

For the morning

Psalm 27: 1-8, 11-14

¹ The LORD is my light and my salvation—
whom shall I fear?
The LORD is the stronghold of my life—
of whom shall I be afraid?
² When the wicked advance against me
to devour me,
it is my enemies and my foes
who will stumble and fall.
³ Though an army besiege me,
my heart will not fear;
though war break out against me,
even then I will be confident.
⁴ One thing I ask from the LORD,
this only do I seek:
that I may dwell in the house of the LORD
all the days of my life,
to gaze on the beauty of the LORD
and to seek him in his temple.
⁵ For in the day of trouble
he will keep me safe in his dwelling;
he will hide me in the shelter of his sacred tent
and set me high upon a rock.
⁶ Then my head will be exalted
above the enemies who surround me;
at his sacred tent I will sacrifice with shouts of joy;
I will sing and make music to the LORD.
⁷ Hear my voice when I call, LORD;
be merciful to me and answer me.
⁸ My heart says of you, “Seek his face!”
Your face, LORD, I will seek.
¹¹ Teach me your way, LORD;
lead me in a straight path
because of my oppressors.
¹² Do not turn me over to the desire of my foes,
for false witnesses rise up against me,
spouting malicious accusations.
¹³ I remain confident of this:
I will see the goodness of the LORD
in the land of the living.
¹⁴ Wait for the LORD;
be strong and take heart
and wait for the LORD.

For the evening

Psalm 23

¹ The LORD is my shepherd, I lack nothing.
² He makes me lie down in green pastures,
he leads me beside quiet waters,
³ he refreshes my soul.
He guides me along the right paths
for his name's sake.
⁴ Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
⁵ You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
⁶ Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the LORD
forever.