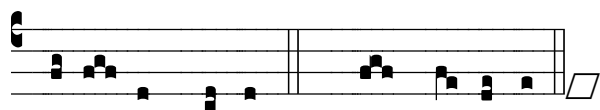
Let us bless the Lord. *R.* Thanks be to God.

Weekdays at Lauds



Let us bless the Lord. *R.* Thanks be to God.

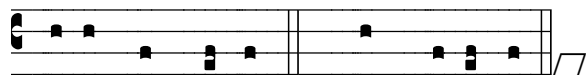
Weekdays at Vespers



Let us bless the Lord. *R.* Thanks be to God.

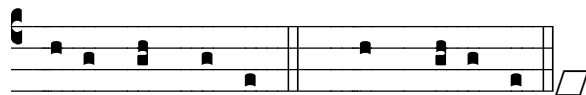
Minor Hours

Weekday Tone



Let us bless the Lord. *R.* Thanks be to God.

Festal Tone



Let us bless the Lord. *R.* Thanks be to God.

OTHER PSALMS

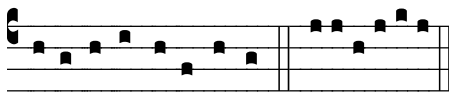
2010 Revised Grail Psalms
Antiphons from 1981 *Psalterium Monasticum* (PM)

VIGIL

VIII c *Ego dormivi* (PM 28, Sunday: Vigil, Introduction) *Ps 3:6*



I lie down, * I sleep, and I wake, for the Lord upholds me,



alle-lu-ia, alle-lu-ia.

VI f *Exsurge, Domine* (PM 28, Sunday: Vigil, Introduction) *Ps 3:7*



A-rise, Lord; * save me, my God.

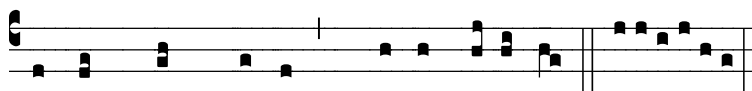
Psalm 3 *Domine, quid multiplicati?*

1 *A Psalm of David as he is fleeing from his son Absalom.*

- 2 How mány are my fóes, O LÓRD! *
How mány are rísing up agáinst me!
- 3 How mány are sáying abóut me, *
“There is no hélp for hím in Gód.”
- 4 But yóu, LORD, are a shíeld abóut me, *
my glóry, who líft up my héad.
- 5 I crý alóud to the LÓRD. *
From his hóly móuntain he ánsvers me.
- 6 I lie dówn, I sléep and I wáke, *
for the LÓRD uphólds me.
- 7 I will not féar even thóusands of people *
who are rángeD on every síde agáinst me.

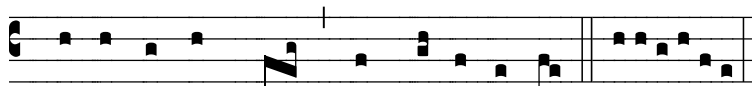
- 8 Aríse, LORD; sáve me, my Gód, *
you who stríke all my fóes on the chéek,
you who bréak the téeth of the wícked!
- 9 Salvátion belóns to the LÓRD; *
may your bléssing bé on your péople!

VIII g *Domine, in virtute tua* (PM 31, Sunday of the Year: Vigil, Nocturn I) *Ps 21:2*



In your strength, O Lord, * the king re-joices. *Do not repeat in psalm.*

VIII g *Cantabimus et psallemus* (PM 31, Sunday: Vigil, Nocturn I) *Ps 21:14*



We will sing and praise * your power, O Lord.

Psalm 21 (20) *Domine, in virtute tua*

- 1 *For the Choirmaster. A Psalm of David.*
- 2 In your strength, O LÓRD, the kÍng rejóices; *
how gréatly your salvátion mákes him glád!
- 3 You have gránted hÍm his héart's desÍre; *
you have nót withhéld the práyer of his líps.
- 4 You cáme to méet him with bléssings of prospérité; *
you have sét on his héad a crówn of pure góld.
- 5 He ásked you for lífe and thÍs you have gÍven: *
dáys that will lást from áge to áge.
- 6 By your sáving help gréat is his glóry; *
you have bestówed upon him májesty and spléndor;
- 7 you have gránted him bléssings foréver, *
made him rejóice with the jóy of your présence.
- 8 The kÍng has pláced his trúst in the LÓRD. *
Through the mércy of the Móst High, hé is unsháken.
- 9 Your hánd will find óut all your fóes, *
your right hánd will find óut those that háte you.
- 10 You will búrn them like a blázing fúrnace *
on the dáy when yóu appéar,
and the LÓRD will consúme them in his ánger: *
fÍre will swállow them úp.
- 11 You will wÍpe out their descéndants from the éarth, *
and their óffspring from the húman ráce.
- 12 Thóugh they planned évil agáinst you, *
thóugh they plótted, they shall nót preváil.
- 13 For yóu will fórcé them to retréat; *
at thém you will áim with your bów.
- 14 O LÓRD, arÍse in your strength; *

we shall sing and praise your power.

II d *Ne discedas a me* (PM 32, Sunday: Vigil, Nocturn I) *Ps 22:12*



Stay not far from me, O Lord, * trouble is near, and there is no one to help.

Psalm 22 (21) *Deus, Deus meus, respice in me*

1 *For the Choirmaster. In the manner of "The Doe at Daybreak."
A Psalm of David.*

2 My God, my Gód, why have you forsáken me? *
Why are you fár from sáving me,
so fár from my wórds of ánguish?

3 O my Gód, I call by dáy and you dó not ánsver; *
I cáll by níght and I fínd no repriéve.

4 Yet yóu, O Gód, are hólý, *
enthroned on the práises of Ísrael.

5 In you our fórebears pút their trúst; *
they trústed and you sét them frée.

6 When they críed to yóu, they escáped; *
in you they trústed and were nót put to sháme.

7 But Í am a wórm and no mán, *
scorned by éveryone, despísed by the péople.

8 Áll who sée me deríde me; *
they curl their líps, they tóss their héads:

9 "He trústed in the LÓRD, let him sáve him; *
let him reléase him, for in hím he delíghts."

10 Yes, it was yóu who tóok me from the wómb, *
entrústed me to my móther's bréast.

11 To yóu I was commítteD from bírth; *
from my móther's womb, yóu have been my Gód.

12 Stáy not fár from mé; *
trouble is néar, and there is nó one to hélp.

13 Mány búlls have surróunded me, *
fierce búlls of Báshan close me ín.

14 Agáinst me they ópen wide their móuths, *
like a líon, rénding and róaring.

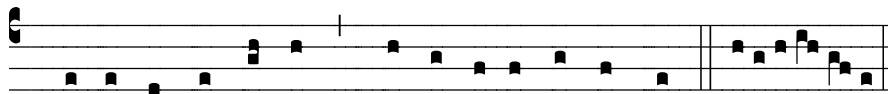
15 Like wáter Í am poured óut, †
disjóinted are áll my bónes. *

My héart has becóme like wáx,
it is mélted withín my bréast.

16 Párched as burnt cláy is my thróat, †
my tóngue cléaves to my jáws. *

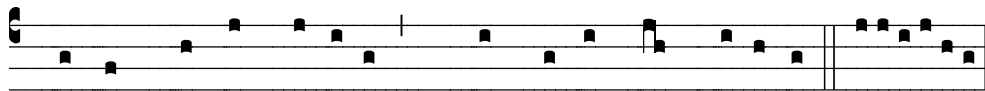
- You lay me in the dust of death.
- 17 For dogs have surrounded me; †
a band of the wicked besets me. *
They tear holes in my hands and my feet;
- 18 I can count every one of my bones. *
They stare at me and gloat.
- 19 They divide my clothing among them, *
they cast lots for my robe.
- 20 But you, O LORD, do not stay afar off; *
my strength, make haste to help me!
- 21 Rescue my soul from the sword, *
my life from the grip of the dog.
- 22 Save my life from the jaws of the lion, *
my poor soul from the horns of wild bulls.
- 23 I will tell of your name to my kin, *
and praise you in the midst of the assembly;
- 24 “You who fear the LORD, give him praise; †
all descendants of Jacob, give him glory; *
revere him, all you descendants of Israel.
- 25 For he has never despised
nor scorned the poverty of the poor. *
From him he has not hidden his face,
but he heard him whenever he cried.”
- 26 You are my praise in the great assembly. *
My vows I will pay before those who fear him.
- 27 The poor shall eat and shall have their fill. †
They shall praise the LORD, those who seek him. *
May their hearts live on forever and ever!
- 28 All the earth shall remember and return to the LORD, *
all families of the nations worship before him,
- 29 for the kingdom is the LORD’s, he is ruler of the nations. †
- 30 They shall worship him, all the mighty of the earth; *
before him shall bow all who go down to the dust.
- 31 And my soul shall live for him, my descendants serve him. *
They shall tell of the LORD to generations yet to come,
32 declare his saving justice to peoples yet unborn: *
“These are the things the LORD has done.”

IV e *Dominus regit me* (PM 35, Sunday of the Year: Vigil, Nocturn I) *Ps 23:1*



The Lord is my shepherd, * there is nothing I shall want. *Do not repeat in psalm.*

VIII g *In loco pascuae* (PM 35, Sunday: Vigil, Nocturn I) *Ps 23:2*



Fresh and green are my pastures * where the Lord gives me re-*po*se.

Psalm 23 (22) *Dominus regit me*

1 *A Psalm of David.*

The LÓRD is my shépherd; *
there is nóthing I shall wánt.

2 Frésh and gréen are the pastures *
where he gíves me repóse.

3 Near réstful wáters he léads me; *
he revíves my sóul.

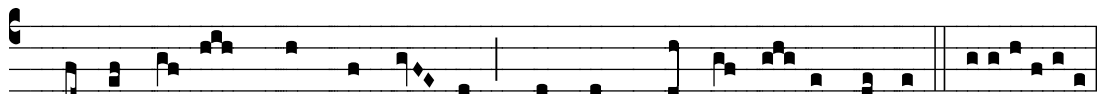
He guídes me alóng the right páth, *
for the sáke of his náme.

4 Though I should wálk in the válley of the shádw of déath, †
no évil would I féar, for you are wíth me. *
Your cróok and your stáff will give me cómfort.

5 You have prépared a táble befóre me
in the síght of my fóes. *
My héad you have anóinted with óil;
my cúp is overflówing.

6 Surely góodness and mércy shall fóllow me
all the dáys of my life. *
In the LÓRD's own hóuse shall I dwell
for léngth of days unénding.

IV* *Innocens manibus* (PM 36, Sunday: Vigil, Nocturn I) *Ps 24:4,3*



The clean of hands * and pure of heart shall climb the mountain of the Lord.

III a *Tollite portas* (PM 36, Sunday: Vigil, Nocturn I) *Ps 24:7*



O gates, * lift high your heads; grow higher, ancient doors.

Psalm 24 (23) *Domini est terra*

1 *A Psalm of David.*

The LÓRD's is the éarth and its fúllness, *
the wórld, and thóse who dwéll in it.

2 It is hé who sét it on the séas; *
on the rívers he máde it fírm.

3 Who shall clímb the móuntain of the LÓRD? *
Who shall stánda in his hóly plácea?

4 The clean of hánds and púre of héarta, *
whose sóul is not sét on vain thínghs,
who has not swórn decéitful wórds.

5 Bléssings from the LÓRD shall he recéive, *
and right rewárd from the Gód who sáves him.

6 Súch are the péople who séek him, *
who seek the fácea of the Gód of Jácob.

7 O gátes, lift hígh your héads; †
grow hígher, áncient dóors. *
Let him énter, the kíng of glóry!

8 Whó is this kíng of glóry? *
The LÓRD, the míghty, the váliant;
the LÓRD, the váliant in wár.

9 O gátes, lift hígh your héads; †
grow hígher, áncient dóors. *
Let him énter, the kíng of glóry!

10 Whó is this kíng of glóry? *
Hé, the LÓRD of hósts,
hé is the kíng of glóry.

If *Qui te expectat* (PM 38, Sunday of the Year: Vigil, Nocturn I) *Ps 25:3*

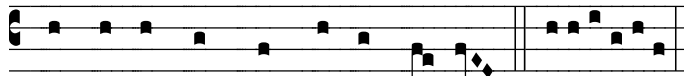


Let none who hope in you, O Lord, * be put to shame.

IV e *Oculi mei* (PM 38, Sunday: Vigil, Nocturn I) *Ps 25:15*



My eyes are always * on the Lord.



Set me free from my * distress, O Lord.

Psalm 25 (24) *Ad te, Domine, levavi*

1 *Of David.*

- To you, O LÓRD, I líft up my sóul. *
- 2 In yóu, O my Gód, I have trústéd;
let me nót be pút to sháme; *
let not my énemies exúlt over mé.
- 3 Let none who hópe in yóu be put to sháme; *
but shámed are those who wántonly break fáith.
- 4 O LÓRD, make me knów your wáys. *
Téach me your páths.
- 5 Guíde me in your trúth, and téach me; *
for yóu are the Gód of my salvátion.
I have hóped in yóu all day lóng.
- 6 Remémber your compásson, O LÓRD,
and your mérciful lóve, *
for théy are from of óld.
- 7 Do not remémber the síns of my yóuth,
nor mý transgréssions. *
In your mérciful lóve remémber me,
becáuse of your góodness, O LÓRD.
- 8 Góod and úpright is the LÓRD; *
he shóws the wáy to sínners.
- 9 He guídes the húmble in right júdgment; *
to the húmble he téaches his wáy.
- 10 All the LORD's páths are mércy and fáithfulness, *
for those who kéepe his cóvenant and commánds.
- 11 O LÓRD, for the sáke of your náme, *
forgíve my guílt, for it is gréat.
- 12 Who is thís that féars the LÓRD? *
He will shów him the páth to chóose.
- 13 His sóul shall líve in háppiness, *
and his descéndants shall posséss the lánd.
- 14 The LORD's sécret is for thóse who féar him; *
to thém he revéals his cóvenant.
- 15 My éyes are álways on the LÓRD, *
for he réscues my féet from the snáre.
- 16 Turn to mé and have mércy on mé, *

for Í am alóne and póor.

- 17 Relíeve the ánguish of my héart, *
and sét me frée from my distréss.
- 18 Sée my lówliness and súffering, *
and táke away áll my síns.
- 19 Sée how mány are my fóes; *
with a víolent hátréd they háte me.
- 20 Presérve my lífe and réscue me. *
Let me nótt be pút to sháme,
for in yóu I trúst.
- 21 May intégrity and vírtue protéct me, *
for I have hóped in yóu, O LÓRD.
- 22 Redéem Ísrael, O Gód, *
from áll its distréss.

II* d *Misericordia tua* (PM 40, Sunday: Vigil, Nocturn I) *Ps 26:3*



Your mercy, O Lord, * is before my eyes; and I walk according to your truth.

Psalm 26 (25) *Judica me, Domine*

1 *Of David.*

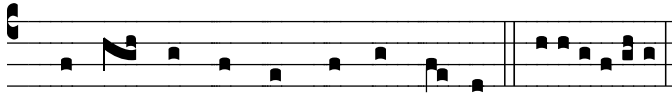
Give júdgment for mé, O LÓRD, †
for Í have wáلكed in my intégrity. *
I have trústed in the LÓRD; I have not wávered.

- 2 Exámine me, LÓRD, and trý me. *
O tést my héart and my mínd.
- 3 Your mércy is befóre my éyes, *
and I wáلك accórding to your trúth.
- 4 I néver take my séat with líars, *
and with hýpocrites I sháll not gó.
- 5 I háte the évildoer's cómpany; *
I will not táke my séat with the wícked.
- 6 I wásh my hánds in ínnocence *
and táke my pláce around your áltar,
- 7 sínging a sóng of thanksgíving, *
recóunting áll your wónders.
- 8 O LÓRD, I love the hóuse where you dwéll, *
the pláce where your glóry abídes.
- 9 Do not swéep away my sóul with sínners, *
nor my lífe with thóse who shed blóod,
in whose hánds are évil plóts, *
- 10

whose right hánds are fílléd with a bríbe.

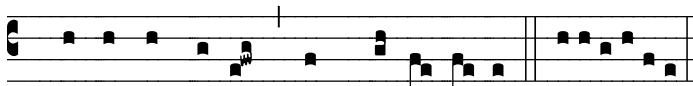
- 11 As for mé, I have wálkéd in my intégri-ty. *
Redéem me and have mércy on mé.
12 My fóot stands on lével gróund: *
I will bléss the LÓRD in the assémbly.

I g *Dominus defensor* (PM 42, Sunday of the Year: Vigil, Nocturn II) *Ps 27:1*



The Lord * is the stronghold of my life.

VIII g *Illuminatio mea* (PM 42, Sunday: Vigil, Nocturn II) *Ps 27:1*



The Lord is my light * and my sal-va- tion. *Do not repeat in psalm.*

Psalm 27 (26) *Dominus illuminatio mea*

1 *Of David.*

The LÓRD is my líght and my salvátion; †
whóm shall I féar? *
The LÓRD is the stróngthold of my lífe;
whóm should I dréad?

- 2 When thóse who do évil draw near
to devóur my flésh, *
it is théy, my énemies and fóes,
who stúmbles and fáll.
- 3 Though an ármý encámp agáinst me,
my héart would not féar. *
Though wár break óut agáinst me,
even thén would I trúst.
- 4 There is óne thing I ásk of the LÓRD,
only thís do I séek: *
to líve in the hóuse of the LÓRD
all the dáy of my lífe,
to gáze on the béauty of the LÓRD, *
to inquére at his témples.
- 5 For thére he keeps me sáfe in his shelter
in the dáy of évil. *
He hídes me under cóver of his tént;
he sets me hígh upon a róck.

6 And nów my héad shall be ráised *
above my fóes who surróund me,
and I shall óffer withín his tént
a sácrifice of jóy. *
I will síng and make músic for the LÓRD.

7 O LÓRD, hear my vóice when I cáll; *
have mércy and ánsver me.
8 Of yóu my héart has spóken, *
“Séek his fáce.”

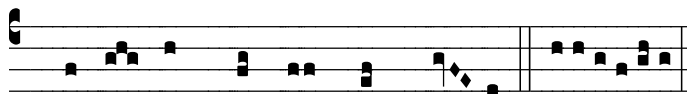
It is your fáce, O LÓRD, that I séek; *
9 hide not your fáce from mé.
Dismiss not your sérvant in ánger; *
yóu have been my hélp.

Dó not abándon or forsáke me, *
O Gód, my Sávior!
10 Though fáther and móther forsáke me, *
the LÓRD will receíve me.

11 Instrúct me, LÓRD, in your wáy; *
on an éven path léad me
becáuse of my énemies.
12 Do not léave me to the wíll of my fóes, *
for false wítnesses ríse up agáinst me,
and they bréathe out víolence.

13 I believe I shall sée the LORD’s góodness *
in the lánd of the líving.
14 Wáit for the LÓRD; be stróng; *
be stouthéarted, and wáit for the LÓRD!

I g *Factus est adiutor* (PM 44, Sunday: Vigil, Nocturn II) *Ps 28:7*



The Lord is * my strength and my shield.

Psalm 28 (27) *Ad te, Domine, clamabo*

1 *Of David.*

To yóu, O LÓRD, I cáll; †
my róck, be not déaf to mé. *
I shall go dówn to thóse in the pít,
if yóu are sílent to mé.

2 Héar the vóice of my pleading
as I cáll to you for hélp, *
as I ráise my hands
toward your hólý pláce.

- 3 Do not drág me awáy with the wícked,
with thóse who do évil, *
who speak wórds of péace to their néighbors,
but with málice in their héarts.
- 4 Repáy them accórding to their déeds, *
accórding to the évil of their áctions.
Accórding to their hándiwork, repáy them; *
retúrñ to thém their desérts.
- 5 For they ignóre the déeds of the LÓRD †
and the wórks of his hánds. *
May he rúin them and néver rebuíld them.
- 6 Blést be the LÓRD, for he has héard *
the sóund of my appéal.
- 7 The LÓRD is my stréngth and my shíeld; *
in hím my heart trústs.
I was hélped; my héart rejóices, *
and I práise him with my sóng.
- 8 The LÓRD is the stréngth of his péople, *
a saving réfuge for hís anóinted.
- 9 Save your péople and bléss your héritage. *
Shépherd them and cárry them foréver.

VIII g *Adorate Dominum* (PM 45, Sunday in the Year: Vigil, Nocturn II) *Ps 29:2*



Bow down be-fore the Lord * ma-jes-tic in ho-li-ness.

Psalm 29 (28) *Afferte Domino, filii Dei*

- 1 *A Psalm of David.*
Ascríbe to the LÓRD, you héavenly pówers, *
ascríbe to the LÓRD glóry and stréngth.
- 2 Ascríbe to the LÓRD the glóry of his náme; *
bow dónw before the LÓRD, majéstic in hóliness.
- 3 The vóice of the LÓRD upon the wáters, †
the Gód of glóry thúnders; *
the LÓRD on the imménsity of wáters;
4 the vóice of the LÓRD full of pówer; *
the vóice of the LÓRD full of spléndor.
- 5 The vóice of the LÓRD shatters cédars, *
the LORD shátters the cédars of Lébanon;
6 he makes Lébanon léap like a cálf, *
and Sírion like a yóung wild-óx.

7 The voice of the LÓRD flashes flames of fire. †
 8 The voice of the LÓRD shakes the wilderness, *
 the LORD shakes the wilderness of Kádesh;
 9 the voice of the LÓRD rends the oak tree
 and strips the forest bare. *
 In his temple they all cry, "Glóry!"

10 The LÓRD sat enthroned above the flood; *
 the LÓRD sits as king forever.
 11 The LÓRD will give strength to his people, *
 the LÓRD will bless his people with peace.

VIII g *Exaltabo te, Domine* (PM 46, Sunday: Vigil, Nocturn II) *Ps 30:2*



I will extol you, O Lord, * for you have raised me up. *Do not repeat in psalm.*

VIII g *Domine, abstraxisti* (PM 47, Sunday: Vigil, Nocturn II) *Ps 30:4*



O Lord, you have lifted up * my soul from the grave.

Psalm 30 (29) *Exaltabo te, Domine*

1 *A Psalm. A Canticle for the Dedication of the
 Temple. Of David.*

2 I will extól you, LÓRD, for you have ráised me úp, *
 and have nótt let my énnemies rejóice over mé.

3 O LORD my Gód, I críed to you for hélp, *
 and yóu have héaled me.

4 O LÓRD, you have lífted up my sóul from the gráve, *
 restóred me to lífe from those who sínk into the pítt.

5 Sing psálms to the LÓRD, you fáithful ones; *
 give thánks to his hóly náme.

6 His ánger lasts a móment; his fávor all through lífe. *
 At níght come téars, but dáwn brings jóy.

7 I sáid to mysélf in my good fórtune: *
 "Í shall néver be sháken."

8 O LORD, your fávor had sét me like a móuntain stróngthold. *
 Then you híd your fáce, and I was pút to confúsiónn.

9 To yóu, O LÓRD, I críed, *
 to my Gód I appeáled for mércy:

- 10 “What prófit is my lífeblood, my góing to the gráve? *
Can dúst give you thánks, or procláim your fáithfulness?”
- 11 Hear, O LÓRD, and have mércy on mé; *
bé my hélper, O LÓRD.
- 12 You have chánged my móurning into dáncing, *
removed my sáckcloth and gírded me with jóy.
- 13 So my sóul sings psálms to you, and wíll not be sílent. *
O LÓRD my Gód, I wíll thánk you foréver.

VIII g *In tua iusticia* (PM 48, Sunday in the Year: Vigil, Nocturn II) *Ps 31:2*



In your justice, * set me free, O Lord.

Psalm 31 (30) *In te, Domine, speravi*

- 1 *For the Choirmaster. A Psalm of David.*
- 2 In yóu, O LÓRD, I take réfuge. *
Let me néver be pút to sháme.
In your jústice, sét me frée; *
- 3 incline your éar to me, and spéedily réscue me.
- Be a róck of réfuge for mé, *
a míghty strónghold to sáve me.
- 4 For yóu are my róck, my strónghold! *
Lead me, guíde me, for the sáke of your náme.
- 5 Reléase me from the snáre they have hídden, *
for yóu indéed are my réfuge.
- 6 Into your hánds I comménd my spírit. *
You wíll redéem me, O LÓRD, O fáithful Gód.
- 7 You detést those who sérve empty ídols. *
As for mé, I trúst in the LÓRD.
- 8 Let me be glád and rejóice in your mércy, *
for yóu who have séen my affliction
and taken héed of my sóul's distréss,
- 9 have not léft me in the hánds of the énemy, *
but sét my féet at lárge.
- 10 Have mércy on mé, O LÓRD,
for Í am in distréss. *
My éyes are wásted with gríef,
my sóul and my bódy.
- 11 For my lífe is spént with sórrow,
and my yéars with síghs. *
Afflíction has bróken down my stréngth,
and my bónes waste awáy.

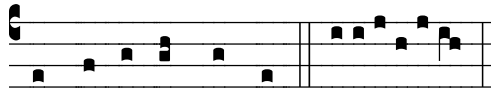
- 12 Because of all my foes
I have become a reproach, *
an object of scorn to my neighbors
and of fear to my friends.
- Those who see me in the street
flee from me. *
- 13 I am forgotten, like someone dead,
and have become like a broken vessel.
- 14 I have heard the slander of the crowd; †
terror all around me,
as they plot together against me,
as they plan to take my life.
- 15 But as for me, I trust in you, O LORD; *
I say, "You are my God.
- 16 My lot is in your hands, deliver me
from the hands of my enemies *
and those who pursue me.
- 17 Let your face shine on your servant. *
Save me in your merciful love.
- 18 Let me not be put to shame, O LORD,
for I call on you; *
let the wicked be shamed!
Let them be silenced in the grave!
- 19 Let lying lips be stilled, *
that speak haughtily against the just man
with pride and contempt."
- 20 How great is the goodness, LORD, †
that you keep for those who fear you, *
that you show to those who trust you
in the sight of the children of men.
- 21 You hide them in the shelter of your presence,
secure from human scheming; *
you keep them safe within your tent
from disputing tongues.
- 22 Blessed be the LORD for he has wondrously shown me *
his merciful love in a fortified city!
- 23 "I am far removed from your sight,"
I said in my alarm. *
Yet you heard the voice of my plea
when I cried to you for help.
- 24 Love the LORD, all you his saints. *
The LORD guards the faithful.

- But the LÓRD will repáy to the full *
 the one who ácts with príde.
 25 Be stróng, let your héart take cóurage, *
 all who hópe in the LÓRD.

III a *Laetamini in Domino* (PM 50, Sunday: Vigil, Nocturn II) *Ps 32:12*



Re-joyce, * in the Lord; ex- ult, you just! Ring out your joy,



all you upright of heart.

Psalm 32 (31) *Beati, quorum remissæ sunt*

1 *Of David. A Maskil.*

- Blessed is hé whose transgréssion is forgíven, *
 whose sín is remítted.
 2 Blessed the mán to whom the LÓRD imputes no guílt, *
 in whose spírit is no guíle.
 3 I kept it sécret and my fráme was wásted. *
 I gróaned all day lóng,
 4 for your hánd, by dáy and by níght,
 lay héavy upón me. *
 Indéed, my stréngth was dried úp
 as by the súmer's héat.
 5 To yóu I have acknówledged my sín; *
 my guílt I did not híde.
 I sáid, "I will conféss my transgréssion to the LÓRD." *
 And yóu have forgíven the guílt of my sín.
 6 So let each fáithful one práy to yóu
 in the tíme of néed. *
 The flóods of wáter may reach hígh,
 but such a óne they shall not réach.
 7 Yóu are a híding place for mé; †
 you kéepp me sáfe from distréss; *
 you surróund me with críes of delíverance.
 8 Í will instrúct you and téach you
 the wáy you should gó; *
 I will fíx my éyes upón you.
 9 Be not like hórse and múle, unintélligent,

needing bridle and bit, *
or else they will not approach you.

10 Many sorrows has the wicked, *
but loving mercy surrounds
one who trusts in the LÓRD.

11 Rejoice in the LÓRD; exult, you just! *
Ring out your joy, all you upright of heart!

IV e *Rectos decet* (PM 85, Monday in the Year and in Advent and Lent: Vigil, Nocturn I) *Ps 33:1*



Praise is * fit-ting for the upright.

VII a *Exultate, iusti* (PM 85, Monday of Easter: Vigil, Nocturn I) *Ps 33:1*



Ring out your joy * and sing glo- ry, O you just.

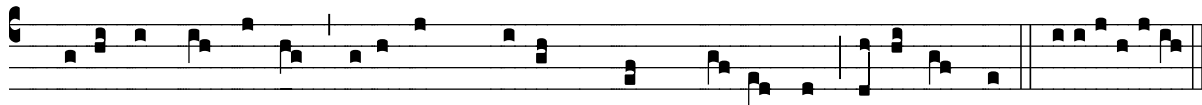
Psalm 33 (32) *Exultate, iusti*

- 1 Ring out your joy to the LÓRD, O you just; *
for praise is fitting for the upright.
- 2 Give thanks to the LÓRD upon the harp; *
with a ten-stringed lute sing him songs.
- 3 O sing him a song that is new; *
play skillfully, with shouts of joy.
- 4 For the word of the LÓRD is faithful, *
and all his works to be trusted.
- 5 The LÓRD loves justice and right, *
and his merciful love fills the earth.
- 6 By the word of the LÓRD the heavens were made, *
by the breath of his mouth all their host.
- 7 As in a flask, he collects the waves of the ocean; *
he stores up the depths of the sea.
- 8 Let all the earth fear the LÓRD, *
all who live in the world revere him.
- 9 He spoke, and it came to be. *
He commanded; it stood in place.
- 10 The LORD frustrates the designs of the nations; *
he defeats the plans of the peoples.
- 11 The designs of the LÓRD stand forever, *

the pláns of his héart from age to áge.

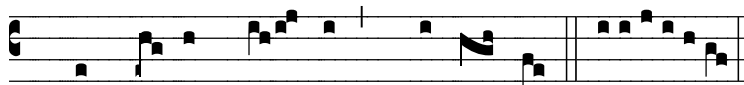
- 12 Blessed the nátion whose Gód is the LÓRD, *
the péople he has chósen as his héritage.
- 13 From the héavens the LÓRD looks fórh; *
he sées all the children of mén.
- 14 From the pláce where he dwélls he gázes *
on áll the dwéllers on the éarth,
- 15 he who shápes the héarts of them áll, *
and considérs áll their déeds.
- 16 A kíng is not sáved by his great ármy, *
nor a wárrior préserved by his great stréngth.
- 17 A vain hópe for sáfety is the hórsé; *
despite its pówer it cánnót sáve.
- 18 Yes, the LORD's éyes are on thóse who féar him, *
who hópe in his mérciful lóve,
- 19 to réscue their sóuls from déath, *
to kéeep them álíve in fámine.
- 20 Our sóul is wáiting for the LÓRD. *
Hé is our hélp and our shíeld.
- 21 In hím do our héarts find jóy. *
We trúst in his hólý náme.
- 22 May your mérciful lóve be upón us, *
as we hópe in yóu, O LÓRD.

III a *Immisset angelus* (PM 87, Monday: Vigil, Nocturn I) *Ps 34:8*



The angel * of the Lord is encamped a-round those who fear him, to rescue them.

VII a *Clamaverunt iusti* (PM 87, Monday: Vigil, Nocturn I) *Ps 34:18*



When the just cry out, * the Lord hears.

Psalm 34 (33) *Benedicam Dominum*

- 1 *Of David, when he feigned madness before Abimelech,
so that he drove him out, and he went away.*
- 2 I will bléss the LÓRD at all tímes; *
práise of him is álwáys in my móuth.
- 3 In the LÓRD my sóul shall make its bóast; *
the húmble shall héar and be glád.

- 4 Glórfify the LÓRD with mé; *
together let us práise his náme.
- 5 I sóught the LÓRD, and he ánswered me; *
from all my térrors he sét me frée.
- 6 Lóok toward hím and be rádiant; *
let your fáces nó be abáshed.
- 7 This lówly one cálléd; the LORD héard, *
and réscued him from áll his distréss.
- 8 The ángel of the LÓRD is encámped *
around thóse who féar him, to réscue them.
- 9 Taste and sée that the LÓRD is góod. *
Blessed the mán who seeks réfuge in hím.
- 10 Féar the LÓRD, you his hólý ones. *
They lack nóthing, thóse who féar him.
- 11 The rích suffer wánt and go húngry, *
but thóse who seek the LÓRD lack no bléssing.
- 12 Cóme, children, and héar me, *
that I may téach you the féar of the LÓRD.
- 13 Who ís it that desíres lífe *
and lóns to see próspérous dáys?
- 14 Guárd your tóngue from évil, *
and your líps from spéaking decéit.
- 15 Turn asíde from évil and do góod. *
Séek after péace, and pursúe it.
- 16 The LÓRD turns his éyes to the júst, *
and his éars are ópen to their crý.
- 17 The LÓRD turns his fáce against the wícked *
to destróy their remémbrance from the éarth.
- 18 When the júst cry óut, the LORD héars, *
and réscues them in áll their distréss.
- 19 The LORD is clóse to the brókenhéarted; *
those whose spírit is crúshed he will sáve.
- 20 Mány are the tríals of the júst man, *
but from them áll the LÓRD will réscue him.
- 21 He will keep guárd over áll his bónes; *
not óne of his bónes shall be bróken.
- 22 Évil brings déath to the wícked; *
those who háte the júst man are dóomed.
- 23 The LORD ránsoms the sóuls of his sérvants. *
All who trúst in him shall nó be condénned.

IV a *Expugna* (PM 88, Monday: Vigil, Nocturn I) *Ps 35:1*



Fight those * who fight me.

II d *Exsurge me, Domine* (PM 89, Monday: Vigil, Nocturn I) *Ps 35:23*



A-rise, O Lord, * and stir to my de-fense.

Psalm 35 (34) *Judica, Domine, nocentes me*

1 *Of David.*

Conténd, O LÓRD, with my conténders; *
fight those who fight me.

2 Táke up your búckler and shíeld; *
aríse in my deféense.

3 Táke up the jávelin and the spéar
against thóse who pursúe me. *
Say to my sóul, “Í am your salvátion.”

4 Let thóse who séek my life
be shámed and disgráced. *
Let thóse who plan évil agáinst me
be róuted in confúsióin.

5 Let them bé like cháff before the wínd; *
let the LORD’s ángel trip them úp.

6 Let their páth be slíppery and dárk; *
let the LORD’s ángel pursúe them.

7 Unprovóked, they have hídden a nét for me; *
they have dúg a pit for mé.

8 Let rúin fáll upón them,
and táke them by surpríse. *
Let them be cáught in the nét they have hídden;
let them fáll in their own pít.

9 Then my sóul shall rejóice in the LÓRD, *
and exúlt in his salvátion.

10 Áll my bónes will sáy,
“LORD, whó is like yóu *
who réscue the wéak from the strong
and the póor from the oppréssor?”

11 Lýing wítnesses aríse, *

- asking me quéstions I cánnót understand.
- 12 They repáy me évil for góod; *
my sóul is forlórn.
- 13 When they were síck I dréssed in sáckcloth, †
afflícted my sóul with fásting, *
and with práyer ever anéw in my héart,
- 14 as for a bróther, a fríend.
I wént as though móurning a móther, *
bowed dówn with gríef.
- 15 Now that I stúmbles, they gládly gáther; †
they gáther, and móck me. *
Í mysélf do not knów them,
yet strangers téar at me céaselessly.
- 16 They provóke me with móckery on móckery, *
and gnásh their téeth at me.
- 17 O LÓRD, how lóng will you look ón? *
Réscue my lífe from their rávages,
my sóul from these líons.
- 18 Then I will thánk you in the gréat assémbly; *
amid the míghty thróng I will práise you.
- 19 Do not lét my líying foes
rejóice over mé. *
Do not lét those who háte me without cause
wink éyes at each óther.
- 20 They spéak no péace to the quíet ones
who líve in the lánd. *
Rather, they máke decéitful plóts,
- 21 and, with móuths wide ópen,
they útter their crý agáinst me: *
“Yes, yes! Our éyes have séen it!”
- 22 O LÓRD, you have séen; do not be sílent; *
LÓRD, do not stánd afar óff!
- 23 Awáke! And stír to my deféense, *
to my cáuse, O my Gód and my LÓRD!
- 24 Víndicate me, LÓRD, my Gód, †
in accórd with your jústice; *
and lét them not rejóice over mé.
- 25 Dó not let them thínk in their héarts, †
“Yés, we have wón.” *
Dó not lét them sáy,
“Wé have destróyed him!”
- 26 Let them be shámed and bróught to disgrace *
who rejóice at my misfórtune.
Let them be cóvered with sháme and confusión *

who raise themselves against me.

27 Let them exult and be glad *
who delight in my deliverance.
Let them say without end,
“Great is the LÓRD who delights *
in the peace of his servant.”

28 Then my tongue shall speak of your justice, *
and all day long of your praise.

VI f *Revela Domino* (PM 91, Monday: Vigil, Nocturn I) *Ps 37:5*



Commit * your way to the Lord.

Psalm 37 (36)

Part I (1-17) *Noli aemulari in malignantibus*

1 *Of David.*

Do not fret because of the wicked; *
do not envy those who do evil,

2 for they wither quickly like grass *
and fade like the green of the fields.

3 Trust in the LÓRD and do good; *
then you will dwell in the land and safely pasture.

4 Find your delight in the LÓRD, *
who grants your heart's desire.

5 Commit your way to the LÓRD; *
trust in him, and he will act,
6 and make your uprightness shine like the light, *
the justice of your cause like the noonday sun.

7 Be still before the LÓRD and wait in patience; †
do not fret at the one who prospers, *
the one who makes evil plots.

8 Calm your anger and forget your rage; *
do not fret, it only leads to evil.

9 For those who do evil shall perish. *
But those who hope in the LÓRD,
they shall inherit the land.

10 A little longer—and the wicked one is gone. *
Look at his place: he is not there.

11 But the humble shall own the land *
and delight in fullness of peace.

- 12 The wicked one plóts against the júst man *
and gnáshes his téeth agáinst him;
- 13 but the LÓRD láughs at the wicked, *
for he sées that his dáy is at hánd.
- 14 The wicked draw the swórd, bend their bóws, †
to sláughter the póor and néedy, *
to sláy those whose wáys are úpright.
- 15 Their swórd shall pierce their own héarts, *
and their bóws shall be bróken to píeces.
- 16 Better the féw posséssions of the júst, *
than the abúndant wéalth of the wicked;
- 17 for the árms of the wicked shall be bróken, *
and the LÓRD will suppórt the júst.

VIII g *Custodi innocentiam* (PM 93, Monday: Vigil, Nocturn I) *Ps 37:37*



Mark the blameless, * observe the up-right.

Psalm 37 (36)

Part II (18-40) *Novit Dominus*

- 18 The LORD takes nóte of the dáy's of the blámeless; *
their héritage will lást foréver.
- 19 They shall nó't be put to sháme in evil dáy's; *
in time of fámine they shall háve their fíll.
- 20 But áll the wicked shall pérish; *
the énemies of the LÓRD shall be consúmed.
Théy are like the béauty of the méadows; *
they shall vánish, they shall vánish like smóke.
- 21 The wicked bórrrows and does nó't repáy, *
but the úpright is génerous and gíves.
- 22 Those blessed by hím shall inhérit the lánd, *
but those cúrsed by hím shall be cut óff.
- 23 By the LÓRD are the stéps made fírm *
of óne in whose páth He delíghts.
- 24 Though he stúmbles he shall néver fáll, *
for the LÓRD will hóld him by the hánd.
- 25 I was yóung and nów I am óld, *
but I have néver seen the júst man forsaken
nor his chíldren bégging for bréad.
- 26 All the dáy he is génerous and lénds, *
and his chíldren becóme a bléssing.

- 27 Then túrn away from évil and do góod, *
and yóu may abíde foréver;
- 28 for indéed, the LÓRD loves jústice, *
and will néver forsáke his fáithful.
- The unjúst shall be wíped out foréver, *
and the descéndants of the wícked destróyed.
- 29 The júst shall inhérit the lánd; *
thére they shall abíde foréver.
- 30 The móuth of the júst man utters wísdóm, *
and his tóngue tells fóρθ what is júst.
- 31 The lów of his Gód is in his héart; *
his stéps shall be sáved from stúmbling.
- 32 The wícked man keeps wáтч for the júst, *
and séeks an occásion to destróy him.
- 33 The LÓRD will not léave him in his pówer, *
nor lét him be condémmned when he is júdged.
- 34 Then wáit for the LÓRD, keep to his wáy. *
He will exált you to inhérit the lánd,
and you will sée the wícked destróyed.
- 35 I have séen the wícked one triúmphant, *
tówing like a cédar of Lébanon.
- 36 I pássed by agáin; he was góne. *
I séarched; he was nówhere to be fóund.
- 37 Mark the blámeless, obsérve the úpright; *
for the péaceful man a fúture lies in stóre,
38 but sínners shall áll be destróyed. *
No fúture lies in stóre for the wícked.
- 39 But from the LÓRD comes the salvátion of the júst, *
their stróngthold in tíme of distréss.
- 40 The LORD hélpes them and réscues thém, †
réscues and sáves them from the wícked:
becáuse they take réfuge in hím.

C c 2 *Ne in ira tua* (PM 94, Monday: Vigil, Nocturn I) *Ps 38:2*



Reprove me not * in your rage, O Lord.



Make haste * and come to my help, O Lord and my salva- tion.

Psalm 38 (37) *Domine, ne in furore*

- 1 *A Psalm of David. For a Memorial.*
- 2 O LÓRD, do not rebúke me in your ánger; *
repróve me nót in your ráge.
- 3 For your árróws have sunk déep in mé; *
your hánd has come dówm upón me.
- 4 Thére is no sóundness in my flesh †
becáuse of your ánger: *
thére is no héalth in my limbs
becáuse of my sín.
- 5 My guílt towers hígher than my héad; *
it is a wéight too héavy to béar.
- 6 My wóunds are fóul and féstering, *
the resúlt of mý own fóilly.
- 7 I am bówed and bróught to my knées. *
I go móurning áll the day lóng.
- 8 All my fráme is búrning with féver; *
thére is no sóundness in my flésh.
- 9 I am spént and útterly crúshed, *
I cry alóud in ánguish of héart.
- 10 O LÓRD, all my lónging lies befóre you; *
my gróans are not hídden from yóu.
- 11 My heart thróbs, my stréngth is spént; *
the very líght has góne from my éyes.
- 12 Friends and compánions stand alóof from my páin; *
those clósest to me stánd afar óff.
- 13 Those who plót against my lífe lay snáres; *
those who séek my rúin speak of hárm,
planning tréachery áll the day lóng.
- 14 But Í, like someone déaf, do not héar; *
like someone múte, I do not ópen my móuth.
- 15 Í am like óne who hears nóthing, *
in whose móuth is nó deféense.
- 16 But in yóu, O LÓRD, I hópe; *
it is yóu, LORD my Gód, who will ánsver.
- 17 I pray, “Lét them not glóat over mé, *
exúlt if my fóot should slíp.”

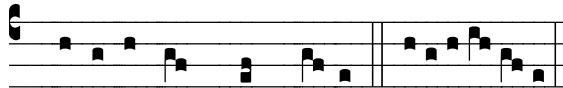
- 18 For Í am on the póint of fálling, *
and my páin is álways with me.
- 19 I conféss that Í am guíltý; *
and I am griéved becaúse of my sín.
- 20 My wanton énemies live ón and grow stróng, *
and mány are my lýing fóes.
- 21 They repáy me évil for góod, *
and atáck me for séeking what is góod.
- 22 Forsáke me nó, O LÓRD! *
My Gód, be not fár from mé!
- 23 Make háste and cóme to my hélp, *
my LÓRD and mý salvátion!

VII c *Amove, Domine* (PM 97, Monday: Vigil, Nocturn II) *Ps 39:11*



Take a-way your * scourge from me, O Lord.

IV e *Ut non delinquam* (PM 97, Monday in Lent: Vigil, Nocturn I) *Ps 39:2*



May I not sin * with my tongue.

Psalm 39 (38) *Dixi, custodiam vias meas*

- 1 *For the Choirmaster, for Jeduthun. A Psalm of David.*
- 2 I sáid, “I will be wáitchful of my wáys, *
for féar I should sín with my tóngue.
I will pút a cúrb on my líps *
when the wícked man stánds befóre me.”
- 3 I was múte, sílent, very stíll, *
as my páin becaúse inténse.
- 4 My héart was búrning withín me. †
At the thóught of it, the fíre blazed úp, *
and my tóngue búrst into spéech:
- 5 “O LÓRD, you have shówn me my énd, †
how shórt is the léngth of my dáys. *
Now I knów how fléeting is my lífe.
- 6 How shórt the span of dáys you have gíven me; †
my lífe is as nóthing in your síght. *
Surely áll mankind stánds as but a bréath.

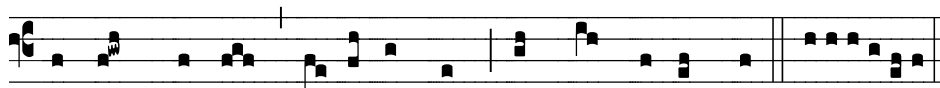
- 7 A man súrely líves as a sháadow, †
surely the ríches he hóards, a mere bréath; *
he does not knów who will gáther thém.”
- 8 And nów, LORD, whát is there to wáit for? *
In yóu rests áll my hópe.
- 9 Set me frée from áll my síns; *
do not máke me the táunt of the fóol.
- 10 I was sílent, not ópening my líps, *
because thís was áll your dóing.
- 11 Take awáy your scóurge from mé. *
I am crúshed by the blóws of your hánd.
- 12 With rebúkes you corréct the sinner; †
like a móth you devóur all he tréasures. *
All mankínd is no móre than a bréath.
- 13 O LÓRD, give héed to my práyer; †
túrn your éar to my crý; *
dó not be déaf to my wéeping.
Behóld, I am a stránger to yóu, *
a pílgim, like áll my fórebears.
- 14 Look awáy from me that Í may smíle *
befóre I depárt to be no móre.

VIII g *Respexit me* (PM 98, Monday: Vigil, Nocturn II) *Ps 40:2*



The Lord stooped to me; * he heard my cry.

II d *Complaceat tibi* (PM 99, Monday: Vigil, Nocturn II) *Ps 40:14*



Be pleased, O Lord, * to rescue me; make haste to help me.

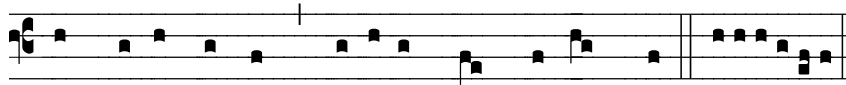
Psalm 40 (39) *Expectans expectavi Dominum*

- 1 *For the Choirmaster. Of David. A Psalm.*
- 2 I wáited, I wáited for the LÓRD, *
and he stóoped down to mé;
he héard my crý.
- 3 He dréw me from the déadly pít,
from the míry cláy. *
He sét my féet upon a rók,
made my fóotsteps fírm.

- 4 He pút a new sǫng into my móuth,
práise of our Gód. *
Mány shall sée and fear
and shall trúst in the LÓRD.
- 5 Bléssed the mán who has placed
his trúst in the LÓRD, *
and has nót gone óver to the proud
who fóllow false góds.
- 6 How mány, O LÓRD my Gód,
are the wónders and designs *
that yóu have wórked for ús;
you háve no équal.
Should I wísh to procláim or spéak of them, *
they would be móre than I can téll!
- 7 You delíght not in sácrafice and ófferings, †
but in an ópen éar. *
You do not ásk for hólocaust and víctim.
- 8 Then I sáid, “Sée, I have cóme.” *
In the scróll of the bóok it stands wríten of mé:
9 “I delíght to do your wíll, O my Gód; *
your instrúction lies déep withín me.”
- 10 Your jústice I háve proclaimed
in the gréat assémbly. *
My líps I háve not séaled;
you knów it, O LÓRD.
- 11 Your saving hélp I have not hídden in my héart; *
of your fáithfulness ánd salvátion I have spóken.
I made no sécret of your mérciful love *
and your fáithfulness tó the great assémbly.
- 12 O LÓRD, you will nót withhold
your compásson from mé. *
Your mérciful lóve and your faithfulness
will álways guárd me.
- 13 For Í am besét with évils
too mány to be cóunted. *
My iníquities have óvertáken me,
till I can sée no móre.
They are móre than the háirs of my héad, *
and my héart is sínking.
- 14 Be pléased, O LÓRD, to réscue me; *
LORD, make háste to hélp me.
- 15 O lét there be sháme and confúsió *
on those who séek my lífe.

- O lét them turn báck in confútion *
 who delíght in my hárm.
- 16 Let them be appálled becaúse of their sháme, *
 those who jéer and móck me.
- 17 O lét there be rejóicing and gladness *
 for áll who séek you.
 Let them éver say, “The LÓRD is gréat,” *
 who lóng for your salvátion.
- 18 Wréttched and póor though I ám, *
 the LORD is míndful of mé.
 Yóu are my réscuer, my hélp; *
 O my Gód, do not deláy.

II d *Sana, Domine* (PM 100, Monday in Lent: Vigil, Nocturn II) *Ps 41:5*



Heal my soul, O Lord, * for I have sinned a-against you.

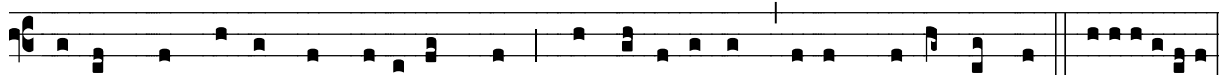
Psalm 41 (40) *Beatus qui intelligit*

- 1 *For the Choirmaster. A Psalm of David.*
- 2 Blessed is hé who has concérn for the póor. *
 In time of tróuble, the LÓRD will réscue him.
- 3 The LÓRD will guárd him, give him lífe, †
 and máke him bléssed in the lánd, *
 not give him úp to the wíll of his fóes.
- 4 The LORD will hélp him on his béd of páin; *
 you will bríng him back from síckness to héalth.
- 5 As for mé, I said, “LÓRD, have mércy on mé; *
 héal my sóul, for I have sínned agáinst you.”
- 6 My fóes are spéaking évil agáinst me: *
 “How lóng before he díes, and his náme be forgóttén?”
- 7 When someone cómes to vísit me, he spéaks empty wórds; *
 his héart stores up málice; on léaving, he spreads líes.
- 8 All my foes whísper togéther agáinst me; *
 they devíse évil plóts agáinst me:
- 9 “Something déadly has fástened upón him; *
 he will not ríse from whére he líes.”
- 10 Thus éven my fríend, in whom I trústed, †
 who áte my bréad, *
 has lífted his héel agáinst me.

- 11 But yóu, O LÓRD, have mércy on mé. *
Raise me úp and Í will repáy them.
- 12 By thís I knów your fávör: *
that my fóes do not tríumph over mé.
- 13 In my intégrity yóu have uphéld me, *
and have sét me in your présence foréver.

[14] Blést be the LÓRD, the Gód of Ísrael, *
from áge to áge. Amén. Amén.

II d *Sitivet anima mea* (PM 102, Monday: Vigil, Nocturn II) *Ps 42:3*



My soul * is thirsting for the liv-ing God; when can I enter be-fore the face of God?

Psalm 42 (41) *Quemadmodum*

- 1 *For the Choirmaster. A Maskil. Of the sons of Korah.*
- 2 Like the déer that yearns
for rúnning stréams, *
só my sóul is yearning
for yóu, my Gód.
- 3 My sóul is thírsting for Gód,
the líving Gód; *
whén can I énter and appear
before the fáce of Gód?
- 4 My téars have becóme my bréad,
by dáy, by níght, *
as they sáy to me áll the day lóng,
“Whére is your Gód?”
- 5 These thínigs will Í remember
as I póur out my sóul: *
for Í would gó to the place
of your wóndrous tént,
all the wáy to the hóuse of Gód, †
amid críes of gládnness and thanksgíving, *
the thróng keeping jóyful féstival.
- 6 Whý are you cast dówn, my sóul; *
why gróan withín me?
Hope in Gód; I will práise him yet agáin, *
my saving présence and my Gód.
- 7 My sóul is cast dówn withín me, *
thérefore I reméber you
from the lánd of Jórdan and Mount Hérmon,

from the Híll of Mízar.

- 8 Déep is cálling on déep,
in the róar of your tórrents; *
your bíllows and áll your waves
swépt over mé.
- 9 By dáy the LÓRD decrees
his mérciful lóve; *
by níght his sóng is with mé,
prayer to the Gód of my life.
- 10 I will sáy to Gód, my rók, †
“Whý have you forgóttén me? *
Whý do Í go mourning
oppreséd by the fôe?”
- 11 With a déadly wóund in my bónes,
my énemies revíle me, *
sáying to me áll the day lóng,
“Whére is your Gód?”
- 12 Whý are you cast dówn, my sóul; *
why gróan withín me?
Hope in Gód; I will práise him yet agáin, *
my saving présénce and my Gód.

II d *Salvasti nos, Domine* (PM 103, Monday: Vigil, Nocturn II) *Ps 44:8,9*



You saved us from our foes, O Lord, * and we will praise your name for-ev-er.

Psalm 44 (43) *Deus, auribus*

- 1 *For the Choirmaster. Of the sons of Korah.*
A Maskil.
- 2 We héard with our own éars, O Gód; *
our fórebears have decláred to ús
the thíngs you díd in their days, *
you yoursélf, in dáys long agó.
- 3 With your own hánd you dróve out the nátions, *
but thém you plánted;
you bróught afflíction on the péoples; *
but thém you set fréé.
- 4 No swórd of their ówn won the lánd; *
no árm of their ówn brought them víctory.
It was yóur right hánd and your árm, *
and the líght of your fáce, for you lóved them.

- 5 You are my kíng, O Gód; *
you cómmand the víctories for Jácob.
- 6 Through yóu we béat down our fóes; *
in your náme we trámpled our aggréssors.
- 7 For it was nót in my bów that I trústed, *
nor yét was I sáved by my swórd:
- 8 it was yóu who sáved us from our fóes; *
those who háte us, you pút to sháme.
- 9 All day lóng our bóast was in Gód, *
and we will práise your náme foréver.
- 10 Yet nów you have rejécted us, disgráced us; *
you no lónger go fórth with our ármies.
- 11 You máke us retréat from the fóe; *
those who háte us plúnder us at wíll.
- 12 You máke us like shéep for the sláughter, *
and scátter us amóng the nátions.
- 13 You séll your own péople for nóthing, *
and máke no prófit by the sále.
- 14 You máke us the táunt of our néighbors, *
the móckery and scórn of those aróund us.
- 15 Among the nátions you máke us a byword; *
among the péoples they sháke their héads.
- 16 All day lóng my disgráce is befóre me; *
my fáce is cóvered with sháme
- 17 at the vóice of the táunter, the scóffer, *
at the síght of the fóe and avénger.
- 18 This beféll us though wé had not forgótten you; *
wé were not fálse to your cóvenant.
- 19 We had nót withdráwn our héarts; *
our féet had not stráyed from your páth.
- 20 Yet you have crúshed us in a háunt of jáckals, *
and cóvered us with the shádow of déath.
- 21 Had we forgótten the náme of our Gód, *
or strétched out our hánds to a strange gód,
- 22 would not Gód have fóund this óut, *
hé who knows the sécrets of the héart?
- 23 It is for yóu we are sláin all day lóng, *
and are cóunted as shéep for the sláughter.
- 24 Awáke, O LORD! Why do you sléep? *
Aríse! Do not rejéct us foréver.
- 25 Why do you híde your fáce, *
and forgét our oppréssion and mísery?
- 26 For our sóul is brought lów to the dúst; *

our b6dy lies pr6strate on the 6arth.
 27 Stand 6p and c6me to our h6lp! *
 Red6em us with your m6rciful l6ve!

VII c *Unxit te Deus* (PM 105, Monday: Vigil, Nocturn II) *Ps 45:8*



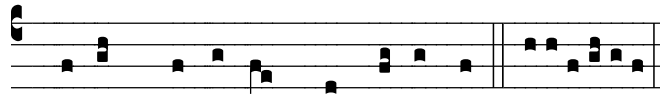
God, your God, * has anointed you with the oil of gladness a-bove other kings.

VI f *Confitebuntur tibi* (PM 105, Monday: Vigil, Nocturn II) *Ps 45:18*



The peoples will * praise you, O God, from age to age.

VI f *Eructavit cor meum* (PM 103, Monday in Lent: Vigil, Nocturn II) *Ps 45:2*



My heart * ov-erflows with noble words. *Do not repeat in psalm.*

Psalm 45 (44) *Eructavit cor meum*

- 1 *For the Choirmaster. Intoned like "The Lilies."
Of the sons of Korah. A Maskil. A Love Song.*
- 2 My h6art overfl6ws with n6ble w6rds. †
To the k6ng I address the s6ng I have m6de, *
my t6ngue as n6mble as the p6n of a scribe.
- 3 Y6u are the most h6andsome of the s6ns of m6n, *
and gr6ciousness is p6ured out up6n your l6ps,
for G6d has bl6ssed you for6everm6re.
- 4 G6rd your sw6rd upon your th6gh, O m6ghty one, *
with your spl6ndor and your m6jesty.
- 5 In your m6jesty r6de on tri6mphant †
in the c6use of tr6th, m6ekness, and j6stice. *
May your r6ght hand sh6w your w6ndrous d6eds.
- 6 Your 6rrows are sh6rp—p6oples fall ben6ath you— *
in the h6art of the f6es of the k6ng.
- 7 Your thr6ne, O G6d, shall end6re for6ever. *
A sc6pter of j6stice is the sc6pter of your k6ngdom.
- 8 Your l6ve is for j6stice; your h6atred for 6vil.

Th6refore G6d, your G6d, has an6inted you *

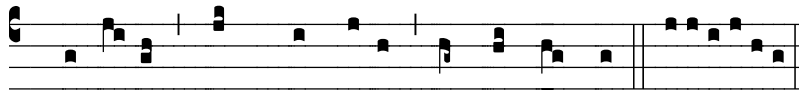
- with the óil of gládness abóve other kíngs:
 9 your róbes are frágrant with áloes, myrrh, and cássia. *
 From the ívory pálace you are gláddened with músic.
- 10 The dáughters of kíngs are thóse whom you fávor. *
 On your ríght stands the quéen in góld of Óphir.
- 11 Lísten, O dáughter; pay héed and give éar: *
 forgét your own péople and your fáther's hóuse.
- 12 Só will the kíng desíre your béauty. *
 Hé is your lórd, pay hómage to hím.
- 13 And the dáughter of Týre shall cóme with gífts; *
 the ríchest of the péople shall séek your fávor.
- 14 The dáughter of the kíng is clóthed with spléndor; *
 her róbes are threaded with góld.
- 15 In fine clóthing shé is léd to the kíng; *
 behínd her are her máiden compánions, brought to yóu.
- 16 Théy are escórted amid gládness and jóy; *
 they páss withín the pálace of the kíng.
- 17 Sóns will be yóurs to succéed your fáthers; *
 you will máke them rúlers over áll the éarth.
- 18 I will máke your náme foréver remébered. *
 Thus the péoples will práise you from áge to áge.

E *Adiutor in tribulationibus* (PM 118, Tuesday: Vigil, Nocturn I) *Ps 46:2*



An ev-er- * pres- ent help in time of distress.

VIII g *Sanctificavit* (PM 119, Tuesday: Vigil, Nocturn I) *Ps 46:5*



The ho- ly * place, the dwelling of the Most High.

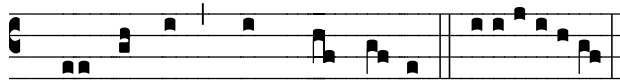
Psalm 46 (45) *Deus noster refugium*

- 1 *For the Choirmaster. Of the sons of Korah.*
Intoned like "The Maidens." A Song.
- 2 Gód is for ús a réfuge and stréngth, *
 an éver-present hélp in tíme of distréss:
- 3 so wé shall not féar though the éarth should róck, *
 though the móuntains quáke to the héart of the séa;
- 4 éven though its wáters ráge and fóam, *
 éven though the móuntains be sháken by its túmult.

The LÓRD of hósts is wíth us: *
the Gód of Jácob is our stróngthold.

- 5 The wáters of a ríver give jóy to God's cíty, *
the hóly place, the dwélling of the Móst Hígh.
- 6 Gód is wíthín, it cánnót be sháken; *
Gód will hélp it at the dáwning of the dáy.
- 7 Nátions are in túmult, kíngdoms are sháken: *
he lífts his vóice, the éarth melts awáy.
- 8 The LÓRD of hósts is wíth us: *
the Gód of Jácob is our stróngthold.
- 9 Cóme and behóld the wórks of the LÓRD, *
the áwesome déeds he has dóne on the éarth.
- 10 He puts an énd to wárs over áll the éarth; *
the bow he bréaks, the spear he snáps, the shíelds he burns with fíre:
- 11 "Be stíll and knów that Í am Gód, *
exálted over nátions, exálted over éarth!"
- 12 The LÓRD of hósts is wíth us: *
the Gód of Jácob is our stróngthold.

VII a *Jubilate Deo* (PM 120, Tuesday: Vigil, Nocturn I) *Ps 47:2*



Cry to God * with shouts of joy.

Psalm 47 (46) *Omnes gentes, plaudite*

- 1 *For the Choirmaster. Of the sons of Korah. A Psalm.*
- 2 All péoples, cláp your hánds. *
Cry to Gód with shóuts of jóy!
- 3 For the LÓRD, the Most Hígh, is áwesome, *
the great kíng over áll the éarth.
- 4 He húmbles péoples únder us *
and nátions únder our féet.
- 5 Our héritage he chóse for ús, *
the príde of Jácob whom he lóves.
- 6 God goes úp with shóuts of jóy. *
The LORD goes úp with trúmpet blást.
- 7 Sing práise for Gód; sing práise! *
Sing práise to our kíng; sing práise!
- 8 God is kíng of áll the éarth. *
Sing práise with áll your skíll.
- 9 Gód reigns óver the nátions. *

God síts upon his hóly thróne.

- 10 The prínces of the péoples are assémbled *
with the péople of the Gód of Ábraham.
The rúlers of the éarth belong to Gód, *
whó is gréatly exálted.

I a *Magnus Dominus* (PM 121, Tuesday: Vigil, Nocturn I) *Ps 48:2*



Great is the Lord * and highly to be praised. *Do not repeat in psalm.*

Psalm 48 (47) *Magnus Dominus*

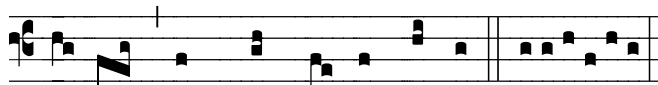
- 1 *A Song. A Psalm. Of the sons of Korah.*
- 2 Great is the LÓRD and híghly to be práised *
in the cíty of our Gód.
- 3 His holy móuntain ríses in béauty, *
the jóy of all the éarth.
- Mount Síon, in the héart of the Nóρθ, *
the cíty of the Míghty Kíng!
- 4 Gód, in the mídst of its cítadels, *
has shówn hímself its stróngthold.
- 5 Behóld! the kíngs assémbled; *
together they advánced.
- 6 They sáw; at ónce they márveled; *
dismáyed, they fled in féar.
- 7 A trémbling séized them thére, *
anguish, like pángs in gíving bírth,
- 8 as whén the éast wind shátters *
the shíps of Társhish.
- 9 As we have héard, só we have seen *
in the cíty of our Gód,
in the cíty of the LÓRD of hósts, *
which God estáblishes foréver.
- 10 Your mérciful lóve, O Gód, *
we pónder in your témples.
- 11 Your práise, O Gód, like your náme, *
reaches the énds of the éarth.

- Your right hánd is fílléd with saving jústice. *
- 12 Mount Síon rejóices.
The dáughters of Júdah rejóice *
at the síght of your júdgments.

- 13 Walk through Síon, wálk all aróund her; *
count the númer of her tówers.
- 14 Consíder áll her rámparts; *
exámíne her cástles,

- That you may téll the néxt generátion *
15 that súch is our Gód,
our Gód foréver and álways. *
He will guíde us foréver.

E *Auribus percipite* (PM 122, Tuesday: Vigil, Nocturn I) *Ps 49:2*



Give ear, * all who dwell in the world.

Psalm 49 (48) *Audite haec, omnes*

1 *For the Choirmaster. Of the sons of Korah. A Psalm.*

- 2 Héar this, áll you péoples, *
give éar, all who dwéll in the wórld,
- 3 péople both hígh and lów, *
rích and póor álíke!
- 4 My móuth will útter wísdóm. *
The refléctions of my héart offer ínsíght.
- 5 I will inclíne my éar to a mýstery; *
with the hárp I will sét forth my próblem.
- 6 Whý should I féar in evil dáys *
the málice of the fóes who surróund me,
- 7 thóse who trúst in their wéalth, *
and bóast of the vástness of their ríches?
- 8 Nó man can ránsom a bróther, *
nor pay a príce to Gód for his lífe.
- 9 How hígh is the príce of his sóul! *
The ránsom can néver be enóugh!
- 10 Nó one can bý life unénding, *
nor avóid cóming to the gráve.
- 11 Anyone sées that the wíse will díe; †
the fóolish will pérish with the sénéseless, *
and léave their wéalth to óthers.
- 12 Their gráves are their hómes foréver, †
their dwélling place from áge to áge, *
though lánds were cálléd by their námes.
- 13 In his ríches, mán does not endúre; *
hé is líke the béasts that are destróyed.

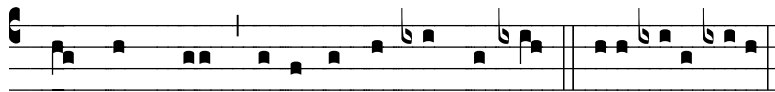
- 14 This is the way of the foolish, *
the outcome of those pleased with their lot:
- 15 like sheep they are driven to the grave, †
where death shall become their shepherd, *
and the upright shall have dominion.
- Their outward show wastes away with the morning, *
and the grave becomes their home.
- 16 But God will ransom my soul from the grasp of hell; *
for he indeed will receive me.
- 17 Then do not fear when a man grows rich, *
when the glory of his house increases.
- 18 He takes nothing with him when he dies; *
his glory does not follow him below.
- 19 Though he flattered himself while he lived, *
“People will praise me for all my success,”
- 20 yet he will go to join his forebears, *
and will never see the light anymore.
- 21 In his riches, man cannot discern; *
he is like the beasts that are destroyed.

VIII g *Deus deorum* (PM 123, Tuesday: Vigil, Nocturn I) *Ps 50:1*



The God of gods, the Lord, * has spoken. *Do not repeat in psalm.*

E *Immola Deo* (PM 124, Tuesday: Vigil, Nocturn I) *Ps 50:14*



Give your praise * as a sa-cri- fice to God.

Psalm 50 (49) *Deus deorum*

1 *A Psalm of Asaph.*

The Gód of góds, the LÓRD,
has spóken and súmmoned the éarth, *
from the rísing of the sún to its sétting.

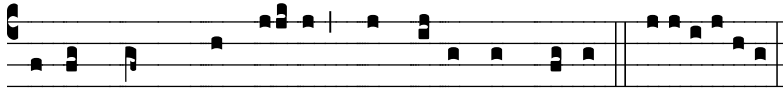
2 Out of Síon, the perféction of béauty, *
Gód is shíning fóρθ.

3 Our God cómes, and does nóт keep sílence. *
Befóre him fíre devóurs;
aróund him témpest ráges.

- 4 He calls on the heavens above, *
and on the earth, to judge his people.
- 5 “Gather my holy ones to me, *
who made covenant with me by sacrifice.”
- 6 The heavens proclaim his justice, *
for he, God, is the judge.
- 7 “Listen, my people, I will speak; †
Israel, I will testify against you, *
for I am God, your God.
- 8 I do not rebuke you for your sacrifices; *
your offerings are always before me.
- 9 I do not take more bullocks from your farms, *
nor goats from among your herds.
- 10 For I own all the beasts of the forest, *
beasts in their thousands on my hills.
- 11 I know all the birds on the mountains; *
all that moves in the field belongs to me.
- 12 Were I hungry, I would not tell you, *
for the world and its fullness is mine.
- 13 Do I eat the flesh of bulls, *
or drink the blood of goats?
- 14 Give your praise as a sacrifice to God, *
and fulfill your vows to the Most High.
- 15 Then call on me in the day of distress. *
I will deliver you and you shall honor me.”
- 16 But God will say to the wicked, *
“How can you recite my commandments,
and take my covenant on your lips,
- 17 you who despise correction, *
and cast my words behind you,
- 18 You who see a thief and befriend him, *
who throw in your lot with adulterers,
19 who unbridle your mouth for evil, *
and yoke your tongue to deceit,
20 you who sit and malign your own brother, *
and slander your own mother’s son?
- 21 You do this, and should I keep silence? †
Do you think that I am like you? *
I accuse you, lay the charge before you.
- 22 Mark this, you who are forgetful of God, *
lest I seize you and none can deliver you.
- 23 A sacrifice of praise gives me honor, *
and to one whose way is blameless,

I will shów the salvátion of Gód.”

VIII g *Confitebor tibi* (PM 125, Tuesday: Vigil, Nocturn I) *Ps 52:11*

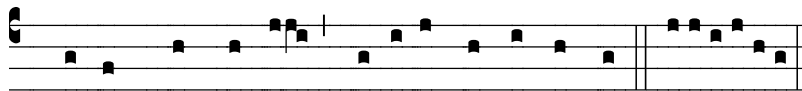


I will thank * you, O Lord, for this is your do- ing.

Psalm 52 (51) *Quid gloriaris?*

- 1 *For the Choirmaster. A Maskil of David*
- 2 *after Doeg the Edomite came and told Saul,*
“David has gone to the house of Abimelech.”
- 3 Why do you bóast of wíckedness, *
you chámption of évil?
- 4 Planning rúin áll day lóng, †
your tóngue is like a shárpened rázor, *
you who práctice decéit!
- 5 You love évil móre than gód, *
fálsehood more than trúth.
- 6 You love évery destrúctive wórd, *
O tóngue of decéit.
- 7 Then God will bréak you dówn foréver, *
and he will táke you awáy.
He will snátch you from your tént, and upróot you *
from the lánd of the líving.
- 8 The júst shall sée and féar. *
They shall láugh and sáy,
- 9 “So thís is the chámption who refused *
to take Gód as a strónghold,
but trústed in the gréatness of wealth *
and grew pówerful by wíckedness.”
- 10 But Í am like a grówing ólive tree
in the hóuse of Gód. *
I trúst in the mércy of Gód,
foréver and éver.
- 11 I will thánk you forévermóre, *
for thís is your dóing.
I will hópe in your náme, for it is gód, *
in the présence of your fáithful.

VIII g *Avertit Domin2us* (PM 127, Tuesday in Lent: Vigil, Nocturn II) *Ps 53:7*

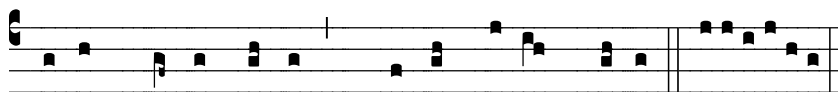


The Lord brings a-bout * the re-turn of his people.

Psalm 53 (52) *Dixit insipiens*

- 1 *For the Choirmaster. Intoned like Mahalat.
A Maskil of David.*
- 2 The f6ol has s6aid in his h6eart,
“There is no G6od.” *
Their d6eeds are corr6upt, depr6aved;
no one d6oes any g6ood.
- 3 G6od looks d6own from heaven
on the h6uman r6ace, *
to s6ee if 6any are wise,
if 6any seek G6od.
- 4 6All have l6eft the right p6ath,
depr6aved, every 6one; *
there is n6o one who d6oes any g6ood,
n6o, not even 6one.
- 5 Do n6one who do 6evil 6underst6and? *
They 6eat up my p6eople as if 6eating br6ead;
they n6ever call 6out to G6od.
- 6 Th6ere they shall tr6emble with f6ear—
without c6ause for f6ear— *
for God sc6atters the b6ones of your bes6iegers.
They are sh6amed; God rej6ects them.
- 7 Wh6o will bring 6Israel salv6ation from S6ion? *
When G6od brings ab6out the ret6urn of his p6eople,
then J6acob will be gl6ad and 6Israel rej6oice.

VIII g *Deus adiuvat me* (PM 128, Tuesday: Vigil, Nocturn II) *Ps 54:6*



I have God for my help; * the Lord sustains my soul.

Psalm 54 (53) *Deus, in nomine*

- 1 *For the Choirmaster. On stringed instruments.
A Maskil of David*
- 2 *after the Ziphites came to Saul and said,*

“Is not David hiding among us?”

- 3 O Gód, sáve me by your náme; *
by your pówer, defénd my cáuse.
- 4 O Gód, héar my práyer; *
give éar to the wórds of my móuth.

- 5 For the próud have rísen agáinst me, †
and the rúthless séek my lífe. *
They have nó regárd for Gód.

- 6 Sée, I have Gód for my hélp. *
The LÓRD sustáins my sóul.
- 7 Let évil recóil on my fóes. *
In your fáithfulness, bríng them to an énd.

- 8 I will sácrífice to yóu with willing héart, *
and práise your náme, for it is góod:
- 9 for it has réscued me from áll distréss, *
and my éyes have gázéd upon my fóes.

V a *Intende in me* (PM 129, Tuesday in Lent: Vigil, Nocturn II) *Ps 55:3*



At-tend to me * and reply, O Lord.

Psalm 55 (54) *Exaudi, Deus*

- 1 *For the Choirmaster. On stringed instruments.*
A Maskil of David.

- 2 Give éar, O Gód, to my práyer; *
do not híde from my pléading.
- 3 Atténd to mé and replý; *
with my cáres, I cannot rést.

- 4 I trémbles at the shóuts of the fóe, *
at the críes of the wícked,
for they píle up évil upón me; *
in ánger they malígn me.

- 5 My héart is strícken withín me; *
death's térror falls upón me.
- 6 Trémbing and féar come óver me, *
and hórror overwhélms me.

- 7 I say, “Ó that I had wíngs like a dóve, *
to fly awáy and be at rést!
- 8 I would indéed escápe far awáy, *
and take réfuge in the désert.
- 9 Í shall awáit him who sáves me *

- from the ráging wind and témpest.”
- 10 Engúlf and confúse their speech, O LÓRD, *
for I see víolence and strífe in the cíty!
- 11 Night and dáy they patról its wáalls. *
In its mídst are wíckedness and évil.
- 12 Destrúction líes withín it. *
Its stréets are néver free
from týranny and decéit.
- 13 If an énemy made táunts agáinst me,
Í could béar it. *
If my ríval had rísen agáinst me,
I could híde from hím.
- 14 But it is yóu, as my équal, my fríend, *
whom I knéw so wéll,
15 with whóm I enjóyed fríendly cóunsel! *
We wáلكed togéther in harmony
in the hóuse of Gód.
- 16 May déath fall súddenly upón them! †
Let them go dówn alive to the gráve, *
for wíckedness dwélls in their hómes,
and déep in their héarts.
- 17 As for mé, I will crý to Gód, *
and the LÓRD will sáve me.
- 18 Évening, mórning, and at nóon, †
I will crý and lámént, *
and he will héar my vóice.
- 19 He will redéem my sóul in péace
in the attáck agáinst me, *
for thóse who fíght me are mány.
- 20 Gód, who is enthroned foréver, *
will héar them and húmble them.
For théy will not aménd their wáys; *
they have no féar of Gód.
- 21 The tráitor has túrned agáinst his fríends; *
he has bróken his páct.
- 22 His spéech is sófter than bútter, *
but wár is in his héart.
His wórdS are smóother than óil, *
but they are swórdS unshéathed.
- 23 Entrúst your cáres to the LÓRD, †
and hé will suppórt you. *
Hé will néver allow
the júst man to stúmble.

- 24 But you will bring them down, O Gód, *
to the pit of death:
the blóodthirsty ánd the líars
shall not líve even hálf their dáys. *
But Í, I will trúst in you, O LÓRD.

If *In Deo speravi* (PM 131, Tuesday: Vigil, Nocturn II) *Ps 56:5*



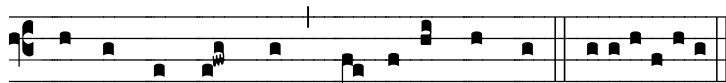
In God I trust; * I shall not fear. What can mere flesh do to me?

Psalm 56 (55) *Miserere mei, Deus*

- 1 *For the Choirmaster. Intoned like "The Dove of Distant Places." A Miktam of David, when the Philistines seized him in Gath.*
- 2 Have mércy on mé, O Gód, †
for péople assáil me; *
they fíght me all day lóng and opprés me.
- 3 My fóes assáil me all day lóng: *
mány fight próudly agáinst me.
- 4 On the dáy when Í shall féar, *
I will trúst in yóu,
- 5 in Gód, whose wórd I práise. †
In Gód I trúst; I shall not féar. *
Whát can mere flésh do to mé?
- 6 All day lóng they distórt my wórd; *
their évery thought agáinst me is évil.
- 7 They bánd togéther in ámbush; *
they wáitch my véry fóotsteps,
as they wáit to táke my lífe.
- 8 Repáy them, O Gód, for their crímes; *
in your ánger, bríng down the péoples.
- 9 You have képt an accóunt of my wánderings; †
you have pláced my téars in your flásk; *
áre they not recórded in your bóok?
- 10 Thén my fóes will turn báck *
on the dáy when I cáll to yóu.
- This I knów, that Gód is on my síde. †
- 11 In Gód, whose wórd I práise, *
in the LÓRD whose wórd I práise,
- 12 in Gód I trúst; I shall not féar. *
Whát can man dó to mé?
- 13 I am bóund by the vóws I have máde you. *

- O Gód, I will offer you praise,
 14 for you have rescued my soul from death; *
 you kept my feet from stumbling,
 that I may walk in the presence of Gód, *
 in the light of the living.

E *Iusta iudicate* (PM 132, Tuesday in Lent: Vigil, Nocturn II) *Ps 58:2*



Mete out fair judgment * to the sons of men.

Psalm 58 (57) *Si vere utique*

- 1 *For the Choirmaster. Intoned like "Do not destroy."*
A Miktam of David.
- 2 Do you truly speak justice, you who hold divine power? *
 Do you mete out fair judgment to the sons of men?
- 3 No, in your hearts you devise iniquities; *
 your hands deal out violence to the land.
- 4 The wicked go astray from the womb; *
 deviant from birth, they speak lies.
- 5 Their venom is like the venom of the snake; *
 they are like a deaf viper stopping its ears,
 +6 lest it should hear the snake-charmer's voice, *
 the voice of the skillful dealer in spells.
- 7 O Gód, break the teeth in their mouths; *
 tear out the fangs of these lions, O LÓRD!
- 8 Let them vanish like water that runs away; *
 let them wither like grass that is trodden underfoot.
- 9 Let them be like the snail that dissolves into slime, *
 like a woman's miscarriage that never sees the sun.
- 10 Before they put forth thorns, like a bramble, *
 let them be swept away, green wood or dry!
- 11 The just shall rejoice at the sight of vengeance; *
 they shall bathe their feet in the blood of the wicked.
- 12 People shall say: "Truly, there is reward for the upright. *
 Truly there is a God who judges justly on earth."

If *Ab insurgentibus* (PM 133, Tuesday: Vigil, Nocturn II) *Ps 59:2,4*



Pro-tect me, O God, * from those who attack me, who lie in wait for my life.

Psalm 59 (58) *Eripe me de inimicis*

- 1 *For the Choirmaster. Intoned like "Do not destroy."
A Miktam of David when Saul sent men
to keep watch on his house and kill him.*
- 2 Réscue me from my fóes, O Gód; *
protéct me from thóse who attáck me.
- 3 O réscue me from thóse who do évil, *
and sáve me from blóodthirsty mén.
- 4 See, they líe in wáit for my lífe; *
the stróng band togéther agáinst me.
For no offéense, no sín of mine, O LÓRD, †
- 5 for no guílt of mine they rúsh to take their stánd. *

Awáke! Come to méet me, and sée!
- 6 LORD God of hósts, you are Ísrael's Gód. †
Róuse yourself and púnish the nátions; *
show no mércy to évil tráitors.
- 7 Each évening théy come bák; *
howling like dógs, they róam about the cíty.
- 8 Sée how their móuths utter ínsults; †
their líps are like shárpeneed swórd. *
"For whó," they sáy, "will héar us?"
- 9 But yóu, LORD, will láugh them to scórn. *
You make a móckery of áll the nátions.
- 10 O my Stréngth, for yóu will I wáitch, †
for yóu, O Gód, are my strónghold, *
- 11 the God who shóws me mérciful lóve.

Now Gód will procéed befóre me; *
Gód will let me lóok upon my fóes.
- 12 Do not kíl them lest my péople forgét; *
róut them by your pówer, lay them lów.
- It is yóu, LORD Gód, who are our shíeld. *
- 13 For the síns of their móuths and the wórd of their líps,
lét them be cáught in their príde; *
for the cúrses and líes that they spéak.
- 14 Destróy them in your ánger. Destróy them *
till they áre no móre.
Let them knów that Gód is the ruler *
over Jácob and the énds of the éarth.
- 15 Each évening théy come bák; *
they howl like dógs and róam about the cíty.
- 16 They prówl in séarch of fóod; *
they grówl till they háve their fíll.

17 As for mé, I will síng of your stréngth, *
and accláim your mércy in the mórníng,
for yóu have béen my stróngthold, *
a réfuge in the dáy of my distréss.

18 O my Stréngth, to yóu I will síng práise, †
for yóu, O Gód, are my stróngthold, *
the God who shóws me mérciful lóve.

II d *Da nobis, Domine* (PM 145, Wednesday: Vigil, Nocturn I) *Ps 60:13*



Give us, O Lord, * help a-against the foe.

Psalm 60 (59) *Deus, repulisti nos*

1 *For the Choirmaster. Intoned like "The Lily of Testimony."*
A Miktam of David for instruction when he went out
against the Aram-Haharaim and Aram-Sobah,
and when Joab returned to Edom and defeated
twelve thousand in the Valley of Salt.

3 O Gód, you have rejécted us, and bróken us. *
You have been ángry; come báck to ús.

4 You have máde the earth quáke, torn it ópen. *
Repáir what is shátted, for it swáys.

5 You have infliced hárdships on your péople, *
made us drínk a wíne that dázed us.

6 For those who féar you, you gáve the sígnal *
to flée from the fáce of the bów.

7 With your right hánd, grant salvátion, and give ánsver, *
that thóse whom you lóve may be frée.

8 From his hólý place Gód has spóken: *
"I will exúlt, and divíde the land of Shéchem;
I will méasure out the válley of Súccoath.

9 Mine is Gílead, míne is Manásseh; *
Éphraim I táke for my héliet,
Júdah ís my scépter.

10 Móab ís my wáshbowl; †
on Édom I will cást my shóe. *
Over Philístia I will shóut in tríumph."

11 But who will léad me to the fórtified cíty? *
Whó will bríng me to Édom?

12 Have yóu, O Gód, rejécted us? *

Will you márch with our ármies no lónger?

- 13 Gíve us hélp against the fóe, *
for the hélp of mán is váin.
14 With Gód, wé shall do brávely, *
and hé will trámples down our fóes.

IV *Dum anxietur* (PM 146, Wednesday: Vigil, Nocturn I) *Ps 61:3*



My heart is faint. * Set me high up- on the rock.

VIII g *Dedisti hereditatem* (PM 146, Wednesday: Vigil, Nocturn I) *Ps 61:6*



You have giv-en me * the her- i-tage of those who fear your name, O Lord.

Psalm 61 (60) *Exaudi, Deus*

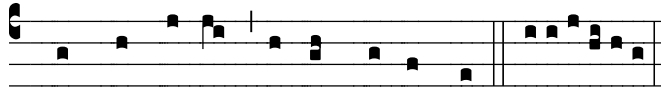
1 *For the Choirmaster. With stringed instruments.*
Of David.

- 2 Lísten, O Gód, to my crý! *
Atténd to my práyer!
3 From the énd of the éarth I cáll you; *
my héart is fáint.

Sét me hígh upon the rock
too hígh for me to réach, *

- 4 you, my réfuge and míghty tower
agáinst the fóe.

- 5 Then will I dwéll in your tént foréver, *
and híde in the shéltér of your wíngs.
6 For yóu, O God, have héárd my vóws; *
you have gíven me the héritage of those
who féar your náme.
7 Day upon dáy you will ádd to the kíng; *
his yéars as áge upon áge.
8 May he éver sit enthronéd before Gód: *
bid mércy and trúth be his protéction.
9 So I will síng to your náme foréver, *
and dáy after dáy fulfill my vóws.



Does not my soul * a- lone rest in God?

Psalm 62 (61) *Nonne Deo*

1 *For the Choirmaster. Intoned like Jeduthun.*
A Psalm of David.

- 2 In God alóne is my sóul at rést; *
my salvátion cómes from hím.
- 3 He alóne is my róck, my salvátion, *
my fórtress; néver shall I fálder.
- 4 How lóng will you áll attack one mán
to bréak him dówn, *
as thóugh he were a tóttling wáll,
or a túmbling fénce?
- 5 Their plán is ónly to bring dówn; *
they take pléasure in lées.
With their móuth they útter bléssing, *
but in their héart they cúrse.
- 6 In God alóne be at rést, my sóul, *
for my hópe is from hím.
- 7 He alóne is my róck, my salvátion, *
my fórtress; néver shall I fálder.
- 8 In Gód is my salvátion and glóry,
my róck of stréngth; *
in Gód is my réfuge.
- 9 Trúst him at all tímes, O péople. *
Póur out your héarts befóre him,
for Gód is our réfuge.
- 10 The sóns of mén are a bréath, *
an illúsió, the sóns of mén.
Pláced in the scáles, they ríse; *
they áll weigh léss than a bréath.
- 11 Do not pút your trúst in oppréssió, *
nor vain hópes on plúnder.
Éven if ríches increáse, *
set not your héart on thém.
- 12 For Gód has said ónly one thíng; †
only twó have I héard: *
that to Gód alóne belongs pówer,
and to yóu, LORD, mérciful lóve; *
- 13

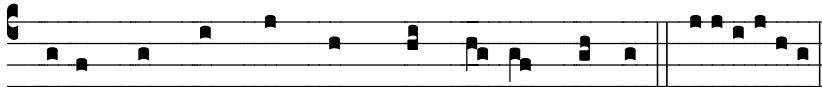
and that yóu repáy each mán
accórding to his déeds.

VII a *Omnes sitientes* (PM 72, Sunday: Lauds) *Ps 63:2,3*



At dawn I seek you, O God, * that I may come be-fore you.

VIII g *Labia mea* (PM 73, Sunday: Lauds) *Ps 63:4,5*



My lips will speak your praise * all my life, my God.

Psalm 63 (62) *Deus, Deus meus*

- 1 *A Psalm of David when he was in the desert of Judah.*
- 2 O Gód, you are my Gód; at dawn I séek you; *
for yóu my sóul is thírsting.
For yóu my flésh is pínig, *
like a drý, weary lánd without wáter.
- 3 I have cóme before yóu in the sánctuary, *
to behóld your stréngth and your glóry.
- 4 Your loving mércy is bétter than lífe; *
my líps will spéak your práise.
- 5 I will bléss you áll my lífe; *
in your náme I will líft up my hánds.
- 6 My sóul shall be fílléd as with a bándquet; *
with joyful líps, my móuth shall práise you.
- 7 When I reméber you upón my béd, *
I muse on yóu through the wátches of the níght.
- 8 For yóu have béen my stréngth; *
in the shádw of your wíngs I rejóice.
- 9 My sóul clings fást to yóu; *
yóur right hánd uphólds me.
- 10 Those who séek to destróy my lífe *
shall go dówn to the dépths of the éarth.
- 11 Pút to the pówér of the swórd, *
they shall be léft as préy for the jáckals.
- 12 But the kíng shall rejóice in Gód; †
all that swéar by hím shall exúlt, *
for the móuth of líars shall be sílenced.

VI f *Benedicite, gentes* (PM 147, Wednesday: Vigil, Nocturn I) *Ps 66:8*



O peo-ples, * bless our God.

I g *Audite, omnes* (PM 149, Wednesday: Vigil, Nocturn I) *Ps 66:16*



Come and hear, * all who fear God; I will tell you what he did for my soul.

Psalm 66 (65) *Jubilate Deo*

1 *For the Choirmaster. A Song. A Psalm.*

Cry out with jÓy to GÓd, all the éarth; *

2 O síng to the glÓry of his náme.

O rénder him glÓrious práise. *

3 Say to GÓd, "How áwesome your déeds!

Because of the gréatness of your stréngth, *
your énemies fáwn upón you.

4 Before yÓu all the éarth shall bow dÓwn, *
shall síng to you, síng to your náme!"

5 Come and sée the wÓrks of GÓd: *
áwesome his déeds among the chÍldren of mén.

6 He túrned the séa into dry lánd; *
they pássed through the rÍver on fÓot.

Let our jÓy, then, bé in hÍm; *

7 he rúles foréver by his míght.

His éyes keep wátch on the nátions: *
let rébels not exált themsélves.

8 O péoples, bléss our GÓd; *

let the vÓice of his práise resÓund,

9 of the GÓd who gave life to our sÓuls *
and képt our féet from stúmbling.

10 For yÓu, O GÓd, have tésted us, *
you have tríed us as sílver is tríed;

11 you léd us, GÓd, into the snáre; *
you láid a heavy búrden on our bácks.

12 You lét men rÍde over our héads; †
we wént through fÍre and through wáter, *
but then you brÓught us to a pláce of plénty.

- 13 Burnt offering I bring to your house; *
to you I will pay my vows,
14 the vows which my lips have uttered, *
which my mouth declared in my distress.
- 15 I will offer you burnt offerings of fatlings †
with the smoke of sacrificial rams. *
I will offer bullocks and goats.
- 16 Come and hear, all who fear God; *
I will tell what he did for my soul.
17 To him I cried aloud, *
with exaltation ready on my tongue.
- 18 Had I considered evil in my heart, *
the LORD would not have listened.
19 But truly God has listened; *
he has heeded the voice of my prayer.
20 Blest be God, who did not reject my prayer, *
nor withhold from me his merciful love.

VIII g *Deus misereatur nostri* (PM 66, Sunday: Lauds) *Ps 67:2*



O God, * be gra-cious and bless us. *Do not repeat in psalm.*

E *Illumina, Domine* (PM 66, Sunday: Lauds) *Ps 67:2*



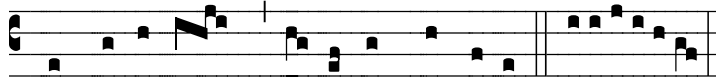
O Lord, * let your face shed its light up- on us.

Psalm 67 (66) *Deus misereatur*

- 1 *For the Choirmaster. With string instruments.*
A Psalm. A Song.
- 2 O God, be gracious and bless us *
and let your face shed its light upon us.
3 So will your ways be known upon earth *
and all nations learn your salvation.
- 4 Let the peoples praise you, O God; *
let all the peoples praise you.
- 5 Let the nations be glad and shout for joy, *
with uprightness you rule the peoples;
you guide the nations on earth.

- 6 Let the péoples práise you, O Gód; *
let áll the péoples práise you.
- 7 The éarth has yíelded its frúit *
for Gód, our Gód, has bléssed us.
- 8 May Gód still gíve us his bléssing *
that all the énds of the éarth may revére him.

VII a *Exsurgat Deus* (PM 150, Wednesday: Vigil, Nocturn I) *Ps 68:2*



Let God a- rise; * let his foes be scattered. *Do not repeat in psalm.*

D d *In ecclesiis* (PM 150, Wednesday: Vigil, Nocturn I) *Ps 68:27*



In the sacred assembly, * bless God.

Psalm 68 (67) *Exurgat Deus*

- 1 *For the Choirmaster. Of David. A Psalm. A Song.*
- 2 Let Gód aríse; let his fóes be scátted. *
Let thóse who háte him flée from his présence.
- 3 As smoke is dríven awáy, so dríve them awáy; *
like wáx that mélts befóre the fíre,
so the wícked shall pérish at the présence of Gód.
- 4 But the júst shall rejóice at the présence of Gód; *
théy shall exúlt with glád rejóicing.
- 5 O síng to Gód; make músic to his náme. †
Extól the Óne who rídes on the clóuds. *
The LÓRD is his náme; exúlt at his présence.
- 6 Father of órphans, defénder of wídows: *
such is Gód in his hóly pláce.
- 7 God gives the désolate a hóme to dwéll in; †
he leads the prísoners fóρθ into prospéritý, *
but rébels must dwéll in a parched lánd.
- 8 O Gód, when you went fóρθ before your péople, *
when you marched óut acróss the désert,
9 the earth trémbled, heavens póured down ráin: †
at the fáce of Gód, the God of Sínai, *
at the fáce of Gód, the God of Ísrael.
- 10 You póured down, O Gód, a génerous ráin; *
when your péople lánguished, you restóred their inhéritance.

- 11 It was there that your flóck begán to dwell. *
In your goodness, O Gód, you provided for the póor.
- 12 The LÓRD announces the commánd; *
a míghty thróng bears good tídings:
- 13 “The kíngs and ármies are in héadlong flíght, *
while yóu were at rést amóng the sheépfolds.”
- 14 At hóme the wómen alréady share the spóil. †
They are cóvered with sílver as the wíngs of a dóve, *
its féathers brílliant with shíning góld.
- 15 When the Almíghty scatters kíngs on the móuntain, *
it is like snów whítening Mount Zálmon.
- 16 You, móuntain of Báshan, are a míghty móuntain; *
a mány-peaked móuntain, the móuntain of Báshan.
- 17 Why lóok with énvý, you mány-peaked móuntain, †
at the móuntain where Gód has desíred to dwell? *
It is thére that the LÓRD shall dwell foréver.
- 18 The cháriots of Gód are thóusands upon thóusands. *
The LÓRD has cóme from Sínai to the hólý place.
- 19 You have ascéded on hígh; leading captívity cáptive †
as tríbute recéiving prísoners, O Gód, *
so that éven rébels may dwell near the LÓRD God.
- 20 Dáy after dáy, may the LÓRD be blést. *
He béars our búrdens; Gód is our sáviór.
- 21 This Gód of óurs is a Gód who sáves. *
The LORD our LÓRD provídes an escápe from déath.
- 22 And Gód will smíte the héad of his fóes, *
the hairy crówn of him who wálks abóut in his guílt.
- 23 The LORD sáid, “I will bríng them báck from Báshan; *
I will bríng them báck from the dépth of the séa.
- 24 Thén you will báthe your féet in their blóod, *
and the tóngues of your dógs take their sháre of the fóe.”
- 25 They sée your sólemn procéssion, O Gód, *
the procéssion of my Gód, of my kíng, to the hólý place:
- 26 the síngers in the fórefront, the músicians coming lást; *
betwéen them, máidens sóunding their tímbréls.
- 27 “In the sácred assémbly, bléss God, the LÓRD, *
O yóu who are fróm the fóuntain of Ísrael.”
- 28 There is Bénjamin, léast of the tríbes, at the héad; †
Júdah’s prínces, a míghty thróng; *
Zébulun’s prínces, Náph tali’s prínces.
- 29 Súmmon fóρθ your míght, O Gód; *
your míght, O Gód, which you have shówn for ús.
- 30 From your témples hígh in Jerúsalem, *
kíngs will cóme to you brínging their tríbute.

- 31 Rebúke the wild béast that dwélls in the réeds, †
the bánds of the míghty and rúlers of the péoples. *
Scátter the péoples who delíght in wár.
- 32 Rich mérchants will máke their wáy from Égypt; *
Ethiópia will strétch out her hánds to Gód.
- 33 You kíngdoms of the éarth, sing to Gód, praise the LÓRD *
34 who rídes on the héavens, the áncient héavens.
Behold, he thúnders his vóice, his míghty vóice. *
35 Cóme, acknówledge the pówer of Gód.

His glóry is on Ísrael; his míght is in the skíes. *
36 Áwesome is Gód in his hóly pláce.
Hé is Gód, the Gód of Ísrael. *
He himsélf gives stréngth and pówer to his péople.
Blést bé Gód!

VIII c *Salvum me fac* (PM 154, Wednesday: Vigil, Nocturn II) *Ps 69:2*



Save me, O God, * for the wa- ters have ris-en to my neck. *Do not repeat in psalm.*

VIII g *Quaerite Dominum* (PM 154, Wednesday in Lent: Vigil, Nocturn II) *Ps 69:33*



God-seeking hearts * will re-vive.

Psalm 69 (68) *Salvum me fac*

- 1 *For the Choirmaster. Intoned like "Lilies."*
Of David.
- 2 Sáve me, O Gód, for the wáters *
have rísen to my néck.
- 3 I have súnk into the múd of the déep, *
where there ís no fóothold.
I have éntered the wáters of the déep, *
where the flóod overwhélms me.
- 4 I am wéaried with cryíng alóud; †
my thróat is párched. *
My éyes are wásted away
with wáiting for my Gód.
- 5 More númerous than the háirs on my héad *
are those who háte me without cáuse.
Mány are thóse who attáck me,

- éemies with líes. *
 Whát I have néver stólen,
 hów can I restóre?
- 6 O Gód, you knów my fóllý; *
 from you my síns are not hídden.
- 7 May those who hópe in you nót be shamed *
 because of mé, O LORD of hóst; *
 may those who séek you nót be put to shame *
 because of mé, O God of Ísrael.
- 8 It is for yóu that I súffer táunts, *
 that sháme has cóvered my fáce.
- 9 To my own kín I have becóme an óutcast, *
 a stránger to the chíldren of my móther.
- 10 Zéal for your hóuse consúmes me, *
 and táunts against yóu fall on mé.
- 11 When my sóul wept bítterly in fásting, *
 they máde it a táunt agáinst me.
- 12 When I máde my clóthing sáckcloth, *
 I becáme a repróach to thém,
- 13 the góssip of thóse at the gátes, *
 the théme of drúnkards' sóns.
- 14 But I práy to yóu, O LÓRD, *
 for a tíme of your fávor.
 In your great mércy, ánsver me, O Gód, *
 with your salvátion that néver fáils.
- 15 Réscue me from sínking in the múd; *
 from those who háte me, delíver me.
 Sáve me from the wáters of the déep, *
- 16 lest the wáves overwhélm me.
 Let nót the déep engúlf me, *
 nor the píť close its móuth on me.
- 17 LORD, ánsver, for your mércy is kínd; *
 in your gréat compásson, turn toward mé.
- 18 Do not híde your fáce from your sérvant; *
 ánsver me quáckly, for Í am in distréss.
- 19 Come clóse to my sóul and redéem me; *
 ránsom me becáuse of my fóes.
- 20 You know my táunts, my sháme, my dishónor; *
 my opprésors are áll befóre you.
- 21 Táunts have bróken my héart; *
 hére I ám in ánguish.
 I looked for sólace, but thére was nóne; *
 for consólers—not óne could I fínd.
- 22 For fóod they gáve me gáll; *
 in my thírst they gave me vínegar to drínk.

- 23 Let their táble be a snáre to thém, *
and for their fríends, a tráp.
- 24 Let their éyes grow díim and blínd; *
let their límbs continually trémbles.
- 25 Pour óut your ánger upón them; *
let your búrning fúry overtáke them.
- 26 Lét their cámp be left désolate; *
let nó one dwéll in their ténts:
- 27 for they pésecute óne whom you strúck; *
they incréase the pain of óne whom you wóunded.
- 28 Chárges them with guílt upon guílt; *
let them háve no sháre in your jústice.
- 29 Blot them óut from the bóok of the líving; *
do not enróll them amóng the júst.
- 30 As for mé in my póverty and páin, *
let your salvátion, O Gód, raise me úp.
- 31 Then I will práise God's náme with a sóng; *
I will glórfy hím with thanksgíving:
- 32 a gíft pleasing Gód more than óxen, *
more than a búll with hórns and hóofs.
- 33 The póor when they sée it will be glád, *
and Gód-seeking héarts will revíve;
- 34 for the LÓRD lístens to the néedy, *
and does not spúrn his ówn in their cháins.
- 35 Let the héavens and the éarth give him práise, *
the seas and éverything that móves in thém.
- 36 For Gód will bring salvátion to Síon,
and rebuíld the cíties of Júdah, *
and théy shall dwéll there in posséssion.
- 37 The chíldren of his sérvants shall inhérit it; *
those who lóve his náme shall dwéll there.

II d *Domine Deus* (PM 157, Wednesday in Lent: Vigil, Nocturn II) *Ps 70:2*



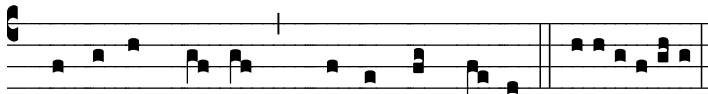
O God, * come to my assistance. *Do not repeat in psalm.*

Psalm 70 (69) *Deus in adiutorium*

- 1 *For the Choirmaster. Of David. A Memorial.*
- 2 O Gód, cóme to my assístance; *
O LÓRD, make háste to hélp me!
- 3 Lét there be sháme and confúsióin *
on thóse who séek my lífe.

- O lét them turn báck in confútion, *
 who delíght in my hárm;
 4 let them retréat, cóvered with sháme, *
 who jéer at me and móck.
- 5 O lét there be rejóicing and gladness
 for áll who séek you. *
 Let them sáy forever, “Gód is gréat,”
 who lóve your saving hélp.
- 6 As for mé, wrétched and póor,
 hasten to mé, O Gód. *
 Yóu are my réscuer, my hélp;
 O LÓRD, do not deláy.

I g *Esto mihi, Domine* (PM 158, Wednesday: Vigil, Nocturn II) *Ps 71:3*



Be my rock, O Lord, * my constant re- fuge.

VIII c *Deus meus* (PM 158, Wednesday: Vigil, Nocturn II) *Ps 71:4*



My God, free me * from the hand of the wicked.

Psalm 71 (70) *In te, Domine, speravi*

- 1 In yóu, O LÓRD, I take réfuge; *
 let me néver be pút to sháme.
- 2 In your jústice, réscue me, frée me; *
 inclíne your éar to me and sáve me.
- 3 Be my róck, my cónstant réfuge,
 a míghty strónghold to sáve me, *
 for yóu are my róck, my strónghold.
- 4 My God, frée me from the hánd of the wícked, *
 from the gríp of the unjúst, of the oppréssor.
- 5 It is yóu, O LÓRD, who are my hópe, *
 my trúst, O LÓRD, from my yóuth.
- 6 On yóu I have léaned from my bírth; †
 from my móther's wómb, you have béen my hélp. *
 At all tímes I gíve you práise.
- 7 My fáte has filled mány with áwe, *
 but yóu are my míghty réfuge.
- 8 My móuth is filled with your práise, *
 with your glóry, áll the day lóng.

- 9 Do not reject me now that I am old; *
when my strength fails do not forsake me.
- 10 For my enemies are speaking about me; *
those who watch me take counsel together,
11 saying: "Gód has forsaken him; follow him. *
Seize him; there is no one to save him."
12 O Gód, do not stay afar off; *
O my Gód, make haste to help me!
- 13 Let them be put to shame and destroyed, *
those who seek my life.
Let them be covered with shame and confusion, *
those who seek to harm me.
- 14 But as for me, I will always hope, *
and praise you more and more.
- 15 My mouth will tell of your justice, †
and all the day long of your salvation, *
though I can never tell it all.
- 16 I will come with praise of your might, O LÓRD; †
I will call to mind your justice, *
yours, O LÓRD, alone.
- 17 O Gód, you have taught me from my youth, *
and I proclaim your wonders still.
- 18 Even till I am old and gray-headed, *
do not forsake me, O Gód.
Let me tell of your mighty arm *
to every coming generation;
19 your strength and your justice, O Gód, *
reach to the highest heavens.
It is you who have worked such wonders. *
O Gód, who is like you?
- 20 You have made me witness many troubles and evils, *
but you will give me back my life.
You will raise me from the depths of the earth; *
21 you will exalt me and console me again.
- 22 So I will give you thanks on the lyre *
for your faithfulness, Ó my Gód.
To you will I sing with the harp, *
to you, the Hóly One of Ísrael.
- 23 When I sing to you, my lips shall shout for joy, *
and my soul, which you have redeemed.
- 24 And all the day long my tongue *
shall tell the tale of your justice,
for they are put to shame and disgraced, *
those who seek to harm me.

VII c tr *Liberavit Dominus* (PM 160, Wednesday: Vigil, Nocturn II) *Ps 72:12*

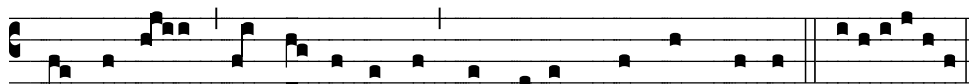


The Lord shall save the needy * when they cry,



the poor, and those who are helpless.

II* a *Benedicentur in ipso* (PM 161, Wednesday: Vigil, Nocturn II) *Ps 72:17*



Every tribe * shall be blest in him, all na-tions call him blessed.

Psalm 72 (71) *Deus, iudicium*

1 *Of Solomon.*

O Gód, give your júdgment to the kíg, *
to a kíg's són your jústice,

2 that he may júdge your péople in jústice, *
and your póor in right júdgment.

3 May the móuntains bring forth péace for the péople, *
and the hílls jústice.

4 May he defénd the póor of the péople, *
and sáve the chýldren of the néedy,
and crúsh the oppréssor.

5 He shall endúre like the sún and the móon *
through áll generátions.

6 He shall descénd like ráin on the méadow, *
like shówers that wáter the éarth.

7 In his dáys shall jústice flóurish, *
and great péace till the móon is no móre.

8 He shall rúle from séa to séa, *
from the Ríver to the bóunds of the éarth.

9 Let the désert dwellers fáll befóre him, *
and his énemies líck the dúst.

10 The kígns of Társhish and the islands
shall páy him tríbute. *

The kígns of Shéba and Séba
shall bríng him gífts.

11 Before hím all kígns shall fall próstrate, *
all nátions shall sérve him.

- 12 For he shall sáve the néedy when they crý, *
the póor, and thóse who are hélpless.
- 13 He will have píty on the wéak and the néedy, *
and save the líves of the néedy.
- 14 From oppréssion and víolence he redéems their sóuls; *
to him their blóod is déar.
- 15 Lóng máy he líve! †
May the góld of Shéba be gíven him. *
They shall práy for hím without céasing,
and bléss him áll the dáy.
- 16 May gráin be abúndant in the lánd, *
wáving to the péaks of the móuntains.
May its frúit rústle like Lébanon; *
may the péople flóurish in the cities
like gráss on the éarth.
- 17 May his náme endúre foréver, *
his náme contínue like the sún.
Every tríbe shall be blést in hím, *
all nátions shall cáll him bléssed.
- [18] Blést be the LÓRD, God of Ísrael, *
who alóne works wónders,
[19] ever blést his glórious náme. *
Let his glóry fill the éarth.
Amén! Amén!

[20] Here end the Psalms of David, son of Jesse.

VIII g *Quam bonus* (PM 160, Wednesday in Lent: Vigil, Nocturn II) *Ps 73:1*



How good * is God to Isra- el. *Do not repeat in psalm.*

Psalm 73 (72) *Quam bonus Israel Deus!*

- 1 *A Psalm of Asaph.*
- How góod is Gód to Ísrael, *
to thóse who are púre of héart!
- 2 As for mé, I came clóse to stúmbling; *
my fées had álmost slípped,
- 3 for I was fílléd with énvý of the próud, *
when I sáw how the wícked próspér.
- 4 For thém there áre no páins; *
their bódies are sóund and sléek.
- 5 They do not sháre in péople's búrdens; *

- théy are not strícken like óthers.
- 6 So they wéar their príde like a nécklace; *
they clóthe themsélves with víolence.
- 7 With folds of fát, their éyes protrúde. *
With imaginátion their héarts overflów.
- 8 They scóff; they spéak with málice. *
From on hích they thréaten oppréssion.
- 9 They have sét their móuths in the héavens, *
and their tóngues are róaming the éarth.
- 10 So the péople túrn to thém *
and drínk in áll their wórds.
- 11 They sáy, “Hów can God knów? *
Dóes the Most Hích have any knówledge?”
- 12 Lóok at them, súch are the wícked; *
ever próspérous, they grów in wéalth.
- 13 How úseless to kéept my héart púre, *
and wásh my hánds in ínnocence,
- 14 when I was strícken áll day lóng, *
suffered púnishment with éach new mórníng.
- 15 Then I sáid, “If I should spéak like thát, *
I should betráy your chýldren’s generátion.”
- 16 I stróve to fáthom this próblem, *
too hárd for my mínd to understánd,
- 17 until I éntered the hólý place of Gód, *
and cáme to discérn their énd.
- 18 How slíppery the páths on which you sét them; *
you máke them fáll to destrúction.
- 19 How súddenly they cóme to their rúin, *
swept awáy, destróyed by térrors.
- 20 Like a dréam one wákes from, O LÓRD, *
when you wáke you dísmíss them as phántoms.
- 21 And só when my héart grew embíttered, *
and I was píerced to the dépths of my béíng,
- 22 I was stúpid and díd nótt understánd; *
I was líke a béast in your síght.
- 23 As for mé, I was álwáys in your présence; *
you were hólđing mé by my ríght hánd.
- 24 By your cóunsel yóu wíll guíde me, *
and thén you wíll léad me to glóry.
- 25 What élse have I in héaven but yóu? *
Apart from yóu, I want nóthing on éarth.
- 26 My bódý and my héart wáste awáy; *
Gód is the stréngth of my héart;
Gód is my pórtion fórever.

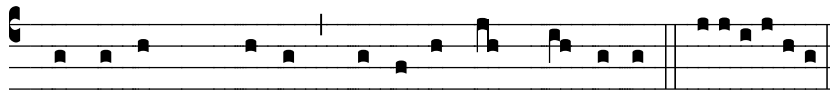
- 27 Surely, those who are far from you perish; *
you destroy all those who are unfaithful.
- 28 To be near God is my happiness; *
I have my hope in the LORD God.
I will proclaim your works *
at the gates of daughter Zion.

V a *Memor esto* (PM 174, Thursday: Vigil, Nocturn I) *Ps 74:2*



Remember * your flock, O Lord, which you claimed long ago.

VIII g *Liberasti virgam* (PM 174, Thursday: Vigil, Nocturn I) *Ps 74:2*



You re-deemed the tribe * to be your own possession.

Psalm 74 (73) *Ut quid, repulisti in finem? (Ut quid, Deus)*

1 A Maskil of Asaph.

Why, O God, have you cast us off forever? *
Why does your anger blaze at the sheep of your pasture?

2 Remember your flock which you claimed long ago, *
the tribe you redeemed to be your own possession,
this mountain of Zion where you made your dwelling.

3 Turn your steps to these places that are utterly ruined! *
The enemy has laid waste the whole of the holy place.

4 Your foes have made uproar in the midst of your assembly; *
they have set up their emblems as tokens there.

5 They have wielded their axes on high, *
as at the entrance to a grove of trees.

6 They have broken down all the carvings; *
they have struck together with hatchet and pickaxe.

7 O God, they have set your holy place on fire; *
they have razed and profaned the abode of your name.

8 They said in their hearts, "We will utterly crush them; *
we will burn every shrine of God in the land."

9 We do not see our emblems, nor is there a prophet; *
we have no one to tell us how long it will last.

10 How long, O God, is the enemy to scoff? *
Is the foe to insult your name forever?

11 Why, O LORD, do you hold back your hand? *

Why do you k  ep your r  ight hand h  idden in your cl  ok?

- 12 Yet G  d is my k  ing from time p  st, *
who best  ws salv  tion through   ll the l  nd.
- 13 It was y  u who divid  d the s  a by your m  ight, *
who sh  ttered the h  ads of the m  nsters in the s  a.
- 14 It was y  u who cr  shed Leviathan's h  ads, *
and g  ve him as f  od to the b  asts of the d  sert.
- 15 It was y  u who   pened up springs and t  rrents; *
it was y  u who dr  ed up   ver-flowing r  ivers.
- 16 Y  urs is the d  y and y  urs is the n  ight; *
it was y  u who est  blished the l  ight and the s  n.
- 17 It was y  u who f  xed the b  unds of the   arth, *
y  u who m  de both s  mmer and w  inter.
- 18 Rem  mber this, O L  RD: the   nemy sc  ffed! *
A s  nseless p  ople insulted your n  me!
- 19 Do not g  ve the s  ul of your d  ve to the b  asts, *
nor forg  t the l  ife of your p  or ones for  ever.
- 20 L  ok to the c  venant; each c  ve in the l  nd *
is a pl  ce where v  olence m  kes its h  me.
- 21 Do not l  t the oppressed be p  t to sh  me; *
let the p  or and the n  edy bl  ss your n  me.
- 22 Ar  se, O G  d, and def  nd your c  use! *
Rem  mber how the s  nseless rev  ile you all the d  y.
- 23 D  o not forg  t the cl  mor of your f  es, *
the unc  asing   proar of th  ose who def  y you.

VIII g *Et invocabimus* (PM 176, Thursday: Vigil, Nocturn I) *Ps 75:2*



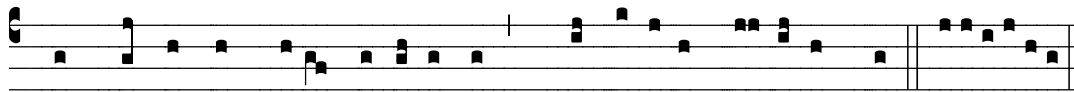
Your name * is near, O Lord.

Psalm 75 (74) *Confitebimur tibi, Deus, confitebimur*

- 1 *For the Choirmaster. Intoned like "Do not destroy."*
A Psalm of Asaph. A Song.
- 2 We give pr  ise to y  u, O G  d; †
we give pr  ise, for your n  me is n  ar. *
We rec  unt your w  nderful d  eds.
- 3 "When I est  blish the app  ointed t  me, *
then I mys  lf will j  dge with f  airness.
- 4 Though the   arth and all who dw  ll in it may r  ck, *
it is    who set firm its p  llars.

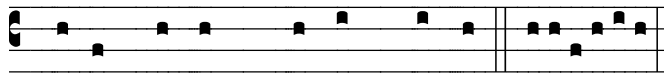
- 5 To the bóastful I sáy, ‘Do not bóast’; *
to the wícked, ‘Do not fláunt your stréngth,
6 do not fláunt your stréngth on hígh. *
Do not spéak with ínsolent príde.’”
- 7 For néither from the éast nor from the wést, *
nór from the désert comes hónor,
8 for Gód himsélff is the júdge. *
One he húmbles, anóther he exálts.
- 9 For the LÓRD holds a cúp in his hánd, *
full of wíne, fóaming and spíceð.
He póurs it; they dráin it to the drégs; *
all the wícked on the éarth must dráin it.
- 10 As for mé, I will rejóice foréver, *
and sing psálms to the Gód of Jácob.
11 I shall bréak the stréngth of the wícked, *
while the stréngth of the júst will be exálted.

VIII g *Deus, in sancto via tua* (PM 177, Thursday: Vigil, Nocturn I) *Ps 77:14*



Your way, O God, * is in the ho-ly place. What god is as great as our God?

C c *Tu es Deus* (PM 177, Thursday: Vigil, Nocturn I) *Ps 77:15*



You are the God * who works wonders.

Psalm 77 (76) *Voce mea ad Dominum*

- 1 *For the Choirmaster. Intoned like “Jeduthun.”*
Of Asaph. A Psalm.
- 2 I crý alóud to Gód, *
cry alóud to Gód that he may héar me.
- 3 In the dáy of my distréss I seek the LÓRD. †
In the níght my hands are ráised unwéaried; *
my sóul refúses cómfort.
- 4 As I reméber my Gód, I gróan. *
I pónder, and my spírit fáints.
- 5 You kéepp my éyes from clósing. *
I am tróubled, unáble to spéak.
- 6 I thínk of the dáys of long agó, *
and reméber the yéars long pást.

Psalm 78 (77) *Attendite, popule meus, legem meam*

Part I (1-39) *Attendite, popule*

- 1 A Maskil of Asaph.
- Give éar, my péople, to my téaching; *
incline your éar to the wórds of my móuth.
- 2 I will ópen my móuth in a párale *
and útter hidden léssons of the pást.
- 3 The thínks we have héard and understóod, *
the thínks our fáthers have tóld us,
4 thése we will not híde from their children *
but will téll them to the néxt generácion:
the glóries of the LÓRD and his míght, *
and the márvelous déeds he has dóné.
- 5 He estáblished a decree in Jácob; *
in Ísrael he sét up a lów.
To our fáthers he gáve a command *
to máke it knówn to their chýldren,
6 that the néxt generácion might knów it, *
the chýldren yét to be bórn.
- They should aríse and decláre it to their chýldren, *
7 that they should sét their hópe in Gód,
and néver forgét God's déeds, *
but kéepevery óne of his commánds,
- 8 So that théy might not bé like their fáthers, *
a defiant and rebéllious generácion,
a generácion whose héart was fickle, *
whose spírit was not fáithful to Gód.
- 9 The sons of Éphraim, árméd with the bów, *
turned bák in the dáy of báttle.
- 10 They fáiled to kéepe God's cóvenant, *
refused to wálk accórding to his lów.
- 11 They forgót the thínks he had dóné, *
the wóndrous wórks he had shówn them.
- 12 He did wónders in the síght of their fáthers, *
in Égypt, in the pláins of Zóan.
- 13 He dívided the séa and led them thróugh, *
and made the wátters stand úp like a wáll.
- 14 By dáy he léd them with a clóud; *
throughout the níght, with a líght of fíre.
- 15 He splít the rócks in the désert. *
He gave them pléntiful drínk, as from the déep.
- 16 He made stréams flow óut from the rók, *

- and made wáters run dówn like rívers.
- 17 Yet stíll they sinned agáinst him, *
rebelled agáinst the Most Hígh in the désert.
- 18 In their héart they put Gód to the tést *
by demánding the fód they cráved.
- 19 They spóke against Gód and sáid: *
“Can Gód spread a táble in the wílderness?
20 Sée, he strúck the rók: *
water gushed fórh and swept dówn in tórrents.
But can he álso gíve us bréad? *
Can hé provide méat for his péople?”
- 21 When he héard this, the LÓRD was ángry. *
A fíre was kíndled against Jácob;
his ánger róse against Ísrael.
- 22 For they hád no fáith in Gód, *
and did not trúst his sáving pówer.
- 23 Yet he commánded the clóuds abóve, *
and ópened the gátes of héaven.
- 24 He ráined down máнна to éat, *
and gáve them bréad from héaven.
- 25 Mán ate the bréad of ángels. *
He sént them abúndance of fód;
26 the east wínd he stirred úp in the héavens, *
the south wínd he dirécted by his míght.
- 27 He rained flésh upón them like dúst, *
winged fówl like the sánds of the séa.
- 28 He let it fáll in the mídst of their cámp, *
and áll aróund their ténts.
- 29 So they áte and hád their fíll, *
whát they cráved, he gáve them.
- 30 But befóre they had sáted their húngr, *
while the fód was stíll in their móuths,
31 God’s ánger róse agáinst them. *
He sléw the stróngest amóng them,
struck dówn the flówer of Ísrael.
- 32 Despíte all this, they képt on sínning; *
they fáiled to belíeve in his wónders.
- 33 So he énded their dáyss like a bréath, *
and their yéars in súdden térror.
- 34 When he sléw them, thén they sóught him, *
repénted and éarrestly sóught Gód.
- 35 They wóuld reméber that Gód was their rók, *
Gód the Most Hígh their redéemer.

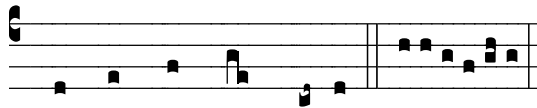
- 36 Yét they decéived him with their móuths; *
they líed to hím with their tóngues.
- 37 For their héarts were not stéadfast toward hím; *
théy were not fáithful to his cóvenant.
- 38 Yet hé who is fúll of compassion *
forgáve them their sín and spáred them.
So óften he héld back his ánger, *
and did not stír up áll his ráge.
- 39 He remémbred they were ónly flésh, *
a breath that pásses, néver to retúrn.

III a *Redemit eos* (PM 179, Thursday: Vigil, Nocturn I) *Ps 78:42*



The Lord saved his people * from the foe.

I g *Aedificavit Deus* (PM 179, Thursday: Vigil, Nocturn I) *Ps 78:69*



God built his shrine * on earth.

Psalm 78 (77)

Part II (40-72) *Quoties exacerbaverunt*

- 40 They rebélléd against him óften in the désert, *
and cáused him páin in the wásteland!
- 41 Yet agáin they túrned and tested Gód; *
they provóked the Hóly One of Ísrael.
- 42 They fáiled to remémbred his déeds *
on the dáy he sáved them from the fóe,
43 when he wórked his sígns in Égypt, *
his wónders in the pláins of Zóan.
- 44 He túrned their rívers into blóod; *
they cóuld not drínk from their stréams.
- 45 He sent swárms of ínsects to devóur them, *
and frógs to destróy them.
- 46 He gáve their cróps to ínsects, *
the frúit of their lábor to the lócust.
- 47 He destróyed their vínes with háil, *
their sýcamore trées with fróst.
- 48 He gáve up their cáttle to háil, *

- their hérds to dárts of líghtning.
- 49 He unléashed on them the héat of his ánger, †
fúry, ráge, and hávoc, *
a trúop of destróying ángels.
- 50 He léveled a páth for his ánger. †
He did not spáre their líves from déath, *
but gáve their lívestock to the plágue.
- 51 He strúck all the fírstborn in Égypt, *
the first vígor of yóuth from the dwéllings of Hám.
- 52 Then he bróught forth his péople like shéep; *
like a flóck he léd them in the désert.
- 53 He led them sáfely with nóthing to féar, *
while the séa engúlfed their fóes.
- 54 So he bróught them to his hólý lánd, *
to the móuntain his right hánd had wón.
- 55 He dróve out the nátions befóre them, †
and appórtioned to éach their héritage. *
The tribes of Ísrael he séttled in their ténts.
- 56 With defíance they tésted God Most Hígh; *
they refúsed to obéy his DECREES.
- 57 They stráyed, fáithless like their fáthers; *
they betráyed him like a tréacherous bów.
- 58 They provóked God to wráth with their hígh places, *
made him jéalous with the ídols they sérved.
- 59 God héard this and was fílléd with fúry; *
he útterly rejécted Ísrael.
- 60 He forsóok his dwélling place in Shíloh, *
the tént where he dwélt with mán.
- 61 He gáve his stréngth into captívity, *
his spléndor to the hánds of the fóe.
- 62 He gáve up his péople to the swórd, *
and showed his ánger agáinst his héritage.
- 63 So fíre devóured their young mén, *
their máidens had no wédding sóngs;
- 64 their príests féll by the swórd, *
and their wídows máde no lamént.
- 65 Then the LÓRD awóke as if from sléep, *
like a wárríor máddened by wíne.
- 66 He strúck his fóes from behínd, *
and pút them to sháme foréver.
- 67 He rejécted the tént of Jóseph. *
He did not chóose the tríbe of Éphraim,
- 68 but he chóse the tríbe of Júdah, *

- the móuntain of Síon which he lóves.
 69 He buílt his shríne like the héavens, *
 or like the éarth which he fóunded foréver.
- 70 And he chóse his sérvant Dávid, *
 and tóok him awáy from the shéepfolds.
- 71 From the cáre of the éwes he bróught him *
 to be shépherd of Jácob his péople,
 of Ísrael his ówn posséssion.
- 72 He ténded them with blámeless héart; *
 with his skíllful hánds he léd them.

VIII c *Propitius esto* (PM 184, Thursday: Vigil, Nocturn I) *Ps 79:9*



Free us * and forgive us our sins, O Lord.

Psalm 79 (78) *Deus, venerunt gentes*

- 1 *A Psalm of Asaph.*
- O Gód, the nátions have inváded your héritage; †
 théy have profáned your hólý témples. *
 They have máde Jerúsalem a héap of rúins.
- 2 They have hánded óver the bódies of your sérvants
 as fóod to féed the bírds of héaven, *
 and the flésh of your fáithful to the béasts of the éarth.
- 3 They have póured out their blóod like wáter round Jerúsalem; *
 nó one is léft to búry the déad.
- 4 Wé have becóme the táunt of our néighbors, *
 the móckery and scórn of thóse aróund us.
- 5 How lóng, O LÓRD? Will you be ángry foréver? *
 Will your jéalous ánger búrn like fíre?
- 6 Póur out your ráge on the nátions,
 thóse that dó not knów you, *
 kingdoms that dó not cáll upon your náme.
- 7 For théy have devóured Jácob *
 and laid wáste the pláce where he dwélls.
- 8 Do nót remémber agáinst us *
 the guílt of fómmer tímes.
 Let your compássion hásten to méet us; *
 for wé have been bróught very lów.
- 9 Hélp us, O Gód our sáviór, *
 for the sáke of the glóry of your náme.
 Frée us and forgíve us our síns, *
 becáuse of your náme.

- 10 Why should the nátions say, “Whére is their Gód?” *
 Before our éyes make it knówn among the nátions
 that you avénge the blóod of your sérvants that was shéd!
- 11 Let the gróans of the prisoners cóme befóre you, *
 your strong árm repréve those condénned to díe.
- 12 Pay báck to our néighbors séven times óver *
 the táunts with which they táunted you, O LÓRD.
- 13 Then we, your péople, the flóck of your pásture, †
 will give you thánks foréver and éver. *
 From age to áge we will recóunt your práise.

II* d *Excita, Domine* (PM 186, Thursday: Vigil) *Ps 80:3*



Rouse up * your might, O Lord, and come to save us.

Psalm 80 (79) *Qui regis Israel, intende*

- 1 *For the Choirmaster. Intoned like “Lilies of Testimony.”*
Of Asaph. A Psalm.
- 2 O shépherd of Ísrael, héar us,
 yóu who lead Jóseph like a flóck: *
 enthronéd on the chérubim, shine fórth
- 3 upon Éphraim, Bénjamin, Manásseh. *
 Rouse up your míght and cóme to sáve us.
- 4 O Gód, bríng us báck; *
 let your face shíne on us, and wé shall be sáved.
- 5 How lóng, O LÓRD, God of hósts, *
 will you be ángry at the práyer of your péople?
- 6 You have féed them with téars for their bréad, *
 an abúndance of téars for their drínk.
- 7 You have máde us the táunt of our néighbors; *
 our foes móck us among themsélves.
- 8 O Gód of hósts, bríng us báck; *
 let your fáce shine fórth, and wé shall be sáved.
- 9 You bróught a víne out of Égypt; *
 you dróve out the nátions and plánted it.
- 10 Befóre it you cléared the gróund; *
 it took róot and fílléd the lánd.
- 11 The móuntains were cóvered with its sháadow, *
 the céders of Gód with its bóughs.
- 12 It strétched out its bránches to the séa; *
 to the Ríver it strétched out its shóots.

- 13 Then why have you bróken down its wálls? *
It is plúcked by all who páss by the wáy.
- 14 It is rávaged by the bóar of the fórest, *
devóured by the béasts of the field.
- 15 God of hóst, turn agáin, we implóre; *
look dówn from héaven and sée.
- Vísit this víne and protéct it, †
16 the víne your right hánd has plánted, *
the son of mán you have cláimed for yoursélf.
- 17 They have búrnt it with fíre and cut it dówn. *
May they pérish at the frówn of your fáce.
- 18 May your hánd be on the mán at your right hánd, *
the son of mán you have confirmed as your ówn.
- 19 And we shall néver forsáke you agáin; *
give us lífe that we may cáll upon your náme.
- 20 O LÓRD God of hóst, bríng us báck; *
let your fáce shine fórh, and wé shall be sáved.

I a *Exsultate Deo* (PM 186, Thursday in Lent: Vigil) *Ps 81:1*



Sing joyfully * to God our strength. *Do not repeat in psalm.*

Psalm 81 (80) *Exsultate Deo adjutori nostro*

1 *For the Choirmaster. Upon the gittith. Of Asaph.*

- 2 Sing jóyfully to Gód our stréngth, *
shout in tríumph to the Gód of Jácob.
- 3 Raise a sóng and sóund the tímbrél, *
the swéet-sounding hárp and the lúte;
- 4 blów the trúmpet at the néw moon, *
when the móon is fúll, on our féast.

- 5 For thís is a státute in Ísrael, *
a commánd of the Gód of Jácob.
- 6 He máde it a decreée for Jóseph, *
when he went óut from the lánd of Égypt.

- A vóice I did not knów said to mé: *
7 “I fréed your shóulder from the búrden;
your hands were fréed from the buílder’s básiet. *
8 You cálled in distréss and I delívered you.

I ánswered, concéaled in the thúnder; *
at the wátters of Méribah I tésted you.

- 8 Aríse, O Gód; judge the éarth! *
For áll the nátions are yóurs.

VI f *Tu solus Altissimus* (PM 189, Thursday in Lent: Vigil, Nocturn II) *Ps 83:19*



You a-lone are the Most High * over all the earth.

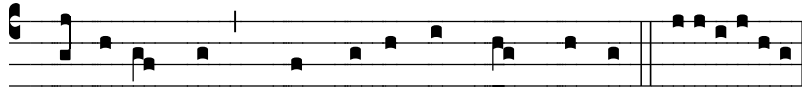
Psalm 83 (82) *Deus, quis similis?*

- 1 *A Song. A Psalm of Asaph.*
- 2 O Gód, do nót be sílent; *
do not be stíll and unmóved, O Gód.
- 3 For your énemies ráise a túmult; *
those who háte you líft up their héads.
- 4 They plót agáinst your péople, *
conspíre agáinst thóse you chérish.
- 5 They say, “Cóme, let us destróy them as a nátion; *
let not the náme of Ísrael be remémbered.”
- 6 They conspíre with a síngle mínd; *
agáinst yóu they máke a cóvenant:
- 7 the cámps of Édom and of Íshmael, *
of Móab and Hágár,
- 8 Gébal and Ámmon and Ámalek, *
Philístia, with the péople of Týre.
- 9 Assýria, tóo, is their álly, *
and joins hánds with the chíldren of Lót.
- 10 Tréat them like Mídián, like Sísera, *
like Jábin at the Ríver Kíshon,
- 11 thóse who were destróyed at Éndor, *
whose bódies rótted on the gróund.
- 12 Make their cáptains like Óreb and Zéeb, *
all their prínces like Zébah and Zalmúnna,
- 13 the mén who sáid, “Let us táke *
the fíelds of Gód for oursélves.”
- 14 My God, scáttter them líke the whírlwind, *
dríve them líke cháff in the wínd!
- 15 As fire that búrns away the fórest, *
as the fláme that sets the móuntains abláze,
- 16 dríve them awáy with your témpet, *
and fíll them with térror at your stórm.
- 17 Cóver their fáces with sháme, *

so that they séek your náme, O LÓRD.
18 Shame and térror be théirs foréver. *
Lét them be disgráced; let them pérish!

19 Let them knów that yóu alóne,
yóu whose náme is the LÓRD, *
are the Most Hígh over áll the éarth.

VIII g *Beati qui habitant* (PM 191, Thursday: Vigil, Nocturn II) *Ps 84:5*



Blessed are they * who dwell in your house, O Lord.

Psalm 84 (83) *Quam dilecta tabernacula tua Domine*

1 *For the Choirmaster. Upon the gittith. Of the sons
of Korah. A Psalm.*

2 How lóvely is your dwélling pláce, *
O LÓRD of hósts.

3 My sóul is lónging and yearning
for the cóurts of the LÓRD. *
My héart and my flésh cry óut
to the líving Gód.

4 Éven the spárraw finds a hóme, *
and the swállow a nést for hersélf
in which she séts her yóung, at your áltars, *
O LORD of hósts, my kíng and my Gód.

5 Blessed are théy who dwéll in your hóuse, *
foréver sínging your práise.

6 Blessed the péople whose stréngth is in yóu, *
whose héart is sét on pilgrim wáys.

7 As they gó through the Báca Váley,
they máke it a pláce of spríngs; *
the áutumn rain cóvers it with póols.

8 They wálk with éver-growing stréngth; *
the God of góds will appéar in Sión.

9 O LORD Gód of hósts, hear my práyer; *
give éar, O Gód of Jácob.

10 Turn your éyes, O Gód, our shíeld; *
lóok on the fáce of your anóinted.

11 One dáy withín your courts *
is bétter than a thóusand élsewhere.
The thréshold of the hóuse of Gód *
I préfér to the dwéllings of the wícked.

- 12 For the LORD Gód is a sún, a shíeld; *
the LORD will gíve us his fávor and glóry.
He will nót withhóld any góod *
to thóse who wálk without bláme.
- 13 O LÓRD of hóst, how bléssed *
is the mán who trúst in yóu!

VI f *Benedixisti, Domine* (PM 191, Thursday in Lent: Vigil, Nocturn II) *Ps 85:2*



O Lord, * you have fav-ored your land. *Do not repeat in psalm.*

VIII g *Benignitatem fecit Dominus* (PM 192, Thursday: Vigil, Nocturn II) *Ps 85:13*



The Lord will bestow * his bounty, and our earth shall yield its increase.

Psalm 85 (84) *Benedixisti, Domine, terram tuam*

- 1 *For the Choirmaster. Of the sons of Korah. A Psalm.*
- 2 O LÓRD, you have fávored your lánd, *
and brought bák the cáptives of Jácob.
- 3 You forgáve the guílt of your péople, *
and cóvered áll their síns.
- 4 You avérted áll your ráge; *
you turned bák the héat of your ánger.
- 5 Bring us bák, O Gód, our sáviór! *
Put an énd to your gríevance agáinst us.
- 6 Will you be ángry with ús foréver? *
Will your ánger last from áge to áge?
- 7 Will you nót restóre again our lífe, *
that your péople may rejóice in yóu?
- 8 Let us sée, O LÓRD, your mércy, *
and gránt us yóur salvátion.
- 9 I will héar what the LÓRD God spéaks; †
he speaks of péace for his péople and his fáithful, *
and those who túrn their héarts to hím.
- 10 His salvátion is néar for those who féar him, *
and his glóry will dwéll in our lánd.
- 11 Merciful lóve and fáithfulness have mét; *
jústice and péace have kíssed.
- 12 Fáithfulness shall spríng from the éarth, *
and jústice look dówn from héaven.

- 13 Also the LÓRD will bestów his bóunty, *
and our éarth shall yíeld its íncrease.
- 14 Jústice will márch befóre him, *
and gúide his stéps on the wáy.

VII c *Inclina, Domine* (PM 205, Friday: Vigil, Nocturn I) *Ps 86:1*



Turn your ear, O Lord, * and answer me. *Do not repeat in psalm.*

Psalm 86 (85) *Inclina, Domine aurem tuam*

- 1 *A Prayer of David.*
- Turn your éar, O LÓRD, and ánswer me, *
for Í am póor and néedy.
- 2 Presérve my sóul, for I am fáithful; *
save the sérvant who trústs in you, my Gód.
- 3 Have mércy on mé, O LÓRD, *
for I crý to you áll the day lóng.
- 4 Gládden the sóul of your sérvant, *
for I líft up my sóul to you, O LÓRD.
- 5 O LÓRD, you are góod and forgíving, *
full of mércy to áll who call to yóu.
- 6 Give éar, O LÓRD, to my práyer, *
and atténd to my vóice in supplicátion.
- 7 In the dáy of distréss, I will cáll to you, *
and súrely yóu will ánswer me.
- 8 Among the góds there is nóne like you, O LÓRD, *
nor wórks to compáre with yóurs.
- 9 All the nátions you have máde shall cóme; †
they will bow dówn befóre you, O LÓRD, *
and glórfify your náme,
- 10 for you are gréat and do márvelous déeds, *
yóu who alóne are Gód.
- 11 Téach me, O LÓRD, your wáy, †
so that Í may wálk in your trúth, *
single-héarted to féar your náme.
- 12 I will práise you, LORD my Gód, with all my héart, *
and glórfify your náme foréver.
- 13 Your mércy to mé has been gréat; *
you have sáved me from the dépths of the gráve.
- 14 The proud have rísen agáinst me, O Gód; †

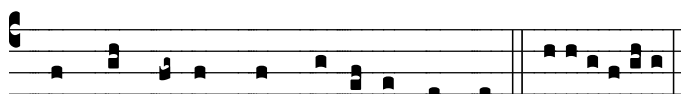
a bánd of the rúthless seeks my lífe. *
To yóu they páy no héed.

- 15 But you, O Gód, are compássionate and grácious, *
slów to ánger, O LÓRD,
abúndant in mércy and fidélity; *
16 túrn and take píty on mé.

O gíve your stréngth to your sérvant, *
and sáve the són of your hándmaid.

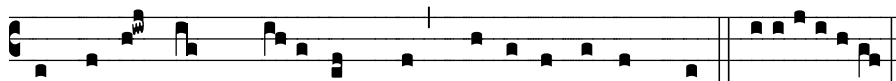
- 17 Shów me the sígn of your fávor, †
that my fóes may sée to their shame *
that you, O LÓRD, give me cómfort and hélp.

I g *Fundamenta eius* (PM 206, Friday: Vigil, Nocturn I) *Ps 87:1*



Founded by him * on the ho-ly moun-tain. *Do not repeat in psalm.*

VII a *Gloriosa dicta* (PM 207, Friday: Vigil, Nocturn I) *Ps 87:3*



Of you are told * glo-ri- ous things, O ci- ty of our God.

Psalm 87 (86) *Fundamenta ejus in montibus sanctis*

1 *Of the sons of Korah. A Psalm. A Song.*

Founded by hím on the hólý móuntain, *

2 the LÓRD loves the gátes of Síon,
more than áll the dwéllings of Jácob.

3 Of yóu are told glórious thínigs, *
yóu, O cíty of Gód!

4 “Rahab and Bábylon Í will count
among thóse who knów me; *
of Tyre, Philístia, Ethiópia, it is tóld,
‘There was thís one bórn.’

5 But of Síon it sháll be sáid, *
‘Each one was bórn in hér.’”

Hé, the Most Hígh, estáblished it. †

6 In his régister of péoples the LORD wrítes, *
“Hére was thís one bórn.”

7 The síngers cry óut in chórus, *
“In yóu, all fínd their hóme.”

I a *Misericordia et veritas* (PM 208, Friday: Vigil) *Ps 89:15*



Justice and right judgment, O God, * are the pil- lars of your throne.

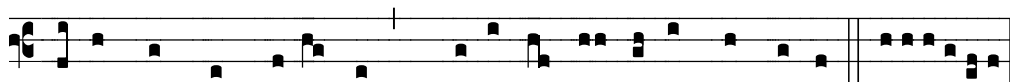
Psalm 89 (88) *Misericordias Domini in æternum cantabo*

Part I (1-19) *Misericordias Domini*

- 1 A Maskil. For Ethan the Ezrahite.
- 2 I will sing for ever of your mercies, O LORD; *
through all ages my mouth will proclaim your fidelity.
- 3 I have declared your mercy is established for ever; *
your fidelity stands firm as the heavens.
- 4 “With my chosen one I have made a covenant; *
I have sworn to David my servant:
- 5 I will establish your descendants for ever, *
and set up your throne through all ages.”
- 6 The heavens praise your wonders, O LORD, *
your fidelity in the assembly of your holy ones.
- 7 For who in the skies can compare with the LORD, *
or who is like the LORD among the heavenly powers?
- 8 A God to be feared in the council of the holy ones, *
great and awesome to all around him.
- 9 O LORD God of hosts, who is your equal? *
You are mighty, O LORD, and fidelity surrounds you.
- 10 It is you who rule the raging of the sea; *
it is you who still the surging of its waves.
- 11 It is you who crush Rahab underfoot like a corpse; *
you scatter your foes with your mighty arm.
- 12 The heavens are yours, the earth is yours; *
you have founded the world and its fullness;
- 13 it is you who created the North and the South. *
Tabor and Hermon shout for joy at your name.
- 14 Yours is a mighty arm. *
Your hand is strong; your right hand is exalted.
- 15 Justice and right judgment are the pillars of your throne; *
merciful love and fidelity walk in your presence.
- 16 How blessed the people who know your praise, *
who walk, O LORD, in the light of your face,
17 who find their joy every day in your name, *
who make your justice their joyful acclaim.
- 18 For you are the glory of their strength; *

by your fávor it is that our míght is exálted.
19 Behóld, the LÓRD is our shíeld; *
he is the Hóly One of Ísrael, our kíng.

II d *Et ego primogenitum* (PM 208, Friday: Vigil) *Ps 89:28*



I will make him my firstborn, * the highest of the kings of the earth.

VI f *Benedictus Dominus* (PM 207, Friday: Vigil) *Ps 89:53*



Blest be * the Lord for-ev-er!

Psalm 89 (88)

Part II (20-53) *Tunc locutus es*

- 20 Thén you spóke in a vísion. *
To your fáithful ónes you sáid,
“I have sét the crówn on a wárrior, *
I have exálted one chósen from the péople.
- 21 I have fóund my sérvant Dávid, *
and with my hóly óil anóinted him.
- 22 My hánd shall álways be with hím, *
and my árm shall máke him stróng.
- 23 The ényemy shall néver outwít him, *
nor shall the són of iníquity húmble him.
- 24 I will béat down his fóes befóre him, *
and thóse who háte him I will stríke.
- 25 My mércy and my fáithfulness shall bé with hím; *
by my náme his míght shall bé exálted.
- 26 I will strétch out his hánd to the Séa, *
and his right hánd upón the Rívers.
- 27 He will call óut to me, ‘Yóu are my fáther, *
my Gód, the róck of my salvátion.’
- 28 I for my párt will máke him my fírstborn, *
the híghest of the kíngs of the éarth.
- 29 I will kéept my fáithful lóve for him álways; *
with hím my cóvenant shall lást.
- 30 I will estáblish his descéndants foréver, *
and his thróne as lásting as the dáys of héaven.

- 31 If his descendants forsake my law *
and refuse to walk as I decree,
32 and if ever they violate my statutes, *
failing to keep my commands:
- 33 Then I will punish their offenses with the rod; *
then I will scourge them on account of their guilt.
34 But I will never take back my mercy; *
my fidelity will never fail.
35 I will never violate my covenant, *
nor go back on the promise of my lips.
- 36 Once for all, I have sworn by my holiness. *
'I will never lie to David.
37 His descendants shall continue forever. *
In my sight his throne is like the sun;
38 like the moon, it shall endure forever, *
a faithful witness in the heavens.'"
- 39 But yet you have spurned and rejected, *
you are angry with the one you have anointed.
40 You have renounced your covenant with your servant, *
and dishonored his crown in the dust.
- 41 You have broken down all his walls, *
and reduced his fortresses to ruins.
42 All who pass by despise him; *
he has become the taunt of his neighbors.
- 43 You have exalted the right hand of his foes; *
you have made all his enemies rejoice.
44 You have turned back the edge of his sword; *
you have not upheld him in battle.
- 45 You have brought his glory to an end; *
you have hurled his throne to the ground.
46 You have cut short the days of his youth; *
you have heaped disgrace upon him.
- 47 How long, O LORD? Will you hide yourself forever? *
How long will your anger burn like a fire?
48 Remember the shortness of my life, *
and how frail you have made the children of men.
49 What man can live and never see death? *
Who can save himself from the grasp of the tomb?
- 50 Where are your mercies of the past, O LORD, *
which you swore in your faithfulness to David?
51 Remember, O LORD, the taunts to your servant, *
how I have to bear all the insults of the peoples.
52 Thus your enemies lift up a taunt, O LORD, *
taunting your anointed at every step.

- nor forsáke thóse who are his héritage;
 15 for júdgment shall agáin be júst, *
 and áll true héarts shall uphóld it.
- 16 Who will stand úp for me agáinst the wícked? *
 Who will defénd me from thóse who do évil?
- 17 If the LÓRD were nót to hélp me, *
 my soul would sóon go dówn to the sílence.
- 18 When I thínk, "I have lóst my fóothold," *
 your mércy, O LÓRD, holds me úp.
- 19 When cáres incréase in my héart, *
 your consolátion cálm's my sóul.
- 20 Can júdges who do évil be your fríends? *
 They do injústice under cóver of láw;
- 21 they attáck the lífe of the júst, *
 and condémn the ínnocent to déath.
- 22 As for mé, the LÓRD will be a stróngthold; *
 my Gód will be the rók where I take réfuge.
- 23 Hé will repáy them for their wíckedness, †
 destróy them for their évil déeds. *
 The LÓRD, our Gód, will destróy them.

II d *Cantate Domino* (PM 215, Friday in Lent: Vigil, Nocturn II) *Ps 96:2*



Sing to the Lord; * bless his name.

II d *Annuntiate* (PM 216, Friday: Vigil, Nocturn II) *Ps 96:2*



Proclaim his salva-tion * day by day.

Psalm 96 (95) *Cantate Domino canticum novum*

- 1 O síng a new sóng to the LÓRD; *
 síng to the LÓRD, all the éarth.
- 2 O síng to the LÓRD; bless his náme. *
 Procláim his salvátion day by dáy.
- 3 Téll among the nátions his glóry, *
 and his wónders amóng all the péoples.
- 4 For the LÓRD is great and híghly to be práised, *
 to be féared abóve all góds.
- 5 For the góds of the nátions are démons. *
 It was the LÓRD who máde the héavens.

6 In his présence are májesty and spléndor, *
stréngth and hónor in his hólý place.

7 Give the LÓRD, you fámilies of péoples, †
gíve the LORD glóry and pówer; *

8 give the LÓRD the glóry of his náme.

Bring an óffering and énter his cóurts; †
9 wórship the LÓRD in holy spléndor. *
O trémble befóre him, all the éarth.

10 Say to the nátions, “The LÓRD is kíng.” *
The wórld he made fírm in its pláce;
he will júdge the péoples in fáirness.

11 Let the héavens rejóice and earth be glád; †
let the séa and all withín it thunder práise. *

12 Let the lánd and all it béars rejóice.

Then will all the trées of the wóod shout for jójy †
13 at the présence of the LÓRD, for he cómes, *
he cómes to júdge the éarth.
He will júdge the wórld with jústice; *
he will góvern the péoples with his trúth.

III g *Dominus regnavit* (PM 217, Friday: Vigil, Nocturn II) *Ps 97:1*



The Lord is king, * let earth re- joice. *Do not repeat in psalm.*

Psalm 97 (96) *Dominus regnavit, exsultet terra*

1 The LORD is kíng, let éarth rejóice; *
let the mány íslands be glád.

2 Clóud and dárkness surróund him; *
justice and ríght are the foundátion of his thróne.

3 A fíre prepáres his páth; *
it búrns up his fóes on every síde.

4 His líghtnings líght up the wórld; *
the éarth looks ón and trémbles.

5 The móuntains mélt like wáx
befóre the fáce of the LÓRD, *
before the fáce of the LÓRD of all the éarth.

6 The skíes procláim his jústice; *
all péoples sée his glóry.

7 Let thóse who serve ídols be ashámed, †
those who bóast of their wórtless góds. *
All you ángels, wórship hím.

- with the hárp and the sóund of sóng.
 6 With trúmpets and the sóund of the hórn, *
 raise a shóut before the Kíng, the LÓRD.
- 7 Let the séa and all withín it thúnder; *
 the wórld, and thóse who dwéll in it.
- 8 Let the rívers cláp their hánds, *
 and the hílls ring out their jóy
- 9 at the présence of the LÓRD, for he cómes, *
 he comes to júdge the éarth.

He will júdge the wórld with jústice, *
 and the péoples with fáirness.

VI f *Exaltate Dominum* (PM 219, Friday: Vigil, Nocturn II) *Ps 99:9*

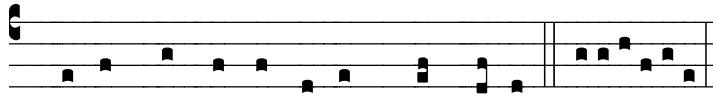


Ex-alt * the Lord our God, bow down be-fore his ho- ly mountain.

Psalm 99 (98) *Dominus regnavit; irascantur populi*

- 1 The LORD is kíng; the péoples trémbles. *
 He is enthroned on the chérubim; earth quákes.
- 2 The LÓRD is gréat in Síon. *
 He is exálted over áll the péoples.
- 3 Let them práise your gréat and awesome náme. *
 Hóly ís hé!
- 4 O mighty Kíng, lóver of jústice, †
 you have estáblished what is úpright; *
 you have made jústice and ríght in Jácob.
- 5 Exált the LÓRD our Gód; †
 bow dówn before his fóotstool. *
 Hóly ís hé!
- 6 Amóng his príests were Áaron and Móses; †
 among thóse who invóked his náme was Sámuel. *
 They cried óut to the LÓRD and he ánswered.
- 7 To them he spóke in the píllar of clóud. †
 They obéyed his decrées and the statutes *
 which hé had gíven thém.
- 8 O LÓRD our Gód, you ánswered them. *
 For thém you were a Gód who forgíves,
 and yét you púnished their offénses.
- 9 Exált the LÓRD our Gód; †
 bow dówn before his hóly móuntain, *
 for the LÓRD our Gód is hóly.

IV* *Jubilate Deo* (PM 220, Friday in Lent: Vigil, Nocturn II) *Ps 100:1*



Cry out with joy to the Lord, * all the earth. *Do not repeat in psalm.*

If *Suavis est Dominus* (PM 220, Friday: Vigil, Nocturn II) *Ps 100:5*



Good is the Lord, * e-ternal his mer-ci-ful love.

Psalm 100 (99) *Jubilate Deo, omnis terra*

1 *A Psalm of Thanksgiving.*

Cry out with jÓy to the LÓRD, all the éarth. *

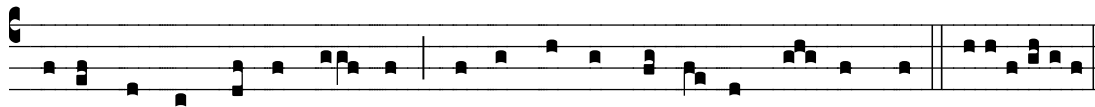
2 Sérve the LÓRD with gládnness.
Come befóre him, sínging for jÓy.

3 Know that hé, the LÓRD, is Gód. *
He máde us; we belóng to hím.
We are his péople, the shéep of his flóck.

4 Énter his gátes with thanksgíving †
and his cóurts with sÓngs of práise. *
Give thánks to him, and bléss his náme.

5 Indéed, how gÓod is the LÓRD, †
etérnal his mérciful lÓve. *
He is fáithful from áge to áge.

VI f *Tibi, Domine, psallam* (PM 221, Friday: Vigil, Nocturn II) *Ps 101:1, 2*



I raise a psalm to you, O Lord. * I will ponder the way of the blameless.

VIII g *In innocentia* (PM 221, Friday: Vigil, Nocturn II) *Ps 101:2*



I will walk * with blameless heart, O Lord.

Psalm 101 (100) *Misericordiam et iudicium*

1 *Of David. A Psalm.*

I sing of mérciful lóve and jústice; *
I raise a psálm to yóu, O LÓRD.

2 I will pónder the wáy of the blámeless. *
O whén will you cóme to mé?

I will wálk with blámeless heart
withín my hóuse; *

3 I will not sét befóre my eyes
whatéver is báse.

I háte the déeds of the cróoked; *
Í will have nóne of it.

4 The false-héarted must kéeep far awáy; *
I will knów no évil.

5 Whoever slánders a néighbor in secret
I will bríng to sílence. *
Proud éyes and háughty heart
I will néver endúre.

6 My éyes are on the fáithful of the lánd, *
that they may dwéll with mé.
The one who wálk in the wáy of the blameless *
shall bé my sérvant.

7 Nó one who práctices deceit
shall líve within my hóuse. *
Óne who útters lies
shall not stánd before my éyes.

8 Morning by mórning Í will destroy
all the wícked in the lánd, *
upróoting from the cíty of the LÓRD
áll who do évil.

E *Clamor meus* (PM 233, Saturday: Vigil, Nocturn I) *Ps 102:1*



Let my cry * come to you, O God.

Psalm 102 (101) *Domine, exaudi orationem meam*

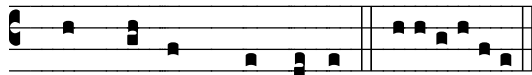
1 *Prayer of someone afflicted who is weary
and pours out his trouble to the Lord.*

2 O LÓRD, héar my práyer, *
and let my crý come to yóu.

- 3 Do not híde your fáce from mé *
in the dáy of my distréss.
- Túrn your éar toward mé; *
on the dáy when I cáll,
spéedily ánsver me.
- 4 For my dáys are vánishing like smóke; *
my bónes burn awáy like a fúrnace.
- 5 My heart is wíthered and dried úp like the gráss. *
I forgét to éat my bréad.
- 6 Becáuse of the sóund of my gróaning, *
my skín clíngs to my bónes.
- 7 I have becóme like a vúlture in the désert, *
like an ówl amóng the rúins.
- 8 I líe awáke and I móan, *
like a bírd alóne on a róof.
- 9 All day lóng my fóes revíle me; *
those who deríde me use my náme as a cúrse.
- 10 I have éaten áshes like bréad, *
and míngled téars with my drínk.
- 11 Becáuse of your ánger and fúry, *
you have lífted me úp and thrown me dówn.
- 12 My dáys are like a fádíng sháadow, *
and I wíther awáy like the gráss.
- 13 But you, O LÓRD, are enthronéd foréver, *
and your renówn is from áge to áge.
- 14 You will aríse and take píty on Síon, †
for thís is the tíme to have mércy; *
yes, the tíme appóinted has cóme.
- 15 Behold, your sérvants lóve her very stónes, *
are móved to píty for her dúst.
- 16 The nátions shall féar the náme of the LÓRD, *
and áll the earth's kíngs your glóry.
- 17 When the LÓRD shall buíld up Síon, *
he will appéar in áll his glóry.
- 18 Then he will túrn to the práyers of the hélpless; *
he will nótdespíse their práyers.
- 19 Let this be wríttén for áges to cóme, *
that a péople yet unbórn may praise the LÓRD;
- 20 The LORD looked dówn from his hólý place on hígh, *
looked dówn from héaven to the éarth,
- 21 to héar the gróans of the prísoners, *
and frée those condémméd to díe.
- 22 May the náme of the LÓRD be procláimed in Síon, *
and his práise in Jerúsalem,

- 23 when peoples and kingdoms are gathered as one *
to offer their worship to the LÓRD.
- 24 He has broken my strength in midcourse; *
he has shortened my days.
- 25 I say: "My Gód, do not take me away †
before half of my days are complete, *
you, whose days last from age to age.
- 26 Long ago you founded the earth, *
and the heavens are the work of your hands.
- 27 They will perish but you will remain. *
They will all wear out like a garment.
You will change them like clothes, and they change. *
- 28 But you are the same, and your years do not end."
- 29 The children of your servants shall dwell untroubled, *
and their descendants established before you.

VIII g *Benedic, anima mea* (PM 236, Saturday: Vigil, Nocturn I) *Ps 103:1*



Bless the Lord, * O my soul. *Do not repeat in psalm.*

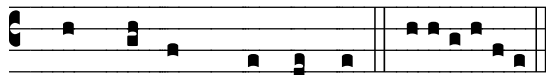
Psalm 103 (102) *Benedic, anima mea, Domino*

1 *Of David.*

- Bléss the LÓRD, O my sóul, *
and all withín me, his hóly náme.
- 2 Bléss the LÓRD, O my sóul, *
and néver forgét all his bénéfices.
- 3 It is the LÓRD who forgíves all your síns, *
who héals every óne of your ílls,
4 who redéems your lífe from the gráve, *
who crówns you with mércy and compásson,
5 who fills your lífe with good thínghs, *
renéwing your yóuth like an éagle's.
- 6 The LÓRD does júst déeds, *
gives full jústice to áll who are opprésed.
- 7 He made knówn his wáys to Móses, *
and his déeds to the chýldren of Ísrael.
- 8 The LÓRD is compássonate and grácious, *
slow to ánger and rích in mércy.
- 9 Hé will not álways find fáult; *
nor persíst in his ánger foréver.
- 10 He does not tréat us accórding to our síns, *
nor repáy us accórding to our fáults.

- 11 For as the héavens are hígh above the éarth, *
so strong his mércy for thóse who féar him.
- 12 As fár as the éast is from the wést, *
so far from ús does he remóve our transgréssions.
- 13 As a fáther has compásson on his chíldren, *
the LÓRD's compásson is on thóse who féar him.
- 14 For he knóws of whát we are máde; *
he remémbers that wé are dúst.
- 15 Mán, his dáys are like gráss; *
he flówers like the flówer of the field.
- 16 The wind blóws, and it ís no móre, *
and its pláce never sées it agáin.
- 17 But the mércy of the LÓRD is everlásting
upon thóse who hólđ him in féar, *
upon chíldren's chíldren his jústice,
- 18 for thóse who kéeep his cóvenant, *
and remémbér to fulfill his commánds.
- 19 The LÓRD has fíxed his thróne in héaven, *
and his kíngdom is rúling over áll.
- 20 Bless the LÓRD, all yóu his ángels, †
mighty in pówer, fulfillling his wórd, *
who héed the vóice of his wórd.
- 21 Bléss the LÓRD, all his hósts, *
his sérvants, who dó his wíll.
- 22 Bléss the LÓRD, all his wórks, †
in évery pláce where he rúles. *
Bléss the LÓRD, O my sóul!

VIII g *Benedic, anima mea* (PM 236, Saturday: Vigil, Nocturn I) *Ps 104:1*



Bless the Lord, * O my soul. *Do not repeat in psalm.*

VIII g *Domine, Deus meus* (PM 236, Saturday: Vigil, Nocturn I) *Ps 104:1*



O Lord my God, * how great you are.



How ma-ny * are your works, O Lord.

Psalm 104 (103) *Benedic, anima mea, Domino*

- 1 Bléss the LÓRD, O my sóul! *
O LORD my Gód, how gréat you áre,
clóthed in májesty and hónor, *
- 2 wrápped in líght as with a róbe!

You strétch out the héavens like a tént. *
- 3 On the wáters you estáblish your dwélling.
You máke the clóuds your cháriot; *
you ríde on the wíngs of the wínd.
- 4 You máke the wínds your méssengers, *
fláme and fíre your sérvants.
- 5 You sét the éarth on its foundátion, *
immóvable from áge to áge.
- 6 You wrápped it with the dépths like a clóak; *
the wáters stood hígher than the móuntains.
- 7 At your thréat they tóok to flíght; *
at the vóice of your thúnder they fléd.
- 8 The móuntains róse, the válleys descéded, *
to the pláce which yóu had appóinted them.
- 9 You set límits they míght not páss, *
lest they retúrn to cóver the éarth.
- 10 You make spríngs gush fórh in the válleys; *
they flów in betwéen the hílls.
- 11 They give drínk to all the béasts of the fíeld; *
the wild ásses quénch their thírst.
- 12 There the bírds of héaven build their nésts; *
from the bránches they síng their sóng.
- 13 From your dwélling you wáter the hílls; *
by your wórks the éarth has its fill.
- 14 You máke the grass grów for the cáttle *
and plánts to sérve mankind's néed.
That he may bríng forth bréad from the éarth *
- 15 and wíne to chéer the héart;
óil, to máke faces shíne, *
and bread to stréngthen the héart of mán.
- 16 The trées of the LÓRD drink their fíll, *
the céders he plánted on Lébanon;
- 17 thére the bírds build their nésts; *

- on the tréetop the stórk has her hóme.
 18 For the góats the lófty móuntains, *
 for the rábbits the rócks are a réfuge.
- 19 You made the móon to márk the mónths; *
 the sún knows the tíme for its sétting.
 20 You spréad the dárkness, it is níght, *
 and all the béasts of the fórest creep fórh.
 21 The young líons róar for their préy, *
 and séek their fóod from Gód.
- 22 At the rísing of the sún they gáther; *
 and they gó to lie dówn in their déns.
 23 Mán goes fórh to his wórk, *
 to lábor till évening fáills.
- 24 How mány are your wórks, O LÓRD! *
 In wísdóm you have máde them áll.
 The éarth is fúll of your créatures.
- 25 Vast and wíde is the spán of the séa, †
 with its créeping thínks past cóunting, *
 líving thínks gréat and smáall.
 26 The shíps are móving thére, *
 and Levíathan you máde to pláy with.
- 27 Áll of these lóok to yóu *
 to gíve them their fóod in due séason.
 28 You gíve it, they gáther it úp; *
 you ópen wide your hánd, they are well fílléd.
- 29 You híde your fáce, they are dísmáyed; *
 you táke away their bréath, they díe,
 retúrning to the dúst from whích they cáme.
 30 You sénd forth your spírít, and théy are créated, *
 and you renéw the fáce of the éarth.
- 31 May the glóry of the LÓRD last foréver! *
 May the LÓRD rejóice in his wórks!
 32 He lóoks on the éarth and it trémbles; *
 he tóuches the móuntains and they smóke.
- 33 I will síng to the LÓRD all my lífe, *
 síng psálms to my Gód whíle I líve.
 34 May my thóughts be pléasing to hím. *
 Í will rejóice in the LÓRD.
- 35 Let sínners vánish from the éarth, †
 and the wícked exíst no móre. *
 Bléss the LÓRD, O my sóul.

Alleluia!

- 18 His féet were wéighed down in cháins, *
his néck was bóund with íron,
19 untíl what he sáid came to páss, *
and the wórd of the LÓRD proved him trúe.
- 20 Then the kíng sent órders and reléased him; *
the rúler of the péoples set him frée.
21 He máde him máster of his hóuse *
and rúler of áll his posséssions,
22 to instrúct his prínces from his héart, *
and to téach his élders wísdóm.

IV e *Eduxit Deus* (PM 240, Saturday: Vigil, Nocturn I) *Ps 105:43*



God brought out * his people with joy, his chosen ones with shouts of re-joyicing.

Psalm 105 (104)

Part II (23-45) *Et intravit Israel*

- 23 So Ísrael cáme into Égypt; *
Jacob dwélt in the lánd of Hám.
24 He gáve his péople great íncrease; *
he máde them strónger than their fóes,
25 whose héarts he turned to háte his péople, *
and to déal decéitfully with his sérvants.
- 26 Thén he sent Móses his sérvant, *
and Áaron whóm he had chósen.
27 They perfórmed God's sígns amóng them, *
and his wónders in the lánd of Hám.
- 28 He sent dárkness, and dárk was máde, *
but they rebélléd agáinst his wórds.
29 He túrned their wátters into blóod, *
and cáused their físh to díe.
- 30 Their lánd was overrún by frógs, *
éven to the hálls of their kíngs.
31 He spóke; there came swárms of flíes, *
and gnáts covered áll the cóuntry.
- 32 He sent háilstones in pláce of the ráin, *
and líghtning fláshing in their lánd.
33 He strúck their vínes and fíg trees; *
he sháattered the trées through their cóuntry.
- 34 He spóke; the lócusts came fóρθ, *
young lócusts, too mány to be cóunted.

- 35 They áte up every plánt in the lánd; *
they áte up all the frúit of their fíelds.
- 36 He strúck all the fírstborn in their lánd, *
the first frúit of áll their stréngth.
- 37 He led out Ísrael with sílver and góld. *
In his tríbes were nóne who stúmbled.
- 38 Égypt rejóiced when they léft, *
for dréad had fálled upón them.
- 39 He spréad a clóud as a scréen, *
and fíre to illúmine the níght.
- 40 When they ásked he sént them quáils; *
he fílléd them with bréad from héaven.
- 41 He pierced the róck and wáter gushed fórh; *
it flówed as a ríver in the désert.
- 42 For he remémbered his hólý wórd, *
spóken to Ábraham his sérvant.
- 43 So he bróught out his péople with jóy, *
his chósen ones with shóuts of rejóicing.
- 44 And he gáve them the lánds of the nátions. *
Of other péoples they posséssed the tóil,
- 45 that thús they might kéeep his précepts, *
that thús they might obsérve his láws.

Alleluia!

E *Visita nos* (PM 243, Saturday in Lent: Vigil, Nocturn II) *Ps 106:4*



Vis-it me, O Lord, * with your sav- ing pow-er.

Psalm 106 (105) *Confitemini Domino, quoniam bonus*

Part I (1-18) *Confitemini Domino*

1 Alleluia!

O give thánks to the LÓRD, for he is góod; *
for his mércy endúres foréver.

2 Who can téll the LÓRD's mighty déeds, *
or recóunt in fúll his práise?

3 Blessed are théy who obsérve what is júst, *
who at áll times dó what is ríght.

4 O LÓRD, remémber mé *
with the fávor you shów to your péople.

- Visit mé with your sáving pówer, *
 5 that I may sée the ríches of your chósen ones,
 and may rejóice in the gládness of your nátion, *
 bóasting in the glóry of your héritage.
- 6 Like our fáthers, wé have sínned. *
 We have done wróng; our déeds have been évil.
- 7 Our fórebears, when théy were in Égypt, *
 did not grásp the méaning of your wónders.
- They forgót the great númer of your mércies, *
 at the Réd Sea defíed the Most Hígh.
- 8 Yet he sáved them for the sáke of his náme, *
 in órder to make knówn his pówer.
- 9 He rebúked the Red Séa; it dried úp, *
 and he léd them through the déep as through the désert.
- 10 He sáved them from the hánd of the fóe; *
 he fréed them from the gríp of the énemy.
- 11 The wáters cóvered their opprésors; *
 not óne of thém was léft.
- 12 Thén they believed in his wórd; *
 thén they sáng his práises.
- 13 But they sóon forgót his déeds, *
 and wóuld not wáit upon his cóunsel.
- 14 They yíelded to their crávings in the désert, *
 and put Gód to the tést in the wílderness.
- 15 He gránted them the fávor they ásked, *
 but strúck them with a wásting diséase.
- 16 In the cámp, they were jéalous of Móses, *
 and also Áaron, who was hólý to the LÓRD.
- 17 The earth ópened and swállowed up Dáthan, *
 and búried the clán of Abíram.
- 18 Fíre blazed úp against their clán, *
 and flámes devóured the wícked.

VII a *Cum tribularentur* (PM 245, Saturday: Vigil, Nocturn II) *Ps 106:44*



The Lord paid heed * to their distress, so often as he heard their cry.

Psalm 106 (105)

Part II (19-48) *Et fecerunt vitulum*

- 19 They fáshioned a cálf at Hóreb, *
 and wórshipped an ímage of métal;

- 20 they exchanged their glóry *
for the ímage of a búll that eats gráss.
- 21 They forgót the Gód who was their sáviór, *
who had dóne such gréat things in Égypt,
22 such wónders in the lánd of Hám, *
such márvcls at the Réd Séa.
- 23 For thís he sáid he would destróy them, *
but Móses, the mán he had chósen,
stóod in the bréach befóre him, *
to túrn back his ánger from destrúctíon.
- 24 Then they scórned the desírable lánd; *
they hád no fáith in his wórd.
- 25 They compláined insíde their ténts, *
and did not lísten to the vóice of the LÓRD.
- 26 So he ráised his hánd to them and swóre *
that he would láy them lów in the désert,
27 would dispérse their descéndants through the nátions *
and scátter them throughóut the lánds.
- 28 They bówed before the Báal of Péor, *
ate ófferings made to lífeless góds.
- 29 They róused the LORD to ánger with their déeds, *
and a plágue broke óut amóng them.
- 30 Then Phínehas stood úp and intervéned. *
Thús the plágue was énded,
31 and this was cóunted to hím as ríghteous *
from áge to áge foréver.
- 32 They provóked him at the wátters of Méribah. *
Through their fáult it went íll with Móses,
33 for they máde his spírit grow bítter, *
and he úttered wórds that were rásh.
- 34 They fáiled to destróy the péoples, *
as the LÓRD had commáded thém;
35 instéad they míngled with the nátions, *
and léarned to áct as théy did.
- 36 They álso sérvéd their ídols, *
and thése became a snáre to entráp them.
- 37 They éven óffered their sóns *
and their dáughters in sácrafice to démons.
- 38 They póured out ínnocent blóod, *
the blóod of their sóns and dáughters,
whom they óffered to the ídols of Cánaan. *
The lánd was pollúted with blóod.

- 39 So they defiled themselves by their actions; *
their deeds were those of a harlot.
- 40 Then God's anger blazed against his people; *
he was filled with horror at his heritage.
- 41 So he handed them over to the nations, *
and their foes became their rulers.
- 42 Their enemies also oppressed them; *
they were subdued beneath their hand.
- 43 Time after time he rescued them, †
but in their malice they dared to defy him *
and were weakened even more by their guilt.
- 44 In spite of this he paid heed to their distress, *
so often as he heard their cry.
- 45 For their sake he remembered his covenant. *
In the greatness of his mercy, he relented,
46 and he let them be treated with compassion *
by all who held them captive.
- 47 Save us, O LORD our God! *
And gather us from the nations,
to give thanks to your holy name, *
and make it our glory to praise you.

[48] Blessed be the LORD, God of Israel, *
forever, from age to age.
Let all the people say, *
"Amén! Amén! Allelúia!"

E *Confiteantur Domino* (PM 247, Saturday: Vigil, Nocturn II) *Ps 107:8*



Thank the Lord * for his mercy.

Psalm 107 (106) *Confitemini Domino, quoniam bonus*

Part I (1-32) *Confitemini Domino*

- 1 "O give thanks to the LORD for he is good; *
for his mercy endures forever."
- 2 Let the redeemed of the LORD say this, *
those he redeemed from the hand of the foe,
3 and gathered from far-off lands, *
from east and west, north and south.
- 4 They wandered in a barren desert, *
finding no way to a city they could dwell in.
- 5 Hungry they were and thirsty; *
their soul was fainting within them.

- 6 Then they cried to the LÓRD in their néed, *
and he réscued thém from their distréss,
7 and he guided them alóng a straight páth, *
to réach a cíty they could dwéll in.
- 8 Let them thánk the LÓRD for his mércy, *
his wónders for the chíldren of mén;
9 for he sátisfies the thírsty sóul, *
and the húngry he fílls with good thínks.
- 10 Some dwelt in dárkness and the shádw of déath, *
prísoners in míserý and cháins,
11 having rebélled against the wórd of Gód, *
and spúrnéd the plán of the Most Hígh.
12 He húbled their héart with tóil. *
They stúmbled; there was nó one to hélp.
- 13 Then they cried to the LÓRD in their néed, *
and he réscued thém from their distréss.
14 He léd them out of dárkness and the shádw of déath, *
and bróke their cháins to píeces.
- 15 Let them thánk the LÓRD for his mércy, *
his wónders for the chíldren of mén;
16 for he búrst the gátes of brónze, *
and cúts through the íron bárs.
- 17 Some fell síck on accóunt of their síns, *
and were afflícted on accóunt of their guílt.
18 They had a lóathing for évery fóod; *
they drew néar to the gátes of déath.
- 19 Then they cried to the LÓRD in their néed, *
and he réscued thém from their distréss.
20 He sént forth his wórd to héal them, *
and sáved their lífe from destrúctíon.
- 21 Let them thánk the LÓRD for his mércy, *
his wónders for the chíldren of mén.
22 Let them óffer a sácrafice of thánks, *
and téll of his déeds with rejóicing.
- 23 Some went dówn to the séa in shíps, *
to tráde on the míghty wáters.
24 These have séen the déeds of the LÓRD, *
the wónders he dóes in the déep.
- 25 For he spóke and ráised up the stórm-wind, *
tóssing high the wáves of the séa
26 that surged to héaven and drópped to the dépths. *
Their souls mélted awáy in their distréss.

- 27 They stággered and réeled like drúnkards, *
for áll their skíll was góne.
- 28 Then they críed to the LÓRD in their néed, *
and he réscued thém from their distréss.
- 29 He stílléd the stórm to a whísper, *
and the wáves of the séa were húshed.
- 30 They rejóiced becáuse of the cálm, *
and he léd them to the háven they desíred.
- 31 Let them thánk the LÓRD for his mércy, *
his wónders for the chíldren of mén.
- 32 Let them exált him in the assémbly of the péople, *
and práise him in the méeting of the élders.

III a2 *Ipsi viderunt* (PM 248, Saturday: Vigil, Nocturn II) *Ps 107:24*



These have seen the deeds * of the Lord, and his wonders.

Psalm 107 (106)

Part II (33-43) *Posuit flumina*

- 33 He chánges rívers into désert, *
springs of wáter into thírsty gróund,
- 34 fruitfúl lánd into a sálty wáste, *
for the wíckedness of thóse who líve there.
- 35 He changes désert into póols of wáter, *
thírsty gróund into spríngs of wáter.
- 36 Thére he séttles the húngry, *
and they estáblish a cíty to dwéll in.
- 37 They sow fíelds and plánt their vínes, *
which yíeld an abúndant hárvest.
- 38 He blésses them; they grów in númer. *
He does nótt let their cáttle decreése.
- 40 He póurs contémpnt upon prínces, *
makes them wánder in tráckless wástes.
- 39 Théy are dimínished and brought lów *
by oppréssion, évil, and sórrów.
- 41 But he ráises the néedy from distréss; *
makes fámílies númerous as a flóck.
- 42 The úpríght sée it and rejóice, *
while all the wícked clóse their móuths.
- 43 Should nótt one who is wíse recall these thínghs, *
and understánd the mercíful déeds of the LÓRD?

IV* *Psallam tibi* (PM 250, Saturday: Vigil, Nocturn II) *Ps 108:3,4*



I will sing psalms * to you a-mong the na-tions,



for your mercy reaches to the heavens.

Psalm 108 (107) *Paratum cor meum, Deus*

- 1 *A Song. A Psalm of David.*
- 2 My héart is réady, O Gód;
my héart is réady. *
I will síng, I will síng your práise.
Awáke, my sóul;
- 3 awáke, O lýre and hárp. *
I will awáke the dáwn.
- 4 I will práise you, LÓRD, among the péoples; *
I will sing psálms to yóu among the nátions,
- 5 for your mércy réaches to the héavens, *
and your trúth to the skíes.
- 6 O Gód, be exálted above the héavens; *
may your glóry shine on áll the éarth!
- 7 With your right hánd, grant salvátion and give ánsWER; *
O cóme and delíver your fríends.
- 8 From his hóly place Gód has made this prómise: *
“I will exúlt, and divíde the land of Shéchem;
I will méasure out the válley of Súccoath.
- 9 Gílead is míne, as is Manásseh; *
Éphraim I táke for my héliet,
Júdah ís my scépter.
- 10 Móab ís my wáshbowl; †
on Édom I will tóss my shóe. *
Over Philístia I will shóut in tríumph.”
- 11 But who will léad me to the fórtified cíty? *
Whó will bríng me to Édom?
- 12 Have you not cást us óff, O Gód? *
Will you márch with our ármies no lónger?
- 13 Give us réscue agáinst the fóe, *
for húman áid ís váin.

- 14 With Gód, wé shall do brávely, *
and he will trámples dówn our fóes.

I g *Ne tacueris, Deus* (PM 251, Saturday: Vigil, Nocturn II) *Ps 109:1,3*



Do not be si-lent, O God, * for they be-set me with words of hate.

VII d *Confitebor Domino* (PM 250, Saturday in Lent: Vigil, Nocturn II) *Ps 109:30*



Loud thanks * to the Lord are on my lips.

Psalm 109 (108) *Deus, laudum meam ne tacueris*

1 *For the Choirmaster. Of David. A Psalm.*

- 2 O Gód whom I práise, do not be sílent, *
for the móuths of decéit and wickedness
are ópened agáinst me.
- 3 They spéak to me with líying tóngues; *
they besét me with wórds of háte,
and attáck me without cáuse.
- 4 In retúrñ for my lóve, they accúse me, *
while Í am at práyer.
- 5 They repáy me évil for góod, *
hátred for lóve.
- 6 Appóint someone wícked over hím; *
let an accúser stánd at his ríght.
- 7 When he is júdged, let him cóme out condéñned; *
let his práyer be considéred as sín.
- 8 Let the dáys of his lífe be féw; *
let anóther assúme his óffice.
- 9 Let his chýldren be fátherless órphans, *
and his wífe becóme a wídow.
- 10 Let his chýldren be wánderers and béggars, *
dríven from the rúins of their hóme.
- 11 Let the créditor séize all his góods; *
let stráangers take the frúit of his wórk.
- 12 Let nó one shów him any mércy, *
nor píty his fátherless chýldren.
- 13 Let his postéryty bé destróyed, *

- in a generátion his náme blotted óut.
- 14 Let his fáther's guílt be remémbered to the LÓRD, *
his móther's sín be retáined.
- 15 Let it álwáys stánd before the LÓRD, *
that their mémory be cut óff from the éarth.
- 16 For hé did not thínk of showing mércy, *
but pursúed the póor and the néedy,
hóunding to déath the brokenhéarted.
- 17 He loved cúrsing; let cúrses fall on hím. *
He scorned bléssing; let bléssing pass him bý.
- 18 He pút on cúrsing like his cóat: *
let it sínk into his bódy like wáter;
let it sínk like óil into his bónes.
- 19 Let it bé like the clóthes that cóver him, *
like a bélt he wéars all the tíme.
- 20 Let the LÓRD thus repáy my accúusers, *
all thóse who speak évil agáinst me.
- 21 But yóu, O LÓRD, my LÓRD, †
do with mé as befits your náme. *
How good your mérciful lóve! Delíver me.
- 22 For Í am póor and néedy, *
and my héart is píerced withín me.
- 23 I fáde like an évening sháadow; *
I am sháken óff like a lócust.
- 24 My knées are wéak from fásting; *
my bódy is thín and gáunt.
- 25 I have becóme an óbject of scórn; *
when they sée me they sháke their héads.
- 26 Hélp me, LÓRD my Gód; *
sáve me with your mérciful lóve.
- 27 Let them knów that thís is your hánd, *
that thís is your dóing, O LÓRD.
- 28 They may cúrse, but yóu will bléss. *
Let my attáckers be pút to sháme,
but lét your sérvant rejóice.
- 29 Let my accúusers be clóthed with dishónor, *
cóvered with sháme as with a clóak.
- 30 Loud thánks to the LÓRD are on my líps. *
I will práise him in the mídst of the thróng,
- 31 for he stánds at the right hánd of the póor, *
to sáve his soul from thóse who condémn him.

INVITATORY

VIII g *Venite, adoremus* (PM 26, Invitatory) *Ps 95:6,7*



Come, let us worship, * for the Lord is our God. *Repeat after each stanza.*

Psalm 95 (94) *Venite, exultemus Domino*

- 1 Come, let us ring out our joy to the LÓRD; *
háil the róck who sáves us.
- 2 Let us cóme into his présence, giving thánks; *
let us háil him with a sóng of práise.
- 3 A míghty Gód is the LÓRD, *
a great kíng abóve all góds.
- 4 In his hánds are the dépths of the éarth; *
the héights of the móuntains are hís.
- 5 To hím belongs the séa, for he máde it, *
and the dry lánd that he sháped by his hánds.
- 6 O cóme; let us bów and bend lów. *
Let us knéel before the Gód who máde us,
- 7 for hé is our Gód and wé
the péople who belóng to his pásture, *
the flóck that is léd by his hánd.
- 8 O that todáy you would lísten to his vóice! †
“Hárden not your héarts as at Méribah, *
as on that dáy at Mássah in the désert
- 9 when your fórebears pút me to the tést; *
when they tríed me, though they sáw my wórk.
- 10 For forty yéars I wéaried of that generátion, †
and I sáid, ‘Their héarts are astráy; *
this péople does not knów my wáys.’
- 11 Thén I took an óath in my ánger, *
‘Néver shall they énter my rést.’”