

# **Psalms for Morning Prayer**

## **February 10 to February 14**

### **Monday, February 10**

**80** *Qui regis Israel*

1 Hear, O Shepherd of Israel, leading Joseph like a flock; \*  
shine forth, you that are enthroned upon the cherubim.

2 In the presence of Ephraim, Benjamin, and Manasseh, \*  
stir up your strength and come to help us.

3 Restore us, O God of hosts; \*  
show the light of your countenance, and we shall be saved.

4 O Lord God of hosts, \*  
how long will you be angered despite the prayers of your people?

5 You have fed them with the bread of tears; \*  
you have given them bowls of tears to drink.

6 You have made us the derision of our neighbors, \*  
and our enemies laugh us to scorn.

7 Restore us, O God of hosts; \*  
show the light of your countenance, and we shall be saved.

8 You have brought a vine out of Egypt; \*  
you cast out the nations and planted it.

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9 You prepared the ground for it; \*  
it took root and filled the land.

10 The mountains were covered by its shadow \*  
and the towering cedar trees by its boughs.

11 You stretched out its tendrils to the Sea \*  
and its branches to the River.

12 Why have you broken down its wall, \*  
so that all who pass by pluck off its grapes?

13 The wild boar of the forest has ravaged it, \*  
and the beasts of the field have grazed upon it.

14 Turn now, O God of hosts, look down from heaven;  
behold and tend this vine; \*  
preserve what your right hand has planted.

15 They burn it with fire like rubbish; \*  
at the rebuke of your countenance let them perish.

16 Let your hand be upon the man of your right hand, \*  
the son of man you have made so strong for yourself.

17 And so will we never turn away from you; \*  
give us life, that we may call upon your Name.

18 Restore us, O Lord God of hosts; \*  
show the light of your countenance, and we shall be saved.

## **Tuesday, February 11**

**78**

### **Part I** *Attendite, popule*

1 Hear my teaching, O my people; \*  
incline your ears to the words of my mouth.

2 I will open my mouth in a parable; \*  
I will declare the mysteries of ancient times.

3 That which we have heard and known,  
and what our forefathers have told us, \*  
we will not hide from their children.

4 We will recount to generations to come  
the praiseworthy deeds and the power of the Lord, \*  
and the wonderful works he has done.

5 He gave his decrees to Jacob  
and established a law for Israel, \*  
which he commanded them to teach their children;

6 That the generations to come might know,  
and the children yet unborn; \*  
that they in their turn might tell it to their children;

7 So that they might put their trust in God, \*  
and not forget the deeds of God,  
but keep his commandments;

8 And not be like their forefathers,  
a stubborn and rebellious generation, \*  
a generation whose heart was not steadfast,  
and whose spirit was not faithful to God.

9 The people of Ephraim, armed with the bow, \*  
turned back in the day of battle;

10 They did not keep the covenant of God, \*  
and refused to walk in his law;

11 They forgot what he had done, \*  
and the wonders he had shown them.

12 He worked marvels in the sight of their forefathers, \*  
in the land of Egypt, in the field of Zoan.

13 He split open the sea and let them pass through; \*  
he made the waters stand up like walls.

14 He led them with a cloud by day, \*  
and all the night through with a glow of fire.

15 He split the hard rocks in the wilderness \*  
and gave them drink as from the great deep.

16 He brought streams out of the cliff, \*  
and the waters gushed out like rivers.

17 But they went on sinning against him, \*  
rebellling in the desert against the Most High.

18 They tested God in their hearts, \*  
demanding food for their craving.

19 They railed against God and said, \*  
"Can God set a table in the wilderness?

20 True, he struck the rock, the waters gushed out, and the  
gullies overflowed; \*  
but is he able to give bread  
or to provide meat for his people?"

21 When the Lord heard this, he was full of wrath; \*  
a fire was kindled against Jacob,  
and his anger mounted against Israel;

22 For they had no faith in God, \*  
nor did they put their trust in his saving power.

23 So he commanded the clouds above \*  
and opened the doors of heaven.

24 He rained down manna upon them to eat \*  
and gave them grain from heaven.

25 So mortals ate the bread of angels; \*  
he provided for them food enough.

26 He caused the east wind to blow in the heavens \*  
and led out the south wind by his might.

27 He rained down flesh upon them like dust \*  
and wingèd birds like the sand of the sea.

28 He let it fall in the midst of their camp \*  
and round about their dwellings.

29 So they ate and were well filled, \*  
for he gave them what they craved.

30 But they did not stop their craving, \*  
though the food was still in their mouths.

31 So God's anger mounted against them; \*  
he slew their strongest men  
and laid low the youth of Israel.

32 In spite of all this, they went on sinning \*  
and had no faith in his wonderful works.

33 So he brought their days to an end like a breath \*  
and their years in sudden terror.

34 Whenever he slew them, they would seek him, \*  
and repent, and diligently search for God.

35 They would remember that God was their rock, \*  
and the Most High God their redeemer.

36 But they flattered him with their mouths \*  
and lied to him with their tongues.

37 Their heart was not steadfast toward him, \*  
and they were not faithful to his covenant.

38 But he was so merciful that he forgave their sins  
and did not destroy them; \*  
many times he held back his anger  
and did not permit his wrath to be roused.

39 For he remembered that they were but flesh, \*  
a breath that goes forth and does not return.

## Wednesday, February 12

### 119

**Mem** *Quomodo dilexi!*

97 Oh, how I love your law! \*  
all the day long it is in my mind.

98 Your commandment has made me wiser than my enemies, \*  
and it is always with me.

99 I have more understanding than all my teachers, \*  
for your decrees are my study.

100 I am wiser than the elders, \*  
because I observe your commandments.

101 I restrain my feet from every evil way, \*  
that I may keep your word.

102 I do not shrink from your judgments, \*  
because you yourself have taught me.

103 How sweet are your words to my taste! \*  
they are sweeter than honey to my mouth.

104 Through your commandments I gain understanding; \*  
therefore I hate every lying way.

**Nun** *Lucerna pedibus meis*

105 Your word is a lantern to my feet \*  
and a light upon my path.

106 I have sworn and am determined \*  
to keep your righteous judgments.

107 I am deeply troubled; \*  
preserve my life, O Lord, according to your word.

108 Accept, O Lord, the willing tribute of my lips, \*  
and teach me your judgments.

109 My life is always in my hand, \*  
yet I do not forget your law.

110 The wicked have set a trap for me, \*  
but I have not strayed from your commandments.

111 Your decrees are my inheritance for ever; \*  
truly, they are the joy of my heart.

112 I have applied my heart to fulfill your statutes \*  
for ever and to the end.

**Samekh** *Iniquos odio habui*

113 I hate those who have a divided heart, \*  
but your law do I love.

114 You are my refuge and shield; \*  
my hope is in your word.

115 Away from me, you wicked! \*  
I will keep the commandments of my God.

116 Sustain me according to your promise, that I may live, \*  
and let me not be disappointed in my hope.

117 Hold me up, and I shall be safe, \*  
and my delight shall be ever in your statutes.

118 You spurn all who stray from your statutes; \*  
their deceitfulness is in vain.

119 In your sight all the wicked of the earth are but dross; \*  
therefore I love your decrees.

120 My flesh trembles with dread of you; \*  
I am afraid of your judgments.

## Thursday, February 13

### 146 *Lauda, anima mea*

1 Hallelujah!

Praise the Lord, O my soul! \*

I will praise the Lord as long as I live;

I will sing praises to my God while I have my being.

2 Put not your trust in rulers, nor in any child of earth, \*  
for there is no help in them.

3 When they breathe their last, they return to earth, \*  
and in that day their thoughts perish.

4 Happy are they who have the God of Jacob for their help! \*  
whose hope is in the Lord their God;

5 Who made heaven and earth, the seas, and all that is in them; \*  
who keeps his promise for ever;

6 Who gives justice to those who are oppressed, \*  
and food to those who hunger.

7 The Lord sets the prisoners free;  
the Lord opens the eyes of the blind; \*  
the Lord lifts up those who are bowed down;

8 The Lord loves the righteous;  
the Lord cares for the stranger; \*  
he sustains the orphan and widow,  
but frustrates the way of the wicked.

9 The Lord shall reign for ever, \*  
your God, O Zion, throughout all generations.  
Hallelujah!



## **147** *Laudate Dominum*

1 Hallelujah!

How good it is to sing praises to our God! \*  
how pleasant it is to honor him with praise!

2 The Lord rebuilds Jerusalem; \*  
he gathers the exiles of Israel.

3 He heals the brokenhearted \*  
and binds up their wounds.

4 He counts the number of the stars \*  
and calls them all by their names.

5 Great is our Lord and mighty in power; \*  
there is no limit to his wisdom.

6 The Lord lifts up the lowly, \*  
but casts the wicked to the ground.

7 Sing to the Lord with thanksgiving; \*  
make music to our God upon the harp.

8 He covers the heavens with clouds \*  
and prepares rain for the earth;

9 He makes grass to grow upon the mountains \*  
and green plants to serve mankind.

10 He provides food for flocks and herds \*  
and for the young ravens when they cry.

11 He is not impressed by the might of a horse; \*  
he has no pleasure in the strength of a man;

12 But the Lord has pleasure in those who fear him, \*  
in those who await his gracious favor.

13 Worship the Lord, O Jerusalem; \*  
praise your God, O Zion;

14 For he has strengthened the bars of your gates; \*  
he has blessed your children within you.

15 He has established peace on your borders; \*  
he satisfies you with the finest wheat.

16 He sends out his command to the earth, \*  
and his word runs very swiftly.

17 He gives snow like wool; \*  
he scatters hoarfrost like ashes.

18 He scatters his hail like bread crumbs; \*  
who can stand against his cold?

19 He sends forth his word and melts them; \*  
he blows with his wind, and the waters flow.

20 He declares his word to Jacob, \*  
his statutes and his judgments to Israel.

21 He has not done so to any other nation; \*  
to them he has not revealed his judgments.  
Hallelujah!

## **Friday, February 14**

### **88** *Domine, Deus*

1 O Lord, my God, my Savior, \*  
by day and night I cry to you.

2 Let my prayer enter into your presence; \*  
incline your ear to my lamentation.

3 For I am full of trouble; \*  
my life is at the brink of the grave.

4 I am counted among those who go down to the Pit; \*  
I have become like one who has no strength;

5 Lost among the dead, \*  
like the slain who lie in the grave,

6 Whom you remember no more, \*  
for they are cut off from your hand.

7 You have laid me in the depths of the Pit, \*  
in dark places, and in the abyss.

8 Your anger weighs upon me heavily, \*  
and all your great waves overwhelm me.

9 You have put my friends far from me;  
you have made me to be abhorred by them; \*  
I am in prison and cannot get free.

10 My sight has failed me because of trouble; \*  
Lord, I have called upon you daily;  
I have stretched out my hands to you.

11 Do you work wonders for the dead? \*  
will those who have died stand up and give you thanks?

12 Will your loving-kindness be declared in the grave? \*  
your faithfulness in the land of destruction?

13 Will your wonders be known in the dark? \*  
or your righteousness in the country where all is forgotten?

14 But as for me, O Lord, I cry to you for help; \*  
in the morning my prayer comes before you.

15 Lord, why have you rejected me? \*  
why have you hidden your face from me?

16 Ever since my youth, I have been wretched and at the point of death; \*  
I have borne your terrors with a troubled mind.

17 Your blazing anger has swept over me; \*  
your terrors have destroyed me;

18 They surround me all day long like a flood; \*  
they encompass me on every side.

19 My friend and my neighbor you have put away from me, \*  
and darkness is my only companion.