

12 And in my innocency thou upholdest me, * and shalt set me before thy face for ever.

13 Blessed be the LORD God of Israel, * world without end. Amen.

BOOK II

Psalm 42. *Quemadmodum.*

LIKE as the hart desireth the water-brooks, * so longeth my soul after thee, O God.

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

3 My tears have been my meat day and night, * while they daily say unto me, Where is now thy God?

4 Now when I think thereupon, I pour out my heart by myself; * for I went with the multitude, and brought them forth into the house of God;

5 In the voice of praise and thanksgiving, * among such as keep holy-day.

6 Why art thou so full of heaviness, O my soul? * and why art thou so disquieted within me?

7 O put thy trust in God; * for I will yet thank him, which is the help of my countenance, and my God.

8 My soul is vexed within me; * therefore will I remember thee from the land of Jordan, from Hermon and the little hill.

9 One deep calleth another, because of the noise of thy water-floods; * all thy waves and storms are gone over me.

10 The LORD will grant his loving-kindness in the day-time; * and in the night season will I sing of him, and make my prayer unto the God of my life.

11 I will say unto the God of my strength, Why hast thou forgotten me? * why go I thus heavily, while the enemy oppresseth me?

12 My bones are smitten asunder as with a sword, * while mine enemies that trouble me cast me in the teeth;

13 Namely, while they say daily unto me, * Where is now thy God?

14 Why art thou so vexed, O my soul? * and why art thou so disquieted within me?

15 O put thy trust in God; * for I will yet thank him, which is the help of my countenance, and my God.

Psalm 43. *Judica me, Deus.*

GIVE sentence with me, O God, and defend my cause against the ungodly people; * O deliver me from the deceitful and wicked man.

2 For thou art the God of my strength; why hast thou put me from thee? * and why go I so heavily, while the enemy oppresseth me?

3 O send out thy light and thy truth, that they may lead me, * and bring me unto thy holy hill, and to thy dwelling;

4 And that I may go unto the altar of God, even unto the God of my joy and gladness; * and upon the harp will I give thanks unto thee, O God, my God.

5 Why art thou so heavy, O my soul? * and why art thou so disquieted within me?

6 O put thy trust in God; * for I will yet give him thanks, which is the help of my countenance, and my God.

The Ninth Day

Morning Prayer

Psalm 44. *Deus, auribus.*

WE have heard with our ears, O God, our fathers have told us * what thou hast done in their time of old:

2 How thou hast driven out the heathen with thy hand, and planted our fathers in; * how thou hast destroyed the nations, and made thy people to flourish.

3 For they gat not the land in possession through their own sword, * neither was it their own arm that helped them;

4 But thy right hand, and thine arm, and the light of thy countenance; * because thou hadst a favour unto them.

5 Thou art my King, O God; * send help unto Jacob.

6 Through thee will we overthrow our enemies, * and in thy Name will we tread them under that rise up against us.

7 For I will not trust in my bow, * it is not my sword that shall help me;

8 But it is thou that savest us from our enemies, * and puttest them to confusion that hate us.

9 We make our boast of God all day long, * and will praise thy Name for ever.

10 But now thou art far off, and puttest us to confusion, * and goest not forth with our armies.

11 Thou makest us to turn our backs upon our enemies, * so that they which hate us spoil our goods.

12 Thou lettest us be eaten up like sheep, * and hast scattered us among the heathen.

13 Thou sellest thy people for nought, * and takest no money for them.

14 Thou makest us to be rebuked of our neighbours, * to be laughed to scorn, and had in derision of them that are round about us.

15 Thou makest us to be a by-word among the nations, * and that the peoples shake their heads at us.

16 My confusion is daily before me, * and the shame of my face hath covered me;

17 For the voice of the slanderer and blasphemer, * for the enemy and avenger.

18 And though all this be come upon us, yet do we not forget thee, * nor behave ourselves frowardly in thy covenant.

19 Our heart is not turned back, * neither our steps gone out of thy way;

20 No, not when thou hast smitten us into the place of dragons, * and covered us with the shadow of death.

21 If we have forgotten the Name of our God, and holden up our hands to any strange god, * shall not God search it out? for he knoweth the very secrets of the heart.

22 For thy sake also are we killed all the day long, * and are counted as sheep appointed to be slain.

23 Up, Lord, why sleepest thou? * awake, and be not absent from us for ever.

24 Wherefore hidest thou thy face, * and forgettest our misery and trouble?

25 For our soul is brought low, even unto the dust; * our belly cleaveth unto the ground.

26 Arise, and help us, * and deliver us, for thy mercy's sake.

Psalm 45. *Eructavit cor meum.*

MY heart overfloweth with a good matter; I speak the things which I have made concerning the King. * My tongue is the pen of a ready writer.

2 Thou art fairer than the children of men; * full of grace are thy lips, because God hath blessed thee for ever.

3 Gird thee with thy sword upon thy thigh, O thou Most Mighty, * according to thy worship and renown.

4 Good luck have thou with thine honour: * ride on, because of the word of truth, of meekness, and righteousness; and thy right hand shall teach thee terrible things.

5 Thy arrows are very sharp in the heart of the King's enemies, * and the people shall be subdued unto thee.

6 Thy seat, O God, endureth for ever; * the sceptre of thy kingdom is a right sceptre.

7 Thou hast loved righteousness, and hated iniquity; * wherefore God, even thy God, hath anointed thee with the oil of gladness above thy fellows.

8 All thy garments smell of myrrh, aloes, and cassia; * out of the ivory palaces, whereby they have made thee glad.

9 Kings' daughters are among thy honourable women; * upon thy right hand doth stand the queen in a vesture of gold, wrought about with diverse colours.

10 Hearken, O daughter, and consider; incline thine ear; * forget also thine own people, and thy father's house.

11 So shall the King have pleasure in thy beauty; * for he is thy Lord, and worship thou him.

12 And the daughter of Tyre shall be there with a gift; * like as the rich also among the people shall make their supplication before thee.

13 The King's daughter is all glorious within; * her clothing is of wrought gold.

14 She shall be brought unto the King in raiment of needlework: * the virgins that be her fellows shall bear her company, and shall be brought unto thee.

15 With joy and gladness shall they be brought, * and shall enter into the King's palace.

16 Instead of thy fathers, thou shalt have children, * whom thou mayest make princes in all lands.

17 I will make thy Name to be remembered from one generation to another; * therefore shall the people give thanks unto thee, world without end.

Psalm 46. *Deus noster refugium.*

GOD is our hope and strength, * a very present help in trouble.

2 Therefore will we not fear, though the earth be moved, * and though the hills be carried into the midst of the sea;

3 Though the waters thereof rage and swell, * and though the mountains shake at the tempest of the same.

4 There is a river, the streams whereof make glad the city of God; * the holy place of the tabernacle of the Most Highest.

5 God is in the midst of her, therefore shall she not be removed; * God shall help her, and that right early.

6 The nations make much ado, and the kingdoms are moved; * but God hath showed his voice, and the earth shall melt away.

7 The LORD of hosts is with us; * the God of Jacob is our refuge.

8 O come hither, and behold the works of the LORD, * what destruction he hath brought upon the earth.

9 He maketh wars to cease in all the world; * he breaketh the bow, and knappeth the spear in sunder, and burneth the chariots in the fire.

10 Be still then, and know that I am God: * I will be exalted among the nations, and I will be exalted in the earth.

11 The LORD of hosts is with us; * the God of Jacob is our refuge.

Evening Prayer

Psalm 47. *Omnes gentes, plaudite.*

O CLAP your hands together, all ye peoples: * O sing unto God with the voice of melody.

2 For the LORD is high, and to be feared; * he is the great King upon all the earth.

3 He shall subdue the peoples under us, * and the nations under our feet.

4 He shall choose out an heritage for us, * even the excellency of Jacob, whom he loved.

5 God is gone up with a merry noise, * and the LORD with the sound of the trump.

6 O sing praises, sing praises unto our God; * O sing praises, sing praises unto our King.

7 For God is the King of all the earth: * sing ye praises with understanding.

8 God reigneth over the nations; * God sitteth upon his holy seat.

9 The princes of the peoples are joined unto the people of the God of Abraham; * for God, which is very high exalted, doth defend the earth, as it were with a shield.

Psalm 48. *Magnus Dominus.*

GREAT is the LORD, and highly to be praised * in the city of our God, even upon his holy hill.

2 The hill of Zion is a fair place, and the joy of the whole earth; * upon the north side lieth the city of the great King: God is well known in her palaces as a sure refuge.

3 For lo, the kings of the earth * were gathered, and gone by together.

4 They marveled to see such things; * they were astonished, and suddenly cast down.

5 Fear came there upon them; and sorrow, * as upon a woman in her travail.

6 Thou dost break the ships of the sea * through the east-wind.

7 Like as we have heard, so have we seen in the city of the LORD of hosts, in the city of our God; * God upholdeth the same for ever.

8 We wait for thy loving-kindness, O God, * in the midst of thy temple.

9 O God, according to thy Name, so is thy praise unto the world's end; * thy right hand is full of righteousness.

10 Let the mount Zion rejoice, and the daughters of Judah be glad, * because of thy judgments.

11 Walk about Zion, and go round about her; * and tell the towers thereof.

12 Mark well her bulwarks, consider her palaces, * that ye may tell them that come after.

13 For this God is our God for ever and ever: * he shall be our guide unto death.

Psalm 49. *Audite haec, omnes.*

O HEAR ye this, all ye people; * ponder it with your ears, all ye that dwell in the world;

2 High and low, rich and poor, * one with another.

3 My mouth shall speak of wisdom, * and my heart shall muse of understanding.

4 I will incline mine ear to the parable, * and show my dark speech upon the harp.

5 Wherefore should I fear in the days of evil, * when wickedness at my heels compasseth me round about?

6 There be some that put their trust in their goods, * and boast themselves in the multitude of their riches.

7 But no man may deliver his brother, * nor give a ransom unto God for him,

8 (For it cost more to redeem their souls, * so that he must let that alone for ever;)

9 That he shall live always, * and not see the grave.

10 For he seeth that wise men also die and perish together, * as well as the ignorant and foolish, and leave their riches for other.

11 And yet they think that their houses shall continue for ever, and that their dwelling-places shall endure from one generation to another; * and call the lands after their own names.

12 Nevertheless, man being in honour abideth not, * seeing he may be compared unto the beasts that perish;

13 This their way is very foolishness; * yet their posterity praise their saying.

14 They lie in the grave like sheep; death is their shepherd; and the righteous shall have dominion over them in the morning: * their beauty shall consume in the sepulchre, and have no abiding.

15 But God hath delivered my soul from the power of the grave; * for he shall receive me.

16 Be not thou afraid, though one be made rich, * or if the glory of his house be increased;

17 For he shall carry nothing away with him when he dieth, * neither shall his pomp follow him.

18 For while he lived, he counted himself an happy man; * and so long as thou doest well unto thyself, men will speak good of thee.

19 He shall follow the generation of his fathers, * and shall never see light.

20 Man that is in honour but hath no understanding * is compared unto the beasts that perish.

The Tenth Day

Morning Prayer

Psalm 50. *Deus deorum.*

THE LORD, even the Most Mighty God, hath spoken, * and called the world, from the rising up of the sun unto the going down thereof.

2 Out of Sion hath God appeared * in perfect beauty.

3 Our God shall come, and shall not keep silence; * there shall go before him a consuming fire, and a mighty tempest shall be stirred up round about him.

4 He shall call the heaven from above, * and the earth, that he may judge his people.

5 Gather my saints together unto me; * those that have made a covenant with me with sacrifice.

6 And the heavens shall declare his righteousness; * for God is Judge himself.

7 Hear, O my people, and I will speak; * I myself will testify against thee, O Israel; for I am God, even thy God.

8 I will not reprove thee because of thy sacrifices; * as for thy burnt-offerings, they are alway before me.

9 I will take no bullock out of thine house, * nor he-goats out of thy folds.

10 For all the beasts of the forest are mine, * and so are the cattle upon a thousand hills.

11 I know all the fowls upon the mountains, * and the wild beasts of the field are in my sight.

12 If I be hungry, I will not tell thee; * for the whole world is mine, and all that is therein.

13 Thinkest thou that I will eat bulls' flesh, * and drink the blood of goats?

14 Offer unto God thanksgiving, * and pay thy vows unto the Most Highest.

15 And call upon me in the time of trouble; * so will I hear thee, and thou shalt praise me.

16 But unto the ungodly saith God, * Why dost thou preach my laws, and takest my covenant in thy mouth;

17 Whereas thou hatest to be reformed, * and hast cast my words behind thee?

18 When thou sawest a thief, thou consentedst unto him; * and hast been partaker with the adulterers.

19 Thou hast let thy mouth speak wickedness, * and with thy tongue thou hast set forth deceit.

20 Thou satest and spakest against thy brother; * yea, and hast slandered thine own mother's son.

21 These things hast thou done, and I held my tongue, and thou thoughtest wickedly, that I am even such a one as thyself; * but I will reprove thee, and set before thee the things that thou hast done.

22 O consider this, ye that forget God, * lest I pluck you away, and there be none to deliver you.

23 Whoso offereth me thanks and praise, he honoureth me; * and to him that ordereth his way aright, will I show the salvation of God.

Psalm 51. *Miserere mei, Deus.*

HAVE mercy upon me, O God, after thy great goodness; * according to the multitude of thy mercies do away mine offences.

2 Wash me thoroughly from my wickedness, * and cleanse me from my sin.

3 For I acknowledge my faults, * and my sin is ever before me.

4 Against thee only have I sinned, and done this evil in thy sight; * that thou mightest be justified in thy saying, and clear when thou shalt judge.

5 Behold, I was shapen in wickedness, * and in sin hath my mother conceived me.

6 But lo, thou requirest truth in the inward parts, * and shalt make me to understand wisdom secretly.

7 Thou shalt purge me with hyssop, and I shall be clean; * thou shalt wash me, and I shall be whiter than snow.

8 Thou shalt make me hear of joy and gladness, * that the bones which thou hast broken may rejoice.

9 Turn thy face from my sins, * and put out all my misdeeds.

10 Make me a clean heart, O God, * and renew a right spirit within me.

11 Cast me not away from thy presence, * and take not thy holy Spirit from me.

12 O give me the comfort of thy help again, * and stablish me with thy free Spirit.

13 Then shall I teach thy ways unto the wicked, * and sinners shall be converted unto thee.

14 Deliver me from blood-guiltiness, O God, thou that art the God of my health; * and my tongue shall sing of thy righteousness.

15 Thou shalt open my lips, O Lord, * and my mouth shall show thy praise.

16 For thou desirest no sacrifice, else would I give it thee; * but thou delightest not in burnt-offerings.

17 The sacrifice of God is a troubled spirit: * a broken and contrite heart, O God, shalt thou not despise.

18 O be favourable and gracious unto Sion; * build thou the walls of Jerusalem.

19 Then shalt thou be pleased with the sacrifice of righteousness, with the burnt-offerings and oblations; * then shall they offer young bullocks upon thine altar.

Psalm 52. *Quid gloriaris?*

WHY boastest thou thyself, thou tyrant, * that thou canst do mischief;

2 Whereas the goodness of God * endureth yet daily?

3 Thy tongue imagineth wickedness, * and with lies thou cuttest like a sharp razor.

4 Thou hast loved unrighteousness more than goodness, * and falsehood more than righteousness.

5 Thou hast loved to speak all words that may do hurt, * O thou false tongue.

6 Therefore shall God destroy thee for ever; * he shall take thee, and pluck thee out of thy dwelling, and root thee out of the land of the living.

7 The righteous also shall see this, and fear, * and shall laugh him to scorn:

8 Lo, this is the man that took not God for his strength; * but trusted unto the multitude of his riches, and strengthened himself in his wickedness.

9 As for me, I am like a green olive-tree in the house of God; * my trust is in the tender mercy of God for ever and ever.

10 I will alway give thanks unto thee for that thou hast done; * and I will hope in thy Name, for thy saints like it well.

Evening PrayerPsalm 53. *Dixit insipiens.*

THE foolish body hath said in his heart, * There is no God.

2 Corrupt are they, and become abominable in their wickedness; * there is none that doeth good.

3 God looked down from heaven upon the children of men, * to see if there were any that would understand, and seek after God.

4 But they are all gone out of the way, they are altogether become abominable; * there is also none that doeth good, no not one.

5 Are not they without understanding that work wickedness, * eating up my people as if they would eat bread? they have not called upon God.

6 They were afraid where no fear was; * for God hath broken the bones of him that besieged thee; thou hast put them to confusion, because God hath despised them.

7 O that the salvation were given unto Israel out of Sion! * O that the Lord would deliver his people out of captivity!

8 Then should Jacob rejoice, * and Israel should be right glad.

Psalm 54. *Deus, in Nomine.*

SAVE me, O God, for thy Name's sake, * and avenge me in thy strength.

2 Hear my prayer, O God, * and hearken unto the words of my mouth.

3 For strangers are risen up against me; * and tyrants, which have not God before their eyes, seek after my soul.

4 Behold, God is my helper; * the Lord is with them that uphold my soul.

5 He shall reward evil unto mine enemies: * destroy thou them in thy truth.

6 An offering of a free heart will I give thee, and praise thy Name, O LORD; * because it is so comfortable.

7 For he hath delivered me out of all my trouble; * and mine eye hath seen his desire upon mine enemies.

Psalm 55. *Exaudi, Deus.*

HEAR my prayer, O God, * and hide not thyself from my petition.

2 Take heed unto me, and hear me, * how I mourn in my prayer, and am vexed;

3 The enemy crieth so, and the ungodly cometh on so fast; * for they are minded to do me some mischief, so maliciously are they set against me.

4 My heart is disquieted within me, * and the fear of death is fallen upon me.

5 Fearfulness and trembling are come upon me, * and an horrible dread hath overwhelmed me.

6 And I said, O that I had wings like a dove! * for then would I flee away, and be at rest.

7 Lo, then would I get me away far off, * and remain in the wilderness.

8 I would make haste to escape, * because of the stormy wind and tempest.

9 Destroy their tongues, O Lord, and divide them; * for I have spied unrighteousness and strife in the city.

10 Day and night they go about within the walls thereof: * mischief also and sorrow are in the midst of it.

11 Wickedness is therein; * deceit and guile go not out of her streets.

12 For it is not an open enemy that hath done me this dishonour; * for then I could have borne it;

13 Neither was it mine adversary that did magnify himself against me; * for then peradventure I would have hid myself from him;

14 But it was even thou, my companion, * my guide, and mine own familiar friend.

15 We took sweet counsel together, * and walked in the house of God as friends.

16 Let death come hastily upon them, and let them go down alive into the pit; * for wickedness is in their dwellings, and among them.

17 As for me, I will call upon God, * and the LORD shall save me.

18 In the evening, and morning, and at noon-day will I pray, and that instantly; * and he shall hear my voice.

19 It is he that hath delivered my soul in peace from the battle that was against me; * for there were many that strove with me.

20 Yea, even God, that endureth for ever, shall hear me, and bring them down; * for they will not turn, nor fear God.

21 He laid his hands upon such as be at peace with him, * and he brake his covenant.

22 The words of his mouth were softer than butter, having war in his heart; * his words were smoother than oil, and yet be they very swords.

23 O cast thy burden upon the LORD, and he shall nourish thee, * and shall not suffer the righteous to fall for ever.

24 And as for them, * thou, O God, shalt bring them into the pit of destruction.

25 The blood-thirsty and deceitful men shall not live out half their days: * nevertheless, my trust shall be in thee, O Lord.

The Eleventh Day

Morning Prayer

Psalm 56. *Miserere mei, Deus.*

BE merciful unto me, O God, for man goeth about to devour me; * he is daily fighting, and troubling me.

2 Mine enemies are daily at hand to swallow me up; * for they be many that fight against me, O thou Most Highest.

3 Nevertheless, though I am sometime afraid, * yet put I my trust in thee.

4 I will praise God, because of his word: * I have put my trust in God, and will not fear what flesh can do unto me.

5 They daily mistake my words; * all that they imagine is to do me evil.

6 They hold all together, and keep themselves close, * and mark my steps, when they lay wait for my soul.

7 Shall they escape for their wickedness? * thou, O God, in thy displeasure shalt cast them down.

8 Thou tellest my wanderings; put my tears into thy bottle: * are not these things noted in thy book?

9 Whensoever I call upon thee, then shall mine enemies be put to flight: * this I know; for God is on my side.

10 In God's word will I rejoice; * in the LORD's word will I comfort me.

11 Yea, in God have I put my trust; * I will not be afraid what man can do unto me.

12 Unto thee, O God, will I pay my vows; * unto thee will I give thanks.

13 For thou hast delivered my soul from death, and my feet from falling, * that I may walk before God in the light of the living.

Psalm 57. *Miserere mei, Deus.*

BE merciful unto me, O God, be merciful unto me; for my soul trusteth in thee; * and under the shadow of thy wings shall be my refuge, until this tyranny be overpast.

2 I will call unto the Most High God, * even unto the God that shall perform the cause which I have in hand.

3 He shall send from heaven, * and save me from the reproof of him that would eat me up.

4 God shall send forth his mercy and truth: * my soul is among lions;

5 And I lie even among the children of men, that are set on fire, * whose teeth are spears and arrows, and their tongue a sharp sword.

6 Set up thyself, O God, above the heavens; * and thy glory above all the earth.

7 They have laid a net for my feet, and pressed down my soul; * they have digged a pit before me, and are fallen into the midst of it themselves.

8 My heart is fixed, O God, my heart is fixed; * I will sing and give praise.

9 Awake up, my glory; awake, lute and harp: * I myself will awake right early.

10 I will give thanks unto thee, O Lord, among the peoples; * and I will sing unto thee among the nations.

11 For the greatness of thy mercy reacheth unto the heavens, * and thy truth unto the clouds.

12 Set up thyself, O God, above the heavens; * and thy glory above all the earth.

Psalm 58. *Si vere utique.*

ARE your minds set upon righteousness, O ye congregation? * and do ye judge the thing that is right, O ye sons of men?

2 Yea, ye imagine mischief in your heart upon the earth, * and your hands deal with wickedness.

3 The ungodly are froward, even from their mother's womb; * as soon as they are born, they go astray, and speak lies.

4 They are as venomous as the poison of a serpent, * even like the deaf adder, that stoppeth her ears;

5 Which refuseth to hear the voice of the charmer, * charm he never so wisely.

6 Break their teeth, O God, in their mouths; * smite the jaw-bones of the lions, O LORD.

7 Let them fall away like water that runneth apace; * when they shoot their arrows, let them be rooted out.

8 Let them consume away like a snail, and be like the untimely fruit of a woman; * and let them not see the sun.

9 Or ever your pots be made hot with thorns, * he shall take them away with a whirlwind, the green and the burning alike.

10 The righteous shall rejoice when he seeth the vengeance; * he shall wash his footsteps in the blood of the ungodly.

11 So that a man shall say, Verily there is a reward for the righteous; * doubtless there is a God that judgeth the earth.

Evening Prayer

Psalm 59. *Eripe me de inimicis.*

DELIVER me from mine enemies, O God; * defend me from them that rise up against me.

2 O deliver me from the wicked doers, * and save me from the blood-thirsty men.

3 For lo, they lie waiting for my soul; * the mighty men are gathered against me, without any offence or fault of me, O LORD.

4 They run and prepare themselves without my fault; * arise thou therefore to help me, and behold.

5 Stand up, O LORD God of hosts, thou God of Israel, to visit all the heathen, * and be not merciful unto them that offend of malicious wickedness.

6 They go to and fro in the evening, * they grin like a dog, and run about through the city.

7 Behold, they speak with their mouth, and swords are in their lips; * for who doth hear?

8 But thou, O LORD, shalt have them in derision, * and thou shalt laugh all the heathen to scorn.

9 My strength will I ascribe unto thee; * for thou art the God of my refuge.

10 God showeth me his goodness plenteously; * and God shall let me see my desire upon mine enemies.

11 Slay them not, lest my people forget it; * but scatter them abroad among the people, and put them down, O Lord our defence.

12 For the sin of their mouth, and for the words of their lips, they shall be taken in their pride: * and why? their talk is of cursing and lies.

13 Consume them in thy wrath, consume them, that they may perish; * and know that it is God that ruleth in Jacob, and unto the ends of the world.

14 And in the evening they will return, * grin like a dog, and will go about the city.

15 They will run here and there for meat, * and grudge if they be not satisfied.

16 As for me, I will sing of thy power, and will praise thy mercy betimes in the morning; * for thou hast been my defence and refuge in the day of my trouble.

17 Unto thee, O my strength, will I sing; * for thou, O God, art my refuge, and my merciful God.

Psalm 60. *Deus, repulisti nos.*

O GOD, thou hast cast us out, and scattered us abroad; * thou hast also been displeased: O turn thee unto us again.

2 Thou hast moved the land, and divided it: * heal the sores thereof, for it shaketh.

3 Thou hast showed thy people heavy things; * thou hast given us a drink of deadly wine.

4 Thou hast given a token for such as fear thee, * that they may triumph because of the truth.

5 Therefore were thy beloved delivered; * help me with thy right hand, and hear me.

6 God hath spoken in his holiness, I will rejoice, and divide Shechem, * and mete out the valley of Succoth.

7 Gilead is mine, and Manasseh is mine; * Ephraim also is the strength of my head; Judah is my law-giver;

8 Moab is my wash-pot; over Edom will I cast out my shoe; * Philistia, be thou glad of me.

9 Who will lead me into the strong city? * who will bring me into Edom?

10 Hast not thou cast us out, O God? * wilt not thou, O God, go out with our hosts?

11 O be thou our help in trouble; * for vain is the help of man.

12 Through God will we do great acts; * for it is he that shall tread down our enemies.

Psalm 61. *Exaudi, Deus.*

HEAR my crying, O God, * give ear unto my prayer.

2 From the ends of the earth will I call upon thee, * when my heart is in heaviness.

3 O set me up upon the rock that is higher than I; * for thou hast been my hope, and a strong tower for me against the enemy.

4 I will dwell in thy tabernacle for ever, * and my trust shall be under the covering of thy wings.

5 For thou, O Lord, hast heard my desires, * and hast given an heritage unto those that fear thy Name.

6 Thou shalt grant the King a long life, * that his years may endure throughout all generations.

7 He shall dwell before God for ever: * O prepare thy loving mercy and faithfulness, that they may preserve him.

8 So will I always sing praise unto thy Name, * that I may daily perform my vows.

The Twelfth Day

Morning Prayer

Psalm 62. *Nonne Deo?*

MY soul truly waiteth still upon God; * for of him cometh my salvation.

2 He verily is my strength and my salvation; * he is my defence, so that I shall not greatly fall.

3 How long will ye imagine mischief against every man? * Ye shall be slain all the sort of you; yea, as a tottering wall shall ye be, and like a broken hedge.

4 Their device is only how to put him out whom God will exalt; * their delight is in lies; they give good words with their mouth, but curse with their heart.

5 Nevertheless, my soul, wait thou still upon God; * for my hope is in him.

6 He truly is my strength and my salvation; * he is my defence, so that I shall not fall.

7 In God is my health and my glory; * the rock of my might; and in God is my trust.

8 O put your trust in him alway, ye people; * pour out your hearts before him, for God is our hope.

9 As for the children of men, they are but vanity; the children of men are deceitful; * upon the weights they are altogether lighter than vanity itself.

10 O trust not in wrong and robbery; give not yourselves unto vanity: * if riches increase, set not your heart upon them.

11 God spake once, and twice I have also heard the same, * that power belongeth unto God;

12 And that thou, Lord, art merciful; * for thou rewardest every man according to his work.

Psalm 63. *Deus, Deus meus.*

O GOD, thou art my God; * early will I seek thee.

2 My soul thirsteth for thee, my flesh also longeth after thee, * in a barren and dry land where no water is.

3 Thus have I looked for thee in the sanctuary, * that I might behold thy power and glory.

4 For thy loving-kindness is better than the life itself: * my lips shall praise thee.

5 As long as I live will I magnify thee in this manner, * and lift up my hands in thy Name.

6 My soul shall be satisfied, even as it were with marrow and fatness, * when my mouth praiseth thee with joyful lips.

7 Have I not remembered thee in my bed, * and thought upon thee when I was waking?

8 Because thou hast been my helper; * therefore under the shadow of thy wings will I rejoice.

9 My soul hangeth upon thee; * thy right hand hath upholden me.

10 These also that seek the hurt of my soul, * they shall go under the earth.

11 Let them fall upon the edge of the sword, * that they may be a portion for foxes.

12 But the King shall rejoice in God; all they also that swear by him shall be commended; * for the mouth of them that speak lies shall be stopped.

Psalm 64. *Exaudi, Deus.*

HEAR my voice, O God, in my prayer; * preserve my life from fear of the enemy.

2 Hide me from the gathering together of the froward, * and from the insurrection of wicked doers;

3 Who have whet their tongue like a sword, * and shoot out their arrows, even bitter words;

4 That they may privily shoot at him that is perfect: * suddenly do they hit him, and fear not.

5 They encourage themselves in mischief, * and commune among themselves, how they may lay snares; and say, that no man shall see them.

6 They imagine wickedness, and practise it; * that they keep secret among themselves, every man in the deep of his heart.

7 But God shall suddenly shoot at them with a swift arrow, * that they shall be wounded.

8 Yea, their own tongues shall make them fall; * insomuch that whoso seeth them shall laugh them to scorn.

9 And all men that see it shall say, This hath God done; * for they shall perceive that it is his work.

10 The righteous shall rejoice in the LORD, and put his trust in him; * and all they that are true of heart shall be glad.

Evening Prayer

Psalm 65. *Te decet hymnus.*

THOU, O God, art praised in Sion; * and unto thee shall the vow be performed in Jerusalem.

2 Thou that hearest the prayer, * unto thee shall all flesh come.

3 My misdeeds prevail against me: * O be thou merciful unto our sins.

4 Blessed is the man whom thou choolest, and receivest unto thee: * he shall dwell in thy court, and shall be satisfied with the pleasures of thy house, even of thy holy temple.

5 Thou shalt show us wonderful things in thy righteousness, O God of our salvation; * thou that art the hope of all the ends of the earth, and of them that remain in the broad sea.

6 Who in his strength setteth fast the mountains, * and is girded about with power.

7 Who stilleth the raging of the sea, * and the noise of his waves, and the madness of the peoples.

8 They also that dwell in the uttermost parts of the earth shall be afraid at thy tokens, * thou that makest the out-goings of the morning and evening to praise thee.

9 Thou visitest the earth, and blessest it; * thou makest it very plenteous.

10 The river of God is full of water: * thou preparest their corn, for so thou providest for the earth.

11 Thou waterest her furrows; thou sendest rain into the little valleys thereof; * thou makest it soft with the drops of rain, and blessest the increase of it.

12 Thou crownest the year with thy goodness; * and thy clouds drop fatness.

13 They shall drop upon the dwellings of the wilderness; * and the little hills shall rejoice on every side.

14 The folds shall be full of sheep; * the valleys also shall stand so thick with corn, that they shall laugh and sing.

Psalm 66. *Jubilate Deo.*

O BE joyful in God, all ye lands; * sing praises unto the honour of his Name; make his praise to be glorious.

2 Say unto God, O how wonderful art thou in thy works! * through the greatness of thy power shall thine enemies bow down unto thee.

3 For all the world shall worship thee, * sing of thee, and praise thy Name.

4 O come hither, and behold the works of God; * how wonderful he is in his doing toward the children of men.

5 He turned the sea into dry land, * so that they went through the water on foot; there did we rejoice thereof.

6 He ruleth with his power for ever; his eyes behold the nations: * and such as will not believe shall not be able to exalt themselves.

7 O praise our God, ye peoples, * and make the voice of his praise to be heard;

8 Who holdeth our soul in life; * and suffereth not our feet to slip.

9 For thou, O God, hast proved us; * thou also hast tried us, like as silver is tried.

10 Thou broughtest us into the snare; * and laidest trouble upon our loins.

11 Thou sufferedst men to ride over our heads; * we went through fire and water, and thou broughtest us out into a wealthy place.

12 I will go into thine house with burnt-offerings, and will pay thee my vows, * which I promised with my lips, and spake with my mouth, when I was in trouble.

13 I will offer unto thee fat burnt-sacrifices, with the incense of rams; * I will offer bullocks and goats.

14 O come hither, and hearken, all ye that fear God; * and I will tell you what he hath done for my soul.

15 I called unto him with my mouth, * and gave him praises with my tongue.

16 If I incline unto wickedness with mine heart, * the Lord will not hear me.

17 But God hath heard me; * and considered the voice of my prayer.

18 Praised be God, who hath not cast out my prayer, * nor turned his mercy from me.

Psalm 67. *Deus misereatur.*

GOD be merciful unto us, and bless us, * and show us the light of his countenance, and be merciful unto us;

2 That thy way may be known upon earth, * thy saving health among all nations.

3 Let the peoples praise thee, O God; * yea, let all the peoples praise thee.

4 O let the nations rejoice and be glad; * for thou shalt judge the folk righteously, and govern the nations upon earth.

5 Let the peoples praise thee, O God; * yea, let all the peoples praise thee.

6 Then shall the earth bring forth her increase; * and God, even our own God, shall give us his blessing.

7 God shall bless us; * and all the ends of the world shall fear him.

The Thirteenth Day

Morning Prayer

Psalm 68. *Exsurgat Deus.*

LET God arise, and let his enemies be scattered; * let them also that hate him flee before him.

2 Like as the smoke vanisheth, so shalt thou drive them away; * and like as wax melteth at the fire, so let the ungodly perish at the presence of God.

3 But let the righteous be glad, and rejoice before God; * let them also be merry and joyful.

4 O sing unto God, and sing praises unto his Name; magnify him that rideth upon the heavens; * praise him in his Name JAH, and rejoice before him.

5 He is a Father of the fatherless, and defendeth the cause of the widows; * even God in his holy habitation.

6 He is the God that maketh men to be of one mind in an house, and bringeth the prisoners out of captivity; * but letteth the runagates continue in scarceness.

7 O God, when thou wentest forth before the people; * when thou wentest through the wilderness,

8 The earth shook, and the heavens dropped at the presence of God; * even as Sinai also was moved at the presence of God, who is the God of Israel.

9 Thou, O God, sentest a gracious rain upon thine inheritance, * and refreshedst it when it was weary.

10 Thy congregation shall dwell therein; * for thou, O God, hast of thy goodness prepared for the poor.

11 The Lord gave the word; * great was the company of women that bare the tidings.

12 Kings with their armies did flee, and were discomfited, * and they of the household divided the spoil.

13 Though ye have lain among the sheep-folds, yet shall ye be as the wings of a dove * that is covered with silver wings, and her feathers like gold.

14 When the Almighty scattered kings for their sake, * then were they as white as snow in Salmon.

15 As the hill of Bashan, so is God's hill; * even an high hill, as the hill of Bashan.

16 Why mock ye so, ye high hills? this is God's hill, in the which it pleaseth him to dwell; * yea, the LORD will abide in it for ever.

17 The chariots of God are twenty thousand, even thousands of angels; * and the Lord is among them as in the holy place of Sinai.

18 Thou art gone up on high, thou hast led captivity captive, and received gifts from men; * yea, even from thine enemies, that the LORD God might dwell among them.

19 Praised be the Lord daily, * even the God who helpeth us, and poureth his benefits upon us.

20 He is our God, even the God of whom cometh salvation: * GOD is the Lord, by whom we escape death.

21 God shall wound the head of his enemies, * and the hairy scalp of such a one as goeth on still in his wickedness.

22 The Lord hath said, I will bring my people again, as I did from Bashan; * mine own will I bring again, as I did sometime from the deep of the sea.

23 That thy foot may be dipped in the blood of thine enemies, * and that the tongue of thy dogs may be red through the same.

24 It is well seen, O God, how thou goest; * how thou, my God and King, goest in the sanctuary.

25 The singers go before, the minstrels follow after, * in the midst of the damsels playing with the timbrels.

26 Give thanks unto God the Lord in the congregation, * ye that are of the fountain of Israel.

27 There is little Benjamin their ruler, and the princes of Judah their council; * the princes of Zebulun, and the princes of Naphthali.

28 Thy God hath sent forth strength for thee; * stablish the thing, O God, that thou hast wrought in us,

29 For thy temple's sake at Jerusalem; * so shall kings bring presents unto thee.

30 Rebuke thou the dragon and the bull, with the leaders of the heathen, so that they humbly bring pieces of silver; * scatter thou the peoples that delight in war;

31 Then shall the princes come out of Egypt; * the Morians' land shall soon stretch out her hands unto God.

32 Sing unto God, O ye kingdoms of the earth; * O sing praises unto the Lord;

33 Who sitteth in the heavens over all, from the beginning: * lo, he doth send out his voice; yea, and that a mighty voice.

34 Ascribe ye the power to God over Israel; * his worship and strength is in the clouds.

35 O God, wonderful art thou in thy holy places: * even the God of Israel, he will give strength and power unto his people. Blessed be God.

Evening Prayer

Psalm 69. *Salvum me fac.*

SAVE me, O God; * for the waters are come in, even unto my soul.

2 I stick fast in the deep mire, where no ground is; * I am come into deep waters, so that the floods run over me.

3 I am weary of crying; my throat is dry; * my sight faileth me for waiting so long upon my God.

4 They that hate me without a cause are more than the hairs of my head; * they that are mine enemies, and would destroy me guiltless, are mighty.

5 I paid them the things that I never took: * God, thou knowest my simpleness, and my faults are not hid from thee.

6 Let not them that trust in thee, O Lord GOD of hosts, be ashamed for my cause; * let not those that seek thee be confounded through me, O Lord God of Israel.

7 And why? for thy sake have I suffered reproof; * shame hath covered my face.

8 I am become a stranger unto my brethren, * even an alien unto my mother's children.

9 For the zeal of thine house hath even eaten me; * and the rebukes of them that rebuked thee are fallen upon me.

10 I wept, and chastened myself with fasting, * and that was turned to my reproof.

11 I put on sackcloth also, * and they jested upon me.

12 They that sit in the gate speak against me, * and the drunkards make songs upon me.

13 But, LORD, I make my prayer unto thee * in an acceptable time.

14 Hear me, O God, in the multitude of thy mercy, * even in the truth of thy salvation.

15 Take me out of the mire, that I sink not; * O let me be delivered from them that hate me, and out of the deep waters.

16 Let not the water-flood drown me, neither let the deep swallow me up; * and let not the pit shut her mouth upon me.

17 Hear me, O LORD, for thy loving-kindness is comfortable; * turn thee unto me according to the multitude of thy mercies.

18 And hide not thy face from thy servant; for I am in trouble: * O haste thee, and hear me.

19 Draw nigh unto my soul, and save it; * O deliver me, because of mine enemies.

20 Thou hast known my reproach, my shame, and my dishonour: * mine adversaries are all in thy sight.

21 Reproach hath broken my heart; I am full of heaviness: * I looked for some to have pity on me, but there was no man, neither found I any to comfort me.

22 They gave me gall to eat; * and when I was thirsty they gave me vinegar to drink.

23 Let their table be made a snare to take themselves withal; * and let the things that should have been for their wealth be unto them an occasion of falling.

24 Let their eyes be blinded, that they see not; * and ever bow thou down their backs.

25 Pour out thine indignation upon them, * and let thy wrathful displeasure take hold of them.

26 Let their habitation be void, * and no man to dwell in their tents.

27 For they persecute him whom thou hast smitten; * and they talk how they may vex them whom thou hast wounded.

28 Let them fall from one wickedness to another, * and not come into thy righteousness.

29 Let them be wiped out of the book of the living, * and not be written among the righteous.

30 As for me, when I am poor and in heaviness, * thy help, O God, shall lift me up.

31 I will praise the Name of God with a song, * and magnify it with thanksgiving.

32 This also shall please the LORD * better than a bullock that hath horns and hoofs.

33 The humble shall consider this, and be glad: * seek ye after God, and your soul shall live.

34 For the LORD heareth the poor, * and despiseth not his prisoners.

35 Let heaven and earth praise him: * the sea, and all that moveth therein.

36 For God will save Sion, and build the cities of Judah, * that men may dwell there, and have it in possession.

37 The posterity also of his servants shall inherit it; * and they that love his Name shall dwell therein.

Psalm 70. *Deus, in adiutorium.*

HASTE thee, O God, to deliver me; * make haste to help me, O LORD.

2 Let them be ashamed and confounded that seek after my soul; * let them be turned backward and put to confusion that wish me evil.

3 Let them for their reward be soon brought to shame, * that cry over me, There! there!

4 But let all those that seek thee be joyful and glad in thee: * and let all such as delight in thy salvation say always, The Lord be praised.

5 As for me, I am poor and in misery: * haste thee unto me, O God.

6 Thou art my helper, and my redeemer: * O LORD, make no long tarrying.

The Fourteenth Day

Morning Prayer

Psalm 71. *In te, Domine, speravi.*

IN thee, O LORD, have I put my trust; let me never be put to confusion, * but rid me and deliver me in thy righteousness; incline thine ear unto me, and save me.

2 Be thou my stronghold, whereunto I may always resort: * thou hast promised to help me, for thou art my house of defence, and my castle.

3 Deliver me, O my God, out of the hand of the ungodly, * out of the hand of the unrighteous and cruel man.

4 For thou, O Lord GOD, art the thing that I long for: * thou art my hope, even from my youth.

5 Through thee have I been holden up ever since I was born: * thou art he that took me out of my mother's womb: my praise shall be always of thee.

6 I am become as it were a monster unto many, * but my sure trust is in thee.

7 O let my mouth be filled with thy praise, * that I may sing of thy glory and honour all the day long.

8 Cast me not away in the time of age; * forsake me not when my strength faileth me.

9 For mine enemies speak against me; * and they that lay wait for my soul take their counsel together, saying,

10 God hath forsaken him; * persecute him, and take him, for there is none to deliver him.

11 Go not far from me, O God; * my God, haste thee to help me.

12 Let them be confounded and perish that are against my soul; * let them be covered with shame and dishonour that seek to do me evil.

13 As for me, I will patiently abide always, * and will praise thee more and more.

14 My mouth shall daily speak of thy righteousness and salvation; * for I know no end thereof.

15 I will go forth in the strength of the Lord GOD, * and will make mention of thy righteousness only.

16 Thou, O God, hast taught me from my youth up until now; * therefore will I tell of thy wondrous works.

17 Forsake me not, O God, in mine old age, when I am gray-headed, * until I have showed thy strength unto this generation, and thy power to all them that are yet for to come.

18 Thy righteousness, O God, is very high, * and great things are they that thou hast done: O God, who is like unto thee!

19 O what great troubles and adversities hast thou showed me ! and yet didst thou turn and refresh me; * yea, and broughtest me from the deep of the earth again.

20 Thou hast brought me to great honour, * and comforted me on every side:

21 Therefore will I praise thee, and thy faithfulness, O God, playing upon an instrument of music: * unto thee will I sing upon the harp, O thou Holy One of Israel.

22 My lips will be glad when I sing unto thee; * and so will my soul whom thou hast delivered.

23 My tongue also shall talk of thy righteousness all the day long; * for they are confounded and brought unto shame that seek to do me evil.

Psalm 72. *Deus, iudicium.*

GIVE the King thy judgments, O God, * and thy righteousness unto the King's son.

2 Then shall he judge thy people according unto right, * and defend the poor.

3 The mountains also shall bring peace, * and the little hills righteousness unto the people.

4 He shall keep the simple folk by their right, * defend the children of the poor, and punish the wrong doer.

5 They shall fear thee, as long as the sun and moon endureth, * from one generation to another.

6 He shall come down like the rain upon the mown grass, * even as the drops that water the earth.

7 In his time shall the righteous flourish; * yea, and abundance of peace, so long as the moon endureth.

8 His dominion shall be also from the one sea to the other, * and from the River unto the world's end.

9 They that dwell in the wilderness shall kneel before him; * his enemies shall lick the dust.

10 The kings of Tarshish and of the isles shall give presents; * the kings of Arabia and Saba shall bring gifts.

11 All kings shall fall down before him; * all nations shall do him service.

12 For he shall deliver the poor when he crieth; * the needy also, and him that hath no helper.

13 He shall be favourable to the simple and needy, * and shall preserve the souls of the poor.

14 He shall deliver their souls from falsehood and wrong; * and dear shall their blood be in his sight.

15 He shall live, and unto him shall be given of the gold of Arabia; * prayer shall be made ever unto him, and daily shall he be praised.

16 There shall be an heap of corn in the earth, high upon the hills; the fruit thereof shall shake like Lebanon: * and they of the city shall flourish like grass upon the earth.

17 His Name shall endure for ever; his Name shall remain under the sun among the posterities, which shall be blessed in him; * and all the nations shall praise him.

18 Blessed be the LORD God, even the God of Israel, * which only doeth wondrous things;

19 And blessed be the Name of his majesty for ever: * and all the earth shall be filled with his majesty. Amen, Amen.

BOOK III

Evening Prayer

Psalm 73. *Quam bonus Israel!*

TRULY God is loving unto Israel: * even unto such as are of a clean heart.

2 Nevertheless, my feet were almost gone, * my treadings had well-nigh slipt.

3 And why? I was grieved at the wicked: * I do also see the ungodly in such prosperity.

4 For they are in no peril of death; * but are lusty and strong.

5 They come in no misfortune like other folk; * neither are they plagued like other men.

6 And this is the cause that they are so holden with pride, * and cruelty covereth them as a garment.

7 Their eyes swell with fatness, * and they do even what they lust.

8 They corrupt other, and speak of wicked blasphemy; * their talking is against the Most High.

9 For they stretch forth their mouth unto the heaven, * and their tongue goeth through the world.

10 Therefore fall the people unto them, * and there-out suck they no small advantage.

11 Tush, say they, how should God perceive it? * is there knowledge in the Most High?

12 Lo, these are the ungodly, * these prosper in the world, and these have riches in possession: