

SELECTED  
**PSALMS**  
FOR USE DURING LENT

*Common Worship: Daily Prayer*, material from which is included here,  
is copyright © [The Archbishops' Council](#) 2005 and published by [Church House Publishing](#).

## Sunday Morning

### *Psalm 26*

- 1 Give judgement for me, O Lord,  
for I have walked with integrity; ♦  
I have trusted in the Lord and have not faltered.
- 2 Test me, O Lord, and try me; ♦  
examine my heart and my mind.
- 3 For your love is before my eyes; ♦  
I have walked in your truth.
- 4 I have not joined the company of the false, ♦  
nor consorted with the deceitful.
- 5 I hate the gathering of evildoers ♦  
and I will not sit down with the wicked.
- 6 I will wash my hands in innocence, O Lord, ♦  
that I may go about your altar,
- 7 To make heard the voice of thanksgiving ♦  
and tell of all your wonderful deeds.
- 8 Lord, I love the house of your habitation ♦  
and the place where your glory abides.
- 9 Sweep me not away with sinners, ♦  
nor my life with the bloodthirsty,
- 10 Whose hands are full of wicked schemes ♦  
and their right hand full of bribes.
- 11 As for me, I will walk with integrity; ♦  
redeem me, Lord, and be merciful to me.
- 12 My foot stands firm; ♦  
in the great congregation I will bless the Lord.

### *Psalm 117*

- 1 O praise the Lord, all you nations; ♦  
praise him, all you peoples.
- 2 For great is his steadfast love towards us, ♦  
and the faithfulness of the Lord endures for ever.  
Alleluia.

## Sunday Evening

### *Psalm 86*

- 1 Incline your ear, O Lord, and answer me, ♦  
for I am poor and in misery.
- 2 Preserve my soul, for I am faithful; ♦  
save your servant, for I put my trust in you.
- 3 Be merciful to me, O Lord, for you are my God; ♦  
I call upon you all the day long.
- 4 Gladden the soul of your servant, ♦  
for to you, O Lord, I lift up my soul.
- 5 For you, Lord, are good and forgiving, ♦  
abounding in steadfast love to all who call upon you.
- 6 Give ear, O Lord, to my prayer ♦  
and listen to the voice of my supplication.
- 7 In the day of my distress I will call upon you, ♦  
for you will answer me.
- 8 Among the gods there is none like you, O Lord, ♦  
nor any works like yours.
- 9 All nations you have made shall come and worship you, O Lord, ♦  
and shall glorify your name.
- 10 For you are great and do wonderful things; ♦  
you alone are God.
- 11 Teach me your way, O Lord, and I will walk in your truth; ♦  
knit my heart to you, that I may fear your name.
- 12 I will thank you, O Lord my God, with all my heart, ♦  
and glorify your name for evermore;
- 13 For great is your steadfast love towards me, ♦  
for you have delivered my soul from the depths of the grave.
- 14 O God, the proud rise up against me  
and a ruthless horde seek after my life; ♦  
they have not set you before their eyes.
- 15 But you, Lord, are gracious and full of compassion, ♦  
slow to anger and full of kindness and truth.
- 16 Turn to me and have mercy upon me; ♦  
give your strength to your servant  
and save the child of your handmaid.

17 Show me a token of your favour,  
that those who hate me may see it and be ashamed; ♦  
because you, O Lord, have helped and comforted me.

## Monday Morning

### *Psalm 32*

- 1 Happy the one whose transgression is forgiven, ♦  
and whose sin is covered.
- 2 Happy the one to whom the Lord imputes no guilt, ♦  
and in whose spirit there is no guile.
- 3 For I held my tongue; ♦  
my bones wasted away  
through my groaning all the day long.
- 4 Your hand was heavy upon me day and night; ♦  
my moisture was dried up like the drought in summer.
- 5 Then I acknowledged my sin to you ♦  
and my iniquity I did not hide.
- 6 I said, 'I will confess my transgressions to the Lord,' ♦  
and you forgave the guilt of my sin.
- 7 Therefore let all the faithful make their prayers to you  
in time of trouble; ♦  
in the great water flood, it shall not reach them.
- 8 You are a place for me to hide in;  
you preserve me from trouble; ♦  
you surround me with songs of deliverance.
- 9 'I will instruct you and teach you  
in the way that you should go; ♦  
I will guide you with my eye.
- 10 'Be not like horse and mule which have no understanding; ♦  
whose mouths must be held with bit and bridle,  
or else they will not stay near you.'
- 11 Great tribulations remain for the wicked, ♦  
but mercy embraces those who trust in the Lord.
- 12 Be glad, you righteous, and rejoice in the Lord; ♦  
shout for joy, all who are true of heart.

## *Psalm 150*

- 1 Alleluia.  
O praise God in his holiness; ♦  
praise him in the firmament of his power.
- 2 Praise him for his mighty acts; ♦  
praise him according to his excellent greatness.
- 3 Praise him with the blast of the trumpet; ♦  
praise him upon the harp and lyre.
- 4 Praise him with timbrel and dances; ♦  
praise him upon the strings and pipe.
- 5 Praise him with ringing cymbals; ♦  
praise him upon the clashing cymbals.
- 6 Let everything that has breath ♦  
praise the Lord.  
Alleluia.

## Monday Evening

### *Psalm 102*

- 1 O Lord, hear my prayer ♦  
and let my crying come before you.
- 2 Hide not your face from me ♦  
in the day of my distress.
- 3 Incline your ear to me; ♦  
when I call, make haste to answer me,
- 4 For my days are consumed in smoke ♦  
and my bones burn away as in a furnace.
- 5 My heart is smitten down and withered like grass, ♦  
so that I forget to eat my bread.
- 6 From the sound of my groaning ♦  
my bones cleave fast to my skin.
- 7 I am become like a vulture in the wilderness, ♦  
like an owl that haunts the ruins.
- 8 I keep watch and am become like a sparrow ♦  
solitary upon the housetop.
- 9 My enemies revile me all the day long, ♦  
and those who rage at me have sworn together against me.

- 10 I have eaten ashes for bread ♦  
and mingled my drink with weeping,
- 11 Because of your indignation and wrath, ♦  
for you have taken me up and cast me down.
- 12 My days fade away like a shadow, ♦  
and I am withered like grass.
- 13 But you, O Lord, shall endure for ever ♦  
and your name through all generations.
- 14 You will arise and have pity on Zion; ♦  
it is time to have mercy upon her;  
surely the time has come.
- 15 For your servants love her very stones ♦  
and feel compassion for her dust.
- 16 Then shall the nations fear your name, O Lord, ♦  
and all the kings of the earth your glory,
- 17 When the Lord has built up Zion ♦  
and shown himself in glory;
- 18 When he has turned to the prayer of the destitute ♦  
and has not despised their plea.
- 19 This shall be written for those that come after, ♦  
and a people yet unborn shall praise the Lord.
- 20 For he has looked down from his holy height; ♦  
from the heavens he beheld the earth,
- 21 That he might hear the sighings of the prisoner ♦  
and set free those condemned to die;
- 22 That the name of the Lord may be proclaimed in Zion ♦  
and his praises in Jerusalem,
- 23 When peoples are gathered together ♦  
and kingdoms also, to serve the Lord.
- 24 He has brought down my strength in my journey ♦  
and has shortened my days.
- 25 I pray, 'O my God, do not take me in the midst of my days; ♦  
your years endure throughout all generations.
- 26 'In the beginning you laid the foundations of the earth, ♦  
and the heavens are the work of your hands;
- 27 'They shall perish, but you will endure; ♦  
they all shall wear out like a garment.

- 28 'You change them like clothing, and they shall be changed; ♦  
but you are the same, and your years will not fail.
- 29 'The children of your servants shall continue, ♦  
and their descendants shall be established in your sight.'

## Tuesday Morning

### *Psalms 56*

- 1 Have mercy on me, O God, for they trample over me; ♦  
all day long they assault and oppress me.
- 2 My adversaries trample over me all the day long; ♦  
many are they that make proud war against me.
- 3 In the day of my fear I put my trust in you, ♦  
in God whose word I praise.
- 4 In God I trust, and will not fear, ♦  
for what can flesh do to me?
- 5 All day long they wound me with words; ♦  
their every thought is to do me evil.
- 6 They stir up trouble; they lie in wait; ♦  
marking my steps, they seek my life.
- 7 Shall they escape for all their wickedness? ♦  
In anger, O God, cast the peoples down.
- 8 You have counted up my groaning;  
put my tears into your bottle; ♦  
are they not written in your book?
- 9 Then shall my enemies turn back  
on the day when I call upon you; ♦  
this I know, for God is on my side.
- 10 In God whose word I praise,  
in the Lord whose word I praise, ♦  
in God I trust and will not fear:  
what can flesh do to me?
- 11 To you, O God, will I fulfil my vows; ♦  
to you will I present my offerings of thanks,
- 12 For you will deliver my soul from death  
and my feet from falling, ♦  
that I may walk before God in the light of the living.

## *Psalm 146*

1 Alleluia.

Praise the Lord, O my soul:  
while I live will I praise the Lord; ♦  
as long as I have any being,  
I will sing praises to my God.

2 Put not your trust in princes,  
nor in any human power, ♦  
for there is no help in them.

3 When their breath goes forth, they return to the earth; ♦  
on that day all their thoughts perish.

4 Happy are those who have the God of Jacob for their help, ♦  
whose hope is in the Lord their God;

5 Who made heaven and earth,  
the sea and all that is in them; ♦  
who keeps his promise for ever;

6 Who gives justice to those that suffer wrong ♦  
and bread to those who hunger.

7 The Lord looses those that are bound; ♦  
the Lord opens the eyes of the blind;

8 The Lord lifts up those who are bowed down; ♦  
the Lord loves the righteous;

9 The Lord watches over the stranger in the land;  
he upholds the orphan and widow; ♦  
but the way of the wicked he turns upside down.

10 The Lord shall reign for ever, ♦  
your God, O Zion, throughout all generations.  
Alleluia.

## Tuesday Evening

### *Psalm 38*

1 Rebuke me not, O Lord, in your anger, ♦  
neither chasten me in your heavy displeasure.

2 For your arrows have stuck fast in me ♦  
and your hand presses hard upon me.

- 3 There is no health in my flesh  
because of your indignation; ♦  
there is no peace in my bones because of my sin.
- 4 For my iniquities have gone over my head; ♦  
their weight is a burden too heavy to bear.
- 5 My wounds stink and fester ♦  
because of my foolishness.
- 6 I am utterly bowed down and brought very low; ♦  
I go about mourning all the day long.
- 7 My loins are filled with searing pain; ♦  
there is no health in my flesh.
- 8 I am feeble and utterly crushed; ♦  
I roar aloud because of the disquiet of my heart.
- 9 O Lord, you know all my desires ♦  
and my sighing is not hidden from you.
- 10 My heart is pounding, my strength has failed me; ♦  
the light of my eyes is gone from me.
- 11 My friends and companions stand apart from my affliction; ♦  
my neighbours stand afar off.
- 12 Those who seek after my life lay snares for me; ♦  
and those who would harm me whisper evil  
and mutter slander all the day long.
- 13 But I am like one who is deaf and hears not, ♦  
like one that is dumb, who does not open his mouth.
- 14 I have become like one who does not hear ♦  
and from whose mouth comes no retort.
- 15 For in you, Lord, have I put my trust; ♦  
you will answer me, O Lord my God.
- 16 For I said, 'Let them not triumph over me, ♦  
those who exult over me when my foot slips.'
- 17 Truly, I am on the verge of falling ♦  
and my pain is ever with me.
- 18 I will confess my iniquity ♦  
and be sorry for my sin.
- 19 Those that are my enemies without any cause are mighty, ♦  
and those who hate me wrongfully are many in number.
- 20 Those who repay evil for good are against me, ♦  
because the good is what I seek.

- 21 Forsake me not, O Lord; ♦  
be not far from me, O my God.
- 22 Make haste to help me, ♦  
O Lord of my salvation.

### Wednesday Morning

#### *Psalm 3*

- 1 Lord, how many are my adversaries; ♦  
many are they who rise up against me.
- 2 Many are they who say to my soul, ♦  
'There is no help for you in your God.'
- 3 But you, Lord, are a shield about me; ♦  
you are my glory, and the lifter up of my head.
- 4 When I cry aloud to the Lord, ♦  
he will answer me from his holy hill;
- 5 I lie down and sleep and rise again, ♦  
because the Lord sustains me.
- 6 I will not be afraid of hordes of the peoples ♦  
that have set themselves against me all around.
- 7 Rise up, O Lord, and deliver me, O my God, ♦  
for you strike all my enemies on the cheek  
and break the teeth of the wicked.
- 8 Salvation belongs to the Lord: ♦  
may your blessing be upon your people.

#### *Psalm 6*

- 1 O Lord, rebuke me not in your wrath; ♦  
neither chasten me in your fierce anger.
- 2 Have mercy on me, Lord, for I am weak; ♦  
Lord, heal me, for my bones are racked.
- 3 My soul also shakes with terror; ♦  
how long, O Lord, how long?
- 4 Turn again, O Lord, and deliver my soul; ♦  
save me for your loving mercy's sake.
- 5 For in death no one remembers you; ♦  
and who can give you thanks in the grave?

- 6 I am weary with my groaning; ♦  
every night I drench my pillow  
and flood my bed with my tears.
- 7 My eyes are wasted with grief ♦  
and worn away because of all my enemies.
- 8 Depart from me, all you that do evil, ♦  
for the Lord has heard the voice of my weeping.
- 9 The Lord has heard my supplication; ♦  
the Lord will receive my prayer.
- 10 All my enemies shall be put to shame and confusion; ♦  
they shall suddenly turn back in their shame.

*Psalm 147:13-end*

- 13 Sing praise to the Lord, O Jerusalem; ♦  
praise your God, O Zion;
- 14 For he has strengthened the bars of your gates ♦  
and has blest your children within you.
- 15 He has established peace in your borders ♦  
and satisfies you with the finest wheat.
- 16 He sends forth his command to the earth ♦  
and his word runs very swiftly.
- 17 He gives snow like wool ♦  
and scatters the hoarfrost like ashes.
- 18 He casts down his hailstones like morsels of bread; ♦  
who can endure his frost?
- 19 He sends forth his word and melts them; ♦  
he blows with his wind and the waters flow.
- 20 He declares his word to Jacob, ♦  
his statutes and judgements to Israel.
- 21 He has not dealt so with any other nation; ♦  
they do not know his laws.  
Alleluia.

## Wednesday Evening

### *Psalm 90*

- 1 Lord, you have been our refuge ♦  
from one generation to another.
- 2 Before the mountains were brought forth,  
or the earth and the world were formed, ♦  
from everlasting to everlasting you are God.
- 3 You turn us back to dust and say: ♦  
'Turn back, O children of earth.'
- 4 For a thousand years in your sight are but as yesterday, ♦  
which passes like a watch in the night.
- 5 You sweep them away like a dream; ♦  
they fade away suddenly like the grass.
- 6 In the morning it is green and flourishes; ♦  
in the evening it is dried up and withered.
- 7 For we consume away in your displeasure; ♦  
we are afraid at your wrathful indignation.
- 8 You have set our misdeeds before you ♦  
and our secret sins in the light of your countenance.
- 9 When you are angry, all our days are gone; ♦  
our years come to an end like a sigh.
- 10 The days of our life are three score years and ten,  
or if our strength endures, even four score; ♦  
yet the sum of them is but labour and sorrow,  
for they soon pass away and we are gone.
- 11 Who regards the power of your wrath ♦  
and your indignation like those who fear you?
- 12 So teach us to number our days ♦  
that we may apply our hearts to wisdom.
- 13 Turn again, O Lord; how long will you delay? ♦  
Have compassion on your servants.
- 14 Satisfy us with your loving-kindness in the morning, ♦  
that we may rejoice and be glad all our days.
- 15 Give us gladness for the days you have afflicted us, ♦  
and for the years in which we have seen adversity.

- 16 Show your servants your works, ♦  
and let your glory be over their children.
- 17 May the gracious favour of the Lord our God be upon us; ♦  
prosper our handiwork; O prosper the work of our hands.

### Thursday Morning

#### *Psalm 25*

- 1 To you, O Lord, I lift up my soul;  
O my God, in you I trust; ♦  
let me not be put to shame;  
let not my enemies triumph over me.
- 2 Let none who look to you be put to shame, ♦  
but let the treacherous be shamed and frustrated.
- 3 Make me to know your ways, O Lord, ♦  
and teach me your paths.
- 4 Lead me in your truth and teach me, ♦  
for you are the God of my salvation;  
for you have I hoped all the day long.
- 5 Remember, Lord, your compassion and love, ♦  
for they are from everlasting.
- 6 Remember not the sins of my youth  
or my transgressions, ♦  
but think on me in your goodness, O Lord,  
according to your steadfast love.
- 7 Gracious and upright is the Lord; ♦  
therefore shall he teach sinners in the way.
- 8 He will guide the humble in doing right ♦  
and teach his way to the lowly.
- 9 All the paths of the Lord are mercy and truth ♦  
to those who keep his covenant and his testimonies.
- 10 For your name's sake, O Lord, ♦  
be merciful to my sin, for it is great.
- 11 Who are those who fear the Lord? ♦  
Them will he teach in the way that they should choose.
- 12 Their soul shall dwell at ease ♦  
and their offspring shall inherit the land.

- 13 The hidden purpose of the Lord is for those who fear him ♦  
and he will show them his covenant.
- 14 My eyes are ever looking to the Lord, ♦  
for he shall pluck my feet out of the net.
- 15 Turn to me and be gracious to me, ♦  
for I am alone and brought very low.
- 16 The sorrows of my heart have increased; ♦  
O bring me out of my distress.
- 17 Look upon my adversity and misery ♦  
and forgive me all my sin.
- 18 Look upon my enemies, for they are many ♦  
and they bear a violent hatred against me.
- 19 O keep my soul and deliver me; ♦  
let me not be put to shame, for I have put my trust in you.
- 20 Let integrity and uprightness preserve me, ♦  
for my hope has been in you.
- 21 Deliver Israel, O God, ♦  
out of all his troubles.

### *Psalm 148*

- 1 Alleluia.  
Praise the Lord from the heavens; ♦  
praise him in the heights.
- 2 Praise him, all you his angels; ♦  
praise him, all his host.
- 3 Praise him, sun and moon; ♦  
praise him, all you stars of light.
- 4 Praise him, heaven of heavens, ♦  
and you waters above the heavens.
- 5 Let them praise the name of the Lord, ♦  
for he commanded and they were created.
- 6 He made them fast for ever and ever; ♦  
he gave them a law which shall not pass away.
- 7 Praise the Lord from the earth, ♦  
you sea monsters and all deeps;
- 8 Fire and hail, snow and mist, ♦  
tempestuous wind, fulfilling his word;

- 9 Mountains and all hills, ♦  
fruit trees and all cedars;
- 10 Wild beasts and all cattle, ♦  
creeping things and birds on the wing;
- 11 Kings of the earth and all peoples, ♦  
princes and all rulers of the world;
- 12 Young men and women,  
old and young together; ♦  
let them praise the name of the Lord.
- 13 For his name only is exalted, ♦  
his splendour above earth and heaven.
- 14 He has raised up the horn of his people  
and praise for all his faithful servants, ♦  
the children of Israel, a people who are near him.  
Alleluia.

### Thursday Evening

#### *Psalm 27*

- 1 The Lord is my light and my salvation;  
whom then shall I fear? ♦  
The Lord is the strength of my life;  
of whom then shall I be afraid?
- 2 When the wicked, even my enemies and my foes,  
came upon me to eat up my flesh, ♦  
they stumbled and fell.
- 3 Though a host encamp against me,  
my heart shall not be afraid, ♦  
and though there rise up war against me,  
yet will I put my trust in him.
- 4 One thing have I asked of the Lord  
and that alone I seek: ♦  
that I may dwell in the house of the Lord  
all the days of my life,
- 5 To behold the fair beauty of the Lord ♦  
and to seek his will in his temple.

- 6 For in the day of trouble  
he shall hide me in his shelter; ♦  
in the secret place of his dwelling shall he hide me  
and set me high upon a rock.
- 7 And now shall he lift up my head ♦  
above my enemies round about me;
- 8 Therefore will I offer in his dwelling an oblation  
with great gladness; ♦  
I will sing and make music to the Lord.
- 9 Hear my voice, O Lord, when I call; ♦  
have mercy upon me and answer me.
- 10 My heart tells of your word, 'Seek my face.' ♦  
Your face, Lord, will I seek.
- 11 Hide not your face from me, ♦  
nor cast your servant away in displeasure.
- 12 You have been my helper; ♦  
leave me not, neither forsake me, O God of my salvation.
- 13 Though my father and my mother forsake me, ♦  
the Lord will take me up.
- 14 Teach me your way, O Lord; ♦  
lead me on a level path,  
because of those who lie in wait for me.
- 15 Deliver me not into the will of my adversaries, ♦  
for false witnesses have risen up against me,  
and those who breathe out violence.
- 16 I believe that I shall see the goodness of the Lord ♦  
in the land of the living.
- 17 Wait for the Lord;  
be strong and he shall comfort your heart; ♦  
wait patiently for the Lord.

### Friday Morning

#### *Psalm 39*

- 1 I said, 'I will keep watch over my ways, ♦  
so that I offend not with my tongue.'

- 2 'I will guard my mouth with a muzzle, ♦  
while the wicked are in my sight.'
- 3 So I held my tongue and said nothing; ♦  
I kept silent but to no avail.
- 4 My distress increased, my heart grew hot within me; ♦  
while I mused, the fire was kindled  
and I spoke out with my tongue:
- 5 'Lord, let me know my end and the number of my days, ♦  
that I may know how short my time is.
- 6 'You have made my days but a handsbreadth,  
and my lifetime is as nothing in your sight; ♦  
truly, even those who stand upright are but a breath.
- 7 'We walk about like a shadow  
and in vain we are in turmoil; ♦  
we heap up riches and cannot tell who will gather them.
- 8 'And now, what is my hope? ♦  
Truly my hope is even in you.
- 9 'Deliver me from all my transgressions ♦  
and do not make me the taunt of the fool.'
- 10 I fell silent and did not open my mouth, ♦  
for surely it was your doing.
- 11 Take away your plague from me; ♦  
I am consumed by the blows of your hand.
- 12 With rebukes for sin you punish us;  
like a moth you consume our beauty; ♦  
truly, everyone is but a breath.
- 13 Hear my prayer, O Lord, and give ear to my cry; ♦  
hold not your peace at my tears.
- 14 For I am but a stranger with you, ♦  
a wayfarer, as all my forebears were.
- 15 Turn your gaze from me, that I may be glad again, ♦  
before I go my way and am no more.

*Psalm 147:1-12*

- 1 Alleluia.  
How good it is to make music for our God, ♦  
how joyful to honour him with praise.

- 2 The Lord builds up Jerusalem ♦  
and gathers together the outcasts of Israel.
- 3 He heals the brokenhearted ♦  
and binds up all their wounds.
- 4 He counts the number of the stars ♦  
and calls them all by their names.
- 5 Great is our Lord and mighty in power; ♦  
his wisdom is beyond all telling.
- 6 The Lord lifts up the poor, ♦  
but casts down the wicked to the ground.
- 7 Sing to the Lord with thanksgiving; ♦  
make music to our God upon the lyre;
- 8 Who covers the heavens with clouds ♦  
and prepares rain for the earth;
- 9 Who makes grass to grow upon the mountains ♦  
and green plants to serve our needs.
- 10 He gives the beasts their food ♦  
and the young ravens when they cry.
- 11 He takes no pleasure in the power of a horse, ♦  
no delight in human strength;
- 12 But the Lord delights in those who fear him, ♦  
who put their trust in his steadfast love.

## Friday Evening

### *Psalm 69*

- 1 Save me, O God, ♦  
for the waters have come up, even to my neck.
- 2 I sink in deep mire where there is no foothold; ♦  
I have come into deep waters and the flood sweeps over me.
- 3 I have grown weary with crying; my throat is raw; ♦  
my eyes have failed from looking so long for my God.
- 4 Those who hate me without any cause ♦  
are more than the hairs of my head;
- 5 Those who would destroy me are mighty; ♦  
my enemies accuse me falsely:  
must I now 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 For your sake have I suffered reproach; ♦  
shame has covered my face.
- 9 I have become a stranger to my 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 sackcloth 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, I make my prayer to you, O Lord; ♦  
at an acceptable time, O God.
- 15 Answer me, O God, in the abundance of your mercy ♦  
and with your sure salvation.
- 16 Draw me out of the mire, that I sink not; ♦  
let me be rescued from those who hate me  
and out of the deep waters.
- 17 Let not the water flood drown me,  
neither the deep swallow me up; ♦  
let not the Pit shut its mouth upon me.
- 18 Answer me, Lord, for your loving-kindness is good; ♦  
turn to me in the multitude of your mercies.
- 19 Hide not your face from your servant; ♦  
be swift to answer me, for I am in trouble.
- 20 Draw near to my soul and redeem me; ♦  
deliver me because of my enemies.
- 21 You know my reproach, my shame and my dishonour; ♦  
my adversaries are all in your sight.

- 22 Reproach has broken my heart; I am full of heaviness. ♦  
I looked for some to have pity, but there was no one,  
neither found I any to comfort me.
- 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 cannot see, ♦  
and give them continual trembling in their loins.
- 26 Pour out your indignation upon them, ♦  
and let the heat of your anger overtake them.
- 27 Let their camp be desolate, ♦  
and let there be no one to dwell in their tents.
- 28 For they persecute the one whom you have stricken, ♦  
and increase the sorrows of him 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 poor and in misery; ♦  
your saving help, O God, will lift me up.
- 32 I will praise the name of God with a song; ♦  
I will proclaim his greatness with thanksgiving.
- 33 This will please the Lord more than an offering of oxen, ♦  
more than bulls with horns and hooves.
- 34 The humble shall see and be glad; ♦  
you who seek God, your heart shall live.
- 35 For the Lord listens to the needy, ♦  
and his own who are imprisoned 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 shall inherit it, ♦  
and they that love his name shall dwell therein.

## Saturday Morning

### *Psalm 13*

- 1 How long will you forget me, O Lord; for ever? ♦  
How long will you hide your face from me?
- 2 How long shall I have anguish in my soul  
and grief in my heart, day after day? ♦  
How long shall my enemy triumph over me?
- 3 Look upon me and answer, O Lord my God; ♦  
lighten my eyes, lest I sleep in death;
- 4 Lest my enemy say, 'I have prevailed against him,' ♦  
and my foes rejoice that I have fallen.
- 5 But I put my trust in your steadfast love; ♦  
my heart will rejoice in your salvation.
- 6 I will sing to the Lord, ♦  
for he has dealt so bountifully with me.

### *Psalm 124*

- 1 If the Lord himself had not been on our side, ♦  
now may Israel say;
- 2 If the Lord had not been on our side, ♦  
when enemies rose up against us;
- 3 Then would they have swallowed us alive ♦  
when their anger burned against us;
- 4 Then would the waters have overwhelmed us  
and the torrent gone over our soul; ♦  
over our soul would have swept the raging waters.
- 5 But blessed be the Lord ♦  
who has not given us over to be a prey for their teeth.
- 6 Our soul has escaped  
as a bird from the snare of the fowler; ♦  
the snare is broken and we are delivered.
- 7 Our help is in the name of the Lord, ♦  
who has made heaven and earth.

## *Psalm 149*

- 1 Alleluia.  
O sing to the Lord a new song; ♦  
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in their maker; ♦  
let the children of Zion be joyful in their king.
- 3 Let them praise his name in the dance; ♦  
let them sing praise to him with timbrel and lyre.
- 4 For the Lord has pleasure in his people ♦  
and adorns the poor with salvation.
- 5 Let the faithful be joyful in glory; ♦  
let them rejoice in their ranks,
- 6 With the praises of God in their mouths ♦  
and a two-edged sword in their hands;
- 7 To execute vengeance on the nations ♦  
and punishment on the peoples;
- 8 To bind their kings in chains ♦  
and their nobles with fetters of iron;
- 9 To execute on them the judgement decreed: ♦  
such honour have all his faithful servants.  
Alleluia.

## Saturday Evening

### *Psalm 31*

- 1 In you, O Lord, have I taken refuge;  
let me never be put to shame; ♦  
deliver me in your righteousness.
- 2 Incline your ear to me; ♦  
make haste to deliver me.
- 3 Be my strong rock, a fortress to save me,  
for you are my rock and my stronghold; ♦  
guide me, and lead me for your name's sake.
- 4 Take me out of the net  
that they have laid secretly for me, ♦  
for you are my strength.

- 5 Into your hands I commend my spirit, ♦  
for you have redeemed me, O Lord God of truth.
- 6 I hate those who cling to worthless idols; ♦  
I put my trust in the Lord.
- 7 I will be glad and rejoice in your mercy, ♦  
for you have seen my affliction  
and known my soul in adversity.
- 8 You have not shut me up in the hand of the enemy; ♦  
you have set my feet in an open place.
- 9 Have mercy on me, Lord, for I am in trouble; ♦  
my eye is consumed with sorrow,  
my soul and my body also.
- 10 For my life is wasted with grief,  
and my years with sighing; ♦  
my strength fails me because of my affliction,  
and my bones are consumed.
- 11 I have become a reproach to all my enemies  
and even to my neighbours,  
an object of dread to my acquaintances; ♦  
when they see me in the street they flee from me.
- 12 I am forgotten like one that is dead, out of mind; ♦  
I have become like a broken vessel.
- 13 For I have heard the whispering of the crowd;  
fear is on every side; ♦  
they scheme together against me,  
and plot to take my life.
- 14 But my trust is in you, O Lord. ♦  
I have said, 'You are my God.
- 15 'My times are in your hand; ♦  
deliver me from the hand of my enemies,  
and from those who persecute me.
- 16 'Make your face to shine upon your servant, ♦  
and save me for your mercy's sake.'
- 17 Lord, let me not be confounded  
for I have called upon you; ♦  
but let the wicked be put to shame;  
let them be silent in the grave.

- 18 Let the lying lips be put to silence ♦  
that speak against the righteous  
with arrogance, disdain and contempt.
- 19 How abundant is your goodness, O Lord,  
which you have laid up for those who fear you; ♦  
which you have prepared in the sight of all  
for those who put their trust in you.
- 20 You hide them in the shelter of your presence  
from those who slander them; ♦  
you keep them safe in your refuge from the strife of tongues.
- 21 Blessed be the Lord! ♦  
For he has shown me his steadfast love  
when I was as a city besieged.
- 22 I had said in my alarm,  
'I have been cut off from the sight of your eyes.' ♦  
Nevertheless, you heard the voice of my prayer  
when I cried out to you.
- 23 Love the Lord, all you his servants; ♦  
for the Lord protects the faithful,  
but repays to the full the proud.
- 24 Be strong and let your heart take courage, ♦  
all you who wait in hope for the Lord.