

# Psalms for Evening Prayer

## March 20 to March 24

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

#### **34** *Benedicam Dominum*

1 I will bless the Lord at all times; \*  
his praise shall ever be in my mouth.

2 I will glory in the Lord; \*  
let the humble hear and rejoice.

3 Proclaim with me the greatness of the Lord; \*  
let us exalt his Name together.

4 I sought the Lord, and he answered me \*  
and delivered me out of all my terror.

5 Look upon him and be radiant, \*  
and let not your faces be ashamed.

6 I called in my affliction and the Lord heard me \*  
and saved me from all my troubles.

7 The angel of the Lord encompasses those who fear him, \*  
and he will deliver them.

8 Taste and see that the Lord is good; \*  
happy are they who trust in him!

9 Fear the Lord, you that are his saints, \*  
for those who fear him lack nothing.

10 The young lions lack and suffer hunger, \*  
but those who seek the Lord lack nothing that is good.

11 Come, children, and listen to me; \*  
I will teach you the fear of the Lord.

12 Who among you loves life \*  
and desires long life to enjoy prosperity?

13 Keep your tongue from evil-speaking \*  
and your lips from lying words.

14 Turn from evil and do good; \*  
seek peace and pursue it.

15 The eyes of the Lord are upon the righteous, \*  
and his ears are open to their cry.

16 The face of the Lord is against those who do evil, \*  
to root out the remembrance of them from the earth.

17 The righteous cry, and the Lord hears them \*  
and delivers them from all their troubles.

18 The Lord is near to the brokenhearted \*  
and will save those whose spirits are crushed.

19 Many are the troubles of the righteous, \*  
but the Lord will deliver him out of them all.

20 He will keep safe all his bones; \*  
not one of them shall be broken.

21 Evil shall slay the wicked, \*  
and those who hate the righteous will be punished.

22 The Lord ransoms the life of his servants, \*  
and none will be punished who trust in him.

## Tuesday, March 21

### 94 *Deus ultionum*

1 O Lord God of vengeance, \*  
O God of vengeance, show yourself.

2 Rise up, O Judge of the world; \*  
give the arrogant their just deserts.

3 How long shall the wicked, O Lord, \*  
how long shall the wicked triumph?

4 They bluster in their insolence; \*  
all evildoers are full of boasting.

5 They crush your people, O Lord, \*  
and afflict your chosen nation.

6 They murder the widow and the stranger \*  
and put the orphans to death.

7 Yet they say, "The Lord does not see, \*  
the God of Jacob takes no notice."

8 Consider well, you dullards among the people; \*  
when will you fools understand?

9 He that planted the ear, does he not hear? \*  
he that formed the eye, does he not see?

10 He who admonishes the nations, will he not punish? \*  
he who teaches all the world, has he no knowledge?

11 The Lord knows our human thoughts; \*  
how like a puff of wind they are.

12 Happy are they whom you instruct, O Lord! \*  
whom you teach out of your law;

13 To give them rest in evil days, \*  
until a pit is dug for the wicked.

14 For the Lord will not abandon his people, \*  
nor will he forsake his own.

15 For judgment will again be just, \*  
and all the true of heart will follow it.

16 Who rose up for me against the wicked? \*  
who took my part against the evildoers?

17 If the Lord had not come to my help, \*  
I should soon have dwelt in the land of silence.

18 As often as I said, "My foot has slipped," \*  
your love, O Lord, upheld me.

19 When many cares fill my mind, \*  
your consolations cheer my soul.

20 Can a corrupt tribunal have any part with you, \*  
one which frames evil into law?

21 They conspire against the life of the just \*  
and condemn the innocent to death.

22 But the Lord has become my stronghold, \*  
and my God the rock of my trust.

23 He will turn their wickedness back upon them  
and destroy them in their own malice; \*  
the Lord our God will destroy them.

## **95** *Venite, exultemus*

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."

## Wednesday, March 22

### 119

#### *Ayin Feci iudicium*

121 I have done what is just and right; \*  
do not deliver me to my oppressors.

122 Be surety for your servant's good; \*  
let not the proud oppress me.

123 My eyes have failed from watching for your salvation \*  
and for your righteous promise.

124 Deal with your servant according to your loving-kindness \*  
and teach me your statutes.

125 I am your servant; grant me understanding, \*  
that I may know your decrees.

126 It is time for you to act, O Lord, \*  
for they have broken your law.

127 Truly, I love your commandments \*  
more than gold and precious stones.

128 I hold all your commandments to be right for me; \*  
all paths of falsehood I abhor.

#### *Pe Mirabilia*

129 Your decrees are wonderful; \*  
therefore I obey them with all my heart.

130 When your word goes forth it gives light; \*  
it gives understanding to the simple.

131 I open my mouth and pant; \*  
I long for your commandments.

132 Turn to me in mercy, \*  
as you always do to those who love your Name.

133 Steady my footsteps in your word; \*  
let no iniquity have dominion over me.

134 Rescue me from those who oppress me, \*  
and I will keep your commandments.

135 Let your countenance shine upon your servant \*  
and teach me your statutes.

136 My eyes shed streams of tears, \*  
because people do not keep your law.

**Sadhe Justus es, Domine**

137 You are righteous, O Lord, \*  
and upright are your judgments.

138 You have issued your decrees \*  
with justice and in perfect faithfulness.

139 My indignation has consumed me, \*  
because my enemies forget your words.

140 Your word has been tested to the uttermost, \*  
and your servant holds it dear.

141 I am small and of little account, \*  
yet I do not forget your commandments.

142 Your justice is an everlasting justice \*  
and your law is the truth.

143 Trouble and distress have come upon me, \*  
yet your commandments are my delight.

144 The righteousness of your decrees is everlasting; \*  
grant me understanding, that I may live.

## Thursday, March 23

### 73 *Quam bonus Israel!*

1 Truly, God is good to Israel, \*  
to those who are pure in heart.

2 But as for me, my feet had nearly slipped; \*  
I had almost tripped and fallen;

3 Because I envied the proud \*  
and saw the prosperity of the wicked:

4 For they suffer no pain, \*  
and their bodies are sleek and sound;

5 In the misfortunes of others they have no share; \*  
they are not afflicted as others are;

6 Therefore they wear their pride like a necklace \*  
and wrap their violence about them like a cloak.

7 Their iniquity comes from gross minds, \*  
and their hearts overflow with wicked thoughts.

8 They scoff and speak maliciously; \*  
out of their haughtiness they plan oppression.

9 They set their mouths against the heavens, \*  
and their evil speech runs through the world.

10 And so the people turn to them \*  
and find in them no fault.

11 They say, "How should God know? \*  
is there knowledge in the Most High?"

12 So then, these are the wicked; \*  
always at ease, they increase their wealth.

13 In vain have I kept my heart clean, \*  
and washed my hands in innocence.

14 I have been afflicted all day long, \*  
and punished every morning.

15 Had I gone on speaking this way, \*  
I should have betrayed the generation of your children.

16 When I tried to understand these things, \*  
it was too hard for me;

17 Until I entered the sanctuary of God \*  
and discerned the end of the wicked.

18 Surely, you set them in slippery places; \*  
you cast them down in ruin.

19 Oh, how suddenly do they come to destruction, \*  
come to an end, and perish from terror!

20 Like a dream when one awakens, O Lord, \*  
when you arise you will make their image vanish.

21 When my mind became embittered, \*  
I was sorely wounded in my heart.

22 I was stupid and had no understanding; \*  
I was like a brute beast in your presence.

23 Yet I am always with you; \*  
you hold me by my right hand.

24 You will guide me by your counsel, \*  
and afterwards receive me with glory.

25 Whom have I in heaven but you? \*  
and having you I desire nothing upon earth.

26 Though my flesh and my heart should waste away, \*  
God is the strength of my heart and my portion for ever.

27 Truly, those who forsake you will perish; \*  
you destroy all who are unfaithful.

28 But it is good for me to be near God; \*  
I have made the Lord God my refuge.

29 I will speak of all your works \*  
in the gates of the city of Zion.

## **Friday, March 24**

### **107**

#### **Part I *Confitemini Domino***

1 Give thanks to the Lord, for he is good, \*  
and his mercy endures for ever.

2 Let all those whom the Lord has redeemed proclaim \*  
that he redeemed them from the hand of the foe.

3 He gathered them out of the lands; \*  
from the east and from the west,  
from the north and from the south.

4 Some wandered in desert wastes; \*  
they found no way to a city where they might dwell.

5 They were hungry and thirsty; \*  
their spirits languished within them.

6 Then they cried to the Lord in their trouble, \*  
and he delivered them from their distress.

7 He put their feet on a straight path \*  
to go to a city where they might dwell.

8 Let them give thanks to the Lord for his mercy \*  
and the wonders he does for his children.

9 For he satisfies the thirsty \*  
and fills the hungry with good things.

10 Some sat in darkness and deep gloom, \*  
bound fast in misery and iron;

11 Because they rebelled against the words of God \*  
and despised the counsel of the Most High.

12 So he humbled their spirits with hard labor; \*  
they stumbled, and there was none to help.

13 Then they cried to the Lord in their trouble, \*  
and he delivered them from their distress.

14 He led them out of darkness and deep gloom \*  
and broke their bonds asunder.

15 Let them give thanks to the Lord for his mercy \*  
and the wonders he does for his children.

16 For he shatters the doors of bronze \*  
and breaks in two the iron bars.

17 Some were fools and took to rebellious ways; \*  
they were afflicted because of their sins.

18 They abhorred all manner of food \*  
and drew near to death's door.

19 Then they cried to the Lord in their trouble, \*  
and he delivered them from their distress.

20 He sent forth his word and healed them \*  
and saved them from the grave.

21 Let them give thanks to the Lord for his mercy \*  
and the wonders he does for his children.

22 Let them offer a sacrifice of thanksgiving \*  
and tell of his acts with shouts of joy.

23 Some went down to the sea in ships \*  
and plied their trade in deep waters;

24 They beheld the works of the Lord \*  
and his wonders in the deep.

25 Then he spoke, and a stormy wind arose, \*  
which tossed high the waves of the sea.

26 They mounted up to the heavens and fell back to the depths; \*  
their hearts melted because of their peril.

27 They reeled and staggered like drunkards \*  
and were at their wits' end.

28 Then they cried to the Lord in their trouble, \*  
and he delivered them from their distress.

29 He stilled the storm to a whisper \*  
and quieted the waves of the sea.

30 Then were they glad because of the calm, \*  
and he brought them to the harbor they were bound for.

31 Let them give thanks to the Lord for his mercy \*  
and the wonders he does for his children.

32 Let them exalt him in the congregation of the people \*  
and praise him in the council of the elders.