

There are very many different ways of using the psalms.

The practice, fostered by the Roman Missal, of using a selected number of verses from a psalm before the Gospel has not, as far as we know, been printed in what might be called the collegiate responsorial form - alternating verses between a reader and the rest of the congregation. This collection is therefore offered as a useful resource, especially for weekday Eucharists.

These psalms, and a selected number of canticles, have been used for the last five years on a very regular basis at St Martin's Church, Heaton and have been edited to combine traditional cadences and poetic flow with inclusive language and an easy grasp of meaning.

*Canticle:* [Judith 16]

I will sing to my God a new song:

'O Lord, you are great and glorious,  
wonderful in strength, invincible.

**Let all your creatures serve you,  
for you spoke and they were made.**

You sent forth your Spirit, and it formed them;  
there is none that can resist your voice.

**For the mountains shall be shaken  
to their foundations;  
before your glance the rocks  
shall melt like wax.**

To those who fear you, you show mercy,  
for though every offering can be a fragrant sacrifice,  
even burnt offerings are but a small thing;

**it is those who fear the Lord  
who shall be counted great for all time'.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Canticle:* The Magnificat

My soul proclaims the greatness of the Lord:  
my spirit rejoices in God my Saviour.

**For he has looked with favour  
on his lowly servant;  
from this day**

**all generations will call me blessed.**

The Almighty has done great things for me,  
and holy is his name.

**He has mercy on those who fear him  
in every generation.**

He has shown the strength of his arm;  
he has scattered the proud in their conceit.

**He has cast down the mighty  
from their thrones  
and has lifted up the lowly.**

He has filled the hungry with good things  
and the rich he has sent empty away.

**He has come to the help of his servant, Israel,  
for he has remembered his promise of mercy.**

The promise he made to our forebears:  
to Abraham and his children for ever.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Canticle:* The Benedictus

Blessed be the Lord, the God of Israel,  
for he has come to his people and set them free.

**He has raised up for us a mighty Saviour,  
born of the house of his servant, David.**

Through his holy prophets he promised of old,  
that he would save us from our enemies,  
from the hands of all that hate us.

**He promised to show mercy to our forefathers  
and to remember his holy covenant.**

This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies,

**free to worship him without fear,  
holy and righteous in his sight all the days of our life.**

You, my child, shall be called the prophet of the Most High,  
for you shall go before the Lord to prepare his way.

**To give his people knowledge of salvation  
by the forgiveness of all their sins.**

In the tender compassion of our God,  
the dawn from on high shall break upon us,

**to shine on those who dwell in darkness  
and the shadow of death,  
and to guide our feet in the way of peace.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever, Amen**

*Benedicite (shorter version)*

Bless the Lord all you works of the Lord:

Sing his praise and exult him for ever.

**Bless the Lord you heavens:**

**Sing his praise and exult him for ever:**

Bless the Lord you angels of the Lord

Sing his praise and exult him for ever.

**Bless the Lord all people on earth:**

**O People of God, bless the Lord:**

Sing his praise and exult him for ever.

**Bless the Lord you priests of the Lord:**

**Sing his praise and exult him for ever.**

Bless the Lord you servants of the Lord:

Sing his praise and exult him for ever.

**Bless the Lord, all you of upright spirit:**

**Sing his praise and exult him for ever.**

*Canticle:* The Song of Christ's Glory

Christ Jesus was in the form of God,  
but he did not cling to equality with God.

**He emptied himself,  
taking the form of a servant,  
and was born in our human likeness.**

Being found in human form, he humbled himself,  
and became obedient unto death,  
even death on a cross;

**Therefore, God has highly exalted him,  
and bestowed on him**

**the name above every name,**  
that at the name of Jesus, every knee shall bow,  
in heaven and on earth and under the earth.

**And every tongue confess  
that Jesus Christ is Lord,  
to the glory of God the Father.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever, Amen**

*Canticle:* Jesus, Saviour of the World

Jesus, Saviour of the world, come to us in your mercy:  
we look to you to save and help us.

**By your cross and your life laid down  
you set your people free:**

**we look to you to save and help us.**

When they were ready to perish, you saved your disciples:  
we look to you to come to our help.

**In the greatness of your mercy, loose us from our chains,  
forgive the sins of all your people.**

Make yourself known as our saviour and mighty deliverer;  
save and help us that we may praise you.

**Come now and dwell with us, Lord Jesus Christ;  
hear our prayer and be with us always.**

And when you come in your glory, make us to be one with you  
and to share the life of your Kingdom.

**Glory be to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Canticle:* Blessed are you

Blessed are you, God of Israel, for ever and ever,  
for yours is the greatness, the power,  
the glory the splendour and the majesty.

**Everything in heaven and on earth is yours;  
yours is the kingdom, O Lord,  
and you are exalted as head over all.**

True wealth and honour come from you  
and you are exalted as head over all.

**In your hand are power and might;  
yours it is to give power and strength to all.**

And now we give you thanks, our God,  
and praise your glorious name.

**For all things come from you,  
and of your own have we given you.**

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Canticle:* There shall come forth

There shall come forth a shoot from the stock of Jesse,  
and a branch shall grow out of his roots.

**And the Spirit of the Lord shall rest upon him,  
the spirit of wisdom and understanding,**

The Spirit of counsel and might,  
the spirit of knowledge and the fear of the Lord.

**He shall not judge by what his eyes see,  
or decide by what his ears hear,**

But with righteousness he shall judge the poor,  
and decide with equity for the meek of the earth.

**The wolf shall dwell with the lamb,  
and the leopard shall lie down with the kid.**

The calf and the lion cub together,  
with a little child to lead them.

**They shall neither hurt nor destroy  
in all my holy mountain,**

**for the earth shall be full of the knowledge of the Lord  
as the waters cover the sea.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen**

*Canticle:* A Song of Lamentation

Is it nothing to you, all you who pass by?

Look and see if there is any sorrow like my sorrow.

**For these things I weep; my eyes flow with tears;  
for a comforter is far from me, one to revive my courage.**

Remember my affliction and my bitterness,

the wormwood and the gall!

**'But the Lord is my portion', says my soul,  
'therefore I will hope in him.'**

The Lord is good to those who wait for him,

to the soul who seeks him.

**It is good that we should wait quietly  
for the salvation of the Lord.**

For the Lord will not reject us for ever,

through the depth of our grief he will have compassion;

**according to the abundance of his steadfast love,  
he does not willingly afflict or grieve anyone.**

Glory be to the Father, and to the Son,

and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Canticle:* The Song of the Blessed

Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.

**Blessed are those who mourn,  
for they shall be comforted.**

Blessed are the meek,  
for they shall inherit the earth.

**Blessed are those who hunger  
and thirst for what is right,  
for they shall be satisfied.**

Blessed are the merciful,  
for mercy shall be shown to them.

**Blessed are the pure in heart,  
for they shall see God.**

Blessed are the peacemakers,  
for they shall be called the children of God.

**Blessed are those who are persecuted  
for righteousness sake,  
for theirs is the Kingdom of heaven.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Canticle:* The Easter Anthems [ASB]

Christ our Passover has been sacrificed for us:  
so let us therefore celebrate the feast;

**not with the old leaven of corruption and wickedness:  
but with the unleavened bread of sincerity and truth.**

Christ once raised from the dead dies no more:  
death has no more dominion over him.

**In dying to sin once for all:  
in living he lives to God.**

See yourselves therefore as dead to sin  
and alive to God in Jesus Christ our Lord.

**Christ has been raised from the dead,  
the first fruits of those who sleep.**

For as by man came death:  
by man has come also the resurrection of the dead;

**for as in Adam all die,  
even so in Christ shall all be made alive.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Canticle:* Now that we have been justified through faith  
Now that we have been justified through faith,  
we are at peace with God  
through Jesus Christ our Lord.

**And so we rejoice in our hope  
of the splendour of God  
and we even exult in the sufferings we endure.**

For our hope was not in vain  
because God had flooded our inmost hearts  
through the Holy Spirit which has been given to us.

**When we were still powerless,  
Christ died for the ungodly;  
he died for us, while we were still sinners,  
and so God's love for us is revealed.**

We are more than conquerors  
through Christ who loved us,  
for nothing can separate us from the love of God  
which is ours, through Jesus Christ.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Canticle:* Blessed be the God and Father

Blessed be the God and Father,

who in his great mercy gave us a new birth as his children.

**He has raised Jesus Christ from the dead,  
so that we have a sure hope in him.**

We have the promise of an inheritance that can never be spoilt,  
because it is kept for us in heaven.

**The ransom that was paid to free us  
was not paid in silver or gold,**

but in the precious blood of Christ,  
the Lamb without spot or stain.

**God raised him from the dead and gave him glory  
so that we might have faith and hope in God.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 1]

Blessed are they who have not walked  
in the way of the wicked,  
nor lingered in the way of sinners  
nor sat in the assembly of the scoffers.

**Their delight is in the law of the Lord  
and they meditate on his law day and night.**

Like a tree planted by streams of water  
bearing fruit in due season  
with leaves that do not wither,  
whatever they do, it shall prosper.

**As for the wicked it is not so with them;  
they are like chaff which the wind blows away.**

Therefore the wicked shall not be able  
to stand in the judgement,  
nor the sinner in the congregation of the righteous.

**For the Lord knows the way of the righteous,  
but the way of the wicked shall perish.**

Glory to the Father, and to the Son

And to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm: [Ps 2]*

Why are the nations so restless,  
and why do their peoples devise vain strategies?

**The rulers of the earth  
rise up and take counsel together  
against the Lord and his anointed:**

'Let us break every restraint upon our ambitions;  
let us break every bond and every promise we have made.'

**Those who dwell in the heavens laugh at their schemes;  
the Lord knows their plots to be futile.**

He speaks directly to them in his anger  
and terrifies them with his fury:

**'I have set my anointed one  
upon the holy hill of Zion.'**

I will announce the just decrees of the Lord:

'You are my Son, this day have I begotten you.'

**Take the advice of the wise, you kings;  
learn prudence, you who serve as judges.**

Serve the Lord with fear, humbly kiss his feet  
lest his anger ignites quickly and you perish utterly.

**Happy are they  
who take refuge in the Lord.**

Glory to the Father, and to the Son

And to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm: [Ps 3]*

Lord, how many are my enemies;  
how many are there who rise up against me?

**There are many who say to me,  
'There is no help for you in your God.'**

But you, Lord, are a shield defending me;  
you are my glory, you lift up my head.

**When I cry aloud to the Lord,  
he will answer me from his holy hill;**

I lie down and sleep and rise again,  
because the Lord sustains me.

**I will not be afraid of the masses  
ranged against me,**

**that set up their tents all around me.**

Rise up, O Lord, and deliver me, O my God,  
for you strike all my enemies a mortal blow,  
you defend me against all those who do evil.

**Salvation belongs to the Lord:  
may his blessing be upon his people.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 8]

O Lord our governor,  
how exalted is your name in all the world!

**Out of the mouths of infants and children  
your majesty is proclaimed  
above the heavens.**

You have set up a stronghold  
against your adversaries,  
to quell the enemy and the avenger.

**When I consider the heavens,  
the work of your fingers,  
the moon and the stars  
which you have set in their courses,**  
what are mortals, that you should be  
mindful of them?

mere human beings, that you should seek them out?

**You have made them little lower  
than the angels;  
you adorn them with glory and honour.**

You give them mastery over  
the works of your hands;  
and put all things under their feet,  
**all sheep and oxen,  
even the wild beasts of the field,**  
the wild birds of the air, the fish of the sea,  
and whatever walks in the paths of the sea.

**O Lord our governor,  
how exalted is your name in all the world!**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 13]

How long, O Lord, will you forget me?

Will you hide your face from me for ever?

**How long will my mind be full of perplexity,  
will grief fill my mind, day after day?**

Look down on me, and answer me, O Lord my God;

give light to my eyes, lest I sleep in death.

**For I put my trust in your mercy;  
my heart is joyful because of your saving help.**

I will sing to the Lord for he has dealt with me

according to his loving kindness;

I will praise the name of the Lord most high.

**Glory to the Father, and to the Son  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 15]

Lord, who may dwell in your sanctuary?

Who may live on your holy hill?

**Only those who lead a blameless life  
and who do what is right,  
those who speak the truth from their heart.**

There is no guile on their tongue,  
they never return evil with evil;  
they do not slander their neighbours  
or seek their undoing.

**Their contempt is poured out on the wicked,  
but they honour those who fear the Lord;  
they keep their word though they lose by it.**

They lend their money freely to the poor  
without reward,

they act with integrity  
even if bribery is commonplace.

**Whoever does these things  
shall never be put to shame.**

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 16]

Protect me, O God, for I take refuge in you;  
I have said to the Lord,  
'You are my Lord, my good above all other'.

**I will bless the Lord who gives me counsel;  
my heart teaches me, day and night.**

I have set the Lord always before me;  
because he is at my right hand I shall not fall.

**My heart, therefore, is glad  
and my spirit rejoices;**

**my body shall also rest in hope.**

You will not abandon me to the grave,  
not let you holy one see the pit.

**You will show me the path of life;  
in your presence there is fullness of joy,  
and at your right hand  
are pleasures for evermore.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 18]

Lord, you snatched me from my powerful foe,  
from my enemies whose strength I could not match.

**They assailed me in the day of my misfortune,  
but you, Lord, were my support.**

You brought me forth into freedom,  
you saved me because you loved me.

**You rewarded me because I was just,  
you blessed me because I was innocent.**

You are pure to those who are pure,  
but hostile to those who are wicked.

**You save those who are humble,  
but you humble those who are proud.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 19]

The heavens declare the glory of God,  
and the firmament shows his handiwork.

**One day tells its tale to another,  
and one night imparts knowledge to another.**

Although they have no words or language,  
and their voices are not heard,

**their sound has gone out into all lands,  
and the message to the ends of the world.**

The law of the Lord is perfect and revives the soul;  
the testimony of the Lord is sure  
and gives wisdom to the innocent.

**Who can tell how often they offend?  
Cleanse me from all my secret faults.**

Above all, keep your servant  
from the sin of arrogance;  
let it never get control over me;

**then shall I be whole and sound,  
and innocent of a great offence.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 19]

The fear of the Lord is pure and endures for ever;  
the judgements of the Lord are true  
and they are right.

**More to be desired are they than gold,  
more than much fine gold;  
sweeter far than honey,  
than honey from the honeycomb.**

By them is your servant enlightened,  
and in keeping them there is great reward.

**Who can tell how often they offend?**

**Lord, cleanse me from all my secret faults.**

Above all, keep your servant  
from the sins of arrogance;  
let them not get dominion over me.

**So let the words of my mouth  
and the meditation of my heart  
be acceptable in your sight, O Lord,  
my strength and my redeemer.**

Glory be to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever, Amen.**

*Psalm:* [Ps 20]

May the Lord send you help from his holy place  
and strengthen you out of Zion .

**May he remember your offerings  
and accept all your sacrifices.**

Grant you your heart's desire  
and prosper all your plans.

**We will shout for joy at your victory  
and triumph in the name of our God.**

Some put their trust in chariots and horses,  
but we will put our trust in the name of the Lord our God.

**O Lord, give victory to the king  
and answer us when we call.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 21: 1-6]

We shall rejoice in your strength, O Lord;  
How greatly we rejoice in your salvation!

**You have given us our heart's desire  
and have not denied our requests.**

You come to meet us  
with blessings of goodness.

**We asked for life and you gave it to us,  
length of days for ever and ever.**

Our honour is great because of your salvation;  
glory and blessing have been laid upon us.

**You have granted us everlasting peace;  
you make us glad in your presence.**

For we put our trust in the Lord;  
because of the loving kindness of the Most High  
we shall not be overthrown.

**Be exalted, O Lord, our God;  
we will make music and sing of your power.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 22]

My God, my God, why have you forsaken me?  
and are so far from my cry  
and from the words of my distress?

**O my God, I cry in the daytime,  
but you do not answer;**

**by night as well, I find no rest.**

Our forefathers put their trust in you;  
they trusted you and you delivered them.

**But as for me I am a worm and no man,  
scorned by all and despised by the people.**

All who see me laugh me to scorn,  
they curl their lips and wag their heads, saying:

**'He trusted in the Lord; let him deliver him;  
let him rescue him, if he delights in him.'**

Yet you are he who took me  
out of my mother's womb,  
and kept me safe at my mother's breast.

**Be not far from me, for trouble is near at hand,  
and there is none to help.**

Then I will declare your name to my people;  
in the midst of the congregation I will praise you.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen**

*Psalm:* [Ps 23]

The Lord is my shepherd;

I shall not be in want.

**He makes me lie down in green pastures  
and leads me beside still waters.**

He revives my soul

and guides me along right pathways

for his names' sake.

**Though I walk through the valley  
of the shadow of death, I shall fear no evil;  
for you are with me,  
your rod and your staff they comfort me.**

You spread a table before me

in the presence of those who trouble me;

**you have anointed my head with oil,  
and my cup is running over.**

Surely your goodness and mercy

shall follow me all the days of my life,

and I will dwell in the house of the Lord for ever.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now**

**and shall be for ever. Amen.**

*Psalm:* [verses from Ps 24]

Lift up your heads, you mighty gates;  
lift them high, you everlasting doors;  
and the King of glory shall come in.

**Who is the King of glory?**

The Lord, strong and mighty,  
The Lord, mighty in battle.

**Lift up your heads, you mighty gates;  
lift them high, you everlasting doors;  
and the King of glory shall come in.**

Who is he, the King of glory?

**The Lord of hosts,  
he is the King of glory!**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm: [Ps 25/longer version]*

To you, O Lord, I lift up my soul;  
my God, I put my trust in you.

**Let none who look to you be put to shame;  
let those who turn against you be confounded  
and gain nothing.**

My eyes are ever looking to the Lord,  
for he will pluck my feet out of the net.

**Come to me and have pity on me,  
for I am left alone and in misery.**

The sorrows of my heart have increased;  
bring me out of all my troubles.

**Lead me in your truth and teach me,  
for you are the God of my salvation in whom I trust.**

Gracious and upright is the Lord;  
therefore he teaches sinners in his way.

**Who are they who fear the Lord?**

**He will teach them the way that they should choose.**

They will dwell in prosperity,  
and their offspring shall inherit the land.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 25]

To you, O Lord, I lift up my soul;  
my God, I put my trust in you.

**Let none who look to you be put to shame;  
let those who plot against you be confounded  
and gain nothing.**

Lead me in your truth and teach me,  
for you are the God of my salvation in whom I trust.

**Gracious and upright is the Lord;  
therefore he teaches sinners in his way.**

He guides the humble in the ways of justice,  
and teaches his way to the lowly.

**For your name's sake, O Lord,  
forgive my sin for it is very great.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 26]

Look with favour on me, O Lord, for I have led an upright life;  
I have trusted in the Lord and have not faltered.

**Test me, O Lord and try me;  
examine my heart and my mind.**

For your love is always before my eyes;

I have walked in the way of your truth.

**I have not walked in the company of liars,  
nor spent time with the deceitful.**

I hate the company of sinners;

and I will not sit down with evil-doers.

**So I will wash my hands in innocence, O Lord,  
so that I may worship you in your holy temple,**

to make the voice of thanksgiving heard

and to tell of all your wonderful deeds.

**Lord, I love your holy house  
and the place where your glory dwells.**

Glory to the Father, and to the Son,

and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm: [Ps 27]*

The Lord is my light and my salvation;  
whom then shall I fear;  
the Lord is the strength of my life;  
of whom then shall I be afraid?

**When the armies of death came upon me  
to eat up my flesh,  
it was they who stumbled and fell.**

Though an army should encamp against me,  
yet my heart shall not be afraid.

**One thing I have asked of the Lord;  
one thing I seek;  
that I may dwell in the house of the Lord  
all the days of my life;**

to behold the fair beauty of the Lord  
and to seek him in his Temple.

**So I will offer in his dwelling  
a sacrifice of praise,  
I will sing and make music to the Lord.**

You have been my helper since my youth,  
cast me not away;

do not forsake me, O God of my salvation.

**What if I had not believed that I should see  
the goodness of the Lord,  
in the land of the living?**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 29]

Ascribe to the Lord, you powers of heaven,  
ascribe to the Lord glory and strength.

**Ascribe to the Lord the honour due to his name;  
worship the Lord in the beauty of holiness.**

The voice of the Lord is upon the waters;  
the God of glory thunders;  
the Lord is upon the mighty waters.

**The voice of the Lord is a powerful voice,  
the voice of the Lord is a voice of splendour.**

The Voice of the Lord breaks the cedar trees;  
the Lord breaks the cedars of Lebanon;

**The voice of the Lord makes the oak trees writhe  
and strips the forests bare;  
in his temple all cry, 'Glory!'**

The Lord sits enthroned above the water flood;  
the Lord sits enthroned as king for evermore.

**The Lord gives strength to his people;  
the Lord gives his people the blessing of peace.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning,  
is now and shall be for ever. Amen.**

*Psalm* : [Ps 30]

I will exalt you, O Lord, because you have lifted me up  
and have not let my enemies triumph over me.

**O Lord my God, I cried out to you,  
and you restored my health.**

You brought me up, O Lord, from the dead;  
you restored my life as I was going down to the grave.

**Sing to the Lord, you servants of his;  
give thanks for the remembrance of his holiness.**

His wrath endures for the twinkling of an eye,  
his favour for a lifetime.

**The night may be spent in weeping,  
but joy comes in the morning.**

You have turned my wailing into dancing;  
you have put off my sackcloth and clothed me with joy;  
**therefore my heart sings to you without ceasing;  
O Lord my God, I will give you thanks for ever.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 31]

In you, O Lord, have I taken refuge:  
let me never be put to shame.

**Incline your ear to me;  
make haste to deliver me.**

Be my strong rock, a fortress to save me;  
Guide me and lead me for your name's sake.

**Have mercy upon me, Lord,  
for I am in trouble;  
my eye is consumed with sorrow,  
my soul and body also.**

I am forgotten like one that is dead, out of mind;  
I have become like a broken vessel.

**But my trust is in you, O Lord.  
I have said 'You are my God'.**

Make your face to shine upon your servant,  
and save me for your mercy's sake.

**Into your hands I commend my spirit,  
for you have redeemed me,  
O Lord God of truth.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 32]

Happy are they whose sins are forgiven,  
and whose iniquities are put away!

**Happy are they to whom the Lord  
imputes no guilt  
and in whose spirit there is no guile.**

For while I held my tongue,  
my body withered away  
because of my groaning all the day long.

**For your hand was heavy upon me  
day and night;**

**I was all dried up as in the heat of summer.**

Then I acknowledged my sin to you,  
I did not conceal my inner thoughts.

**So should all the faithful  
make their prayers to you  
in times of trouble;  
when the waters overflow,  
they shall not reach you.**

You are my hiding place;  
you preserve me from trouble;  
you surround me with signs of deliverance  
on every side.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 33]

Sing to the Lord a new song;  
sing praises loudly to him and with a good courage;

**for the Word of the Lord is true  
and all his works are faithful.**

He loves righteousness and judgement:  
the earth is full of the goodness of the Lord.

**By the word of the Lord  
were the heavens made,  
and all the hosts of them  
by the breath of his mouth.**

He gathered the waters of the sea together  
as it were upon a heap,  
and laid up the deep as in a treasure house.

**Let all the earth fear the Lord,  
stand in awe of him  
all you who dwell in the world.**

For he spoke and it was done,  
he commanded and it stood fast.

**The counsel of the Lord shall endure for ever,  
and the thoughts of his heart  
from generation to generation.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 33:12]

Happy the nation whose God is the Lord!  
happy the people he has chosen to be his own!

**The Lord looks down from heaven,  
and beholds all the people in the world.**

From where he sits enthroned he turns his gaze  
on all who dwell on the earth.

**He fashions all the hearts of them  
and understands all their works.**

Behold, the eye of the Lord is upon those who fear him,  
on those who wait upon his love.

**Our soul waits for the Lord;  
he is our help and our shield.**

Indeed, our heart rejoices in him,  
for in his holy name we put our trust.

**Let your loving kindness, O Lord, be upon us,  
as we have put out trust in you.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm* [Ps 34: 1-8]

I will bless the Lord at all times;  
his praise shall ever be in my mouth.

**I will glory in the Lord;  
let the humble hear and rejoice.**

Proclaim with me the greatness of the Lord;  
let us exult his name for ever.

**I sought the Lord and he answered me  
and delivered me out of all my terror.**

I called in my affliction and the Lord heard me  
and saved me from all my troubles.

**The angel of the Lord protects  
all those who fear him,  
and he will deliver them.**

Taste and see that the Lord is good;  
happy are they who trust in him!

**Fear the Lord, you that are his saints,  
for those who trust in him will lack nothing.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 34: 9-14]

I will bless the Lord at all times;  
his praise shall ever be in my mouth.

**Proclaim with me the greatness of the Lord;  
let us exult his name together.**

I sought the Lord and he answered me  
and delivered me out of all my fear.

**I called in my affliction and the Lord heard me  
and saved me from all my troubles.**

The Lord is near to the broken-hearted  
and he will save those whose spirits are crushed.

**Many are the troubles of the righteous,  
but the Lord will deliver them out of them all.**

The Lord ransoms the life of his servants,  
and none will be punished who trust in him.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

Verses from Psalm 34

Glorify the Lord with me:

Let us exalt his name together.

I sought the Lord and he answered me:

He delivered me from all my fears.

**O taste and see that the Lord is good:  
blessed are they who put their trust in him.**

The poor man called and the Lord heard him;  
he saved him from all his troubles.

The angel of the Lord encamps around those who fear him,  
and he delivers them.

**O taste and see that the Lord is good:  
blessed are they who put their trust in him.**

Come my children, listen to me;

I will teach you the fear of the Lord.

Whoever loves life and desires to see many good days  
must turn from evil and do good, seek peace and pursue it.

**O taste and see that the Lord is good:  
Blessed are they who put their trust in him.**

The righteous cry out and the Lord hears them;  
he delivers them from all their troubles.

The Lord is close to the broken hearted  
And saves those who are crushed in spirit.

**O taste and see that the Lord is good:  
blessed are they who put their trust in him.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 35]

False witnesses have risen up against me;  
they have charged me with things I was innocent of.

**They have unjustly rewarded my persecutors  
so that my heart grieves within me.**

Yet when they were in trouble I put on sackcloth  
and humbled myself with fasting.

**When my prayer returned to me empty,  
it was as though I had lost my closest friend.**

Yet when I stumbled they gathered in delight;  
like strangers whom I did not know  
they tore at me without any feeling of pity.

**When I fell down they mocked me,  
Spitting and grinding their teeth at me.**

O Lord, how long will you look on.

Rescue me from those who seek to harm me,  
from those who seek to tear me to pieces.

**Do not let those who accuse me falsely succeed,  
or reward those who hate me without cause.**

Let those who rejoice at my troubles be put to shame  
And let those who boast of their cleverness  
be exposed to shame and dishonour.

**So shall I be vindicated and in my gladness  
I will speak of your saving power all the day long.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 36]

Your love, O Lord, reaches to the heavens,  
and your faithfulness to the clouds.

**Your righteousness is like the strong mountains,  
your justice like the great deep.**

How priceless is your love, O God!

Your people take refuge under the shadow of your wings.

**For with you is the well of life,  
and in your light we see light.**

Continue your loving kindness to those who know you,  
and your favour to those who are true of heart.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 37]

Commit your way to the Lord  
and put your trust in him,  
and he will bring it to pass.

**He will make your righteousness  
as clear as the light  
and your integrity  
as bright as the noon day sun.**

Be still before the Lord,  
wait patiently before him.

**Do not fret over others who seem  
to prosper unfairly  
over those who succeed in evil schemes.**

Refrain from anger, leave temper alone;  
do not be anxious for such things lead only to evil.

**In a little while the wicked shall be no more,  
you will search their place  
but they will not be there.**

But the lowly shall possess the land;  
they will delight in an abundance of peace.

**For the little that the righteous have  
is better than the great riches of the foolish.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 38]

Lord, do not rebuke me in your anger  
or chasten me with your displeasure.

**I am utterly bowed down and brought low;  
I am feeble and utterly crushed.**

O Lord, you know all my desires  
and my sighing is not hidden from you.

**My heart is pounding, my strength fails me  
the light in my eyes has gone from me.**

Truly I am on the verge of falling  
and my pain is ever before me.

**I will confess my iniquity  
and be sorry for my sin.**

Forsake me not, O Lord;  
be not far from me, O my God.

**Make haste to help me,  
O Lord of my salvation.**

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 40]

Great are the wonders you have done,  
O Lord my God!

How great are your designs for us!  
None can be compared with you!

**If I were to proclaim them and tell of them  
they would be more than I could express.**

Let all who seek you rejoice in you and be glad;  
let those who love your salvation say always  
“The Lord is great!”

**I have declared your righteousness  
in the great congregation;**

Your righteousness is not hidden in my heart;  
I have spoken of your faithfulness  
and your salvation;

**your loving kindness and truth  
are known to all those who seek you.**

Though I am poor and needy,  
the Lord cares for me.

**You are my helper and my deliverer;  
O God, do not delay.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 42]

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

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

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

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

with the voice of praise and thanksgiving,  
among those who keep holy day.

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

Put your trust in God; for I will yet give thanks to him  
who is my helper and my God.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 43]

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

**For you are the God of my refuge;  
why have you cast me from you,  
and why go I so heavily  
while the enemy oppresses me?**

O send out your light and your truth,  
that they may lead me,  
and bring me to your holy hill  
and to your dwelling.

**That I may go to the altar of God,  
to the God of my joy and gladness,  
and there I will give thanks to you,  
O Lord my God.**

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

**O put your trust in God,  
For I will yet give him thanks  
who is the help of my countenance  
and my God.**

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 45]

My heart is overflowing with noble words

I make my song for a king;

**my tongue shall be as nimble  
as the pen of a scribe.**

You are the fairest of the sons of men

and grace flows from your lips:

**therefore God has blessed you  
for ever and ever.**

Gird your sword upon your thigh,

in splendour and state, ride on in triumph.

**Ride on in the cause of truth  
and for the sake of justice.**

Glory to the Father, and to the Son

and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 46]

God is our refuge and strength,  
a very present help in trouble.

**Therefore we will not fear,  
though the earth be moved,  
and though the mountains be toppled  
into the depths of the sea;**

though its waters rage and foam,  
and though the mountains tremble at its tumult.

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

There is a river whose streams  
make glad the city of God,  
the holy dwelling of the Most High.

**God is in the midst of her;  
she shall not be overthrown;  
God shall help her at the break of day.**

Come now and look upon the works of the Lord,  
what awesome things he has done on earth.

**It is he who makes war to cease  
in all the world;**

**he breaks the bow and shatters the spear  
and burns their shields with fire.**

'Be still, then, and know that I am God;

I will be exalted among the nations;

I will be exalted in the earth.'

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

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 47]

Clap your hands, all you peoples;  
shout to God with a cry of joy.

**For the Lord Most High is to be feared;  
he is the great king over all the earth.**

He subdues the peoples under us,  
and the nations under our feet.

**God is gone up with a shout,  
the Lord with the sound of the horn.**

Sing praises to God, sing praises;  
sing praises to our king, sing praises.

**For God is king over all the earth;  
sing praises with all your skill.**

God reigns over the nations;  
God sits upon his holy throne.

**The rulers of the earth belong to God,  
and he is highly exalted.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 49]

Hear this, everyone;

listen, all who live here,

**those from lower and higher classes,**

**you who are wealthy and you who are poor:**

to each of you I will speak of profound things,

you will hear the wisdom of my heart.

**Yet I will speak in parables and proverbs,**

**and my words will seem like musical riddles.**

Do not be over impressed

when someone grows rich,

when he seems to have all he wants:

**for he will take nothing with him when he dies**

**his belongings will not go with him.**

Though he believed himself happy

and men praised him for what he had achieved,

**he will join those of his family**

**who will never see the light of life.**

Glory to the Father, and to the Son

and to the Holy Spirit;

**As it was in the beginning, is now**

**and shall be for ever. Amen.**

*Psalm:* [Ps 51]

Have mercy on me, O God,  
according to your loving kindness;  
in your great compassion wipe out all my offences.

**Wash me thoroughly from my wickedness  
and cleanse me from all my sin.**

For I know my offences  
and my sin is ever before me.

**Against you only have I sinned  
and done what is evil in your sight.**

You desire truth in my inwards parts:  
teach me wisdom in the secret places of my heart.

**Purge me from my sin and I shall be clean:  
wash me and I shall be whiter than snow.**

Hide your face from my sins  
and blot out all my iniquities.

**Create for me a clean heart, O God,  
and renew a right spirit within me.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 54]

Save me, O God, by your name;  
in your might, defend my cause.

**Hear my prayer, O God;  
give ear to the words of my mouth.**

For the arrogant have risen up against me,  
and those who have no regard for God  
have sought my life,

**Behold, God is my helper;  
it is the Lord who sustains my life.**

Render evil to those who spy on me;  
in your faithfulness, destroy them.

**I will offer you a freewill sacrifice  
and praise your name, O Lord, for it is good.**

You have rescued me from every trouble,  
and my eye has seen the ruin of my foes.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 62]

My soul waits in stillness for God;  
from him comes my salvation.

**He alone is my rock and my salvation,  
he is my strong-hold; I shall never be shaken.**

God is my strength and my glory;  
he is my strong rock and my refuge.

**Put your trust in him always, my people;  
pour out your heart to him,  
he will protect you.**

Do not put your trust in power  
or in what you can steal;  
even if your wealth increases,  
do not trust it to give you security.

**God spoke once,  
and twice I have heard it said,  
that power belongs to our God.**

So will we love you for ever, O Lord,  
for you repay everyone according to their deeds.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever, Amen.**

*Psalm:* [Ps 63]

O God, you are my God, eagerly I seek you;  
my soul thirsts for you, my flesh faints for you,  
as in a barren and dry land where there is no water.

**Therefore I have gazed upon you in your holy place,  
that I might behold your power and your glory.**

For your loving kindness is better than life itself;  
my lips shall give you praise.

**So will I bless you as long as I live  
and lift up my hands in your name.**

When I remember you upon my bed,  
and meditate on you in the night watches.

**For you have been my helper,  
and under the shadow of your wings I will rejoice.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 66]

Be joyful in the Lord, all you lands;  
sing the glory of his name,  
sing the glory of his praise.

**Say to God, 'How awesome are your deeds!**

**Because of your great strength  
your enemies flee before you.**

All the earth bows down before you,  
sings to you, sings out your name.'

**Come now and see the works of God,  
how wonderful he is in his doing  
toward all people.**

He turned the sea into dry land,  
so that they went through the waters on foot,  
and there we rejoiced in him.

**Bless our God, you peoples;  
make the voice of his praise to be heard;**

who holds our souls in life,  
and will not allow our feet to slip.

**For you, O God, have proved us;  
you have tried us just as silver is tried.**

You brought us into the snare,  
you laid heavy burdens upon our backs.

**You let enemies ride over our heads;  
we went through fire and water;  
but you brought us out  
into a place of refreshment.**

Blessed be God, who has not rejected my prayer,  
nor withheld his love from me.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm* [Ps 67]

May God be merciful to us, and bless us,  
show us the light of his countenance  
and come to us.

**Let your ways be known on earth,  
your saving health among all nations.**

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

**Let the nations be glad and sing for joy,  
for you judge the peoples with fairness  
and guide all the nations on earth.**

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

**The earth has brought forth her harvest;  
may God, even our own God,  
give us his blessing.**

May God give us his blessing,  
and may all the ends of the earth  
stand in awe of him.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm: [Ps 68]*

Let God arise, and let his enemies be scattered;  
let those who hate him flee before him.

**Let them vanish like smoke  
when the wind drives it away;  
as the wax melts in the fire,  
so let the wicked perish  
at the presence of God.**

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

**Sing to God, sing praises to his name;  
exalt him who rides upon the heavens.**

Father of orphans, defender of widows,  
God in his holy dwelling place!

**God gives to the solitary a home  
and brings prisoners into freedom;  
but those who abuse others  
shall live in a dry land.**

O God, when you went out before your people,  
when you marched through the wilderness,  
**the earth shook**

**and the skies poured down rain,  
at the presence of God, the God of Sinai,  
at the presence of God, the God of Israel.**

You sent a gracious rain, O God,  
upon your inheritance;  
you refreshed the land when it was weary.

**Your people found their home in it;  
in your goodness, O God,  
you have made provision for the poor.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 69]

Save me, O God,  
for the waters have risen up to my neck.

**It is for your name  
that I have suffered reproach,  
and shame has covered my face.**

Those at the gate murmur against me,  
and the drunkards make songs about me.

**Answer me O Lord, for your love is kind;  
in your great compassion, turn to me.**

Reproach has broken my heart and it cannot be healed;  
I looked for sympathy, but there was none,  
for comforters I could find no one.

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

As for me, I am afflicted and in pain;  
your help O God, will lift me up on high.

**This will please the Lord  
more than an offering of oxen,  
more than fatted bulls with horns and hoofs.**

The afflicted shall see and be glad;  
you who seek God, your heart shall live.

**For the Lord listens to the needy,  
and his prisoners he does not despise.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 70]

O God, make speed to save me;

O Lord, make haste to help me.

**Let those who seek my life  
be put to shame and confusion;  
let them be turned back and disgraced  
who wish me evil.**

Let those who say 'Aha' and gloat over me  
turn back because of their shame.

**But let those who seek you,  
rejoice and be glad in you;  
let those who love your salvation  
say always 'The Lord is great!'**

As for me, I am poor and needy;  
come to me quickly, O God,

**for you are my helper and my deliverer;  
O Lord, do not long delay.**

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning,  
is now and shall be for ever. Amen**

*Psalm: [Ps 71]*

In you, O Lord, have I taken refuge  
let me never be ashamed.

**In your righteousness, deliver me and set me free;  
incline your ear to me and save me.**

Be my strong rock, a castle to keep me safe;  
you are my crag and my stronghold.

**Deliver me, my God,  
from the hand of the wicked,  
from the clutches of the evil doer  
and the oppressor.**

For you are my hope, O Lord God,  
my confidence since I was young.

**I have been sustained by you  
ever since I was born;  
from my mother's womb  
you have been my strength;  
my praise shall be always of you.**

Glory be to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 72]

Give the king your justice, O God,  
and your righteousness to the king's son;  
**that he may rule the people righteously  
and the poor with justice.**

He shall defend the needy among the people;  
he shall rescue the poor and crush the oppressor.

**He shall come down like rain  
upon the mown field,  
like showers that water the earth.**

In his time shall the godly flourish;  
there shall be an abundance of peace  
till the moon shall be no more.

**All kings shall bow down before him,  
and all the nations shall do him service.**

He shall have pity on the lowly and poor;  
he shall preserve the lives of the needy.

**Blessed be the Lord God, the God of Israel,  
who alone does such wondrous deeds!**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 73 v:23f]

Lord, you are always with me;  
you hold me by my right hand.

**You will guide me with good advice  
and afterwards receive me into your glory.**

Whom have I in heaven but you?

having you I desire nothing else on earth.

**Though my flesh and my heart should waste away,  
God is the strength of my heart and my prize for ever.**

Truly, those who abandon you will perish;

you take away the lives of the unfaithful.

**But it is good for me to be near my God.**

**I have made the Lord God my home and my refuge.**

I will speak lovingly of all your works

in the city of Zion where I dwell.

**Glory to the Father, and to the Son  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 78]

Hear my teaching, O my people,  
incline your ears to the words of my mouth.

**I will open my mouth in a parable:**

**I will tell you the mysteries from the past,**  
the stories which we have heard and known  
which our forefathers told us.

**We will not hide from the children  
but will tell all the generations to come  
the praises of the Lord and his power,  
and all the wonderful things that he has done,**  
that they might know  
and put their trust in God  
**and not forget the deeds of the Lord  
but keep his commandments.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm* : [Ps 80]

Hear, O Shepherd of Israel, leading Joseph like a flock;  
shine forth, you that are enthroned upon the cherubim.

**Restore us, O God of hosts;**

**show the light of your countenance and we shall be saved.**

You have fed them with the bread of tears;

you have given them bowls of sadness to drink.

**But when you brought your vine out of Egypt;**

**you prepared the ground, it took root and filled the land.**

Turn now, O God of hosts, look down from heaven;

and let your hand be upon the people whom you have chosen.

**So we will never turn away from you;**

**give us life that we may call upon your name.**

Glory to the Father, and to the Son,

and to the Holy Spirit;

**as it was in the beginning, is now**

**and shall be for ever, Amen.**

*Psalm:* [Ps 81]

Sing with joy to God our strength  
and raise a loud shout to the God of Jacob.

**Raise a song and sound the timbrel,  
the merry harp and the lyre.**

Blow the ram's horn at the new moon,  
and at the full moon, the day of our feast.

**For this is the statute for Israel,  
a law of the God of Jacob.**

He laid it as a solemn charge upon Joseph,  
when he came out of the land of Egypt.

**I heard an unfamiliar voice, saying,  
'I eased your shoulder from the burden;  
your hands were set free from bearing the load'.**

You called on me in trouble and I saved you;

I answered you from the secret place  
and tested you at the waters of Meribah.

**I subdue your enemies  
and turn my hand against your foes.**

For all those who hate the Lord  
will cringe before him,

but Israel will I feed with the finest wheat.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 82]

God takes his stand in the council of heaven;  
he gives judgement in the midst of the gods:

**'How long will you judge unjustly,  
and show favour to the wicked?**

Save the weak and the orphan;

defend the humble and needy;

**rescue the weak and the poor;**

**deliver them from the power of the wicked.**

They do not know, neither do they understand;

they go about in darkness;

all the foundations of the world are shaken.

**Arise, O God, and rule the earth,**

**take all the nations for your own possession.**

Glory to the Father, and to the Son,

and to the Holy Spirit;

**as it was in the beginning, is now**

**and shall be for ever. Amen.**

*Psalm:* [Ps 84]

How lovely is your dwelling place,  
O Lord God of hosts!

My soul has a desire and longing  
for the courts of the Lord,  
my heart and my flesh rejoice in the living God.

**The sparrow has found her a house  
and the swallow a place  
where she may lay her young;  
by the side of your altars, O Lord of hosts,  
my King and my God**

Happy are the people whose strength is in you,  
whose hearts are set on the pilgrim way.

**Those who go through the desolate valley  
will find a place of springs;  
for the early rains  
have covered it with pools of water.**

They will climb from height to height,  
and the God of gods will reveal himself in Zion.

**Lord God of hosts, hear my prayer;  
hearken O God of Jacob.**

Behold our defender, O God;  
and look upon the face of your anointed.

**For one day in your courts is better  
than a thousand in my own room;  
to stand at the threshold  
of the house of my God  
is better than to dwell in  
any of the tents of the wicked.**

For the Lord God is both my sun and shield;  
he will give grace and glory;

**no good thing will the Lord withhold  
from those who walk a blameless life.**

O Lord God of hosts,  
happy are they who put their trust in you.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 85]

Show us your mercy, O Lord,  
and grant us your salvation.

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

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

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

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

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

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

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

Psalm: [Ps 86: 1-7]

Turn your ear to me, O Lord and answer me,  
for I am in turmoil and my soul is in misery.

**Lift the weight within my heart for I am faithful;**

**Save your servant for I put my trust in you.**

Show mercy to me, O Lord, for you are my God;

It is to you that I turn, all the day long.

**Fill the soul of your servant with gladness  
for you, alone, can give me hope.**

I know, Lord, that you are good and forgiving,  
and that you never stop loving those who call on you.

**Accept the words that I speak to you,  
and look kindly on the intercessions  
that I make to you**

so that in my days of weakness and sadness

I may call upon you and know that you will answer me.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 86: 8-17]

Among the gods there is none like you, O Lord.

Only you can work wonders.

**Every nation that you have made shall come  
and worship you, O Lord.**

**Each of them shall glorify your name.**

Teach me your ways, O Lord,

and I will walk in your truth;

Knit my heart to you

that I may rejoice in your love for me.

**For with your steadfast care  
you have delivered my soul from terrible things.**

The proud reject me, the ruthless seek my life

because they do not live according to your law.

**But you, O Lord, are gracious  
and full of compassion,**

**Slow to show anger**

**and quick to show mercy and love.**

Turn to me again and take pity on me;

give me your strength as you did when I was a child.

**Show me a sign of your love  
that those who despise me may see  
the help and comfort you give  
to those who love you.**

Glory to the Father, and to the Son,

and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 88]

O Lord, God of my salvation,  
I have cried day and night before you.

**Let my prayer come into your presence;  
incline your ear to my cry.**

For my soul is full of troubles;  
my life draws near to the land of death.

**I am counted as one  
who has gone down into the Pit;  
I am like one who has no strength.**

Lost among the dead,  
like the dead who lie in the grave;  
**whom you remember no more,  
for they are cut off from your hand.**

Lord, I have called daily upon you:  
I have stretched out my hand towards you.

**Lord, why have rejected my soul?  
Why have you hidden your face from me?**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 89]

My song shall be always  
of the loving kindness of the Lord:  
I will proclaim your faithfulness  
throughout all generations.

**For who among the clouds  
can be compared to the Lord?**

**Who is like the Lord of heaven?**

Yours are the heaven; the earth also is yours;  
you established the world and all that fills it.

**Happy are the people who walk  
in the light of your friendship.**

Yet you have cast off and rejected your anointed;  
you have broken the covenant with him  
and have cast his crown into the dust.

**How long will you hide yourself  
from us, O Lord?**

**How long will your anger burn like fire?**

Remember how short my time is,  
how frail you have made all mortal flesh.

**Where, O Lord, is your steadfast love of old  
which you faithfully swore to David?**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 90]

He who abides in the shelter of the Most High  
and abides in the shade of the Almighty

**says to the Lord: "My refuge,  
my stronghold, my God in whom I trust!"**

It is he who will free you from the snare  
of the fowler who seeks to destroy you;

**he will conceal you with his wings  
and under his feathers you will find refuge.**

For you has he commanded his angels,  
to keep you in all your ways.

**They shall bear you upon their hands  
lest you strike your foot against a stone.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Psalm 91]

Those who dwell under the shelter  
of the Most High,  
abide under the shelter of the Almighty.

**They shall say to the Lord,  
'You are my refuge and my stronghold,  
My God in whom I put my trust.'**

He shall deliver you from the snare of the hunter  
and from all deadly affliction.

**He will cover you with his wings,  
and you will be safe under his feathers;  
his faithfulness shall be your shield and buckler.**

You shall not be afraid of any terror by night,  
nor of the arrow that flies by day;

**not the pestilence that stalks in the darkness  
nor the sickness that lays waste at midday.**

Though a thousand fall at your side  
and ten thousand at your right hand,  
yet it shall not come near you

**because you have made the Lord your refuge  
and the Most High your stronghold.**

Therefore no evil shall happen to you,  
nor shall any plague come near you.

**He shall give his angels charge over you,  
to keep you in all your ways.**

They shall bear you in their hands  
lest you dash your foot against a stone.

**Glory to the Father, and to the Son  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 92]

It is a good thing to give thanks to the Lord,  
and to sing praises to your name, O Most High,  
**to tell of your loving kindness early in the morning  
and of your faithfulness in the night season.**

For you have made me glad by your acts, O Lord;  
and I shout for joy because of the works of your hands.  
**The righteous shall flourish like a palm tree,  
and shall spread abroad like a cedar of Lebanon.**

Those who are planted in the house of the Lord  
shall flourish in the courts of our God.

**They bear fruit in old age;  
they shall be green and succulent,**  
that they may show how upright the Lord is,  
my rock in whom there is no fault.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 93]

The Lord is king and is robed in majesty;  
the Lord has put on his glory  
and girded himself with strength.

**He has made the whole world so firm  
that it cannot be moved.**

Your throne was established before time began;  
you are from all eternity.

**The seas have lifted up their voices,  
the seas have roared with terrifying power  
and thunder is heard from the mighty deep.**

Yet mightier are you, O Lord,  
mightier than the sound of all the great seas;  
you are mightier than the breakers on the waterfront.

**Your words will never be overthrown;  
holiness fills your house for ever and ever.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever, Amen.**

*Psalm:* [Ps 95]

Come, let us sing to the Lord,  
let us heartily rejoice in the rock of our salvation.

**Let us come into his presence with thanksgiving  
and be glad in him with psalms.**

For the Lord is a great God  
and a great king above all gods.

**O that today you would listen to his voice:**

**'Harden not your hearts as at Meribah,  
on that day at Massah in the wilderness,**

when your forefathers tested me and put me to the proof,  
though they had seen my works.

**Forty years long was I grieved  
with that generation and said,**

'This people are wayward in their hearts;  
they do not know my ways.'

**So I swore in my anger,**

**'They shall not enter my rest.'**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever, Amen.**

*Psalm* [Ps 96]

Sing to the Lord a new song;  
sing to the Lord, all the whole earth.

**Sing to the Lord and bless his holy name;  
proclaim the good news of his salvation  
from day to day.**

See the majesty and magnificence of his presence!  
See the power and splendour of his sanctuary!

**Ascribe to the Lord, you families of peoples;  
ascribe to the Lord honour and power.**

Ascribe to the Lord the honour due to his name;  
bring offerings and come into his courts.

**Worship the Lord in the beauty of holiness;  
let the whole earth tremble before him.**

Tell it out among the nations: 'The Lord is King!'  
he has made the world so firm  
that it cannot be moved.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 97]

The Lord is king; let the earth rejoice;  
Let the multitude of the isles be glad.

**His lightning lit up the world;  
the earth saw it and trembled.**

The mountain melted like wax  
at the presence of the Lord,  
at the presence of the Lord of all the earth.

**The heavens declared his righteousness,  
and all the peoples have seen his glory.**

Light has sprung up for the righteous  
and joy for the true of heart.

**Rejoice in the Lord all you righteous,  
and give thanks to his holy name.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 98]

Sing to the Lord a new song,  
for he has done marvellous things.

**With his right hand and with his holy arm  
has he won for himself the victory.**

He remembers his mercy and faithfulness  
to the house of Israel,  
and all the ends of the earth have seen  
the victory of our God!

**Shout with joy to the Lord, all you lands;  
lift up your voice, rejoice and sing.**

With trumpets and the sound of the horn  
shout with joy before the Lord, the King.

**Let the sea make a noise and all that is in it;  
the lands and those that dwell therein.**

Let the rivers clap their hands,  
and let the hills ring out with joy before the Lord.  
when he comes to judge the earth.

**In righteousness shall he judge the world,  
and the peoples with his truth.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever, Amen.**

*Psalm:* [Verses from Ps 99]

The Lord is king, let the people tremble:  
He is enthroned above the cherubim:  
let the earth shake.

**Exult the Lord our God;  
bow down before his footstool  
for he is holy.**

Moses and Aaron among his priests  
and Samuel were among those  
who called on him and he answered them.

**Exult the Lord our God;  
bow down before his footstool  
for he is holy.**

He spoke to them out of a pillar of cloud;  
they kept his words and the law he gave them.

**Exult the Lord our God;  
bow down before his footstool  
for he is holy.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 100]

Be joyful in the Lord, all you lands;  
serve the Lord with gladness  
and come before his presence with a song.

**Know this: the Lord himself is God;  
he himself has made us and we are his;  
we are his people  
and the sheep of his pasture.**

Enter his gates with thanksgiving;  
go into his courts with praise;  
give thanks to him and call upon his name.

**For the Lord is good; his mercy is everlasting;  
and his faithfulness endures from age to age.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 102]

Lord, hear my prayer

and let my cry come before you;

hide not your face from me in the day of my trouble.

**Incline your ear to me;**

**when I call, make haste to answer me.**

Because of the voice of my groaning

I am but skin and bones.

**I lay awake and make lament;**

**I am like a sparrow, lonely on a housetop.**

My enemies revile me all the day long,

and those who scoff at me

have taken an oath against me.

**The Lord has brought down my strength  
before my time;**

**he has shortened the number of my days.**

But the children of your servant shall endure;

their offspring shall stand fast in your sight.

and innocent of a great offence.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now**

**and shall be for ever. Amen.**

*Psalm:* [Ps 103]

Bless the Lord, O my soul,  
and all that is within me bless his holy name.

**Bless the Lord, O my soul,  
and forget not all his benefits.**

He forgives all your sins  
and heals all your infirmities;

**He redeems your life from the grave  
and crowns you with mercy  
and loving kindness;**

he satisfies you with good things,  
and your youth is renewed like an eagle's.

**He has not dealt with us  
according to our sins,  
nor rewarded us according to our wickedness.**

For as the east is from the west,  
so far has he removed our sins from us.

**As a father cares for his children,  
so does the Lord care for those who fear him.**

The merciful goodness of the Lord  
endures for ever on those who fear him,  
and his righteousness on their children's children.

**The Lord has set his throne in heaven,  
and his kingship has dominion over all.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 104: 26, 29-36]

O Lord, how manifold are your works!  
In wisdom you have made them all;  
the earth is full of your creatures.

**All of them look to you  
to give them their food in due season.**

When you give it them, they gather it;  
you open your hand and they are filled with good.

**When you hide your face they are troubled;  
when you take away their breath,  
they die, and return again to the dust.**

When you send forth your Spirit they are created,  
and you renew the face of the earth.

**May the glory of the Lord endure for ever;  
may the Lord rejoice in his works.**

I will sing to the Lord as long as I live;  
I will make music to my God while I have my being.

**So shall my song please him  
while I rejoice in the Lord.**

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning, is now,  
and shall be for ever. Amen.**

*Psalm:* [Ps 105]

Give thanks to the Lord and call upon his name;  
make known his mighty deeds among the peoples.

**Sing to him, sing praises to him,  
and speak of all his marvellous works.**

Glory in his holy name;

let the hearts of those who seek the Lord rejoice.

**Search for the Lord and his strength;  
continually seek his face.**

O offspring of Abraham his servant,

O children of Jacob his chosen.

**He is the Lord our God;  
his judgements prevail in all the world.**

He has always been mindful of his covenant,  
the promise he made for a thousand generations:

**the covenant he made with Abraham  
the oath he swore to Isaac.**

Glory to the Father, and to the Son

and to the Holy Spirit;

**as it was in the beginning, is now,  
and shall be for ever. Amen.**

*Psalm:* [Ps 106: 1-5a, 48]

Give thanks to the Lord for he is gracious,  
for his faithfulness endures for ever.

**Who can express  
the mighty acts of the Lord,  
or show forth all his praise?**

Blessed are those who observe what is right  
and always do what is just.

**Remember me, O Lord, in the favour  
you bear for your people;  
visit me in the day of your salvation;**  
that I may see the prosperity of your chosen  
and rejoice in the gladness of your people.

**Save us, O Lord our God,  
that we may give thanks to your holy name  
and glory in your praise.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 107]

Give thanks to the Lord, for he is good,  
and his mercy endures for ever.

**Let all those whom the Lord has redeemed proclaim:  
“He has saved us from the hands of our enemies”.**

He gathered them out of the lands;  
from east and west, from north and south.

**The Lord changed deserts into pools of water;  
and dry lands into water-springs.**

He settled the hungry there,  
and they founded a city to dwell in.

**Yet when they were overwhelmed  
and brought low,  
through stress, adversity and sorrow**

he lifted them up out of their misery  
and multiplied their families like flocks of sheep.

**Whoever is wise will ponder these things,  
and consider how good is the Lord  
to all his people.**

Glory to the Father, and to the Son,  
and to the Holy Spirit:

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm: [Ps 111]*

Alleluia. I will give thanks to the Lord  
with my whole heart,  
In the company of the faithful  
and in the congregation.

**The works of the Lord are great,  
sought out by all who delight in them.**

His work is full of majesty and honour  
and his righteousness endures for ever.

**He appointed a memorial  
for his marvellous deeds;  
the Lord is gracious and full of compassion.**

He gave food to those who feared him;  
he is ever mindful of his covenant.

**The works of his hands are truth and justice;  
all his commandments are sure.**

They stand fast for ever and ever;  
they are done in truth and equity.

**The fear of the Lord  
is the beginning of wisdom;  
a good understanding  
have those who live by it;  
his praise endures for ever.**

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 111]

I will give thanks to the Lord with my whole heart,  
in the assembly of the upright  
and in the congregation.

**Great are the deeds of the Lord!**

**They stand as an example**

**to all who ponder his work.**

His deeds are full of majesty and splendour,  
his righteousness endures for ever.

**He causes his wonders to be remembered;  
the Lord is gracious and compassionate.**

He gives food to those who fear him,  
he never forgets the covenant  
which he has made with us.

**He has shown his people  
the power at his command  
by giving them the lands of alien tribes.**

His hands are full of faithfulness and justice  
and all his laws are sound.

**They will stand fast for ever and ever  
because they were fashioned  
with integrity and truth.**

The fear of the Lord is the beginning of wisdom:  
those who follow him will always know the way.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 112]

Happy are they who fear the Lord  
and have great delight in his commandments!

**Their descendants will be mighty  
in the land;  
the generation of the upright  
will be blessed.**

Wealth and riches will be in their house,  
and righteousness will last for ever.

**Light shines in the darkness for the upright;  
the righteous are merciful  
and full of compassion.**

It is good for them to be generous in lending  
and to manage their affairs with justice.

**For they will never be shaken;  
the righteous will be kept  
in everlasting remembrance.**

They have given freely to the poor,  
and their righteousness stands fast for ever;  
they will hold up their heads with honour.

**The wicked will see it and be angry;  
the desires of the wicked will perish.**

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Psalm 113]

Give praise, you servants of the Lord;  
praise the name of the Lord.

**Let the name of the Lord be blessed,  
from this time forth for evermore.**

From the rising of the sun to its going down  
let the name of the Lord be praised.

**Who is like the Lord our God,  
who sits enthroned on high  
yet stoops to behold the heavens and the earth?**

He takes the weak out of the dust  
and lifts up the poor from the ashes.

**He sets them with the princes,  
with the princes of his people.**

He makes the women of a childless house  
to be the joyful mother of children.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm: (Ps 115)*

Not to us, O Lord, not to us  
but to your name be the glory;  
because of your love  
and because of your faithfulness.

**Why should the heathen say,**

**'Where then is their God?'**

**Our God is in heaven;**

**he does whatever he chooses.**

You who fear the Lord, trust in the Lord;  
he is your help and your shield.

**The Lord has been mindful of us**

**and he will bless us;**

**he will bless those who fear him,**

**both small and great together.**

May the Lord increase you more and more,  
you and your children after you.

**May you be blessed by the Lord,**

**the maker of heaven and earth.**

Glory to be the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever, Amen.**

*Psalm:* [Ps 116]

I love the Lord for he has heard my voice;  
he heard my cry for mercy.

**Because he turned his ear to me**

**I will call on him as long as I live.**

The cords of death entangled me,  
the anguish of the grave came upon me;

**I was overcome by trouble and sorrow.**

**Then I called on the name of the Lord.**

How can I repay the Lord  
for all his goodness to me?

**I will lift up the cup of salvation**

**and call upon the name of the Lord.**

I will fulfil my vows to the Lord  
in the presence of all his people.

**I will offer you the sacrifice of thanksgiving**

**and call upon the name of the Lord.**

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 117]

O Praise the Lord, all you nations;  
praise him, all you peoples.

**For great is his steadfast love towards us,  
and the faithfulness of the Lord  
endures of ever. Alleluia!**

Glory to the Father, and to the Son  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 118: 14f]

The Lord is my strength and my song.  
He has become my salvation.

**Joyful shouts of salvation**

**are heard in the tents of the righteous:**  
the right hand of the Lord does mighty deeds:  
the right hand of the Lord raises the lowly.

**I shall not die, I shall live  
and I will declare the works of the Lord.**

Open to me the gates of heaven,  
that I may enter and give thanks to the Lord.

**This is the gate of the Lord!**

**The righteous shall enter here!**

Then I will give thanks to you  
for you have answered me  
and you have become my salvation.

**This is the Lord's doing  
and it is marvellous in our eyes.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 119]

Happy are they whose lives are faultless,  
who follow God's law.

**Happy are they who keep his commands  
and obey him with all their heart.**

Lord, you have given us your laws  
and told us to obey them faithfully.

**If only my ways were unerring  
and my thoughts were pure!**

Then I should not be put to shame  
but would be able to thank you with an upright heart.

**I will praise you with sincerity of heart:  
never abandon your servant utterly.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 119: 1-8]

Happy are they whose way is blameless,  
who walk in the law of the Lord.

**Happy are they who study your words  
and seek you with all their hearts.**

Happy are they who never do any wrong,  
but always walk in your ways.

**You laid down your commandments  
that we should keep them to the end.**

O that my ways were faultless  
and that my mind was perfect!

**Then I should not be put to shame  
when I ponder on all your commandments.**

But I will thank you with a simple heart,  
for I can see the truth within your Word.

**Teach me to keep your law  
and do not cast me away when I fail.**

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning, is now,  
and shall be for ever. Amen.**

*Psalm: [Psa 119: 9-16]*

How shall the young cleanse their way?

By keeping to your words.

**With my whole heart shall I seek you;  
let me not stray from your commandments.**

I treasure your promise in my heart,

that I may not sin against you.

**Blessèd are you, O Lord;  
instruct me in your ways.**

With my lips will I recite

all the judgements of your mouth.

**I have taken greater delight  
in the way of your laws  
than in all manner of riches.**

I will meditate on your commandments

and give attention to your ways.

**My delight is in your statutes;  
I will not forget your word.**

Glory to the Father, and to the Son

and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 119: 30-40]

Teach me, O Lord, the words of your laws,  
and I shall keep them to the end.

**Give me understanding  
to keep your teachings;  
and I shall treasure them in my heart.**

Lead me along the pathways  
of truth and righteousness,  
for there I find my delight.

**Bend my heart to all that you have spoken  
so that I am not tempted to worldly things.**

Turn away my eyes from all that is vain,  
give me a joy in the things that will last.

**Confirm in your servant  
the promises you have made,  
the rock for all who put their trust in you.**

Turn away your displeasure which I dread,  
show me again the hope your words inspire.

**Behold, I long for all that you teach me;  
in your righteousness, give me life.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever, Amen.**

*Psalm:* [Ps 119 vv65-72]

O Lord, you have dealt graciously with your servant,  
according to your word.

**Teach me discernment and knowledge,  
for I have believed in your commandments.**

Before I was afflicted I went astray,  
but now I keep your word.

**You are good  
and you draw good things from me;  
instruct me in your statutes.**

It is good for me that I have been afflicted,  
that I might learn your statutes.

**The law of your mouth is dearer to me  
than thousands in gold and silver.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 119 vv105-112]

Your Word is a lantern to my feet  
and a light upon my path.

**I have sworn and I will fulfill it,  
that I shall keep your righteous judgements.**

I am troubled above measure;  
give me life, O Lord, according to your word.

**Accept the free-will offering  
of my mouth, O Lord,  
and teach me your judgements.**

My soul is ever in my hand,  
yet I do not forget your law.

**The wicked have laid a snare for me,  
but I have not strayed  
from your commandments.**

Your testimonies have I claimed  
as my heritage for ever;  
for they are the very joy of my heart.

**I have applied my heart  
to fulfil your statutes always,  
even to the end.**

Glory to the Father, and to the Son  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 119 vv161f]

Rulers have persecuted me without cause  
But my heart stands in awe of your word.

**Your promise makes me as glad  
as one who finds great riches.**

As for lies I hate and abhor them,  
but your law do I love.

**Great peace have they who love your law;  
for them there is no major stumbling block.**

I have hoped for your salvation, O Lord,  
and I have tried to fulfil your commandments.

**I have kept to your teaching  
for I love the truth.**

**May your word be a lantern to my feet  
and a light to my paths.**

Glory to the Father, and to the Son,  
And to the Holy Spirit;

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

*Psalm* [Ps 121]

I lift up my eyes to the hills;  
but where shall I find help?

**My help comes from the Lord,  
the maker of heaven and earth.**

He will not let your foot slip  
for he who watches over you  
will neither slumber nor sleep.

**The Lord will always watch over you:  
the Lord protects you and keeps you safe;**

the sun shall not scorch you by day  
nor the moon disturb you at night.

**The Lord shall keep you from all that is evil;  
it is he who will guard your life.**

The Lord will defend your going out  
and your coming in,  
both now and for evermore.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 122]

I was glad when they said to me,  
'Let us go to the house of the Lord'.

**Now our feet are standing  
within your gates, O Jerusalem.**

Jerusalem is built as a city  
that is at unity with itself.

**To which the tribes go up,  
the tribes of the Lord,  
the assembly of Israel,  
to praise the name of the Lord.**

For there are the thrones of judgement,  
the thrones of the house of David.

**Pray for the peace of Jerusalem:  
'May they prosper who love you.**

Peace be within your walls  
and quietness within your towers.

**For my family and companions' sake,  
I pray for your prosperity.**

Because of the house of the Lord our God,  
I will seek to do you good.'

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 123/4]

To you I lift up my eyes,  
to you enthroned in the heavens.

**As the eyes of servants  
look to the hand of their masters,  
and the eyes of a maid  
to the hand of her mistress,  
so our eyes look to the Lord our God,  
until he shows us his mercy.**

**Have mercy upon us, O Lord, have mercy,  
for we have had  
more than enough of contempt,  
too much of the scorn of the idle rich,  
and of the mutterings of the proud.**

**Blessed be the Lord!**

**He has not given us over  
to be a prey for their teeth.**

Our help is in the name of the Lord,  
the maker of heaven and earth.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 126]

When the Lord restored the fortunes of Zion,  
then were we like those who dream.

**Then was our mouth filled with laughter,  
and our tongue with joy.**

Then said they among the nations,  
'The Lord has done great things for them.'

**The Lord has done great things for us,  
and we are glad indeed!**

Take away our captivity, O Lord,  
as the rivers of the south.

**Those who sow in tears  
shall reap with songs of joy.**

Those who go out weeping, carrying the seed,  
will come again with joy,  
bringing their sheaves with them.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 128]

Happy are they who fear the Lord,  
and who follow in his ways!

**You shall eat the fruit of your labour;  
happiness and prosperity shall be yours.**

Your wife shall be like the fruitful vine  
within your house,  
your children like olive shoots round about your table.

**The man who fears the Lord  
shall thus indeed be blessed.**

The Lord bless you from Zion,  
and may you see the prosperity of Jerusalem  
all the days of your life.

**May you live to see your children's children;  
may peace be upon Israel.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 130]

Out of the depths have I called to you, O Lord;  
Lord, hear my voice;  
let your ears consider well  
the voice of my supplication.

**If you, Lord, were to note what is done amiss,**

**O Lord, who could stand?**

For there is forgiveness with you;  
therefore you are to be feared.

**I wait for the Lord, my soul waits for him;  
in his word is my hope.**

My soul waits for the Lord,  
more than the night-watch for the morning.

**O Israel, wait for the Lord,  
for with the Lord there is mercy;**

With him there is plenteous redemption,  
and he shall redeem Israel from all their sins.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm: [Ps 133]*

O how good and pleasant it is,  
when a family lives together in unity!

**It is like fine oil upon the head  
that runs down upon the beard,**

upon the beard of Aaron,  
and runs down upon the collar of his robe.

**It is like the dew of Hermon  
that falls round about the hills of Zion.**

For there the Lord has given his blessing:  
life for evermore.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 137: 1-6]

By the waters of Babylon we sat down and wept,  
when we remembered Zion.

**As for our harps we hung them up  
on the willows that grow in that land.**

For there our captors asked for a song,  
our tormentors called for merriment:  
'Sing us one of the songs of Zion.'

**How can we sing the Lord's song  
in a strange land?**

If I forget you, O Jerusalem,  
let my right hand forget its skill.

**Let my mouth stick  
to the roof of my mouth  
if I do not remember you,  
if I forget you, O Jerusalem.**

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 138]

I will give thanks to you with my whole heart;  
before the gods will I sing your praise.

**I will bow down towards your holy temple  
and praise your name,  
because of your love and faithfulness;**

When I called, you answered me;  
you increased my strength within me.

**Though the Lord be high,  
he cares for the lowly;  
he perceives the haughty from afar.**

Though I walk in the midst of trouble,  
you keep me safe;

you stretch forth your hand  
against the furies of my enemies;  
your right hand shall save me.

**The Lord will make good his purpose for me;  
O Lord, your love endures for ever;  
do not abandon the work of your hands.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 139]

Lord, you have searched me out and known me;  
you know my sitting down and my rising up;  
you know my thoughts from afar.

**You trace my journeys and my resting places;  
you are acquainted with all my ways.**

Indeed there is not a word on my lips,  
but you, O Lord, know it altogether.

**Where then, can I go from your Spirit?  
where can I hide from your presence?**

If I climb up to heaven, you are there;  
if I make the grave my bed, you are there also.

**If I take the wings of the morning  
and dwell in the uttermost parts of the sea**

even there your right hand will lead me  
and your right hand will hold me fast.

**For you yourself created my inmost parts;  
you knitted me together in my mother's womb.**

I will thank you because I am so marvellously made;  
your works are wonderful and I know that well.

**If I were to count them,  
they would be more in number than the sand;  
to count them all,  
my life would need to be like yours.**

Search me out, O God, and understand my heart;  
strive with me and test my restless thoughts.

**Look down and see  
whether there is any wickedness in me  
and lead me into the way that is everlasting.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever, Amen.**

*Psalm:* [Ps 145]

The Lord is gracious and full of compassion,  
slow to anger and of great kindness.

**The Lord is loving to everyone  
and his compassion is over all his works.**

Your Kingdom is an everlasting kingdom;  
your dominion endures throughout all ages.

**The Lord upholds all those who fall;  
he lifts up those who are bowed down.**

The eyes of all wait upon you, O Lord,  
and you give them their food in due season.

**You open wide your hand  
and satisfy the needs of every living creature.**

The Lord is near to those who call upon him,  
to all who call upon him with faithful hearts.

**Glory be to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and shall be for ever, Amen.**

*Psalm:* [Ps 141]

O Lord, I call to you, come to me quickly;  
Hear my voice when I cry to you.

**Let my prayer rise before you like incense,  
the lifting up of my hand as the proper sacrifice.**

Set a watch before my mouth, O Lord,  
and guard the door of my lips.

**Let not my heart turn to any evil thing;  
let me not be occupied with the wicked,  
nor eat with them at their tables.**

But my eyes are turned to you, O Lord:  
in you I take refuge, do not leave me defenceless.

**Let my prayer rise before you like incense,  
the lifting up of my hand as the proper sacrifice.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen .**

*Psalm:* [Ps 145: 10f]

All your works praise you, O Lord,  
and your faithful servants bless you.

**They make known the glory of your kingdom  
and speak of your power.**

Your kingdom is an everlasting kingdom;  
your dominion endures throughout all ages.

**The Lord is faithful in all his words  
and merciful in all his deeds.**

The Lord upholds all those who fall;  
he lifts up those who are bowed down.

**The eyes of all wait upon you, O Lord,  
and you give them their food in due season.**

You open wide your hand  
and satisfy the needs of every living creature.

**The Lord is righteous in all his ways  
and loving in all his works.**

My mouth shall speak the praise of the Lord;  
let all flesh bless his holy name, for ever and ever.

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen .**

*Psalm:* [Ps 146]

Praise the Lord, O my soul!

I will praise the Lord as long as I live;

I will sing praises to my God while I have my being.

**Put not your trust in rulers,**

**nor in any child of earth,**

**for there is no help in them.**

When they breathe their last, they return to the earth,  
and in that day their thoughts perish.

**Happy are they**

**who have the God of Jacob for their help,**

**whose hope is in the Lord their God;**

who made heaven and earth,

the seas and all that is in them;

who keeps his promise for ever;

**who give justice to those who are oppressed,**

**and food to those who hunger.**

The Lord sets the prisoners free;

the Lord opens the eyes of the blind;

the Lord lifts up those who are bowed down.

**The Lord loves the righteous,**

**the Lord cares for the stranger;**

**he sustains the orphan and widow,**

**but frustrates the way of the wicked.**

The Lord shall reign for ever,

your God, O Zion,

throughout all generations. Alleluia!

**Glory to the Father, and to the Son,**

**and to the Holy Spirit;**

**as it was in the beginning, is now**

**and shall be for ever. Amen.**

*Psalm:* [Ps 147]

How good it is to sing praises to our God!  
how good it is to honour him with praise!

**Great is our God and mighty in power;  
there is no limit to his wisdom.**

The Lord lifts up the lowly,  
but casts the wicked to the ground.

**Sing to the Lord with thanksgiving;  
make music to our God upon the harp.**

He covers the heavens with clouds  
and prepares rain for the earth;

**He makes grass to grow upon the mountains  
and green plants to serve us all.**

He provides food for flocks and herds  
and for the young ravens when they cry.

**He is not impressed by the might of a horse,  
he has no pleasure in human strength;**

but the Lord has pleasure in those who fear him,  
in those who await his gracious favour.

**Glory to the Father, and to the Son  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 148]

Praise the Lord from the heavens,  
praise him in the heights.

**Praise him, all you angels of his;  
praise him, all his host.**

Praise him, sun and moon;  
praise him all you shining stars.

**Praise him, heaven of heavens,  
praise him you waters above the heavens!**

Let them praise the name of the Lord;  
for he commanded and they were created.

**He made them to stand fast  
for ever and ever.**

**He gave them a law  
which shall not pass away.**

Young men and maidens,  
old and young together

**let them praise the name of the Lord,  
for his name only is exalted,  
his splendour is over earth and heaven.**

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm* [Ps 149]

Alleluia! Sing to the Lord a new song;  
sing his praise in the congregation of the faithful.

**Let Israel rejoice in its maker;  
let the children of Israel  
be joyful in their king.**

Let them praise his name with dancing;  
let them sing praise to him with timbrel and lyre.

**For the Lord takes pleasure in his people  
and lifts the poor with gifts of salvation.**

Let the faithful rejoice in their goodness;  
let them be joyful as they meet together;

**with the praises of God on their lips  
and the sword of justice in their hands;**

to bring integrity among the nations  
and punishment on those who abuse their power;

**to bind their leaders in chains  
and their officers in links of iron;**

that God's holy will may finally triumph;  
that is the reward for all his faithful ones. Alleluia!

**Glory to the Father, and to the Son,  
and to the Holy Spirit;**

**as it was in the beginning, is now  
and shall be for ever. Amen.**

*Psalm:* [Ps 150]

Praise God in his holy temple;  
praise him in the firmament of his power.

**Praise him for his mighty acts;  
praise him for his excellent greatness.**

Praise him with the blast of the rams-horn;  
praise him with the lyre and harp.

**Praise him with timbrel and dancing;  
praise him with the strings and pipe.**

Praise him with the resounding cymbals;  
praise him with the loud clanging cymbals.

**Let everything that has breath  
praise the Lord!**

Glory to the Father, and to the Son  
and to the Holy Spirit;

**as it was in the beginning, is now  
and shall be for ever. Amen.**

