

## For the morning

### Psalm 19:1-2, 7-14

- <sup>1</sup> The heavens are telling the glory of God;  
and the firmament<sup>[a]</sup> proclaims his handiwork.
- <sup>2</sup> Day to day pours forth speech,  
and night to night declares knowledge.
- <sup>7</sup> The law of the Lord is perfect,  
reviving the soul;  
the decrees of the Lord are sure,  
making wise the simple;
- <sup>8</sup> the precepts of the Lord are right,  
rejoicing the heart;  
the commandment of the Lord is clear,  
enlightening the eyes;
- <sup>9</sup> the fear of the Lord is pure,  
enduring forever;  
the ordinances of the Lord are true  
and righteous altogether.
- <sup>10</sup> More to be desired are they than gold,  
even much fine gold;  
sweeter also than honey,  
and drippings of the honeycomb.
- <sup>11</sup> Moreover by them is your servant warned;  
in keeping them there is great reward.
- <sup>12</sup> But who can detect their errors?  
Clear me from hidden faults.
- <sup>13</sup> Keep back your servant also from the insolent;<sup>[d]</sup>  
do not let them have dominion over me.  
Then I shall be blameless,  
and innocent of great transgression.
- <sup>14</sup> Let the words of my mouth and the  
meditation of my heart  
be acceptable to you,  
O Lord, my rock and my redeemer.

## For the evening

### Psalm 91:1-6, 9-16

- <sup>1</sup> You who live in the shelter of the Most High,  
who abide in the shadow of the Almighty,<sup>[a]</sup>
- <sup>2</sup> will say to the Lord, "My refuge and my  
fortress;  
my God, in whom I trust."
- <sup>3</sup> For he will deliver you from the snare of the  
fowler  
and from the deadly pestilence;
- <sup>4</sup> he will cover you with his pinions,  
and under his wings you will find refuge;  
his faithfulness is a shield and buckler.
- <sup>5</sup> You will not fear the terror of the night,  
or the arrow that flies by day,  
<sup>6</sup> or the pestilence that stalks in darkness,  
or the destruction that wastes at noonday.
- <sup>9</sup> Because you have made the Lord your  
refuge,<sup>[b]</sup>  
the Most High your dwelling place,  
<sup>10</sup> no evil shall befall you,  
no scourge come near your tent.
- <sup>11</sup> For he will command his angels concerning  
you  
to guard you in all your ways.
- <sup>12</sup> On their hands they will bear you up,  
so that you will not dash your foot against a  
stone.
- <sup>13</sup> You will tread on the lion and the adder,  
the young lion and the serpent you will  
trample under foot.
- <sup>14</sup> Those who love me, I will deliver;  
I will protect those who know my name.
- <sup>15</sup> When they call to me, I will answer them;  
I will be with them in trouble,  
I will rescue them and honor them.
- <sup>16</sup> With long life I will satisfy them,  
and show them my salvation.