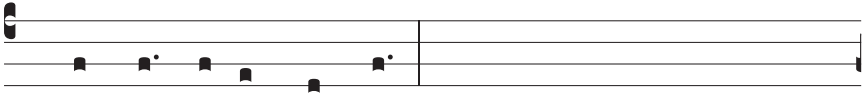
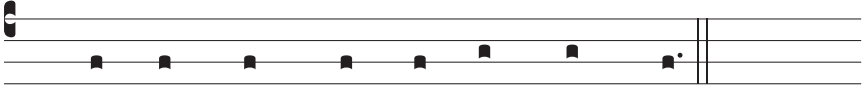


MATINS FERIAI PSALTER

OPENING OF THE OFFICE

∩ O Lord, o-pen my lips.



℞ And my mouth shall proclaim your praise.

Daily Invitatory Psalms

Monday	p 000	Thursday	p 000
Tuesday	p 000	Friday	p 000
Wednesday	p 000	Saturday	p 000

INVITATORY PSALM**MONDAY**

Antiphon Adore the Lord, in his holy temple *
Glory and majesty to the Lord our God.

PSALM 29(28) Tribute of Praise to the Word of God

The Father's voice proclaimed: "This is my beloved son." Mt 3:17

Ascribe to the LORD, you heavenly powers,
ascribe to the LORD glory and strength.
Ascribe to the LORD the glory of his name;
bow down before the LORD, majestic in holiness [Antiphon]

The voice of the LORD upon the waters,
the God of glory thunders;
the LORD on the immensity of waters;
the voice of the LORD full of power;

the voice of the LORD full of splendour.

[*Antiphon*]

The voice of the LORD shatters cedars,
the LORD shatters the cedars of Lebanon;
he makes Lebanon leap like a calf,
and Sirion like a young wild-ox.

[*Antiphon*]

The voice of the LORD flashes flames of fire.
The voice of the LORD shakes the wilderness,
the LORD shakes the wilderness of Kadesh;
the voice of the LORD rends the oak tree
and strips the forest bare.
In his temple they all cry, “Glory!”

[*Antiphon*]

The LORD sat enthroned above the flood;
the LORD sits as king forever.
The LORD will give strength to his people,
the LORD will bless his people with peace.

[*Antiphon*]

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

Antiphon Adore the Lord, in his holy temple *
Glory and majesty to the Lord our God.

TUESDAY

Antiphon O Lord how majestic is your name *
Through all the earth.

PSALM 8 God's Majesty and Adam's Dignity

The Father gave Christ lordship of creation and made him head of the Church. Eph 1:22

O LORD, our LORD, how majestic
is your name through all the earth!
Your majesty is set above the heavens.
From the mouths of children and of babes
you fashioned praise to foil your enemy,
to silence the foe and the rebel. [*Antiphon*]

When I see the heavens, the work of your fingers,
the moon and the stars which you arranged,
what is man that you should keep him in mind,
the son of man that you care for him? [*Antiphon*]

Yet you have made him little lower than the angels;
with glory and honour you crowned him,
gave him power over the works of your hands:
you put all things under his feet, [*Antiphon*]

All of them, sheep and oxen,
yes, even the cattle of the fields,
birds of the air, and fish of the sea
that make their way through the waters.
O LORD, our LORD, how majestic
is your name through all the earth! [*Antiphon*]

Glory be to the Father, and to the Son,
And to the Holy Spirit.
As it was in the beginning, is now and ever shall be.
World without end. Amen.

Antiphon O Lord how majestic is your name *
Through all the earth.

WEDNESDAY

Antiphon The Lord's is the earth and its fullness, *
Come, let us adore him.

PSALM 24 (23) Who shall Ascend the Mountain of the Lord?

Christ opened heaven for us in the humanity he assumed. St Irenaeus

The LORD's is the earth and its fullness,
the world, and those who dwell in it.
It is he who set it on the seas;
on the rivers he made it firm.

[*Antiphon*]

Who shall climb the mountain of the LORD?
Who shall stand in his holy place?
The clean of hands and pure of heart,
whose soul is not set on vain things,
who has not sworn deceitful words.

[*Antiphon*]

Blessings from the LORD shall he receive,
and right reward from the God who saves him.
Such are the people who seek him,
who seek the face of the God of Jacob.

[*Antiphon*]

O gates, lift high your heads;
grow higher, ancient doors.
Let him enter, the king of glory!

[*Antiphon*]

Who is this king of glory?
The LORD, the mighty, the valiant;
the LORD, the valiant in war.

[*Antiphon*]

O gates, lift high your heads;
grow higher, ancient doors.
Let him enter, the king of glory!

[*Antiphon*]

Who is this king of glory?
He, the LORD of hosts,
he is the king of glory
[*Antiphon*]

Glory be to the Father, and to the Son,
And to the Holy Spirit.
As it was in the beginning, is now and ever shall be.
World without end. Amen.

Antiphon The Lord's is the earth and its fullness, *
 Come, let us adore him.

THURSDAY

Antiphon Come within the Lord's gates with thanksgiving, *
Enter his courts with songs of praise.

PSALM 100(99) Creator and Shepherd

Christ gave himself for us to redeem us from all iniquity, and to purify for himself a people as his own. Ti 2:14

Cry out with joy to the LORD, all the earth.

Serve the LORD with gladness.

Come before him, singing for joy. [Antiphon]

Know that he, the LORD, is God.

He made us; we belong to him.

We are his people, the sheep of his flock. [Antiphon]

Enter his gates with thanksgiving
and his courts with songs of praise.

Give thanks to him, and bless his name. [Antiphon]

Indeed, how good is the LORD,

eternal his merciful love.

He is faithful from age to age. [Antiphon]

Glory be to the Father, and to the Son,

And to the Holy Spirit.

As it was in the beginning, is now and ever shall be.

World without end. Amen.

Antiphon Come within the Lord's gates with thanksgiving, *
Enter his courts with songs of praise.

FRIDAY

Antiphon Let the peoples praise you, O God; *
let all the peoples praise you.

PSALM 67(66) Let All the Peoples Praise You

You must know that God is offering his salvation to all the world.

Acts 28:28

O God, be gracious and bless us
and let your face shed its light upon us.
So will your ways be known upon earth
and all nations learn your salvation. [Antiphon]

Let the nations be glad and shout for joy,
with uprightness you rule the peoples;
you guide the nations on earth. [Antiphon]

The earth has yielded its fruit
for God, our God, has blessed us.
May God still give us his blessing
that all the ends of the earth may revere him. [Antiphon]

Glory be to the Father, and to the Son,
And to the Holy Spirit.
As it was in the beginning, is now and ever shall be.
World without end. Amen.

Antiphon Let the peoples praise you, O God; *
let all the peoples praise you.

SATURDAY

Antiphon The Lord of hosts is with us *
The God of Jacob is our stronghold.

PSALM 46 (45) Be Still and Know That I Am God

He shall be called Emmanuel, which means: God-with-us. Mt 1:23

God is for us a refuge and strength,
an ever-present help in time of distress:
so we shall not fear though the earth should rock,
though the mountains quake to the heart of the sea;
even though its waters rage and foam,
even though the mountains be shaken by its tumult. [*Antiphon*]

The waters of a river give joy to God's city,
the holy place, the dwelling of the Most High.
God is within, it cannot be shaken;
God will help it at the dawning of the day.
Nations are in tumult, kingdoms are shaken:
he lifts his voice, the earth melts away. [*Antiphon*]

Come and behold the works of the LORD,
the awesome deeds he has done on the earth.
He puts an end to wars over all the earth;
the bow he breaks, the spear he snaps,
the shields he burns with fire:
"Be still and know that I am God,
exalted over nations, exalted over earth!" [*Antiphon*]

Glory be to the Father, and to the Son,
And to the Holy Spirit.
As it was in the beginning, is now and ever shall be,
World without end. Amen.

Antiphon The Lord of hosts is with us *
 The God of Jacob is our stronghold.

Psalter Week 1 begins p 000

Psalter Week 2 begins p 000

PSALTER WEEK ONE**MONDAY NOCTURN I**

PSALM 3

Victory at Dawn

I have power to lay down my life, and I have power to take it back again.

Jn 10:18

How many are my foes, O LÓRD!
How many are rising up agáinst me!
How many are saying abóut me,
“There is no help for him in Gód.”

But you, LORD, are a shield abóut me,
my glory, who lift up my héad.
I cry aloud to the Lórd.
From his holy mountain he ánsvers me.

I lie down, I sleep and I wáke,
for the LORD uphólds me.
I will not fear even thousands of péople
who are ranged on every side agáinst me.

Arise, LORD; save me, my God, †
you who strike all my foes on the chéek,
you who break the teeth of the wícked!
Salvation belongs to the Lórd;
may your blessing be on your péople!

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

PSALM 9

From Sheol to Sion

The Son of Man, enthroned upon the cloud, wielded his sickle over all the earth and reaped the earth's harvest. Rv 14:16

I will praise you, LORD, with all my héart;
all your wonders I will conféss.
I will rejoice in you and be glád,
and sing psalms to your name, O Most High.

See how my enemies turn bák,
how they stumble and perish befóre you.
You upheld the justice of my cáuse;
you sat enthroned, an upright júdge.

You have rebuked the nations, destroyed the wícked;
you have wiped out their name forever and éver.
The foe is destroyed, eternally rúined.
You uprooted their cities; their memory has pérished.

But the LORD sits enthroned foréver;
he has set up his throne for júdgment.
He will judge the world with jústice;
he will govern the peoples with équity.

Have mercy on me, O LORD; †
see how I suffer from my fóes,
you who raise me from the gates of déath,
That I may recount all your praise, †
at the gates of daughter Síon,
and rejoice in your salvátion.

The nations have fallen in the pit which they máde;
their feet have been caught in the snare they láid.
The LORD has revealed himself; he has given júdgment.
The wicked are snared by the work of their hánds.

Let the wicked go down to the gráve,
all the nations forgetful of Gód:
for the needy shall not always be forgóttén,
nor the hopes of the poor ever pérish.

Arise, O LORD, let human strength not prévail!
Let the nations be judged befóre you.
Strike them with terror, O LÓRD;
show the nations they are but mén.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

PSALM 10

O God, Do Not Forget the Poor

The Son of Man, enthroned upon the cloud, wielded his sickle over all the earth and reaped the earth's harvest. Rv 14:16

O LORD, why do you stand afar óff,
and hide yourself in times of distréss?
The poor are devoured by the pride of the wícked;
they are caught in the schemes that others have máde.

For the wicked boasts of his soul's desíres;
the covetous blasphemes and spurns the LÓRD.
The wicked says in his pride, "God will not púnish.
There is no God." Such are his thóughts.

His path is ever untroubled; †
your judgments are on high, far remóved.
All those who oppose him, he derídes.
In his heart he thinks, "Never shall I fálder;
Never shall misfortune be my lótt."

His mouth is full of cursing, guile, oppréssion;
under his tongue are deceit and évil.
He sits in ambush in the víllages;
in hidden places, he murders the ínnocent.

The eyes of the wicked keep watch for the hélpless.
He lurks in hiding like a lion in his láir;
he lurks in hiding to seize the póor;
he seizes the poor one and drags him away.

He crouches, preparing to spring,
and the helpless fall prey to his strength.
He says in his heart, "God forgéts,
he hides his face, never will he sée."

Arise, O LORD; lift up your hand, O Gód!
Do not forget the póor!
Why should the wicked spurn Gód,
saying in his heart, "You will not call to accóunt"?

But you have seen the trouble and sórrow.
You note it; you take it in your hánds.
The helpless one relies on yóu,
for you are the helper of the órphan.

Break the arm of the wicked and the sínner!
Pursue their wickedness till nothing remáins!
The LORD is king forever and éver.
The nations shall perish from his lánd.

O LORD, you have heard the desire of the póor.
You strengthen their hearts; you turn your éar
to give right judgment for the orphan and opprésed,
so that no one on earth may strike terror agáin.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

Ÿ Teach me to observe your law.

℞ **I will keep it with all my heart.**

SCRIPTURE READING

MONDAY NOCTURN II

PSALM 31 (30)

I Say, "You Are My God"

Father, into your hands I commend my spirit. Lk 23:46

I

In you, O LORD, I take refuge.
Let me never be put to shame.
In your justice, set me free;
incline your ear to me, and speedily rescue me.

Be a rock of refuge for me,
a mighty stronghold to save me.
For you are my rock, my stronghold!
Lead me, guide me, for the sake of your name.

Release me from the snare they have hidden,
for you indeed are my refuge.
Into your hands I commend my spirit.
You will redeem me, O LORD, O faithful God.
You detest those who serve empty idols.
As for me, I trust in the LORD.

Let me be glad and rejoice in your mercy,
for you who have seen my affliction †
and taken heed of my soul's distress,
have not left me in the hands of the enemy,
but set my feet at large.

II

Have mercy on me, O LÓRD,
for I am in distréss.
My eyes are wasted with gríef,
my soul and my bódy.

For my life is spent with sórrów,
and my years with síghs.
Affliction has broken down my stréngth,
and my bones waste awáy.

Because of all my fóes
I have become a repróach,
an object of scorn to my neighbours
and of fear to my friends.

Those who see me in the stréet
flee from mé.
I am forgotten, like someone déad,
and have become like a broken véssel.

I have heard the slander of the crówd;
terror all aróund me,
as they plot together agáinst me,
as they plan to take my lífe.

But as for me, I trust in you, O LÓRD;
I say, “You are my Gód.
My lot is in your hands, deliver me †
from the hands of my énemies
and those who pursúe me.

Let your face shine on your sérvant.
Save me in your merciful lóve.
Let me not be put to shame, O LÓRD,
for I call on yóu;
Let the wicked be shámed!
Let them be silenced in the gráve!

Let lying lips be stilled, †
that speak haughtily against the júst man
with pride and contémp't.”

III

How great is the goodness, LÓRD,
that you keep for those who féar you,
that you show to those who trúst you
in the sight of the children of mén.

You hide them in the shelter of your présence,
secure from human schéming;
you keep them safe within your tént
from disputing tóngues.

Blest be the LORD for he has wondrously shówn me
his merciful love in a fortified cíty!

“I am far removed from your síght,”
I said in my alárm.
Yet you heard the voice of my pléa
when I cried to you for hélp.

Love the LORD, all you his sáints.
 The LORD guards the fáithful.
 But the LORD will repay to the fúll
 the one who acts with príde.
 Be strong, let your heart take cóurage,
 all who hope in the LÓRD.

Glory be to the Father, and to the Són,
 And to the Holy Spírit;
 As it was in the beginning, is now, and ever sháll be,
 World without end. Amén.

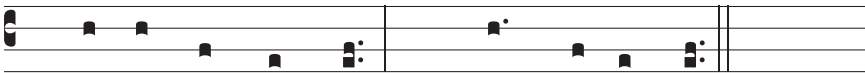
℣ Listen my people, I will speak.

℞ I am God, your God.

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE



℣ Let us bless the Lord. ℞ **Thanks be to God.**

TUESDAY NOCTURN I

PSALM 40 (39)

An Open and Ready Heart

“Behold, I come to do your will.” By this “will,” we have been consecrated through the offering of the body of Jesus Christ once for all. Heb 10:9-10

I waited, I waited for the LÓRD,
and he stooped down to me;†
he heard my crý.

He drew me from the deadly pít,
from the miry cláy.
He set my feet upon a rók,
made my footsteps fírm.

He put a new song into my móuth,
praise of our Gód.
Many shall see and féar
and shall trust in the LÓRD.

Blessed the man who has pláced
his trust in the LÓRD,
and has not gone over to the próud
who follow false góds.

How many, O LORD my Gód,
are the wonders and désigns
that you have worked for ús;
you have no équal.
Should I wish to proclaim or spéak of them,
they would be more than I can téll!

You delight not in sacrifice and offerings, †
but in an open éar.
You do not ask for holocaust and víctim.

Then I said, “See, I have cóme.”
In the scroll of the book it stands written of mé:
“I delight to do your will, O my Gód;
your instruction lies deep withín me.”

Your righteousness I have procláimed
in the great assémbly.
My lips I have not séaled;
you know it, O LÓRD.

Your saving help I have not hidden in my héart;
of your faithfulness and salvation I have spóken.
I made no secret of your merciful lóve
and your faithfulness to the great assémbly.

O LORD, you will not withhóld
your compassion from mé.
Your merciful love and your fáithfulness
will always guárd me.

For I am beset with évils
too many to be cóunted.
My iniquities have overtáken me,
till I can see no móre.
They are more than the hairs of my héad,
and my heart is sínking.

Be pleased, O LORD, to réscue me;
LORD, make haste to hélp me.
O let there be shame and confúsiön
on those who seek my life.

O let them turn back in confúsiön
who delight in my hárm.
Let them be appalled because of their sháme,
those who jeer and móck me.

O let there be rejoicing and gládnés
for all who séek you.
Let them ever say, “The LORD is gréat,”
who long for your salvátiön.

Wretched and poor though I ám,
the LORD is mindful of mé.
You are my rescuer, my hélp;
O my God, do not délay.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginnig, is now, and ever sháll be,
World without end. Amén.

PSALM 44 (43)

Brought Down Low to the Dust

*The devil will throw some of you into prison so that you may be tested.
Remain faithful unto death. Rv 2:10*

I

We heard with our own ears, O Gód;
our parents have declared to ús
the things you did in their dáys,
you yourself, in days long agó.

With your own hand you drove out the nátions,
but them you plánted;
you brought affliction on the péoples;
but them you set frée.

No sword of their own won the lánd;
no arm of their own brought them víctory.
It was your right hand and your árm,
and the light of your face, for you lóved them.

You are my king, O Gód;
you command the victories for Jácob.
Through you we beat down our fóes;
in your name we trampled our aggréssors.

For it was not in my bow that I trústed,
nor yet was I saved by my swórd:
it was you who saved us from our fóes;
those who hate us, you put to sháme.
All day long our boast was in Gód,
and we will praise your name foréver.

Yet now you have rejected us, disgráced us;
you no longer go forth with our ármies.
You make us retreat from the fóe;
those who hate us plunder us at wíll.

You make us like sheep for the sláughter,
and scatter us among the nátions.
You sell your own people for nóthing,
and make no profit by the sále.

You make us the taunt of our néighbours,
the mockery and scorn of those aróund us.
Among the nations you make us a býword;
among the peoples they shake their héads.

All day long my disgrace is befóre me;
my face is covered with sháme
at the voice of the taunter, the scóffer,
at the sight of the foe and avénger.

II

This befell us though we had not forgóttén you;
we were not false to your cóvenant.
We had not withdrawn our héarts;
our feet had not strayed from your páth.
Yet you have crushed us in a haunt of jáckals,
and covered us with the shadow of déath.

Had we forgotten the name of our Gód,
or stretched out our hands to a strange gód,
would not God have found this óut,
he who knows the secrets of the héart?
It is for you we are slain all day lóng,
and are counted as sheep for the sláughter.

Awake, O LORD! Why do you sléep?
Arise! Do not reject us foréver.
Why do you hide your fáce,
and forget our oppression and míserý?

For our soul is brought low to the dúst;
our body lies prostrate on the éarth.
Stand up and come to our hélp!
Redeem us with your merciful lóve!

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

Ÿ The LORD guides the humble in the right path.

Ŕ He teaches his way to the poor.

SCRIPTURE READING

TUESDAY NOCTURN II

PSALM 59 (58)

My Strong Tower of Safety

The mystery of lawlessness is already at work. 2 Thes 2:7

I

Rescue me, God, from my fóes;
protect me from those who attack me.
O rescue me from those who do évil,
and save me from bloodthirsty mén.

See, they lie in wait for my life;
the strong band together against me.
For no offense, no sin of mine, O LÓRD,
for no guilt of mine they rush to take their stánd.

Awake! Come to meet me, and sée!
LORD God of hosts, you are Israel's Gód.
Rouse yourself and punish the nátions;
show no mercy to evil tráitors.
Each evening they come bák;
howling like dogs, they roam about the cíty.

See how their mouths utter insults; †
their lips are like sharpened swórd.
“For who,” they say, “will héar us?”
But you, LORD, will laugh them to scórn.
You make a mockery of all the nátions.

O my Strength, for you will I watch, †
for you, O God, are my stronghold,
the God who shows me merciful love.

II

Now God will proceed before me,
God will let me look upon my foes.
Do not kill them lest my people forget;
rout them by your power, lay them low.

It is you, LORD God, who are our shield.
For the sins of their mouths and the words of their lips,
let them be caught in their pride;
for the curses and lies that they speak.

Destroy them in your anger.
Destroy them till they are no more.
Let them know that God is the ruler
over Jacob and the ends of the earth.

Each evening they come back;
they howl like dogs and roam about the city.
They prowl in search of food;
they growl till they have their fill.

As for me, I will sing of your strength,
and acclaim your mercy in the morning,
for you have been my stronghold,
a refuge in the day of my distress.

O my Strength, to you I will sing praise, †
for you, O God, are my stronghold,
the God who shows me merciful love.

Glory be to the Father, and to the Son,
And to the Holy Spirit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

PSALM 60 (59)

With God We Shall Do Bravely

In the world you will suffer. But take courage; I have overcome the world. Jn 16:33

O God, you have rejected us, and broken us.
You have been angry; come back to us.

You have made the earth quake, torn it open.
Repair what is shattered, for it sways.
You have inflicted hardships on your people,
made us drink a wine that dazed us.

For those who fear you, you gave the signal
to flee from the face of the bow.
With your right hand, grant salvation, and give answer,
that those whom you love may be free.

From his holy place God has spoken: †
“I will exult, and divide the land of Shéchem;
I will measure out the valley of Súccoath.

Mine is Gilead, mine is Manasseh; †
 Ephraim I take for my hélmét,
 Judah is my scéptre.

Moab is my washbowl; †
 on Edom I will cast my shóe.
 Over Philistia I will shout in tríumph.”

But who will lead me to the fortified cíty?
 Who will bring me to Édom?
 Have you, O God, rejécted us?
 Will you march with our armies no lónger?

Give us help against the fóe,
 for human help is váin.
 With God, we shall do brávely,
 and he will trample down our fóes.

Glory be to the Father, and to the Són,
 And to the Holy Spírit;
 As it was in the beginning, is now, and ever sháll be,
 World without end. Amén.

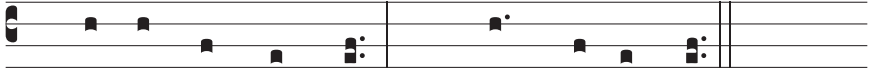
Ÿ I will listen to what the LORD has to say.

℞ **He speaks of peace for his people.**

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE



V Let us bless the Lord. *R* **Thanks be to God.**

WEDNESDAY NOCTURN I

PSALM 17 (16)

God Probes the Heart

In the days when he was in the flesh, he offered prayers and supplications with loud cries and tears to God, who was able to save him from death. Heb 5:7

O LORD, hear a cause that is júst,
pay heed to my crý.
Turn your ear to my práyer:
no deceit is on my líps.
From you may my justice come fóρθ.
Your eyes discern what is úpright.

Search my heart and visit me by níght.
Test me by fire, and you will find no wrong in mé.

My mouth does not transgress as óthers do;
on account of the words of your líps, †
I closely watched the paths of the víolent.

I kept my steps firmly in your páths.
My feet have never fálttered.

To you I call; for you will surely heed me, O Gód.
Turn your ear to me; hear my wórds.
Display your merciful lóve.
By your right hand you deliver from their foes †
those who put their trust in yóu.

Guard me as the apple of your éye.
Hide me in the shadow of your wings †
from the violent attack of the wicked.

My foes encircle me with deadly intént.
Their hearts tight shut, their mouths speak próudly.
They advance against me, and now they surróund me.
Their eyes watch to strike me to the gróund.
They are like a lion ready to cláw,
like some young lion crouched in híding.

Arise, O LORD, confront them, strike them dówn!
Let your sword deliver my soul from the wicked!
Let your hand, O LORD, deliver me from thóse
whose portion in this present life is fléeting.

May you give them their fill of your tréasures;
May their offspring rejoice in plenty, †
and leave their wealth to their children.
As for me, I shall behold your face in ríghteousness;
when I awake I shall be filled with the vision of your présence.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

PSALM 25 (24)

Lord, Show Me Your Way

*Narrow is the gate that leads to life. How rough the road,
and how few there are who find it! Mt 7:14*

I

To you, O LORD, I lift up my s oul.
In you, O my God, I have trusted;
let me not be put to sh ame;
let not my enemies exult  over me.
Let none who hope in you be put to sh ame;
but shamed are those who wantonly break f aith.

O LORD, make me know your ways. †

Teach me your p aths.

Guide me in your truth, and t each me;
for you are the God of my salv ation.
I have hoped in you all day l ong.

Remember your compassion, O L ORD,
and your merciful love, †
for they are from of  old.

Do not remember the sins of my y outh,
nor my transgressions.
In your merciful love remember me,
because of your goodness, O L ORD.

Good and upright is the L ORD;
he shows the way to sinners.
He guides the humble in right j udgment;
to the humble he teaches his w ay.

All the LORD's paths are mercy and faithfulness,
for those who keep his covenant and commands.
O LORD, for the sake of your name,
forgive my guilt, for it is great.

Who is this that fears the LÓRD?
He will show him the path to choose.
His soul shall live in happiness,
and his descendants shall possess the land.
The LORD's secret is for those who fear him;
to them he reveals his covenant.

My eyes are always on the LÓRD,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.

Relieve the anguish of my heart,
and set me free from my distress.
See my lowliness and suffering,
and take away all my sins .

See how many are my foes:
with a violent hatred they hate me.
Preserve my life and rescue me.
Let me not be put to shame, †
for in you I trust.

May integrity and virtue protect me,
for I have hoped in you, O LÓRD.
Redeem Israel, O Gód,
from all its distress.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

Ÿ All wondered at these gracious words.

℞ **They marvelled at what the LORD was saying.**

SCRIPTURE READING

WEDNESDAY NOCTURN II

PSALM 105 (104) God Remembers His Covenant Forever

If you belong to Christ, then you are Abraham's descendants, heirs according to the promise. Gal 3:29

Give thanks to the LORD; proclaim his náme.
Make known his deeds among the péoples.

I

O sing to him, sing his práise;
tell all his wonderful wórks!
Glory in his holy náme;
let the hearts that seek the LORD rejoice.

Turn to the LORD and his stréngth;
constantly seek his fáce.
Remember the wonders he has dóne,
his marvels and his words of júdgment.

O children of Abraham, his sérvant,
O descendants of the Jacob he chóse,
he, the LORD, is our Gód;
his judgments are in all the éarth.

He remembers his covenant foréver:
the promise he ordained for a thousand generátions,
the covenant he made with Ábraham,
the oath he swore to Ísaac.

He confirmed it for Jacob as a l aw,
for Israel as a covenant for ever,
saying, “I will give you the land of C anaan
to be your allotted inheritance.”

II

When they were few in n umber,
a handful of strangers in the l and,
when they wandered from nation to n ation,
from one kingdom and people to another,

He allowed no one to oppr ess them;
he admonished kings on their acc ount,
saying, “Those I have anointed, do not t ouch;
do no harm to any of my pr ophets.”

But he called down a famine on the l and;
he broke their staff of br ead.
He had sent a man ah ead of them,
Joseph, sold as a sl ave.

His feet were weighed down in ch ains,
his neck was bound with iron,
until what he said came to p ass,
and the word of the LORD proved him tr ue.

Then the king sent orders and rel eased him;
the ruler of the peoples set him fr ee.
He made him master of his h ouse
and ruler of all his poss essions,
to instruct his princes from his h eart,
and to teach his elders w isdom.

III

So Israel came into Égypt;
Jacob dwelt in the land of Hám.
He gave his people great íncrease;
he made them stronger than their fóes,
whose hearts he turned to hate his péople,
and to deal deceitfully with his sérvants.

Then he sent Moses his sérvant,
and Aaron whom he had chósen.
They performed God's signs amóng them,
and his wonders in the land of Hám.

He sent darkness, and dark was máde,
but they rebelled against his wórds.
He turned their waters into blóod,
and caused their fish to díe.

Their land was overrun by frógs,
even to the halls of their kíngs.
He spoke; there came swarms of flíes,
and gnats covered all the cóuntry.

He sent hailstones in place of the ráin,
and lightning flashing in their lánd.
He struck their vines and fíg trees;
he shattered the trees through their cóuntry.

He spoke; the locusts came fórh,
young locusts, too many to be cóunted.
They ate up every plant in the lánd;
they ate up all the fruit of their fíelds.

He struck all the firstborn in their lánd,
the first fruit of all their stréngth.
He led out Israel with silver and góld.
In his tribes were none who stúmbled.

Egypt rejoiced when they léft,
for dread had fallen upón them.
He spread a cloud as a scréen,
and fire to illumine the níght.

When they asked he sent them quáils;
he filled them with bread from héaven.
He pierced the rock and water gushed fórch;
it flowed as a river in the désert.

For he remembered his holy wórd,
spoken to Abraham his sérvant.
So he brought out his people with jóy,
his chosen ones with shouts of rejóicing.

And he gave them the lands of the nátions.
Of other peoples they possessed the tóil,
that thus they might keep his précepts,
that thus they might observe his laws.†

Allelúia!

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

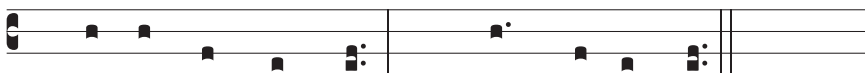
Ÿ The unfolding of your word gives light.

℞ **It teaches the simple.**

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE



Ÿ Let us bless the Lord. ℞ **Thanks be to God.**

THURSDAY NOCTURN I

PSALM 6

Nightly Flood of Tears

With authority and power Jesus commanded the unclean spirits, and they came out. Lk 4:36

O LORD, do not rebuke me in your anger; †

reprove me not in your rage.

Have mercy on me, LORD, for I languish.

LORD, heal me; my bones are shaking,
and my soul is greatly shaken.

But you, O LORD, how long?

Return, LORD, rescue my soul.

Save me in your merciful love.

For in death there is no remembrance of you; †
from the grave, who can give you praise?

I am exhausted with my groaning;

every night I drench my bed with tears,

I bedew my couch with weeping.

My eyes waste away with grief; †

I have grown old surrounded by all my foes.

Leave me, all who do evil,

for the LORD heeds the sound of my weeping.

The LORD has heard my plea;

The LORD will receive my prayer.

All my foes will be shamed and greatly shaken,
suddenly put to shame.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

PSALM 7

Divine Courtroom

If you bear with suffering for doing what is right, this is acceptable in God's eyes. 1 Pt 2:20

I

O LORD, my God, I take refuge in yóu.
Save and rescue me from all my pursúers,
lest they tear me apart like a líon,
and drag me off with no one to réscue me.

If I have done this, O LORD, my God, †
if I have paid back evil for góod,
I who saved my unjust oppréssor:
then let my foe pursue my soul and séize me;
let him trample my life to the ground, †
and lay my honour in the dúst.

O LORD, rise up in your ánger;
be exalted against the fury of my fóes.
Awake, my God, to enáct
the justice you órdered.
Let the company of peoples gather róund you,
as you take your seat above them on hígh.

II

The LORD is judge of the péoples.
Give judgment for me, O LORD, †
for I am righteous and blameless of héart.

Put an end to the evil of the wícked!
Make the righteous stand fírm;
It is you who test mind and héart,
O God of jústice!

God is a shield befóre me,
who saves the upright of héart.
God is a judge, just and powerful and pátient,
not exercising anger every dáy.

Against someone who does not repent, †
God will sharpen his swórd;
he bends his bow and makes réady.
For such a one he prepares deadly wéapons;
he barbs his arrows with fíre.

Here is one who conceives iníquity;
pregnant with malice, he gives birth to líes.
He digs a pit and bores it déep;
and in the trap he has made he fálls.
His malice recoils on his héad;
on his own skull his violence fálls.

I thank the LORD for his justice
singing to the name of the LORD, the Most High.

Glory be to the Father, and to the Son,
And to the Holy Spirit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

Ÿ LORD, open my eyes.

Ŕ Let me consider the wonders of your law.

SCRIPTURE READING

THURSDAY NOCTURN II

PSALM 18 (17)

God Brought Me Forth to Freedom

Why do you seek the living one among the dead? He is not here; he has been raised. Lk 24:5-6

I

I love you, LORD, my strength;
O LORD, my rock, my fortress, my saviour;
my God, my rock where I take refuge;
my shield, my saving strength, my stronghold.
I cry out, "Praised be the LÓRD!"
and see, I am saved from my foes.

The waves of death rose about me;
the torrents of destruction assailed me;
the snares of the grave surrounded me;
the traps of death confronted me.

In my anguish I called to the LÓRD;
I cried to my God for help.
From his temple he heard my voice;
my cry to him reached his ears.

The earth then reeled and rocked; †
the mountains were shaken to their base;
they quaked at his terrible anger.

Smoke came forth from his nostrils, †
and scorching fire from his mouth;
from him were kindled live coals.

He bent the heavens and came dówn,
a black cloud was under his féet.
On a cherub, he rode and he fléw;
he soared on the wings of the wínd.

He made the darkness his cóvering,
the dark waters of the clouds, his tént.
A brightness shone out befóre him,
with hailstones and flashes of fíre.

The LORD then thundered in the heavens; †
The Most High let his voice be héard,
with hail and coals of fíre.
He shot his arrows, scattered the fóe,
flashed his lightnings, and put them to flíght.

The bed of the ocean was revéaled;
the foundations of the world were laid báre
at your rebuke, O LÓRD,
at the blast of the breath of your nóstrils.

From on high he reached down and séized me;
he drew me forth from the mighty wáters.
He saved me from my powerful fóe,
from my enemies, whose strength I could not máтч.

They assailed me in the day of my misfórtune,
but the LORD was my strong suppórt.
He brought me out to a place of fréedom;
he saved me because he lóved me.

II

The LORD rewarded me because I was júst,
repaid me, for my hands were cléan,
for I have kept the ways of the LÓRD,
and have not fallen away from my Gód.

For his judgments are all befóre me:
his commands I have not cast asíde.
I have been blameless befóre him;
I have kept myself from guílt.
The LORD repaid me because I was júst,
and my hands were clean in his éyes.

With the faithful you show yourself fáithful;
with the blameless you show yourself blámeless.
With the sincere you show yourself sincére,
but the cunning you outdo in shréwdness;
for you save a lowly péople,
but bring low the eyes that are próud.

It is you who give light to my lámp;
the LORD my God lightens my dárkness.
With you I can break through a bárrier,
with my God I can scale a wáll.

As for God, his way is blámeless;
the word of the LORD is púre.
He indeed is the shíeld
of all who trust in hím.

For who is God but the LÓRD?
Who is a rock but our Gód?
It is God who girds me with stréngth,
and keeps my path free of bláme.

III

My feet he makes swift as the déer's;
he has made me stand firm on the héights.
He has trained my hands for báttle,
and my arms to bend the bronze bów.

You gave me your saving shield; †
with your right hand, you gave me suppórt;
you bent down to make me gréat.
You lengthened my steps benéath me;
and my feet have never slípped.

I pursued and overtook my fóes,
never turning back till they were sláin.
I struck them so they could not ríse;
they fell beneath my féet.

You girded me with strength for báttle;
you made my enemies fall benéath me.
You made my foes take flíght;
those who hated me I destróyed.

They cried out, but there was no one to sáve them,
cried to the LORD, but he did not ánsWER.
I crushed them fine as dust before the wínd,
trod them down like dirt in the stréets.

From the feuds of the people you delivered me,
and put me at the head of the nátions.
People unknown to me sérvéd me;
when they heard of me, they obéyed me.

Foreign nátions came to me cringing; †
foreign nátions faded awáy.
Trembling, they came forth from their stróngtholds.

The LORD lives, and blest be my Róck!
May the God of my salvation be exálted,
the God who gives me redrés
and subdues the peoples únder me.

You saved me from my furious foes; †
you set me above my assáilants;
you saved me from the violent mán.
So I will praise you, LORD, among the nátions;
to your name will I sing a psálm.

The LORD gives great victories to his king, †
and shows merciful love for his anóinted,
for David and his seed foréver.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

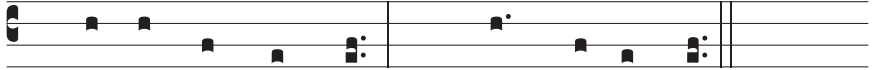
Ÿ With you is the source of life.

℞ **It is your light, O LORD, that enlightens us.**

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE

℣ Let us bless the Lord. ℟ **Thanks be to God.**

FRIDAY NOCTURN I

PSALM 22 (21)

Song of the Suffering Servant

Those who passed by derided him, wagging their heads. Mt 27:39

I

My God, my God, why have you forsáken me?
Why are you far from saving me, †
so far from my words of ánguish?
O my God, I call by day and you do not ánsWER;
I call by night and I find no rélieF.

Yet you, O God, are hóly,
enthroned on the praises of Ísrael.
In you our forebears put their trúst;
they trusted and you set them frée.
When they cried to you, they escáped;
in you they trusted and were not put to sháme.

But I am a worm, not even húman,
scorned by everyone, despised by the péople.
All who see me deríde me;
they curl their lips, they shake their héads:
“He trusted in the LORD, let him sáve him;
let him release him, for in him he délights.”

Yes, it was you who took me from the wómb,
entrusted me to my mother’s bréast.
To you I was committed from bírth;
from my mother’s womb, you have been my Gód.
Stay not far from mé;
trouble is near, and there is no one to hélp.

II

Many bulls have surrounded me,
fierce bulls of Bashan close me in.
Against me they open wide their mouths,
like a lion, rending and roaring.

Like water I am poured out,
disjointed are all my bones.
My heart has become like wax,
it is melted within my breast.

Parched as burnt clay is my throat,
my tongue cleaves to my jaws.
You lay me in the dust of death.
For dogs have surrounded me;
a band of the wicked besets me.
They tear holes in my hands and my feet;

I can count every one of my bones.
They stare at me and glóat.
They divide my clothing among them,
casting lots for my robe.

But you, O LORD, do not stay afar off;
my strength, make haste to help me!
Rescue my soul from the sword,
my life from the grip of the dog.
Save my life from the jaws of the lion,
my poor soul from the horns of wild bulls.

III

I will tell of your name to my kín,
and praise you in the midst of the assémbly;
“You who fear the LORD, give him praise; †
 all descendants of Jacob, give him glóry;
revere him, all you offspring of Ísrael.

For he has never despised
nor scorned the poverty of the póor.
From him he has not hidden his fáce,
but he heard him whenever he cried.”

You are my praise in the great assémbly.
My vows I will pay before those who féar him.
The poor shall eat and shall have their fill.
They shall praise the LORD, those who seek him. †
 May their hearts live on forever and éver!

All the earth shall remember and return to the LORD, †
 all families of the nations worship befóre him,
for the kingdom is the LORD’s, he is ruler of the nátions.
They shall worship him, all the mighty of the éarth;
before him shall bow all who go down to the dúst.

And my soul shall live for him, my offspring sérve him.
They shall tell of the LORD to generations yet to cóme,
declare his saving justice to peoples yet unbórn:
“These are the things the LORD has dóne.”

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

Ÿ My son, keep my words.

Ŕ **Keep my commandments and live.**

SCRIPTURE READING

FRIDAY NOCTURN II

PSALM 69 (68)

Taunts Have Broken My Heart

His disciples recalled the words of scripture, "Zeal for your house will consume me." Jn 2:17

I

Save me, O God, for the waters †
have risen to my néck.
I have sunk into the mud of the deep, †
where there is no fóothold.
I have entered the waters of the déep,
where the flood overwhélms me.

I am wearied with crying alóud;
my throat is párched.
My eyes are wasted awáy
with waiting for my Gód.

More numerous than the hairs on my héad
are those who hate me without cáuse.
Many are those who attáck me,
enemies with líes.
What I have never stólen,
how can I restóre?

O God, you know my fólly;
from you my sins are not hídden.
May those who hope in you not be shámed
because of me, O LORD of hósts;
may those who seek you not be put to sháme
because of me, O God of Ísrael.

It is for you that I suffer táunts,
that shame has covered my fáce.
To my own kin I have become an óutcast,
a stranger to the children of my móther.
Zeal for your house consúmes me,
and taunts against you fáll on me.

When my soul wept bitterly in fásting,
they made it a taunt agáinst me.
When I made my clothing sáckcloth,
I became a reproach to thém,
the gossip of those at the gátes,
the theme of drunkards' sóngs.

II

But I pray to you, O LÓRD,
for a time of your fávour.
In your great mercy, answer me, O Gód,
with your salvation that never fáils.

Rescue me from sinking in the múd;
from those who hate me, delíver me.
Save me from the waters of the déep,
lest the waves overwhélm me.
Let not the deep engúlf me,
nor the pit close its móuth on me.

LORD, answer, for your mercy is kínd;
in your great compassion, turn towards me.
Do not hide your face from your sérvant;
answer me quickly, for I am in distréss.
Come close to my soul and redéem me;
ransom me because of my fóes.

You know my taunts, my shame, my dishónour;
my oppressors are all befóre you.
Taunts have broken my héart;
here I am in ánguish.
I looked for solace, but there was nóne;
for consolers – not one could I fínd.

For food they gave me gáll;
in my thirst they gave me vinegar to drínk.
Let their table be a snare to thém,
and for their friends, a tráp.
Let their eyes grow dim and blínd;
let their limbs continually trémble.

Pour out your anger upón them;
let your burning fury overtáke them.
Let their camp be left désolate;
let no one dwell in their ténts:
for they persecute one whom you strúck;
they increase the pain of one whom you wóunded.

Charge them with guilt upon guilt;
let them have no share in your justice.
Blot them out from the book of the living;
do not enroll them among the righteous.
As for me in my poverty and pain,
let your salvation, O God, raise me up.

III

Then I will praise God's name with a song;
I will glorify him with thanksgiving;
a gift pleasing God more than oxen,
more than a bull with horns and hoofs.

The poor when they see it will be glad,
and God-seeking hearts will revive;
for the LORD listens to the needy,
and does not spurn his own in their chains.
Let the heavens and the earth give him praise,
the seas and everything that moves in them.

For God will bring salvation to Zion,†
and rebuild the cities of Judah,
and they shall dwell there in possession.
The children of his servants shall inherit it;
those who love his name shall dwell there.

Glory be to the Father, and to the Son,
And to the Holy Spirit;
As it was in the beginning, is now, and ever shall be,
World without end. Amen.

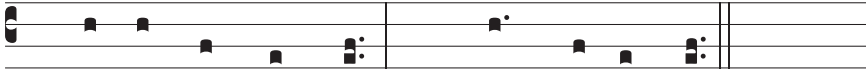
☩ My eyes yearn for your saving help.

℞ **I await the promise of your justice.**

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE



☩ Let us bless the Lord. ℞ **Thanks be to God.**

SATURDAY NOCTURN I

PSALM 68 (67)

A Highway for Our God

He who descended is the very one who ascended high above the heavens, that he might fill all humanity with his gifts. Eph 4:10

I

Let God arise; let his foes be scátted.
Let those who hate him flee from his présence.
As smoke is driven away, so drive them away;
like wax that melts before the fire, †
so the wicked shall perish at the presence of Gód.

But the just shall rejoice at the presence of God; †
they shall exult with glad rejóicing.
O sing to God; make music to his náme.
Extol the One who rides on the clóuds.
The LORD is his name; exult at his présence.

Father of orphans, defender of widows: †
such is God in his holy pláce.
God gives the desolate a home to dwéll in;
he leads the prisoners forth into prospérité,
but rebels must dwell in a parched lánd.

O God, when you went forth before your péople,
when you marched out across the désert,
the earth trembled, heavens poured down ráin:
at the face of God, the God of Sinai, †
at the face of God, the God of Isráel.

You poured down, O God, a generous ráin;
when your people languished, you restored their inhéritance.
It was there that your flock began to dwéll.
In your goodness, O God, you provided for the póor.

II

The LORD announces the commánd;
a mighty throng bears good tídings:
“The kings and armies are in headlong flíght,
while you were at rest among the shéepfolds.”

At home the women already share the spóil.
They are covered with silver as the wings of a dove,†
its feathers brilliant with shining góld.
When the Almighty scatters kings on the móuntain,
it is like snow whitening Mount Zálmon.

You, mountain of Bashan, are a mighty móuntain;
a many-peaked mountain, the mountain of Báshan.
Why look with envy, you many-peaked mountain,†
at the mountain where God has desired to dwéll?
It is there that the LORD shall dwell foréver.

The chariots of God are thousands upon thóusands.
The LORD has come from Sinai to the holy pláce.
You have ascended on high; leading captivity cáptive,
as tribute receiving prisoners, O God,†
so that even rebels, may dwell near the LORD Gód.

Day after day, may the LORD be blést.
He bears our burdens; God is our sáviour.
This God of ours is a God who sáves.
The LORD our LORD provides an escape from déath.
And God will smite the head of his fóes,
the hairy crown of him who walks about in his gúilt.

III

The LORD said, “I will bring them back from Báshan;
I will bring them back from the depth of the séa.
Then you will bathe your feet in their blóod,
and the tongues of your dogs take their share of the fóe.”

They see your solemn procession, O Gód,
the procession of my God, of my king, to the holy pláce:
the singers in the forefront, the musicians coming lást;
between them, maidens sounding their tímbrrels.

“In the sacred assembly, bless God, the LÓRD,
O you who are from the fountain of Ísrael.”
There is Benjamin, least of the tribes, at the head;†
 Judah’s princes, a mighty thróng;
Zebulun’s princes, Naphtali’s princes.

Summon forth your might, O Gód;
your might, O God, which you have shown for ús.
From your temple high in Jerúsalem,
kings will come to you bringing their tríbute.

Rebuke the wild beast that dwells in the reeds, †
the bands of the mighty and rulers of the péoples.
Scatter the peoples who delight in wár.
Rich merchants will make their way from Égypt;
Ethiopia will stretch out her hands to Gód.

You kingdoms of the earth, sing to God, praise the LÓRD
who rides on the heavens, the ancient héavens.
Behold, he thunders his voice, his mighty vóice.
Come, acknowledge the power of Gód.

His glory is on Israel; his might is in the skíes.
Awesome is God in his holy pláce.
He is God, the God of Ísrael.
He himself gives strength and power to his people. †
Blest be Gód!

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

Ÿ Come, consider the works of the LORD.

℞ He has done wonderful deeds on the earth.

SCRIPTURE READING

SATURDAY NOCTURN II

PSALM 89 (88)

Covenant Given, Covenant Broken

According to his promise, God has brought forth from this man's posterity a saviour, Jesus. Acts 13:23

I

I will sing forever of your mercies, O LÓRD;
through all ages my mouth will proclaim your fidelity.
I have declared your mercy is established foréver;
your fidelity stands firm as the héavens.

“With my chosen one I have made a cóvenant;
I have sworn to David my sérvant:
I will establish your descendants foréver,
and set up your throne through all áges.”

The heavens praise your wonders, O LÓRD,
your fidelity in the assembly of your hólý ones.
For who in the skies can compare with the LÓRD,
or who is like the LORD among the heavenly pówers?
A God to be feared in the council of the hólý ones,
great and awesome to all aróund him.

O LORD God of hosts, who is your équal?
You are mighty, O LORD, and fidelity surróunds you.
It is you who rule the raging of the séa;
it is you who still the surging of its wáves.
It is you who crush Rahab underfoot like a córpse;
you scatter your foes with your mighty árm.

The heavens are yours, the earth is yours;
you have founded the world and its fullness;
it is you who created the North and the South.
Tabor and Hermon shout for joy at your name.

Yours is a mighty arm.
Your hand is strong; your right hand is exalted.
Justice and right judgement are the pillars of your throne;
merciful love and fidelity walk in your presence.

How blessed the people who know your praise,
who walk, O LORD, in the light of your face,
who find their joy every day in your name,
who make your justice their joyful acclaim.

For you are the glory of their strength;
by your favour it is that our might is exalted;
Behold, the LORD is our shield;
he is the Holy One of Israel, our king.

II

Then you spoke in a vision.
To your faithful ones you said,
“I have set the crown on a warrior,
I have exalted one chosen from the people.

I have found my servant David,
and with my holy oil anointed him.
My hand shall always be with him,
and my arm shall make him strong.

The enemy shall never outwít him,
nor shall the son of iniquity húmble him.
I will beat down his foes befóre him,
and those who hate him I will stríke.

My mercy and my faithfulness shall be wíth him;
by my name his might shall be exálted.
I will stretch out his hand to the Séa,
and his right hand upon the Rívers.

He will call out to me, ‘You are my fáther,
my God, the rock of my salvátion.’
I for my part will make him my fírstborn,
the highest of the kings of the éarth.

I will keep my faithful love for him álways;
with him my covenant shall lást.
I will establish his descendants foréver,
and his throne as lasting as the days of héaven.

If his descendants forsake my lág
and refuse to walk as I decreé,
and if ever they violate my státutes,
failing to keep my commánds:

Then I will punish their offenses with the ród;
then I will scourge them on account of their gúilt.
But I will never take back my mércy;
my fidelity will never fáil.
I will never violate my cóvenant,
nor go back on the promise of my líps.

Once for all, I have sworn by my holiness.†

‘I will never lie to Dávid.

His descendants shall continue foréver.

In my sight his throne is like the sun;†

like the moon, it shall endure foréver,
a faithful witness in the héavens.”

III

But yet you have spurned and rejécted,
you are angry with the one you have anóinted.
You have renounced your covenant with your sérvant,
and dishonored his crown in the dúst.

You have broken down all his walls,
and reduced his fortresses to rúins.
All who pass by despóil him;
he has become the taunt of his néighbours.

You have exalted the right hand of his fóes;
you have made all his enemies rejóice.
You have turned back the edge of his swórd;
you have not upheld him in báttle.

You have brought his glory to an énd;
you have hurled his throne to the gróund.
You have cut short the days of his yóuth;
you have heaped disgrace upón him.

How long, O LORD? Will you hide yourself foréver?
How long will your anger burn like a fire?
Remember the shortness of my life,
and how frail you have made the children of mén.
Who can live and never see déath?
Who can save himself from the power of the tómb?

Where are your mercies of the past, O LÓRD,
which you swore in your faithfulness to Dávid?
Remember, O LORD, the taunts to your sérvant,
how I have to bear all the insults of the péoples.
Thus your enemies lift up a taunt, O LÓRD,
taunting your anointed at every stép.

Blest be the LORD foréver.
Amen and amén!

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

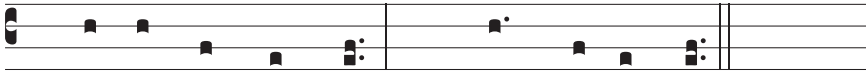
Ÿ LORD, make me know your ways.

Ŕ **Teach me your paths.**

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE



℣ Let us bless the Lord. ℟ **Thanks be to God.**

PSALTER WEEK TWO**MONDAY NOCTURN I**

PSALM 37 (36)

The Humble Shall Own the Land

All these ancestors, though approved because of their faith, did not receive what had been promised. God had foreseen something better for us. Heb 11:39-40

I

Do not fret because of the wicked;
do not envy those who do évil,
for they wither quickly like gráss
and fade like the green of the fíelds.

Trust in the LORD and do góod;
then you will dwell in the land and safely pásture.
Find your delight in the LÓRD,
who grants your heart's desíre.

Commit your way to the Lórd;
trust in him, and he will áct,
and make your uprightness shine like the líght,
the justice of your cause like the noonday sún.

Be still before the LORD and wait in pátiencie;
do not fret at the one who prospers, †
the one who makes evil plóts.

Calm your anger and forget your rage; †
do not fret, it only leads to évil.
For those who do evil shall pérish.
But those who hope in the LÓRD,
they shall inherit the lánd.

A little longer—and the wicked one is góne.
Look at his place: he is not thére.
But the humble shall own the lánd
and delight in fullness of péace.

II

The wicked one plots against the júst man
and gnashes his teeth agáinst him;
but the LORD laughs at the wícked,
for he sees that his day is at hánd.

The wicked draw the sword, bend their bóws,
to slaughter the poor and needy, †
to slay those whose ways are úpright.
Their sword shall pierce their own héarts,
and their bows shall be broken to píeces.

Better the few possessions of the júst,
than the abundant wealth of the wícked;
for the arms of the wicked shall be bróken,
and the LORD will support the júst.

The LORD takes note of the days of the blámeless;
their heritage will last foréver.
They shall not be put to shame in evil dáys;
in time of famine they shall have their fill.

But all the wicked shall pérish;
the enemies of the LORD shall be consúmed.
They are like the beauty of the méadows;
they shall vanish, they shall vanish like smóke.

The wicked borrows and does not repáy,
but the upright is generous and gíves.
Those blessed by him shall inherit the lánd,
but those cursed by him shall be cut óff.

By the LORD are the steps made fírm
of one in whose path he delíghts.
Though he stumble he shall never fáll,
for the LORD will hold him by the hánd.

I was young and now I am old,†
but I have never seen the just man forsáken
nor his children begging for bréad.
All the day he is generous and lénds,
and his children become a bléssing.

III

Then turn away from evil and do góod,
and you may abide foréver;
for indeed, the LORD loves jústice,
and will never forsake his fáithful.

The unjust shall be wiped out foréver,
and the descendants of the wicked destróyed.
The just shall inherit the lánd;
there they shall abide foréver.

The mouth of the just man utters wisdom,
and his tongue tells forth what is just.
The law of his God is in his heart;
his steps shall be saved from stumbling.

The wicked man keeps watch for the just,
and seeks an occasion to destroy him.
The LORD will not leave him in his power,
nor let him be condemned when he is judged.

Then wait for the LORD, keep to his way.
He will exalt you to inherit the land, †
and you will see the wicked destroyed.

I have seen the wicked one triumphant,
towering like a cedar of Lebanon.
I passed by again; he was gone.
I searched; he was nowhere to be found.

Mark the blameless, observe the upright;
for the peaceful man a future lies in store,
but sinners shall all be destroyed.
No future lies in store for the wicked.

But from the LORD comes the salvation of the just,
their stronghold in time of distress.
The LORD helps them and rescues them,
rescues and saves them from the wicked:†
because they take refuge in him.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

Ÿ Lead me in the way of your truth and teach me, O LORD.

Ŕ **You are the God who saves me.**

SCRIPTURE READING

DAY NOCTURN II

PSALM 52 (51)

Doom of the Deceitful

Let one who would boast, boast in the Lord. 1 Cor 1:31

I

Why do you boast of wickedness, †
you champion of évil?
Planning ruin all day lóng,
your tongue is like a sharpened rázor,
you who practice decéit!

You love evil more than góod,
falsehood more than trúth.
You love every destructive wórd,
O tongue of decéit.

Then God will break you down foréver,
and he will take you awáy.
He will snatch you from your tent, and upróot you
from the land of the líving.

The just shall see and féar.
They shall laugh and sáy,
“So this is the champion who refúsed
to take God as a strónghold,
but trusted in the greatness of wéalth
and grew powerful by wíckedness.”

But I am like a growing ólive tree
in the house of Gód.
I trust in the mercy of Gód,
forever and éver.

I will thank you forevermóre,
for this is your dóing.
I will hope in your name, for it is góod,
in the presence of your fáithful.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

Psalm 71 (70)

Confidence from Cradle to Grave

Rejoice in hope, be patient under trial, persevere in prayer. Rom 12:12

I

In you, O LORD, I take réfuge;
let me never be put to sháme.
In your justice, rescue me, frée me;
incline your ear to me and sáve me.

Be my rock, my constant refuge, †
a mighty stronghold to sáve me,
for you are my rock, my stróngthold.
My God, free me from the hand of the wícked,
from the grip of the unjust, of the oppréssor.

It is you, O LORD, who are my hópe,
my trust, O LORD, from my yóuth.
On you I have leaned from my birth; †
from my mother's womb, you have been my hélp.
At all times I give you práise.

My fate has filled many with áwe,
but you are my mighty réfuge.
My mouth is filled with your práise,
with your glory, all the day lóng.
Do not reject me now that I am óld;
when my strength fails do not forsáke me.

For my enemies are speaking abóut me;
those who watch me take counsel togéther,
saying: "God has forsaken him; fóllow him.
Seize him; there is no one to sáve him."
O God, do not stay afar óff;
O my God, make haste to hélp me!

Let them be put to shame and destróyed,
those who seek my lífe.
Let them be covered with shame and confúsiún,
those who seek to hárm me.

But as for me, I will always hópe,
and praise you more and móre.
My mouth will tell of your justice, †
and all the day long of your salvátiún,
though I can never tell it áll.

I will come with praise of your might, O LÓRD;
I will call to mind your justice, †
yours, O LORD, alóne.

II

O God, you have taught me from my yóuth,
and I proclaim your wonders still.
Even till I am old and grey-héaded,
do not forsake me, O Gód.

Let me tell of your mighty arm
to every coming generátion;
your strength and your justice, O Gód,
reach to the highest héavens.

It is you who have worked such wónders.
O God, who is like yóu?

You have made me witness many troubles and évils,
but you will give me back my lífe.
You will raise me from the depths of the éarth;
you will exalt me and console me agáin.

So I will give you thanks on the lýre
for your faithfulness, O my Gód.
To you will I sing with the hárp,
to you, the Holy One of Ísrael.
When I sing to you, my lips shall shout for jóy,
and my soul, which you have redéemed.

And all the day long my tóngue
shall tell the tale of your jústice,
for they are put to shame and disgráced,
those who seek to hárm me.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

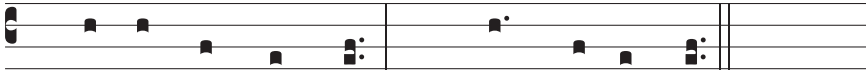
∪ Your promise is sweet to my taste, O LORD.

℞ **It is sweeter then honey in the mouth.**

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE



∪ Let us bless the Lord. ℞ **Thanks be to God.**

TUESDAY NOCTURN I

PSALM 74 (73)

Remember Your Flock

Do not fear those who deprive the body of life but cannot destroy the soul. Rather, fear the one who can destroy both soul and body in Gehenna. Mt 10:28

I

Why, O God, have you cast us off foréver?
Why does your anger blaze at the sheep of your pásture?
Remember your flock which you claimed long ago, †
the tribe you redeemed to be your own posséssion,
this mountain of Sion where you made your dwélling.

Turn your steps to these places that are utterly rúined!
The enemy has laid waste the whole of the holy pláce.
Your foes have made uproar in the midst of your assémbly;
they have set up their emblems as tokens thére.
They have wielded their axes on hígh,
as at the entrance to a grove of trées.

They have broken down all the cárvings;
they have struck together with hatchet and píckaxe.
O God, they have set your holy place on fíre;
they have razed and profaned the abode of your náme.

They said in their hearts, “We will utterly crúsh them;
we will burn every shrine of God in the lánd.”
We do not see our emblems, nor is there a próphet;
we have no one to tell us how long it will lást.

How long, O God, is the enemy to scóff?
Is the foe to insult your name foréver?
Why, O LORD, do you hold back your hánd?
Why do you keep your right hand hidden in your clóak?

II

Yet God is my king from time pást,
who bestows salvation through all the lánd.
It was you who divided the sea by your míght,
who shattered the heads of the monsters in the séa.

It was you who crushed Leviathan's héads,
and gave him as food to the beasts of the désert.
It was you who opened up springs and tórrents;
it was you who dried up ever-flowing rívers.

Yours is the day and yours is the níght;
it was you who established the light and the sún.
It was you who fixed the bounds of the éarth,
you who made both summer and wínter.

Remember this, O LORD: the enemy scóffed!
A senseless people insulted your náme!
Do not give the soul of your dove to the béasts,
nor forget the life of your poor ones foréver.

Look to the covenant; each cave in the lánd
is a place where violence makes its hóme.
Do not let the oppressed be put to sháme;
let the poor and the needy bless your náme.

Arise, O God, and defend your cause!
Remember how the senseless revile you all the day.
Do not forget the clamour of your foes,
the unceasing uproar of those who defy you.

Glory be to the Father, and to the Son,
And to the Holy Spirit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

PSALM 79 (78)

Jerusalem Destroyed

Jesus said: "If only you had known the path to peace this day!" Lk 19:42

O God, the nations have invaded your heritage; †
they have profaned your holy temple.
They have made Jerusalem a heap of ruins.
They have handed over the bodies of your servants †
as food to feed the birds of heaven,
and the flesh of your faithful to the beasts of the earth.

They have poured out their blood like water round Jerúsalem;
no one is left to bury the déad.

We have become the taunt of our neighbours,
the mockery and scorn of those around us.
How long, O LORD? Will you be angry forever?
Will your jealous anger burn like fire?

Pour out your rage on the nations, †
those that do not know you,
kingdoms that do not call upon your name.
For they have devoured Jácob
and laid waste the place where he dwélls.

Do not remember against us
 the guilt of former times.
 Let your compassion hasten to meet us;
 for we have been brought very low.

Help us, O God our saviour,
 for the sake of the glory of your name.
 Free us and forgive us our sins,
 because of your name.

Why should the nations say, "Where is their God?"
 Before our eyes make it known among the nations †
 that you avenge the blood of your servants that was shed!
 Let the groans of the prisoners come before you,
 your strong arm relieve those condemned to die.

Pay back to our neighbours seven times over
 the taunts with which they taunted you, O LÓRD.
 Then we, your people, the flock of your pasture, †
 will give you thanks forever and ever.
 From age to age we will recount your praise.

Glory be to the Father, and to the Són,
 And to the Holy Spírit;
 As it was in the beginning, is now, and ever shall be,
 World without end. Amén.

Ÿ Teach me goodness and discernment and knowledge.

℞ I trust in your commands.

SCRIPTURE READING

TUESDAY NOCTURN II

PSALM 83 (82)

They Make a Covenant Against You

Then war broke out in heaven. Michael and his angels battled against the dragon. The dragon and its angels fought back, but they did not prevail, and there was no longer any place for them in heaven. Rv 12:7-8

O God, do not be silent;
do not be still and unmoved, O Gód.
For your enemies raise a túmult;
those who hate you lift up their héads.

They plot against your péople,
conspire against those you chérish.
They say, “Come, let us destroy them as a nátion;
let not the name of Israel be remémbered.”

They conspire with a single mínd;
against you they make a cóvenant:
the camps of Edom and of Íshmael,
of Moab and Hágár,

Gebal and Ammon and Ámalek,
Philistia, with the people of Týre.
Assyria, too, is their álly,
and joins hands with the children of Lót.

Treat them like Midian, like Sísera,
like Jabin at the River Kíshon,
those who were destroyed at Éndor,
whose bodies rotted on the gróund.

Make their captains like Oreb and Zéeb,
all their princes like Zebah and Zálmunná,
the men who said, “Let us táke
the fields of God for ourséives.”

My God, scatter them like the whirlwind,
drive them like chaff in the wínd!
As fire that burns away the fórest,
as the flame that sets the mountains abláze,
drive them away with your témpest,
and fill them with terror at your stórm.

Cover their faces with sháme,
so that they seek your name, O LÓRD.
Shame and terror be theirs foréver.
Let them be disgraced; let them pérish!

Let them know that you alone, †
you whose name is the LÓRD,
are the Most High over all the éarth.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

PSALM 102 (101) Arise and Have Mercy on Sion

God comforts us in all our afflictions so that we may be able to console those who are afflicted. 2 Cor 1:4

I

O LORD, hear my prayer,
and let my cry come to you.
Do not hide your face from me
in the day of my distress.
Turn your ear toward me; †
on the day when I call,
speedily answer me.

For my days are vanishing like smoke;
my bones burn away like a furnace.
My heart is withered and dried up like the grass.
I forget to eat my bread.
Because of the sound of my groaning,
my skin clings to my bones.

I have become like a vulture in the desert,
like an owl among the ruins.
I lie awake and I moan,
like a bird alone on a roof.
All day long my foes revile me;
those who deride me use my name as a curse.

I have eaten ashes like bréad,
and mingled tears with my drínk.
Because of your anger and fúry,
you have lifted me up and thrown me dówn.
My days are like a fading shádown,
and I wither away like the gráss.

II

But you, O LORD, are enthroned foréver,
and your renown is from age to áge.

You will arise and take pity on Sion,†
for this is the time to have mércy;
yes, the time appointed has cóme.
Behold, your servants love her very stónes,
are moved to pity for her dúst.

The nations shall fear the name of the LÓRD,
and all the earth's kings your glóry.
When the LORD shall build up Síon,
he will appear in all his glóry.
Then he will turn to the prayers of the hélpless;
he will not despise their práyers.

Let this be written for ages to cóme,
that a people yet unborn may praise the LÓRD;
The LORD looked down from his holy place on hígh,
looked down from heaven to the éarth,
to hear the groans of the prísoners,
and free those condemned to díe.

May the name of the LORD be proclaimed in Sión,
and his praise in Jerúsalem,
when peoples and kingdoms are gathered as óne
to offer their worship to the LÓRD.

He has broken my strength in midcOURSE;
he has shortened my dáys.

I say: “My God, do not take me away †
before half of my days are compléte,
you, whose days last from age to áge.

Long ago you founded the earth, †
and the heavens are the work of your hánds.

They will perish but you will remáin.

They will all wear out like a garment. †

You will change them like clothes, and they chánge.
But you are the same, and your years do not énd.”

The children of your servants shall dwell untróubled,
and their descendants established befóre you.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

Ÿ Give heed my people to my teaching.

℞ **Turn your ears to the words of my mouth.**

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE



℣ Let us bless the Lord. ℟ **Thanks be to God.**

WEDNESDAY NOCTURN I

PSALM 50 (49)

God Will Not Keep Silent

Leave your gift at the altar. Go first and be reconciled with your brother, and then come and offer your gift. Mt 5:24

The God of gods, the LORD, †
has spoken and summoned the éarth,
from the rising of the sun to its sétting.
Out of Sion, the perfection of beauté,
God is shining fóρθ.

Our God comes, and does not keep sílence.
Before him fire devours; †
around him tempest ráges.
He calls on the heavens abóve,
and on the earth, to judge his péople.

“Gather my holy ones to mé,
who made covenant with me by sácrifice.”
The heavens proclaim his jústice,
for he, God, is the júdge.

“Listen, my people, I will spéak;
Israel, I will testify against you, †
for I am God, your Gód.

I do not rebuke you for your sácrifices;
your offerings are always befóre me.
I do not take more bullocks from your fárms,
nor goats from among your hérds.

For I own all the beasts of the fórest,
beasts in their thousands on my hills.
I know all the birds on the móuntains;
all that moves in the field belongs to mé.

Were I hungry, I would not téll you,
for the world and its fullness is míne.
Do I eat the flesh of búlls,
or drink the blood of góats?

Give your praise as a sacrifice to Gód,
and fulfill your vows to the Most Hígh.
Then call on me in the day of dístress.
I will deliver you and you shall hónour me.”

But God will say to the wicked, †
“How can you recite my commándments,
and take my covenant on your líps,
you who despise corréction,
and cast my words behind you,

You who see a thief and befríend him,
who throw in your lot with adúlterers,
who unbridle your mouth for évil,
and yoke your tongue to decéit,
you who sit and malign your own bróther,
and slander your own mother’s són?

You do this, and should I keep silence? †
Do you think that I am like yóu?
I accuse you, lay the charge befóre you.

Mark this, you who are forgetful of God, †
lest I seize you and none can deliver you.
A sacrifice of praise gives me honour,
and to one whose way is blameless,
I will show the salvation of God.”

Glory be to the Father, and to the Son,
And to the Holy Spirit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

PSALM 73 (72)

My Happiness Is in God

The foolishness of God is wiser than human wisdom. 1 Cor 1:25a

I

How good is God to Ísrael,
to those who are pure of héart!
As for me, I came close to stúmbing;
my feet had almost slípped,
for I was filled with envy of the próud,
when I saw how the wicked prósver.

For them there are no páins;
their bodies are sound and sléek.
They do not share in people's búrdens;
they are not stricken like óthers.

So they wear their pride like a nécklace;
they clothe themselves with víolence.
With folds of fat, their eyes protrúde.
With imagination their hearts overflów.

They scoff; they speak with málice.
From on high they threaten oppréssion.
They have set their mouths in the héavens,
and their tongues are roaming the éarth.

So the people turn to them †
and drink in all their wórds.
They say, “How can God know? †
Does the Most High have any knówledge?”
Look at them, such are the wícked;
ever prosperous, they grow in wéalth.

How useless to keep my heart púre,
and wash my hands in ínnocence,
when I was stricken all day lóng,
suffered punishment with each new mórning.
Then I said, “If I should speak like thát,
I should betray your children’s generátion.”

I strove to fathom this próblem,
too hard for my mind to understánd,
until I entered the holy place of Gód,
and came to discern their énd.

II

How slippery the paths on which you sét them;
you make them fall to destrúction.
How suddenly they come to their rúin,
swept away, destroyed by térrors.
Like a dream one wakes from, O LÓRD,
when you wake you dismiss them as phántoms.

And so when my heart grew embittered,
and I was pierced to the depths of my béing,
I was stupid and did not understánd;
I was like a beast in your síght.

As for me, I was always in your présence;
you were holding me by my right hánd.
By your counsel you will gúide me,
and then you will lead me to glóry.

What else have I in heaven but you? †
 Apart from you, I want nothing on éarth.
My body and my heart waste awáy;
God is the strength of my héart;
God is my portion foréver.

Surely, those who are far from you pérish;
you destroy all those who are un fáithful.
To be near God is my háppiness;
I have my hope in the LORD Gód.
I will proclaim your wórks
at the gates of daughter Síon.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

Ÿ My soul trusts in the word of the LORD.

℞ **My soul is longing for him.**

SCRIPTURE READING

WEDNESDAY NOCTURN II

PSALM 106 (105)

A History of Human Failures

The things that happened to them serve as a symbol: they have been written as a warning to us, upon whom the end of the ages has come.

1 Cor 10:11

I

O give thanks to the LORD, for he is good;
for his mercy endures forever.

Who can tell the LORD's mighty deeds,
or recount in full his praise?

Blessed are they who observe what is just,
who at all times do what is right.

O LORD, remember me
with the favour you show to your people.

Visit me with your saving power,
that I may see the riches of your chosen ones,
and may rejoice in the gladness of your nation,
boasting in the glory of your heritage.

Like our fathers, we have sinned.
We have done wrong; our deeds have been evil.
Our forebears, when they were in Égypt,
did not grasp the meaning of your wonders.

They forgot the great number of your mercies,
at the Red Sea defied the Most High.
Yet he saved them for the sake of his name,
in order to make known his power.

He rebuked the Red Sea; it dried úp,
and he led them through the deep as through the désert.
He saved them from the hand of the fóe;
he freed them from the grip of the ényemy.

The waters covered their oppréssors;
not one of them was léft.
Then they believed in his wórds;
then they sang his práises.

But they soon forgot his déeds,
and would not wait upon his cóunsel.
They yielded to their cravings in the désert,
and put God to the test in the wílderness.
He granted them the favour they ásked,
but struck them with a wasting dísease.

II

In the camp, they were jealous of Móses,
and also Aaron, who was holy to the LÓRD.

The earth opened and swallowed up Dáthan,
and buried the clan of Abíram.
Fire blazed up against their clán,
and flames devoured the wícked.

They fashioned a calf at Hóreb,
and worshiped an image of métal;
they exchanged their glóry
for the image of a bull that eats gráss.

They forgot the God who was their sáviour,
who had done such great things in Égypt,
such wonders in the land of Hám,
such marvels at the Red Séa.

For this he said he would destróy them,
but Moses, the man he had chósen,
stood in the breach befóre him,
to turn back his anger from destrúction.

Then they scorned the desirable lánd;
they had no faith in his wórd.
They complained inside their ténts,
and did not listen to the voice of the LÓRD.

So he raised his hand to them and swóre
that he would lay them low in the désert,
would disperse their descendants through the nátions
and scatter them throughout the lánds.

They bowed before the Baal of Péor,
ate offerings made to lifeless góds.
They roused the LORD to anger with their déeds,
and a plague broke out amóng them.

Then Phinehas stood up and intervéned.
Thus the plague was énded,
and this was counted to him as ríghteous
from age to age foréver.

III

They provoked him at the waters of Meríbah.
Through their fault it went ill with Móses,
for they made his spirit grow bitter,
and he uttered words that were rásh.

They failed to destroy the péoples,
as the LORD had commáded them;
instead they mingled with the nátions,
and learned to act as théy did.

They also served their ídols,
and these became a snare to entráp them.
They even offered their sóns
and their daughters in sacrifice to démons.

They poured out innocent blóod,
the blood of their sons and dáughters,
whom they offered to the idols of Cánaan.
The land was polluted with blóod.

So they defiled themselves by their áctions;
their deeds were those of a hárlot.
Then God's anger blazed against his péople;
he was filled with horror at his héritage.

So he handed them over to the nátions,
and their foes became their rúlers.
Their enemies also opprésed them;
they were subdued beneath their hánd.

Time after time he rescued them, †
but in their malice they dared to défy him
and were weakened even more by their guílt.
In spite of this he paid heed to their distréss,
so often as he heard their crý.

For their sake he remembered his cóvenant.
In the greatness of his mercy, he relénted,
and he let them be treated with compásson
by all who held them cáptive.

Save us, O LORD our Gód!
And gather us from the nátions,
to give thanks to your holy náme,
and make it our glory to práise you.

Blest be the LORD, God of Ísrael,
forever, from age to áge.
Let all the people sáy,
“Amen! Amen! Allelúia!”

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

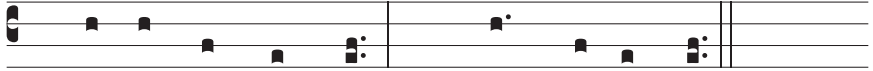
Ÿ Give heed, my people, to my teaching.

℞ **Turn your ears to the words of my mouth.**

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE

℣ Let us bless the Lord. ℟ **Thanks be to God.**

THURSDAY NOCTURN I

PSALM 12 (11)

Longing for Salvation

All the promises of God find their Yes in Christ. That is why we utter the Amen through him, to the glory of God. 2 Cor 1:20

Save me, O LORD, for the holy ones are no móre;
the faithful have vanished from the sons of mén.
They babble vanities, one to anóther,
with cunning lips, with divided héart.

May the LORD destroy all cunning líps,
the tongue that utters boastful wórds,
those who say, “We prevail with our tóngue;
our líps are our own, who is our máster?”

“For the poor who are oppressed and the needy who groan,†
now will I arise,” says the Lórd;
“I will grant them the salvation for which they lóng.”
The words of the LORD are words without álloy,
silver from the furnace, seven times refíned.

It is you, O LORD, who will keep us sáfe,
and protect us forever from this generátion.
The wicked prowł on every síde,
while baseness is exalted by the sons of mén.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

PSALM 13 (12)

Give Light to My Eyes

The true light, which enlightens everyone, was coming into the world. Jn 1:9

How long, O LORD? Will you forget me forever?

How long will you hide your face from me?

How long must I bear grief in my soul, †

have sorrow in my heart all day long?

How long shall my enemy prevail over me?

Look, answer me, LORD my Gód!

Give light to my eyes lest I fall asleep in death;

lest my enemy say, "I have overcome him";

lest my foes rejoice when they see me fall.

As for me, I trust in your merciful love.

Let my heart rejoice in your salvation.

I will sing to the LORD who has been bountiful with me

I will sing psalms to the name of the LORD Most High.

Glory be to the Father, and to the Són,

And to the Holy Spírit;

As it was in the beginning, is now, and ever shall be,

World without end. Amén.

PSALM 14 (13)

All Have Left the Right Path

When the Son of Man comes, will he find faith on earth? Lk 18:8

The fool has said in his héart,
“There is no Gód.”
Their deeds are corrupt, depráved;
no one does any góod.

From heaven the LORD looks dówn
on the human ráce,
to see if any are wíse,
if any seek Gód.

All have gone astráy,
depraved, every óne;
there is no one who does any góod;
no, not even óne.

Do none of the evildoers understánd?
They eat up my people as if eating bread; †
they never call out to the LÓRD.

There they shall tremble with féar,
for God is with the generation of the júst.
You may mock the plans of one that is póor,
but his refuge is the LÓRD.

O that Israel’s salvation might come from Sión.
When the LORD delivers his people from bondage, †
then Jacob will be glad and Israel rejóice.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

Ÿ LORD, to whom shall we go?

Ź **You have the words of eternal life.**

SCRIPTURE READING

THURSDAY NOCTURN II

PSALM 78 (77)

Not Shiloh, but Sion

*Our ancestors were all baptized into Moses in the cloud and in the sea.
These things happened as examples for us. 1 Cor 10:2,6*

I

Give ear, my people, to my téaching;
incline your ear to the words of my móuth.
I will open my mouth in a párabale
and utter hidden lessons of the pást.

The things we have heard and understóod,
the things our fathers have tóld us,
these we will not hide from their children
but will tell them to the next generátion:
the glories of the LORD and his míght,
and the marvellous deeds he has dóne.

He established a decree in Jácob;
in Israel he set up a lów.
To our fathers he gave a commánd
to make it known to their children,
that the next generation might knów it,
the children yet to be bórn.

They should arise and declare it to their children,
that they should set their hope in Gód,
and never forget God's déeds,
but keep every one of his commánds,

So that they might not be like their fáthers,
a defiant and rebellious generátion,
a generation whose heart was fíckle,
whose spirit was not faithful to Gód.

The sons of Ephraim, armed with the bów,
turned back in the day of báttle.
They failed to keep God's cóvenant,
refused to walk according to his lów.

They forgot the things he had dóne,
the wondrous works he had shówn them.
He did wonders in the sight of their fáthers,
in Egypt, in the plains of Zóan.

He divided the sea and led them thróugh,
and made the waters stand up like a wáll.
By day he led them with a clóud;
throughout the night, with a light of fíre.

He split the rocks in the désert.
He gave them plentiful drink, as from the déep.
He made streams flow out from the rók,
and made waters run down like rívers

Yet still they sinned agáinst him,
rebelled against the Most High in the désert.
In their heart they put God to the tést
by demanding the food they cráved.

They spoke against God and said:
“Can God spread a table in the wilderness?
See, he struck the rock:
water gushed forth and swept down in torrents.
But can he also give us bread?
Can he provide meat for his people?”

II

When he heard this, the LORD was angry.
A fire was kindled against Jacob; †
his anger rose against Ísrael.
For they had no faith in Gód,
and did not trust his saving power.

Yet he commanded the clouds above,
and opened the gates of heaven.
He rained down manna to eat,
and gave them bread from heaven.

Man ate the bread of angels.
He sent them abundance of food;
the east wind he stirred up in the heavens,
the south wind he directed by his might.

He rained flesh upon them like dust,
winged fowl like the sands of the sea.
He let it fall in the midst of their camp,
and all around their tents.

So they ate and had their fill,
what they craved, he gáve them.

But before they had sated their hunger,†
while the food was still in their móuths,
God's anger rose agáinst them.
He slew the strongest amóng them,
struck down the flower of Ísrael.

Despite all this, they kept on sínning;
they failed to believe in his wónders.
So he ended their days like a bréath,
and their years in sudden térror.

When he slew them, then they sóught him,
repented and earnestly sought Gód.
They would remember that God was their rók,
God the Most High their redéemer.

Yet they deceived him with their móuths;
they lied to him with their tóngues.
For their hearts were not steadfast towárd him;
they were not faithful to his cóvenant.

Yet he who is full of compásson
forgave them their sin and spáred them.
So often he held back his ánger,
and did not stir up all his ráge.

He remembered they were only flésh,
a breath that passes, never to réturn.

III

They rebelled against him often in the désert,
and caused him pain in the wásteland!

Yet again they turned and tested Gód;
they provoked the Holy One of Ísrael.
They failed to remember his déeds
on the day he saved them from the fóe,
when he worked his signs in Égypt,
his wonders in the plains of Zóan.

He turned their rivers into blóod;
they could not drink from their stréams.
He sent swarms of insects to devóur them,
and frogs to destróy them.
He gave their crops to ínsects,
the fruit of their labour to the lócust.

He destroyed their vines with háil,
their sycamore trees with fróst.
He gave up their cattle to háil,
their herds to darts of líghtning.

He unleashed on them the heat of his anger,†
fury, rage, and hávoc,
a troop of destroying ángels.

He levelled a path for his ánger.
He did not spare their lives from death,†
but gave their livestock to the plágue.
He struck all the firstborn in Égypt,
the first vigour of youth from the dwellings of Hám.

Then he brought forth his people like shéep;
like a flock he led them in the désert.
He led them safely with nothing to féar,
while the sea engulfed their fóes.

So he brought them to his holy land, †
to the mountain his right hand had wón.
He drove out the nations befóre them,
and apportioned to each their héritage.
The tribes of Israel he settled in their ténts.

With defiance they tested God Most Hígh;
they refused to obey his décrées.
They strayed, faithless like their fáthers;
they betrayed him like a treacherous bów.
They provoked God to wrath with their high pláces,
made him jealous with the idols they sérvéd.

IV

God heard this and was filled with fúry;
he utterly rejected Ísrael.
He forsook his dwelling place in Shíloh,
the tent where he dwelt with mán.

He gave his strength into captívity,
his splendour to the hands of the fóe.
He gave up his people to the swórd,
and showed his anger against his héritage.

So fire devoured their young mén,
their maidens had no wedding sóngs;
their priests fell by the swórd,
and their widows made no lámént.

Then the LORD awoke as if from sléep,
like a warrior maddened by wíne.
He struck his foes from behínd,
and put them to shame foréver.

He rejected the tent of Jóseph.
He did not choose the tribe of Éphraim,
but he chose the tribe of Júdah,
the mountain of Sion which he lóves.
He built his shrine like the héavens,
or like the earth which he founded foréver.

And he chose his servant Dávid,
and took him away from the shéepfolds.
From the care of the ewes he brought him†
to be shepherd of Jacob his péople,
of Israel his own posséssion.

He tended them with blameless héart;
with his skillful hands he léd them.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

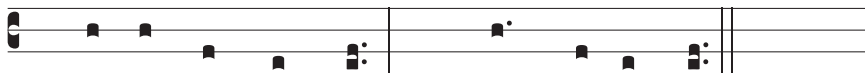
Ÿ Let your face shine on your servant.

℞ **Teach me your decrees.**

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE



Ÿ Let us bless the Lord. ℞ **Thanks be to God.**

FRIDAY NOCTURN I

PSALM 35 (34)

I Am Your Salvation

Be sober and vigilant. Your opponent the devil is prowling about like a roaring lion seeking for someone to devour. 1 Pt 5:8

I

Contend, O LORD, with my conténder;
fight those who fight mé.
Take up your buckler and shíeld;
arise in my defénce.

Take up the javelin and the spear†
against those who pursúe me.
Say to my soul, “I am your salvátion.”

Let those who seek my life
be shamed and disgráced.
Let those who plan evil agáinst me
be routed in confúsi3n.

Let them be like chaff before the wínd;
let the LORD’s angel trip them úp.
Let their path be slippery and dárk;
let the LORD’s angel pursúe them.

Unprovoked, they have hidden a net for mé;
they have dug a pit for mé
Let ruin fall up3n them,
and take them by surpríse.
Let them be caught in the net they have hídden;
let them fall in their own pít.

Then my soul shall rejoice in the LORD, †
and exult in his salvátion.

All my bones will say, †

“LORD, who is like yóu
who rescue the weak from the stróng
and the poor from the opprésor?”

II

Lying witnesses arise,
asking me questions I cannot understand.
They repay me evil for góod;
my soul is forlórn.

When they were sick I dressed in sáckcloth,
afflicted my soul with fásting,
and with prayer ever anew in my héart,
as for a brother, a friend.
I went as though mourning a móther,
bowed down with gríef.

Now that I stumble, they gladly gáther;
they gather, and móck me.
I myself do not knów them,
yet strangers tear at me céaselessly.
They provoke me with mockery on móckery,
and gnash their teeth at mé.

O LORD, how long will you look ón?
Rescue my life from their ravages, †
my soul from these líons.
Then I will thank you in the great assémbly;
amid the mighty throng I will práise you.

III

Do not let my lying foes
rejoice over mé.

Do not let those who hate me without cause
wink eyes at each óther.

They speak no peace to the quiet ones†
who live in the lánd.

Rather, they make deceitful plots,†
and, with mouths wide ópen,
they utter their cry agáinst me:

“Yes, yes! Our eyes have séen it!”

O LORD, you have seen; do not be sílent;

LORD, do not stand afar óff!

Awake! And stir to my defénce,
to my cause, O my God and my Lórd!

Vindicate me, LORD, my God,†
in accord with your jústice;
and let them not rejoice óver me.

Do not let them think in their héarts,
“Yes, we have wón.”

Do not let them sáy,
“We have destróyed him!”

Let them be shamed and brought to disgráce
who rejoice at my misfórtune.

Let them be covered with shame and confúsióin
who raise themselves agáinst me.

Let them exult and be glad†
who delight in my deliverance.

Let them say without end,
“Great is the LORD who delights
in the peace of his servant.”

Then my tongue shall speak of your justice,
and all day long of your praise.

Glory be to the Father, and to the Son,
And to the Holy Spirit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

℣ My eyes yearn for your saving help.

℞ I await the promise of your justice.

SCRIPTURE READING

FRIDAY NOCTURN II

PSALM 107 (106)

Thank the Lord for His Goodness

The Lord has sent me to proclaim liberty to captives, to let the oppressed go free. Lk 5:18

I

“O give thanks to the LORD for he is good;
for his mercy endures forever.”

Let the redeemed of the LORD say this,
those he redeemed from the hand of the foe,
and gathered from far-off lands,
from east and west, north and south.

They wandered in a barren desert,
finding no way to a city they could dwell in.
Hungry they were and thirsty;
their soul was fainting within them.

Then they cried to the LORD in their need,
and he rescued them from their distress,
and he guided them along a straight path,
to reach a city they could dwell in.

Let them thank the LORD for his mercy,
his wonders for the children of men;
for he satisfies the thirsty soul,
and the hungry he fills with good things.

Some dwelt in darkness and the shadow of déath,
prisoners in misery and cháins,
having rebelled against the words of Gód,
and spurned the plan of the Most Hígh.
He humbled their heart with tóil.
They stumbled; there was no one to hélp.

Then they cried to the LORD in their néed,
and he rescued them from their distréss.
He led them out of darkness and the shadow of déath,
and broke their chains to píeces.

Let them thank the LORD for his mércy,
his wonders for the children of mén;
for he bursts the gates of brónze,
and cuts through the iron bárs.

II

Some fell sick on account of their síns,
and were afflicted on account of their gúilt.
They had a loathing for every fód;
they drew near to the gates of déath.

Then they cried to the LORD in their néed,
and he rescued them from their distréss.
He sent forth his word to héal them,
and saved their life from destrúction.

Let them thank the LORD for his mércy,
his wonders for the children of mén.
Let them offer a sacrifice of thánks,
and tell of his deeds with rejóicing.

Some went down to the sea in shíps,
to trade on the mighty wáters.
These have seen the deeds of the LÓRD,
the wonders he does in the déep.

For he spoke and raised up the stórm-wind,
tossing high the waves of the séa
that surged to heaven and dropped to the dépths.
Their souls melted away in their distréss.

They staggered and reeled like drúnkards,
for all their skill was góne.
Then they cried to the LORD in their néed,
and he rescued them from their distréss.

He stilled the storm to a whísper,
and the waves of the sea were húshed.
They rejoiced because of the cálm,
and he led them to the haven they desíred.

Let them thank the LORD for his mércy,
his wonders for the children of mén.
Let them exalt him in the assembly of the péople,
and praise him in the meeting of the élders.

III

He changes rivers into désert,
springs of water into thirsty gróund,
fruitful land into a salty wáste,
for the wickedness of those who líve there.

He changes desert into pools of wáter,
thirsty ground into springs of wáter.
There he settles the húngry,
and they establish a city to dwéll in.

They sow fields and plant their vínes,
which yield an abundant hárvest.
He blesses them; they grow in númerbers.
He does not let their cattle decreése.

He pours contempt upon prínces,
makes them wander in trackless wástes.
They are diminished and brought lów
by oppression, evil, and sórror.

But he raises the needy from distréss;
makes families numerous as a flóck.
The upright see it and rejóice,
while all the wicked close their móuths.
Should not one who is wise recall these thínings,
and understand the merciful deeds of the LÓRD?

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

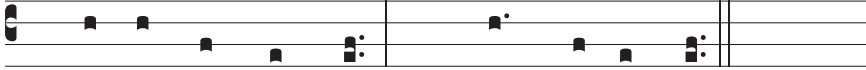
Ÿ My son, pay attention to my wisdom.

℞ Listen carefully to my words of prudence.

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE



℣ Let us bless the Lord. ℟ **Thanks be to God.**

SATURDAY NOCTURN I

PSALM 56 (55)

A Record of My Tears

Do not grow lazy, but imitate those who, through faith and patience, are inheriting the promises. Heb 6:12

Have mercy on me, O God,†
for people assail me;
they fight me all day long and opprés me.
My foes assail me all day lóng:
many fight proudly agáinst me.

On the day when I shall fear,†
I will trust in yóu,
in God, whose word I práise.
In God I trust; I shall not féar.
What can mere flesh dó to me?

All day long they distort my words;†
their every thought against me is évil.
They band together in ámbush;
they watch my very fóotsteps,
as they wait to take my lífe.

Repay them, O God, for their crímes;
in your anger, bring down the péoples.
You have kept an account of my wanderings;†
you have placed my tears in your flásk;
are they not recorded in your bóok?
Then my foes will turn bák
on the day when I call to yóu.

This I know, that God is on my síde.
In God, whose word I praise,†
 in the LORD whose word I praise,
in God I trust; I shall not féar.
What can man dó to me?

I am bound by the vows I have máde you.
O God, I will offer you práise,
for you have rescued my soul from déath;
you kept my feet from stúmbling,
that I may walk in the presence of Gód,
in the light of the líving.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

PSALM 94 (93)

Your Consolation Calms My Soul

*Keep the commandments without stain or reproach until the
appearance of our Lord Jesus Christ. 1 Tm 6:14*

I

O LORD, avenging Gód,
avenging God, shine fórh!
Judge of the earth, aríse;
give the proud what they desérve!

How long, O LORD, shall the wicked,
how long shall the wicked triumph?
They bluster with arrogant speech;
those who do evil boast to each other.

They crush your people, Lórd;
and they humble your inheritance.
They kill the widow and the stranger,
and murder the fatherless child.

And they say, "The LORD does not see;
the God of Jacob pays no heed."
Mark this, you senseless people;
fools, when will you understand?

Can he who planted the ear not hear?
Can he who formed the eye not see?
Will he who trains the nations not punish?
Will he who teaches man not have knowledge?
The LORD knows the plans of man.
He knows they are no more than a breath.

II

Blessed the man whom you discipline, O Lórd,
whom you train by means of your law;
to whom you give peace in evil days,
while the pit is being dug for the wicked.

The LORD will not abandon his people,
nor forsake those who are his heritage;
for judgment shall again be just,
and all true hearts shall uphold it.

Who will stand up for me against the wicked?
 Who will defend me from those who do evil?
 If the LORD were not to help me,
 my soul would soon go down to the silence.

When I think, "I have lost my foothold,"
 your mercy, O LORD, holds me up.
 When cares increase in my heart,
 your consolation calms my soul.

Can judges who do evil be your friends?
 They do injustice under cover of law;
 they attack the life of the just,
 and condemn the innocent to death.

As for me, the LORD will be a stronghold;
 my God will be the rock where I take refuge.
 He will repay them for their wickedness, †
 destroy them for their evil deeds.
 The LORD, our God, will destroy them.

Glory be to the Father, and to the Son,
 And to the Holy Spirit;
 As it was in the beginning, is now, and ever shall be,
 World without end. Amén.

Ÿ LORD, let me know your ways.

℞ **Teach me your paths.**

SCRIPTURE READING

SATURDAY NOCTURN II

PSALM 109 (108)

O God, Do Not Be Silent

If I had not come and spoken to them, they would have no sin. But as it is, they have no excuse for their sin. Jn 15:22

I

O God whom I praise, do not be silent,
for the mouths of deceit and wickedness †
are opened against me.

They speak to me with lying tongues;
they beset me with words of hate, †
and attack me without cause.

In return for my love, they accuse me,
while I am at prayer.
They repay me evil for good,
hatred for love.

Appoint someone wicked over him;
let an accuser stand at his right.
When he is judged, let him come out condemned;
let his prayer be considered as sin.

Let the days of his life be few;
let another assume his office.
Let his children be fatherless orphans,
and his wife become a widow.

Let his children be wanderers and béggars,
driven from the ruins of their hóme.
Let the creditor seize all his góods;
let strangers take the fruit of his wórk.

Let no one show him any mércy,
nor pity his fatherless children.
Let his posterity be destróyed,
in a generation his name blotted óut.

Let his father's guilt be remembered to the LÓRD,
his mother's sin be retained.
Let it always stand before the LÓRD,
that their memory be cut off from the éarth.

For he did not think of showing mércy,
but pursued the poor and the needy,†
 hounding to death the brokenhéarted.
He loved cursing; let curses fall ón him.
He scorned blessing; let blessing pass him bý.

He put on cursing like his coat:†
 let it sink into his body like wáter;
let it sink like oil into his bónes.
Let it be like the clothes that cóver him,
like a belt he wears all the tíme.

Let the LORD thus repay my accúers,
all those who speak evil agáinst me.

II

But you, O LORD, my LORD, †
do with me as befits your náme.
How good your merciful love! Deliver me.

For I am poor and néedy,
and my heart is pierced withín me.
I fade like an evening sháadow;
I am shaken off like a lócust.

My knees are weak from fásting;
my body is thin and gáunt.
I have become an object of scórn;
when they see me they shake their héads.

Help me, LORD my Gód;
save me with your merciful lóve.
Let them know that this is your hánd,
that this is your doing, O LÓRD.

They may curse, but you will bléss.
Let my attackers be put to shame, †
but let your servant rejóice.
Let my accusers be clothed with dishónour,
covered with shame as with a clóak.

Loud thanks to the LORD are on my líps.
I will praise him in the midst of the thróng,
for he stands at the right hand of the póor,
to save his soul from those who condémn him.

Glory be to the Father, and to the Són,
 And to the Holy Spírit;
 As it was in the beginning, is now, and ever shall be,
 World without end. Amén

PSALM 140 (139)

Rescue Me, Free Me, Lord

The Son of Man is to be handed over into the power of the wicked.
 Mt 26:45

Rescue me, LORD, from evil mán;
 from the violent man keep me sáfe,
 from those who plan evil in their héarts,
 and stir up strife every dáy;
 who sharpen their tongue like an ádder's,
 with the poison of viper on their líps.

LORD, guard me from the hands of the wicked;†
 from the violent keep me sáfe;
 they plan to make me stúmbler.
 The proud have hidden a trap,†
 have spread out lines in a nét,
 set snares across my páth.

I have said to the LORD, "You are my Gód."
 Give ear, O LORD, to the cry of my appéal!
 LORD, my LORD, my mighty hélp,
 you shield my head in the báttle.
 Do not grant, O LORD, the wicked their desíre,
 nor let their plots succéed.

Those surrounding me lift up their héads.
 Let the malice of their speech overwhélm them.
 Let coals of fire rain upón them.
 Let them be flung in the abyss, no more to ríse.
 Let the slanderer not endure upon the éarth.
 Let evil quickly trap the víolent!

I know the LORD will avenge the póor,
 that he will do justice for the néedy.
 Truly the just will give thanks to your náme;
 the upright shall live in your présence.

Glory be to the Father, and to the Són,
 And to the Holy Spírit;
 As it was in the beginning, is now, and ever sháll be,
 World without end. Amén.

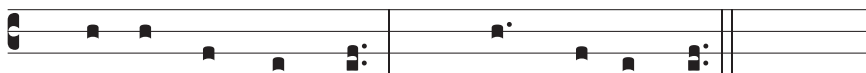
℣ We never cease to pray for you.

℞ **We ask God to fill you with knowledge of his will.**

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE



℣ Let us bless the Lord. ℞ **Thanks be to God.**

VIGILS FOR SUNDAYS

OPENING VERSICLE

O

God, come to my aid. *R* O Lord, make haste

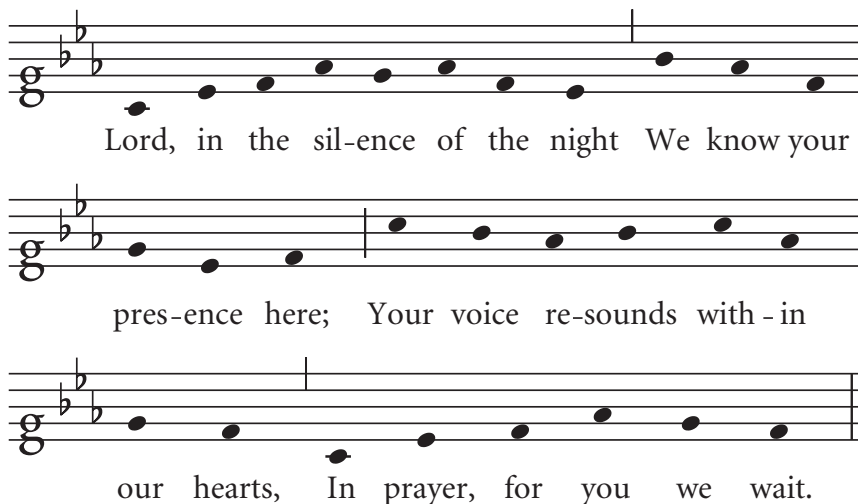
to help me. Glory be to the Father, and to the Son,

and to the Holy Spirit. As it was in the beginning, is

now and ever shall be, world † without end. Amen.

Al-le-lu-ia. *In Lent:* † without end. Amen.

HYMN



Lord, in the sil-ence of the night We know your
pres-ence here; Your voice re-sounds with - in
our hearts, In prayer, for you we wait.

- 2 Great Word of God, in darkest night
You came, like falling dew.
O Saviour, light of all the world,
Be with us at this hour.
- 3 LORD, in the stillness of the night
Your Spirit moves and breathes;
Strength of all being and all life,
enfold us in your love.

SUNDAY NOCTURN I

PSALM 1

Like a Tree That Is Planted

“Let anyone who thirsts come to me and drink. Whoever believes in me, as scripture says: ‘Rivers of living water will flow from within him.’” Jn 7:37-38

Blessed indeed is the mán
 who follows not the counsel of the wicked,
 nor stands in the path with sínners,
 nor abides in the company of scórners,
 but whose delight is the law of the Lórd
 and who ponders his law day and níght.

He is like a tree that is planted†
 beside the flowing wáters,
 that yields its fruit in due séason,
 and whose leaves shall never fáde;
 and all that he does shall próspér.

Not so are the wicked, not só !
 For they, like winnowed chaff, †
 shall be driven away by the wínd.

When the wicked are judged they shall not ríse,
 nor shall sinners in the council of the ríghteous;
 for the LORD knows the way of the ríghteous,
 but the way of the wicked will pérish.

Glory be to the Father, and to the Són,
 And to the Holy Spírit;
 As it was in the beginning, is now, and ever sháll be,
 World without end. Amén.

PSALM 2

Today I Have Begotten You

What God promised our ancestors he has brought to fulfillment for us, their children, by raising up Jesus, as it is written in the second psalm.

Acts 13:32-33

Why do the nations conspire,
and the peoples plot in vain?
They arise, the kings of the earth;
princes plot against the LORD and his Anointed.
“Let us burst asunder their fetters.
Let us cast off their chains from us.”

He who sits in the heavens laughs;
the LORD derides and mocks them.
Then he will speak in his anger,
his rage will strike them with terror.
“It is I who have appointed my king
on Zion, my holy mountain.”

I will announce the decree of the LORD: †
The LORD said to me, “You are my Son.
It is I who have begotten you this day.
Ask of me and I will give you †
the nations as your inheritance,
and the ends of the earth as your possession.
With a rod of iron you will rule them;
like a potter’s jar you will shatter them.”

So now, O kings, understand;
 take warning, rulers of the éarth.
 Serve the LORD with fear; †
 exult with trembling, pay him your hómage,
 lest he be angry and you perish on the wáy,
 for suddenly his anger will bláze.
 Blessed are all who trust in Gód!

Glory be to the Father, and to the Són,
 And to the Holy Spírit;
 As it was in the beginning, is now, and ever sháll be,
 World without end. Amén.

PSALM 23 (22)

God, Shepherd and Host

When I go and prepare a place for you, I will come again and take you to myself, so that where I am you also may be. Jn 14:3

The LORD is my shépherd;
 there is nothing I shall wánt.
 Fresh and green are the pástures
 where he gives me repóse.
 Near restful waters he léads me;
 he revives my sóul.

He guides me along the right páth,
 for the sake of his náme.
 Though I should walk in the valley of the shadow of death, †
 no evil would I fear, for you are wíth me.
 Your crook and your staff will give me cómfort.

You have prepared a table before me
in the sight of my foes.

My head you have anointed with oil;
my cup is overflowing.

Surely goodness and mercy shall follow me
all the days of my life.

In the LORD's own house shall I dwell
for length of days unending.

Glory be to the Father, and to the Son,
And to the Holy Spirit;
As it was in the beginning, is now, and ever shall be,
World without end. Amen.

℣ Let the word of Christ dwell with you in all its richness.

℞ **Teach and instruct each other, in all wisdom.**

SCRIPTURE READING

SUNDAY NOCTURN II

PSALM 76 (75) More Majestic than the Everlasting Mountains

Behold, the Lion of the tribe of Judah, the shoot of David, has conquered. Rv 5:5

God is renowned in Júdah;
in Israel his name is gréat.
His tent is set in Sálem,
and his dwelling place in Zíon.
It was there he broke the flaming árrrows,
the shield, the sword, the ármour.

Resplendent are you, more majéstic
than the everlasting móuntains.
The stout-hearted, despoiled, slept in déath;
none of the soldiers could lift a hánd.
At your threat, O God of Jácob,
horse and rider lay stúnned.

You, you alone, strike térror.
Who can stand in your presence, †
against the might of your wráth?

You uttered your sentence from the héavens;
the earth in terror was stíll
when you arose, O God, to júdge,
to save all the humble of the éarth.

For the rage of man only serves to praise you; †
you surround yourself with the survivors of wráth.
Make vows to the LORD your God and fulfill them.
Let all around him pay tribute to the One who strikes térror,
who cuts short the breath of princes, †
who strikes terror in the kings of the éarth.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

PSALM 103 (102)

The Healer of Every Ill

We do not have a high priest who is unable to sympathize with our weaknesses. So let us confidently approach the throne of grace.
Heb 4:15-16

I

Bless the LORD, O my sóul,
and all within me, his holy náme.
Bless the LORD, O my sóul,
and never forget all his bénéfices.

It is the LORD who forgives all your síns,
who heals every one of your ílls,
who redeems your life from the gráve,
who crowns you with mercy and compásson,
who fills your life with good thínigs,
renewing your youth like an éagle's.

The LORD does just déeds,
gives full justice to all who are opprésed.
He made known his ways to Móses,
and his deeds to the children of Ísrael.

The LORD is compassionate and grácious,
slow to anger and rich in mércy.
He will not always find fáult;
nor persist in his anger foréver.
He does not treat us according to our síns,
nor repay us according to our fáults.

For as the heavens are high above the éarth,
so strong his mercy for those who féar him.
As far as the east is from the wést,
so far from us does he remove our transgréssions.

As a father has compassion on his children,
the LORD's compassion is on those who féar him.
For he knows of what we are máde;
he remembers that we are dúst.

II

Man, his days are like gráss;
he flowers like the flower of the fíeld.
The wind blows, and it is no móre,
and its place never sees it agáin.

But the mercy of the LORD is everlasting †
upon those who hold him in féar,
upon children's children his jústice,
for those who keep his cóvenant,
and remember to fulfill his commánds.

The LORD has fixed his throne in heaven, †
and his kingdom is ruling over áll.
Bless the LORD, all you his ángels,
mighty in power, fulfilling his wórd,
who heed the voice of his wórd.

Bless the LORD, all his hósts,
his servants, who do his wíll.
Bless the LORD, all his wórks, †
in every place where he rúles.
Bless the LORD, O my sóul!

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
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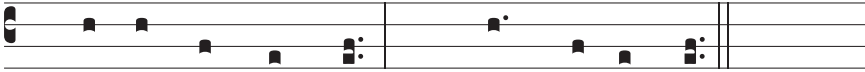
Ÿ My son, pay attention to my words.

℞ Listen carefully to what I say.

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE



℣ Let us bless the Lord. ℟ **Thanks be to God.**

SUNDAY NOCTURN I

PSALM 34 (33)

Taste and See

I myself am the bread of life; no one who comes to me will ever be hungry. Jn 6:35

I will bless the LORD at all times;
praise of him is always in my mouth.
In the LORD my soul shall make its boast;
the humble shall hear and be glad.

Glorify the LORD with me;
together let us praise his name.
I sought the LORD, and he answered me;
from all my terrors he set me free.

Look toward him and be radiant;
let your faces not be abashed.
This lowly one called; the LORD heard,
and rescued him from all his distress.

The angel of the LORD is encamped
around those who fear him, to rescue them.
Taste and see that the LORD is good.
Blessed the man who seeks refuge in him.

Fear the LORD, you his holy ones.
They lack nothing, those who fear him.
The rich suffer want and go hungry,
but those who seek the LORD lack no blessing.

Come, children, and héar me,
that I may teach you the fear of the LÓRD,
Who is it that desires lífe
and longs to see prosperous dáys?

Guard your tongue from évil,
and your lips from speaking decéit.
Turn aside from evil and do góod.
Seek after peace, and pursúe it.

The LORD turns his eyes to the júst,
and his ears are open to their crý.
The LORD turns his face against the wícked
to destroy their remembrance from the éarth.

When the just cry out, the LORD héars,
and rescues them in all their distréss.
The LORD is close to the brokenhéarted;
those whose spirit is crushed he will sáve.

Many are the trials of the júst man,
but from them all the LORD will réscue him.
He will keep guard over all his bónes;
not one of his bones shall be bróken.

Evil brings death to the wícked;
those who hate the just man are dóomed.
The LORD ransoms the souls of his sérvants.
All who trust in him shall not be condénned.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

PSALM 66 (65)

Through Fire and Water

The genuineness of your faith, more precious than gold which though perishable is tested by fire, shall redound to praise and glory and honour at the revelation of Jesus Christ. 1 Pet 1: 7

I

Cry out with joy to God, all the éarth;
O sing to the glory of his náme.
O render him glorious práise.
Say to God, “How awesome your déeds!

Because of the greatness of your stréngth,
your enemies cower befóre you.
Before you all the earth shall bow dówn,
shall sing to you, sing to your náme!”

Come and see the works of Gód:
awesome his deeds among the children of Ádam.
He turned the sea into dry lánd;
they passed through the river on fóot.

Let our joy, then, be in hím;
he rules forever by his míght.
His eyes keep watch on the nátions:
let rebels not exalt themsélves.

O peoples, bless our Gód;
let the voice of his praise resóund,
of the God who gave life to our sóuls
and kept our feet from stúmbling.

For you, O God, have tésted us,
you have tried us as silver is tríd;
you led us, God, into the snáre;
you laid a heavy burden on our bákks.

You let people ride over our heads; †
we went through fire and through wáter,
but then you brought us to a place of plénty.

II

Burnt offering I bring to your hóuse;
to you I will pay my vóws,
the vows which my lips have úttered,
which my mouth declared in my dístress.

I will offer you burnt offerings of fatlings †
with the smoke of sacrificial ráms.
I will offer bullocks and góats.

Come and hear, all who fear Gód;
I will tell what he did for my sóul.
To him I cried alóud,
with exaltation ready on my tóngue.

Had I considered evil in my héart,
the LORD would not have lístened.
But truly God has lístened;
he has heeded the voice of my práyer.
Blest be God, who did not reject my práyer,
nor withhold from me his merciful lóve.

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever sháll be,
World without end. Amén.

Ÿ Blessed are your eyes for they see.

Ŕ Blessed are your ears for they hear.

SCRIPTURE READING

SUNDAY NOCTURN II

PSALM 104 (103)

God, Creator and Provider

In Christ were created all things in heaven and on earth the visible and invisible. Col 1: 16

I

Bless the LORD, O my s oul!
O LORD my God, how great you  re,
clothed in majesty and h onour,
wrapped in light as with a r obe!

You stretch out the heavens like a t ent.
On the waters you establish your dwelling.
You make the clouds your ch ariot;
you ride on the wings of the w ind.
You make the winds your m essengers,
flame and fire your s ervants.

You set the earth on its foundation,
immovable from age to  ge.
You wrapped it with the depths like a clo ak;
the waters stood higher than the m ountains.
At your threat they took to fl ight;
at the voice of your thunder they fl ed.

The mountains rose, the valleys descended,
to the place which you had appointed them.
You set limits they might not p ass,
lest they return to cover the  arth.

You make springs gush forth in the valleys;
they flow in between the hills.
They give drink to all the beasts of the field;
the wild asses quench their thirst.
There the birds of heaven build their nests;
from the branches they sing their song.

II

From your dwelling you water the hills;
by your works the earth has its fill.

You make the grass grow for the cattle
and plants to serve mankind's need.
That he may bring forth bread from the earth
and wine to cheer people's hearts;
oil, to make faces shine,
and bread to strengthen the heart of man.

The trees of the LORD drink their fill,
the cedars he planted on Lebanon;
there the birds build their nests;
on the treetop the stork has her home.
For the goats the lofty mountains,
for the rabbits the rocks are a refuge.

You made the moon to mark the months;
the sun knows the time for its setting.
You spread the darkness, it is night,
and all the beasts of the forest creep forth.
The young lions roar for their prey,
and seek their food from God.

At the rising of the sun they gáther;
and they go to lie down in their déns.
Man goes forth to his wórk,
to labour till evening fálls.

How many are your works, O LÓRD!
In wisdom you have made them all. †
The earth is full of your créatures.

III

Vast and wide is the span of the sea, †
with its creeping things past cóunting,
living things great and smáll.
The ships are moving thére,
and Leviathan you made to pláy with.

All of these look to yóu
to give them their food in due séason.
You give it, they gather it úp;
you open wide your hand, they are well filled.

You hide your face, they are dismayed; †
you take away their breath, they díe,
returning to the dust from which they cáme.
You send forth your spirit, and they are créated,
and you renew the face of the éarth.

May the glory of the LORD last foréver!
May the LORD rejoice in his wórk!
He looks on the earth and it trémbles;
he touches the mountains and they smóke.

I will sing to the LORD all my life,
sing psalms to my God while I live.
May my thoughts be pleasing to him.
I will rejoice in the Lord.

Let sinners vanish from the earth, †
and the wicked exist no more.
Bless the LORD, O my soul. Allelúia!

Glory be to the Father, and to the Són,
And to the Holy Spírit;
As it was in the beginning, is now, and ever shall be,
World without end. Amén.

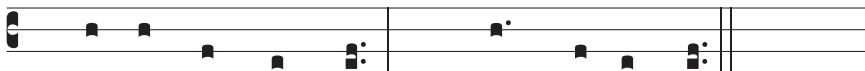
℣ The word of God is something alive and active.

℞ **It cuts more finely than any double-edged sword.**

PATRISTIC READING

COLLECT *(from the Proper of Seasons or Saints)*

THE CONCLUSION OF THE OFFICE



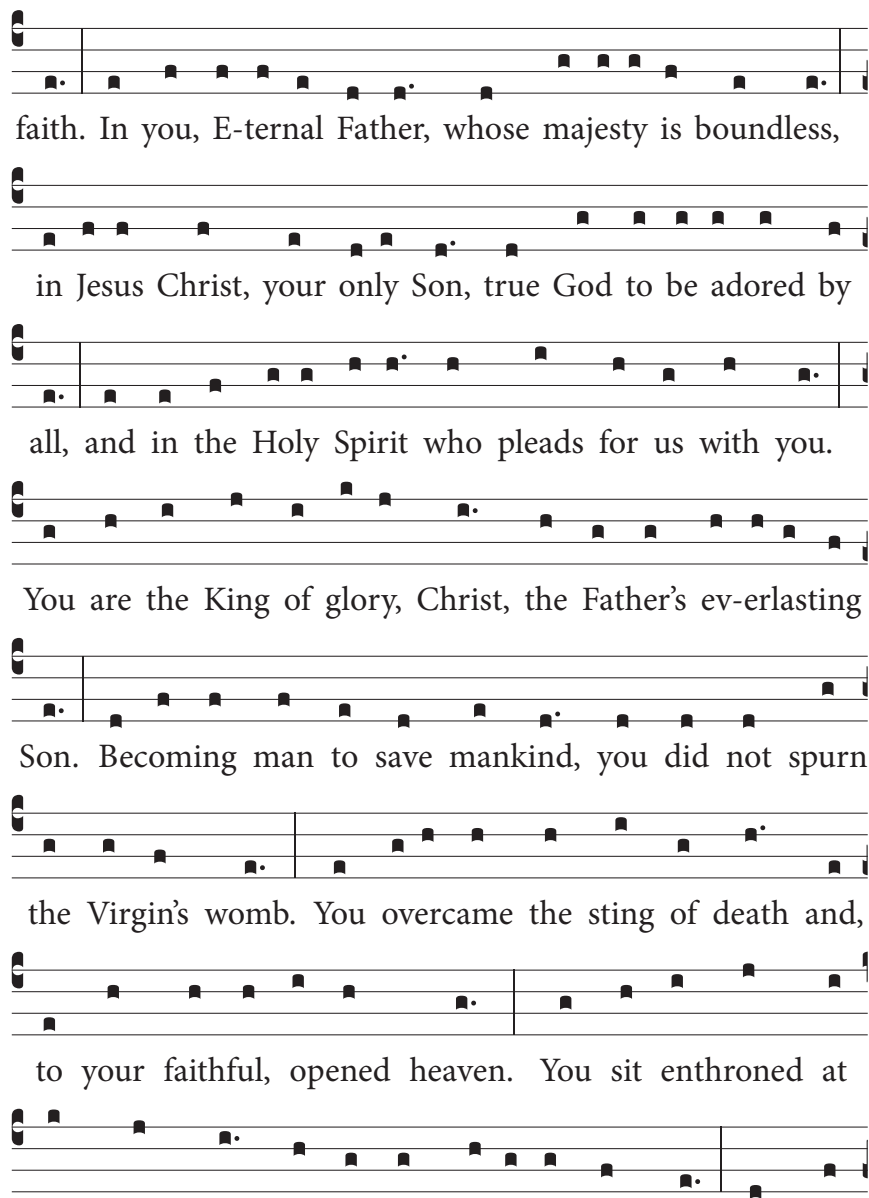
℣ Let us bless the Lord. ℞ **Thanks be to God.**

TE DEUM

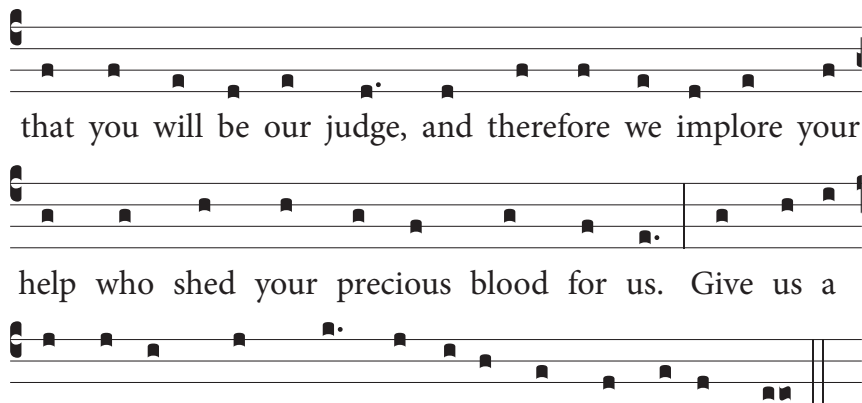
© Stanbrook Abbey Music

3

To you, O God, we give our praise, * acclaiming
 you to be the Lord. To you, E-ternal Father, the world
 bows down in homage. The angels and angelic Powers all
 sing your ev-erlasting praise. They cry out, 'Holy, holy,
 the Lord our God is holy!' You fill the heavens and all
 the earth with glory and with majesty. The twelve apostles
 praise you, the prophets and the martyrs. Throughout the
 world, from end to end, your holy church proclaims her



faith. In you, E-ternal Father, whose majesty is boundless,
in Jesus Christ, your only Son, true God to be adored by
all, and in the Holy Spirit who pleads for us with you.
You are the King of glory, Christ, the Father's ev-erlasting
Son. Becoming man to save mankind, you did not spurn
the Virgin's womb. You overcame the sting of death and,
to your faithful, opened heaven. You sit enthroned at
God's right hand, the Father's glory is your own. We know



that you will be our judge, and therefore we implore your
help who shed your precious blood for us. Give us a
place among your saints, in glory that will never end.

The image shows three staves of musical notation. Each staff begins with a treble clef and a common time signature (C). The notes are represented by square black symbols on the lines of the staff. The first staff contains the text 'that you will be our judge, and therefore we implore your'. The second staff contains 'help who shed your precious blood for us. Give us a'. The third staff contains 'place among your saints, in glory that will never end.' and ends with a double bar line.