

For the morning

Psalm 19:1-2, 7-14

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

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