

# Psalms for Morning Prayer

## March 20 to March 24

### Monday, March 20 – St. Joseph (transferred)

#### **132** *Memento, Domine*

1 Lord, remember David, \*  
and all the hardships he endured;

2 How he swore an oath to the Lord \*  
and vowed a vow to the Mighty One of Jacob:

3 "I will not come under the roof of my house, \*  
nor climb up into my bed;

4 I will not allow my eyes to sleep, \*  
nor let my eyelids slumber;

5 Until I find a place for the Lord, \*  
a dwelling for the Mighty One of Jacob."

6 "The ark! We heard it was in Ephratah; \*  
we found it in the fields of Jearim.

7 Let us go to God's dwelling place; \*  
let us fall upon our knees before his footstool."

8 Arise, O Lord, into your resting-place, \*  
you and the ark of your strength.

9 Let your priests be clothed with righteousness; \*  
let your faithful people sing with joy.

10 For your servant David's sake, \*  
do not turn away the face of your Anointed.

11 The Lord has sworn an oath to David; \*  
in truth, he will not break it:

12 "A son, the fruit of your body \*  
will I set upon your throne.

13 If your children keep my covenant  
and my testimonies that I shall teach them, \*  
their children will sit upon your throne for evermore."

14 For the Lord has chosen Zion; \*  
he has desired her for his habitation:

15 "This shall be my resting-place for ever; \*  
here will I dwell, for I delight in her.

16 I will surely bless her provisions, \*  
and satisfy her poor with bread.

17 I will clothe her priests with salvation, \*  
and her faithful people will rejoice and sing.

18 There will I make the horn of David flourish; \*  
I have prepared a lamp for my Anointed.

19 As for his enemies, I will clothe them with shame; \*  
but as for him, his crown will shine."

## Tuesday, March 21

### 97 *Dominus regnavit*

1 The Lord is King;  
let the earth rejoice; \*  
let the multitude of the isles be glad.

2 Clouds and darkness are round about him, \*  
righteousness and justice are the foundations of his throne.

3 A fire goes before him \*  
and burns up his enemies on every side.

4 His lightnings light up the world; \*  
the earth sees it and is afraid.

5 The mountains melt like wax at the presence of the Lord, \*  
at the presence of the Lord of the whole earth.

6 The heavens declare his righteousness, \*  
and all the peoples see his glory.

7 Confounded be all who worship carved images  
and delight in false gods! \*  
Bow down before him, all you gods.

8 Zion hears and is glad, and the cities of Judah rejoice, \*  
because of your judgments, O Lord.

9 For you are the Lord,  
most high over all the earth; \*  
you are exalted far above all gods.

10 The Lord loves those who hate evil; \*  
he preserves the lives of his saints  
and delivers them from the hand of the wicked.

11 Light has sprung up for the righteous, \*  
and joyful gladness for those who are truehearted.

12 Rejoice in the Lord, you righteous, \*  
and give thanks to his holy Name.

**99** *Dominus regnavit*

1 The Lord is King; let the people tremble; \*  
he is enthroned upon the cherubim;  
let the earth shake.

2 The Lord is great in Zion; \*  
he is high above all peoples.

3 Let them confess his Name, which is great and awesome; \*  
he is the Holy One.

4 "O mighty King, lover of justice,  
you have established equity; \*  
you have executed justice and righteousness in Jacob."

5 Proclaim the greatness of the Lord our God  
and fall down before his footstool; \*  
he is the Holy One.

6 Moses and Aaron among his priests,  
and Samuel among those who call upon his Name, \*  
they called upon the Lord, and he answered them.

7 He spoke to them out of the pillar of cloud; \*  
they kept his testimonies and the decree that he gave them.

8 "O Lord our God, you answered them indeed; \*  
you were a God who forgave them,  
yet punished them for their evil deeds."

9 Proclaim the greatness of the Lord our God  
and worship him upon his holy hill; \*  
for the Lord our God is the Holy One.

## **100** *Jubilate Deo*

1 Be joyful in the Lord, all you lands; \*  
serve the Lord with gladness  
and come before his presence with a song.

2 Know this: The Lord himself is God; \*  
he himself has made us, and we are his;  
we are his people and the sheep of his pasture.

3 Enter his gates with thanksgiving;  
go into his courts with praise; \*  
give thanks to him and call upon his Name.

4 For the Lord is good;  
his mercy is everlasting; \*  
and his faithfulness endures from age to age.

## **Wednesday, March 22**

### **101** *Misericordiam et judicium*

1 I will sing of mercy and justice; \*  
to you, O Lord, will I sing praises.

2 I will strive to follow a blameless course;  
oh, when will you come to me? \*  
I will walk with sincerity of heart within my house.

3 I will set no worthless thing before my eyes; \*  
I hate the doers of evil deeds;  
they shall not remain with me.

4 A crooked heart shall be far from me; \*  
I will not know evil.

5 Those who in secret slander their neighbors I will destroy; \*  
those who have a haughty look and a proud heart I cannot abide.

6 My eyes are upon the faithful in the land, that they may dwell with me, \*  
and only those who lead a blameless life shall be my servants.

7 Those who act deceitfully shall not dwell in my house, \*  
and those who tell lies shall not continue in my sight.

8 I will soon destroy all the wicked in the land, \*  
that I may root out all evildoers from the city of the Lord.

## **109** *Deus, laudem*

1 Hold not your tongue, O God of my praise; \*  
for the mouth of the wicked,  
the mouth of the deceitful, is opened against me.

2 They speak to me with a lying tongue; \*  
they encompass me with hateful words  
and fight against me without a cause.

3 Despite my love, they accuse me; \*  
but as for me, I pray for them.

4 They repay evil for good, \*  
and hatred for my love.

(5 Set a wicked man against him, \*  
and let an accuser stand at his right hand.

6 When he is judged, let him be found guilty, \*  
and let his appeal be in vain.

7 Let his days be few, \*  
and let another take his office.

8 Let his children be fatherless, \*  
and his wife become a widow.

9 Let his children be waifs and beggars; \*  
let them be driven from the ruins of their homes.

10 Let the creditor seize everything he has; \*  
let strangers plunder his gains.

11 Let there be no one to show him kindness, \*  
and none to pity his fatherless children.

12 Let his descendants be destroyed, \*  
and his name be blotted out in the next generation.

13 Let the wickedness of his fathers be remembered before the Lord, \*  
and his mother's sin not be blotted out;

14 Let their sin be always before the Lord; \*  
but let him root out their names from the earth;

15 Because he did not remember to show mercy, \*  
but persecuted the poor and needy  
and sought to kill the brokenhearted.

16 He loved cursing,  
let it come upon him; \*  
he took no delight in blessing,  
let it depart from him.

17 He put on cursing like a garment, \*  
let it soak into his body like water  
and into his bones like oil;

18 Let it be to him like the cloak which he  
wraps around himself, \*  
and like the belt that he wears continually.

19 Let this be the recompense from the Lord to my accusers, \*  
and to those who speak evil against me.)

20 But you, O Lord my God,  
oh, deal with me according to your Name; \*  
for your tender mercy's sake, deliver me.

21 For I am poor and needy, \*  
and my heart is wounded within me.

22 I have faded away like a shadow when it lengthens; \*  
I am shaken off like a locust.

23 My knees are weak through fasting, \*  
and my flesh is wasted and gaunt.

24 I have become a reproach to them; \*  
they see and shake their heads.

25 Help me, O Lord my God; \*  
save me for your mercy's sake.

26 Let them know that this is your hand, \*  
that you, O Lord, have done it.

27 They may curse, but you will bless; \*  
let those who rise up against me be put to shame,  
and your servant will rejoice.

28 Let my accusers be clothed with disgrace \*  
and wrap themselves in their shame as in a cloak.

29 I will give great thanks to the Lord with my mouth; \*  
in the midst of the multitude will I praise him;

30 Because he stands at the right hand of the needy, \*  
to save his life from those who would condemn him.

## Thursday, March 23

### 69 *Salvum me fac*

1 Save me, O God, \*  
for the waters have risen up to my neck.

2 I am sinking in deep mire, \*  
and there is no firm ground for my feet.

3 I have come into deep waters, \*  
and the torrent washes over me.

4 I have grown weary with my crying;  
my throat is inflamed; \*  
my eyes have failed from looking for my God.

5 Those who hate me without a cause are more than the hairs of my head;  
my lying foes who would destroy me are mighty. \*  
Must I then give back what I never stole?

6 O God, you know my foolishness, \*  
and my faults are not hidden from you.

7 Let not those who hope in you be put to shame through me,  
Lord God of hosts; \*  
let not those who seek you be disgraced because of me,  
O God of Israel.

8 Surely, for your sake have I suffered reproach, \*  
and shame has covered my face.

9 I have become a stranger to my own kindred, \*  
an alien to my mother's children.

10 Zeal for your house has eaten me up; \*  
the scorn of those who scorn you has fallen upon me.

11 I humbled myself with fasting, \*  
but that was turned to my reproach.

12 I put on sack-cloth also, \*  
and became a byword among them.

13 Those who sit at the gate murmur against me, \*  
and the drunkards make songs about me.

14 But as for me, this is my prayer to you, \*  
at the time you have set, O Lord:

15 "In your great mercy, O God, \*  
answer me with your unfailing help.

16 Save me from the mire; do not let me sink; \*  
let me be rescued from those who hate me  
and out of the deep waters.

17 Let not the torrent of waters wash over me,  
neither let the deep swallow me up; \*  
do not let the Pit shut its mouth upon me.

18 Answer me, O Lord, for your love is kind; \*  
in your great compassion, turn to me."

19 "Hide not your face from your servant; \*  
be swift and answer me, for I am in distress.

20 Draw near to me and redeem me; \*  
because of my enemies deliver me.

21 You know my reproach, my shame, and my dishonor; \*  
my adversaries are all in your sight."

22 Reproach has broken my heart, and it cannot be healed; \*  
I looked for sympathy, but there was none,  
for comforters, but I could find no one.

23 They gave me gall to eat, \*  
and when I was thirsty, they gave me vinegar to drink.

(24 Let the table before them be a trap \*  
and their sacred feasts a snare.

25 Let their eyes be darkened, that they may not see, \*  
and give them continual trembling in their loins.

26 Pour out your indignation upon them, \*  
and let the fierceness of your anger overtake them.

27 Let their camp be desolate, \*  
and let there be none to dwell in their tents.

28 For they persecute him whom you have stricken \*  
and add to the pain of those whom you have pierced.

29 Lay to their charge guilt upon guilt, \*  
and let them not receive your vindication.

30 Let them be wiped out of the book of the living \*  
and not be written among the righteous.)

31 As for me, I am afflicted and in pain; \*  
your help, O God, will lift me up on high.

32 I will praise the Name of God in song; \*  
I will proclaim his greatness with thanksgiving.

33 This will please the Lord more than an offering of oxen, \*  
more than bullocks with horns and hoofs.

34 The afflicted shall see and be glad; \*  
you who seek God, your heart shall live.

35 For the Lord listens to the needy, \*  
and his prisoners he does not despise.

36 Let the heavens and the earth praise him, \*  
the seas and all that moves in them;

37 For God will save Zion and rebuild the cities of Judah; \*  
they shall live there and have it in possession.

38 The children of his servants will inherit it, \*  
and those who love his Name will dwell therein.

## Friday, March 24

### 95 *Venite, exultemus* (Invitatory Psalm)

1 Come, let us sing to the Lord; \*  
let us shout for joy to the Rock of our salvation.

2 Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.

3 For the Lord is a great God, \*  
and a great King above all gods.

4 In his hand are the caverns of the earth, \*  
and the heights of the hills are his also.

5 The sea is his, for he made it, \*  
and his hands have molded the dry land.

6 Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.

7 For he is our God,  
and we are the people of his pasture and the sheep of his hand. \*  
Oh, that today you would hearken to his voice!

8 Harden not your hearts,  
as your forebears did in the wilderness, \*  
at Meribah, and on that day at Massah,  
when they tempted me.

9 They put me to the test, \*  
though they had seen my works.

10 Forty years long I detested that generation and said, \*  
"This people are wayward in their hearts;  
they do not know my ways."

11 So I swore in my wrath, \*  
"They shall not enter into my rest."

## 102 *Domine, exaudi*

1 Lord, hear my prayer, and let my cry come before you; \*  
hide not your face from me in the day of my trouble.

2 Incline your ear to me; \*  
when I call, make haste to answer me,

3 For my days drift away like smoke, \*  
and my bones are hot as burning coals.

4 My heart is smitten like grass and withered, \*  
so that I forget to eat my bread.

5 Because of the voice of my groaning \*  
I am but skin and bones.

6 I have become like a vulture in the wilderness, \*  
like an owl among the ruins.

7 I lie awake and groan; \*  
I am like a sparrow, lonely on a house-top.

8 My enemies revile me all day long, \*  
and those who scoff at me have taken an oath against me.

9 For I have eaten ashes for bread \*  
and mingled my drink with weeping.

10 Because of your indignation and wrath \*  
you have lifted me up and thrown me away.

11 My days pass away like a shadow, \*  
and I wither like the grass.

12 But you, O Lord, endure for ever, \*  
and your Name from age to age.

13 You will arise and have compassion on Zion,  
for it is time to have mercy upon her; \*  
indeed, the appointed time has come.

14 For your servants love her very rubble, \*  
and are moved to pity even for her dust.

15 The nations shall fear your Name, O Lord, \*  
and all the kings of the earth your glory.

16 For the Lord will build up Zion, \*  
and his glory will appear.

17 He will look with favor on the prayer of the homeless; \*  
he will not despise their plea.

18 Let this be written for a future generation, \*  
so that a people yet unborn may praise the Lord.

19 For the Lord looked down from his holy place on high; \*  
from the heavens he beheld the earth;

20 That he might hear the groan of the captive \*  
and set free those condemned to die;

21 That they may declare in Zion the Name of the Lord, \*  
and his praise in Jerusalem;

22 When the peoples are gathered together, \*  
and the kingdoms also, to serve the Lord.

23 He has brought down my strength before my time; \*  
he has shortened the number of my days;

24 And I said, "O my God,  
do not take me away in the midst of my days; \*  
your years endure throughout all generations.

25 In the beginning, O Lord, you laid the foundations of the earth, \*  
and the heavens are the work of your hands;

26 They shall perish, but you will endure;  
they all shall wear out like a garment; \*  
as clothing you will change them,  
and they shall be changed;

27 But you are always the same, \*  
and your years will never end.

28 The children of your servants shall continue, \*  
and their offspring shall stand fast in your sight."