

Psalms for Morning Prayer

June 16 to June 20

Monday, June 16

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, June 17

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, June 18

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, June 19

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.

Friday, June 20

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.