

# Psalms for Morning Prayer

## March 24 to March 28

### Monday, March 24

#### 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.

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, March 25 – Annunciation**

### **85** *Benedixisti, Domine*

1 You have been gracious to your land, O Lord, \*  
you have restored the good fortune of Jacob.

2 You have forgiven the iniquity of your people \*  
and blotted out all their sins.

3 You have withdrawn all your fury \*  
and turned yourself from your wrathful indignation.

4 Restore us then, O God our Savior; \*  
let your anger depart from us.

5 Will you be displeased with us for ever? \*  
will you prolong your anger from age to age?

6 Will you not give us life again, \*  
that your people may rejoice in you?

7 Show us your mercy, O Lord, \*  
and grant us your salvation.

8 I will listen to what the Lord God is saying, \*  
for he is speaking peace to his faithful people  
and to those who turn their hearts to him.

9 Truly, his salvation is very near to those who fear him, \*  
that his glory may dwell in our land.

10 Mercy and truth have met together; \*  
righteousness and peace have kissed each other.

11 Truth shall spring up from the earth, \*  
and righteousness shall look down from heaven.

12 The Lord will indeed grant prosperity, \*  
and our land will yield its increase.

13 Righteousness shall go before him, \*  
and peace shall be a pathway for his feet.

## **87** *Fundamenta ejus*

1 On the holy mountain stands the city he has founded; \*  
the Lord loves the gates of Zion  
more than all the dwellings of Jacob.

2 Glorious things are spoken of you, \*  
O city of our God.

3 I count Egypt and Babylon among those who know me; \*  
behold Philistia, Tyre, and Ethiopia:  
in Zion were they born.

4 Of Zion it shall be said, "Everyone was born in her, \*  
and the Most High himself shall sustain her."

5 The Lord will record as he enrolls the peoples, \*  
"These also were born there."

6 The singers and the dancers will say, \*  
"All my fresh springs are in you."

## **Wednesday, March 26**

### **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, March 27

### 42 *Quemadmodum*

1 As the deer longs for the water-brooks, \*  
so longs my soul for you, O God.

2 My soul is athirst for God, athirst for the living God; \*  
when shall I come to appear before the presence of God?

3 My tears have been my food day and night, \*  
while all day long they say to me,  
"Where now is your God?"

4 I pour out my soul when I think on these things; \*  
how I went with the multitude and led them into the  
house of God,

5 With the voice of praise and thanksgiving, \*  
among those who keep holy-day.

6 Why are you so full of heaviness, O my soul? \*  
and why are you so disquieted within me?

7 Put your trust in God; \*  
for I will yet give thanks to him,  
who is the help of my countenance, and my God.

8 My soul is heavy within me; \*  
therefore I will remember you from the land of Jordan,  
and from the peak of Mizar among the heights of Hermon.

9 One deep calls to another in the noise of your cataracts; \*  
all your rapids and floods have gone over me.

10 The Lord grants his loving-kindness in the daytime; \*  
in the night season his song is with me,  
a prayer to the God of my life.

11 I will say to the God of my strength,  
"Why have you forgotten me? \*  
and why do I go so heavily while the enemy  
oppresses me?"

12 While my bones are being broken, \*  
my enemies mock me to my face;

13 All day long they mock me \*  
and say to me, "Where now is your God?"

14 Why are you so full of heaviness, O my soul? \*  
and why are you so disquieted within me?

15 Put your trust in God; \*  
for I will yet give thanks to him,  
who is the help of my countenance, and my God.

### **43** *Judica me, Deus*

1 Give judgment for me, O God,  
and defend my cause against an ungodly people; \*  
deliver me from the deceitful and the wicked.

2 For you are the God of my strength;  
why have you put me from you? \*  
and why do I go so heavily while the enemy  
oppresses me?

3 Send out your light and your truth, that they may lead me, \*  
and bring me to your holy hill  
and to your dwelling;

4 That I may go to the altar of God,  
to the God of my joy and gladness; \*  
and on the harp I will give thanks to you, O God my God.

5 Why are you so full of heaviness, O my soul? \*  
and why are you so disquieted within me?

6 Put your trust in God; \*  
for I will yet give thanks to him,  
who is the help of my countenance, and my God.

## Friday, March 28

### 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."

## **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.