

# Psalms for Morning Prayer

## March 10 to March 14

### Monday, March 10

#### **41** *Beatus qui intelligit*

1 Happy are they who consider the poor and needy! \*  
the Lord will deliver them in the time of trouble.

2 The Lord preserves them and keeps them alive,  
so that they may be happy in the land; \*  
he does not hand them over to the will of their enemies.

3 The Lord sustains them on their sickbed \*  
and ministers to them in their illness.

4 I said, "Lord, be merciful to me; \*  
heal me, for I have sinned against you."

5 My enemies are saying wicked things about me: \*  
"When will he die, and his name perish?"

6 Even if they come to see me, they speak empty words; \*  
their heart collects false rumors;  
they go outside and spread them.

7 All my enemies whisper together about me \*  
and devise evil against me.

8 "A deadly thing," they say, "has fastened on him; \*  
he has taken to his bed and will never get up again."

9 Even my best friend, whom I trusted,  
who broke bread with me, \*  
has lifted up his heel and turned against me.

10 But you, O Lord, be merciful to me and raise me up, \*  
and I shall repay them.

11 By this I know you are pleased with me, \*  
that my enemy does not triumph over me.

12 In my integrity you hold me fast, \*  
and shall set me before your face for ever.

13 Blessed be the Lord God of Israel, \*  
from age to age. Amen. Amen.

## **52** *Quid gloriaris?*

1 You tyrant, why do you boast of wickedness \*  
against the godly all day long?

2 You plot ruin;  
your tongue is like a sharpened razor, \*  
O worker of deception.

3 You love evil more than good \*  
and lying more than speaking the truth.

4 You love all words that hurt, \*  
O you deceitful tongue.

5 Oh, that God would demolish you utterly, \*  
topple you, and snatch you from your dwelling,  
and root you out of the land of the living!

6 The righteous shall see and tremble, \*  
and they shall laugh at him, saying,

7 "This is the one who did not take God for a refuge, \*  
but trusted in great wealth and relied upon wickedness."

8 But I am like a green olive tree in the house of God; \*  
I trust in the mercy of God for ever and ever.

9 I will give you thanks for what you have done \*  
and declare the goodness of your Name in the presence  
of the godly.

## Tuesday, March 11

### 45 *Eructavit cor meum*

1 My heart is stirring with a noble song;  
let me recite what I have fashioned for the king; \*  
my tongue shall be the pen of a skilled writer.

2 You are the fairest of men; \*  
grace flows from your lips,  
because God has blessed you for ever.

3 Strap your sword upon your thigh, O mighty warrior, \*  
in your pride and in your majesty.

4 Ride out and conquer in the cause of truth \*  
and for the sake of justice.

5 Your right hand will show you marvelous things; \*  
your arrows are very sharp, O mighty warrior.

6 The peoples are falling at your feet, \*  
and the king's enemies are losing heart.

7 Your throne, O God, endures for ever and ever, \*  
a scepter of righteousness is the scepter of your kingdom;  
you love righteousness and hate iniquity.

8 Therefore God, your God, has anointed you \*  
with the oil of gladness above your fellows.

9 All your garments are fragrant with myrrh, aloes, and cassia, \*  
and the music of strings from ivory palaces makes you glad.

10 Kings' daughters stand among the ladies of the court; \*  
on your right hand is the queen,  
adorned with the gold of Ophir.

11 "Hear, O daughter; consider and listen closely; \*  
forget your people and your father's house.

12 The king will have pleasure in your beauty; \*  
he is your master; therefore do him honor.

13 The people of Tyre are here with a gift; \*  
the rich among the people seek your favor."

14 All glorious is the princess as she enters; \*  
her gown is cloth-of-gold.

15 In embroidered apparel she is brought to the king; \*  
after her the bridesmaids follow in procession.

16 With joy and gladness they are brought, \*  
and enter into the palace of the king.

17 "In place of fathers, O king, you shall have sons; \*  
you shall make them princes over all the earth.

18 I will make your name to be remembered  
from one generation to another; \*  
therefore nations will praise you for ever and ever."

## Wednesday, March 12

### 119

**Zayin** *Memor esto verbi tui*

49 Remember your word to your servant, \*  
because you have given me hope.

50 This is my comfort in my trouble, \*  
that your promise gives me life.

51 The proud have derided me cruelly, \*  
but I have not turned from your law.

52 When I remember your judgments of old, \*  
O Lord, I take great comfort.

53 I am filled with a burning rage, \*  
because of the wicked who forsake your law.

54 Your statutes have been like songs to me \*  
wherever I have lived as a stranger.

55 I remember your Name in the night, O Lord, \*  
and dwell upon your law.

56 This is how it has been with me, \*  
because I have kept your commandments.

**Heth** *Portio mea, Domine*

57 You only are my portion, O Lord; \*  
I have promised to keep your words.

58 I entreat you with all my heart, \*  
be merciful to me according to your promise.

59 I have considered my ways \*  
and turned my feet toward your decrees.

60 I hasten and do not tarry \*  
to keep your commandments.

61 Though the cords of the wicked entangle me, \*  
I do not forget your law.

62 At midnight I will rise to give you thanks, \*  
because of your righteous judgments.

63 I am a companion of all who fear you \*  
and of those who keep your commandments.

64 The earth, O Lord, is full of your love; \*  
instruct me in your statutes.

**Teth Bonitatem fecisti**

65 O Lord, you have dealt graciously with your servant, \*  
according to your word.

66 Teach me discernment and knowledge, \*  
for I have believed in your commandments.

67 Before I was afflicted I went astray, \*  
but now I keep your word.

68 You are good and you bring forth good; \*  
instruct me in your statutes.

69 The proud have smeared me with lies, \*  
but I will keep your commandments with my whole heart.

70 Their heart is gross and fat, \*  
but my delight is in your law.

71 It is good for me that I have been afflicted, \*  
that I might learn your statutes.

72 The law of your mouth is dearer to me \*  
than thousands in gold and silver.

## **Thursday, March 13**

### **50 Deus deorum**

1 The Lord, the God of gods, has spoken; \*  
he has called the earth from the rising of the sun to its setting.

2 Out of Zion, perfect in its beauty, \*  
God reveals himself in glory.

3 Our God will come and will not keep silence; \*  
before him there is a consuming flame,  
and round about him a raging storm.

4 He calls the heavens and the earth from above \*  
to witness the judgment of his people.

5 "Gather before me my loyal followers, \*  
those who have made a covenant with me and sealed it with sacrifice."

6 Let the heavens declare the rightness of his cause; \*  
for God himself is judge.

7 Hear, O my people, and I will speak:  
"O Israel, I will bear witness against you; \*  
for I am God, your God.

8 I do not accuse you because of your sacrifices; \*  
your offerings are always before me.

9 I will take no bull-calf from your stalls, \*  
nor he-goats out of your pens;

10 For all the beasts of the forest are mine, \*  
the herds in their thousands upon the hills.

11 I know every bird in the sky, \*  
and the creatures of the fields are in my sight.

12 If I were hungry, I would not tell you, \*  
for the whole world is mine and all that is in it.

13 Do you think I eat the flesh of bulls, \*  
or drink the blood of goats?

14 Offer to God a sacrifice of thanksgiving \*  
and make good your vows to the Most High.

15 Call upon me in the day of trouble; \*  
I will deliver you, and you shall honor me."

16 But to the wicked God says: \*  
"Why do you recite my statutes,  
and take my covenant upon your lips;

17 Since you refuse discipline, \*  
and toss my words behind your back?

18 When you see a thief, you make him your friend, \*  
and you cast in your lot with adulterers.

19 You have loosed your lips for evil, \*  
and harnessed your tongue to a lie.

20 You are always speaking evil of your brother \*  
and slandering your own mother's son.

21 These things you have done, and I kept still, \*  
and you thought that I am like you."

22 "I have made my accusation; \*  
I have put my case in order before your eyes.

23 Consider this well, you who forget God, \*  
lest I rend you and there be none to deliver you.

24 Whoever offers me the sacrifice of thanksgiving honors me; \*  
but to those who keep in my way will I show the salvation of God."

## **Friday, March 11**

### **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."

## **40** *Expectans, expectavi*

1 I waited patiently upon the Lord; \*  
he stooped to me and heard my cry.

2 He lifted me out of the desolate pit, out of the mire and clay; \*  
he set my feet upon a high cliff and made my footing sure.

3 He put a new song in my mouth, a song of praise to our God; \*  
many shall see, and stand in awe, and put their trust in the Lord.

4 Happy are they who trust in the Lord! \*  
they do not resort to evil spirits or turn to false gods.

5 Great things are they that you have done, O Lord my God!  
how great your wonders and your plans for us! \*  
there is none who can be compared with you.

6 Oh, that I could make them known and tell them! \*  
but they are more than I can count.

7 In sacrifice and offering you take no pleasure \*  
(you have given me ears to hear you);

8 Burnt-offering and sin-offering you have not required, \*  
and so I said, "Behold, I come.

9 In the roll of the book it is written concerning me: \*  
'I love to do your will, O my God;  
your law is deep in my heart.'"

10 I proclaimed righteousness in the great congregation; \*  
behold, I did not restrain my lips;  
and that, O Lord, you know.

11 Your righteousness have I not hidden in my heart;  
I have spoken of your faithfulness and your deliverance; \*  
I have not concealed your love and faithfulness from the great congregation.

12 You are the Lord;  
do not withhold your compassion from me; \*  
let your love and your faithfulness keep me safe for ever,

13 For innumerable troubles have crowded upon me;  
my sins have overtaken me, and I cannot see; \*  
they are more in number than the hairs of my head,  
and my heart fails me.

14 Be pleased, O Lord, to deliver me; \*  
O Lord, make haste to help me.

15 Let them be ashamed and altogether dismayed  
who seek after my life to destroy it; \*  
let them draw back and be disgraced who take pleasure in my misfortune.

16 Let those who say "Aha!" and gloat over me be confounded, \*  
because they are ashamed.

17 Let all who seek you rejoice in you and be glad; \*  
let those who love your salvation continually say,  
"Great is the Lord!"

18 Though I am poor and afflicted, \*  
the Lord will have regard for me.

19 You are my helper and my deliverer; \*  
do not tarry, O my God.

## **54** *Deus, in nomine*

1 Save me, O God, by your Name; \*  
in your might, defend my cause.

2 Hear my prayer, O God; \*  
give ear to the words of my mouth.

3 For the arrogant have risen up against me,  
and the ruthless have sought my life, \*  
those who have no regard for God.

4 Behold, God is my helper; \*  
it is the Lord who sustains my life.

5 Render evil to those who spy on me; \*  
in your faithfulness, destroy them.

6 I will offer you a freewill sacrifice \*  
and praise your Name, O Lord, for it is good.

7 For you have rescued me from every trouble, \*  
and my eye has seen the ruin of my foes.