

Morning Prayer

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ST. GREGORY OF NYSSA EPISCOPAL CHURCH
SAN FRANCISCO

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This book incorporates the ICEL Psalms, a translation of the Psalms by the Roman Catholic International Commission on English in the Liturgy, copyright 1995. This book is intended for use in services at St. Gregory of Nyssa Episcopal Church. It may not be sold.

First edition, February 2011

Welcome

We're glad you're here to pray with us.

Morning Prayer is led verbally, so you don't have to keep searching this book to see what's going to happen next—we'll tell you what to do as we go along. The whole service takes half an hour.

We use a variety of music throughout Morning Prayer. This booklet has only examples, so we often supplement it with St. Gregory's *Music for Liturgy* book, as well as other hymnals—you'll find all you need on your chair.

As is the general practice at St. Gregory's, almost all of Morning Prayer is sung, without accompaniment. We'll give you tones so you can follow the music easily. Sing fearlessly: there are no mistakes here.

About Morning Prayer

Developed in 2001 by Sara Miles and Steve Hassett, and held every weekday at 8 a.m., St. Gregory's Morning Prayer service is led by lay members of the congregation.

Our Morning Prayer service incorporates elements from traditional Morning Prayer liturgies in Roman Catholic and Protestant churches, including much of the service as outlined in the Episcopal Church's Book of Common Prayer. It also includes elements which have become regular practices at St. Gregory's, such as extended silences (marked by bells) for meditation, people speaking their own prayers aloud, and procession outside to the baptismal font.

The Psalm cycle we use is a fifteen-week cycle for daily prayer, developed by Rev. Rick Fabian, one of the founders of St. Gregory's. The text for the Psalms is the translation by the Roman Catholic International Commission on English in the Liturgy, copyright ICEL 1995.

Order of service

Gather quietly in seating area.

*Leader or helper rings church bell, **all stand**. Leader lights the lamp and incense.*

***Chant opening prayer.** All can drone on one note, or follow the leader's tone.*

♪ *Leader:* Send out your light and your truth, that they may guide us
and lead us to your holy hill and to your dwelling.

♪ *All:* **Open our lips, O Lord, that our mouths might sing your praise.
Glory to the Father, and to the Son, and to the Holy Spirit.
As it was in the beginning, is now, and will be forever. Amen.**

***Sing opening song** (see pp. 7–10 for examples). Remain standing.*

*Take seats and **sing Psalms**, following leader's chant tone by ear.*

***Silence.** Leader rings bowl to start, and small bell to mark end of silence. (2-3 minutes)*

*Stand and **sing canticle** (see p. 11 for an example).*

*Take seats; leader asks a person to stand and **chant or read the Gospel**. (Use a lectionary or the Book of Common Prayer to find the reading for the day.)*

*After Gospel, reader sits down. Leader asks people to **share aloud a word or a phrase from the Gospel, Psalms or songs**.*

***Silence.** Leader rings bowl to start, and small bell to mark end of silence. (3-4 minutes)*

*Stand and **sing the Lord's Prayer**. See p. 13 for instructions.*

***Sing closing hymn** while walking outdoors to the font. See p. 15 for an example.*

*People stand close around the font as the leader chants the **closing prayer**.*

♪ *Leader:* Almighty God, you have brought us through the night
and led us to your living water;
Now mark us as your own as we take your love into the world;
There is no Jew or Greek, slave or free, male or female anymore;
Make us all one in Jesus Christ.

♪ *All:* **Amen.**

Dismissal:

Leader: Let us bless the Lord.

People: **Thanks be to God!**

All exchange a sign of peace.

Music

The music printed here shows examples of some of the music we use in Morning Prayer at St. Gregory's. You can use any music you find suitable for your service, or order the publication *Music for Liturgy*, which is the music book we use for all services, from the office at St. Gregory of Nyssa Church.

Come, Heavenly Comforter

This piece is an example of an *opening song*.

Come, Heavenly Com-fort - er, and Spirit of Truth, blowing everywhere and filling all things.

Treasury of bless - ings and giver of life: come and a - bide in us,

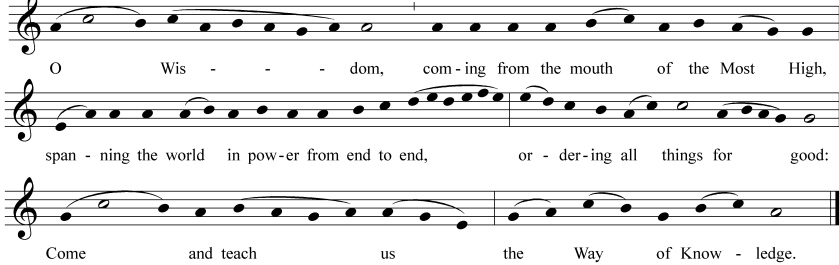
and cleanse us from every im - pur - i - ty, and in your great good - ness save us.

Music: Russian Tone 6. Copying for local use is permitted and encouraged.

O Antiphons

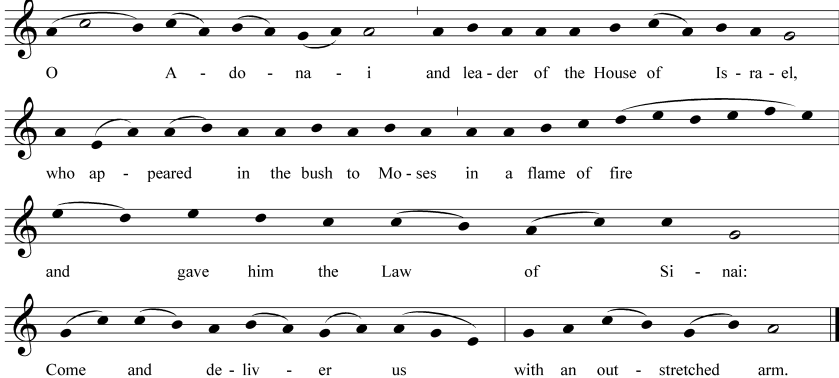
These are sung in place of the *opening song* during the season of Advent. We sing one for each week, beginning the third week before the first Sunday of Advent.

3 before Advent *O Sapientia*



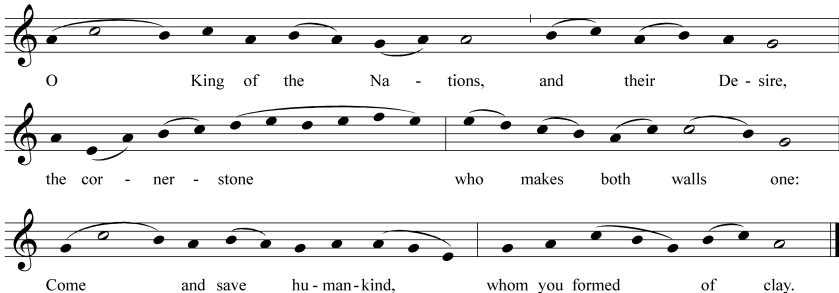
O Wis - - - dom, com - ing from the mouth of the Most High,
span - ning the world in pow - er from end to end, or - der - ing all things for good:
Come and teach us the Way of Know - ledge.

2 before Advent *O Adonai*



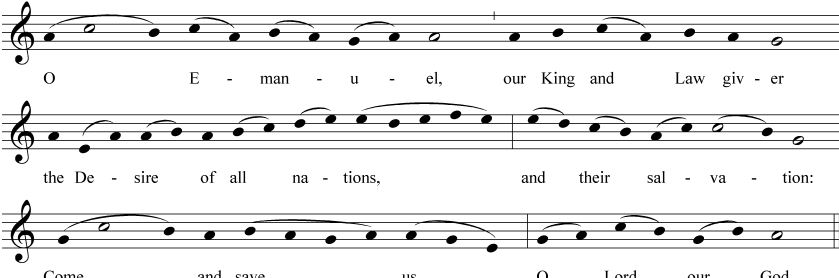
O A - do - na - i and lea - der of the House of Is - ra - el,
who ap - peared in the bush to Mo - ses in a flame of fire
and gave him the Law of Si - nai:
Come and de - liv - er us with an out - stretched arm.

1 before Advent *O Rex Gentium*



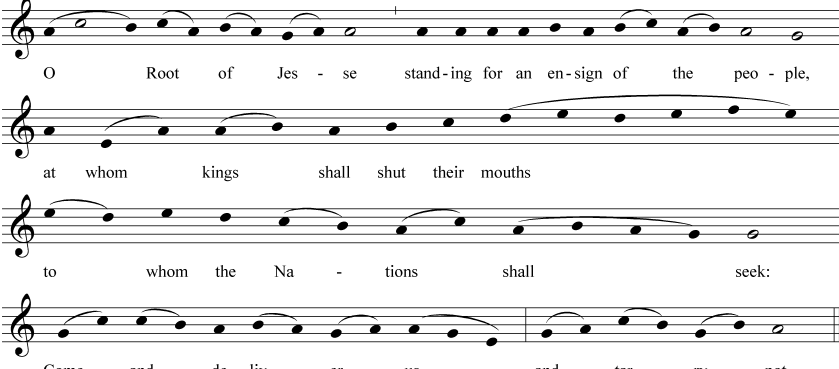
O King of the Na - tions, and their De - sire,
the cor - ner - stone who makes both walls one:
Come and save hu - man - kind, whom you formed of clay.

Advent I *O Emmanuel*



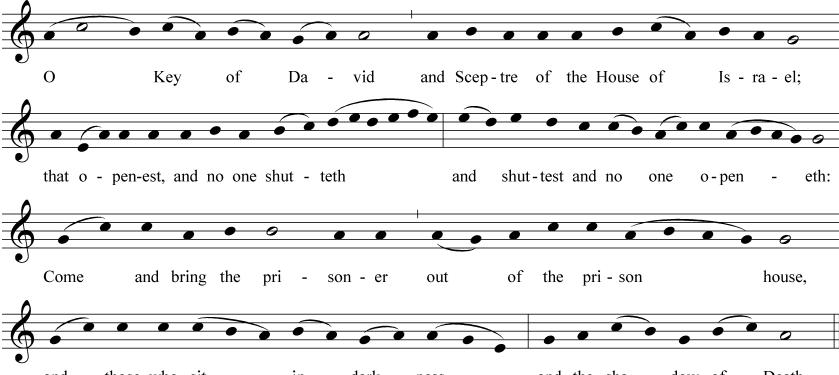
O E - man - u - el, our King and Law giv - er
the De - sire of all na - tions, and their sal - va - tion:
Come and save us, O Lord our God.

Advent II *O Radix Jesse*



O Root of Jes - se stand - ing for an en - sign of the peo - ple,
at whom kings shall shut their mouths
to whom the Na - tions shall seek:
Come and de - liv - er us, and tar - ry not.

Advent III *O Clavis David*



O Key of Da - vid and Scep - tre of the House of Is - ra - el;
that o - pen - est, and no one shut - teth and shut - test and no one o - pen - eth:
Come and bring the pri - son - er out of the pri - son house,
and those who sit in dark - ness, and the sha - dow of Death.

Advent IV *O Oriens*

O Day - - - spring, Bright-ness of Light ev - er - last - ing,
 and Sun of Right - eous - ness: Come and en - light - en
 those who sit in dark - ness, and the sha - dow of Death

Sample Psalm Tone

The Psalms are sung to simple tones like the one printed here as an example. We use the same tone for all the day's Psalms, pausing at the asterisk in the text. We usually start by singing several verses in unison, to teach the tone, and then people can add harmony as they choose—see an example of simple harmonies here.

Note that this is just an example: during Morning Prayer, instead of using any written music, the leader will teach the tone entirely by ear.

Psalm Tone: unison

Psalm Tone: harmony

Arise, Shine

This piece is an example of a *canticle*.

Arise, shine, for your light has come, and the glory of the Lord has dawned on you.

The first system of musical notation consists of a treble and bass staff. The treble staff contains a whole rest followed by a half note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), and a half note chord (G4, B4). The bass staff contains a whole note chord (G2, B2), a half note chord (G2, B2), a quarter note chord (G2, B2), and a half note chord (G2, B2).

For behold, darkness covers the land; deep gloom enshrouds the peoples.

The second system of musical notation consists of a treble and bass staff. The treble staff contains a whole rest followed by a half note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), and a half note chord (G4, B4). The bass staff contains a whole note chord (G2, B2), a half note chord (G2, B2), a quarter note chord (G2, B2), and a half note chord (G2, B2).

But over you the Lord will rise, and his glory will appear upon you.

in rhythm -----

The third system of musical notation consists of a treble and bass staff. The treble staff contains a whole rest followed by a half note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), and a whole rest. The bass staff contains a whole note chord (G2, B2), a half note chord (G2, B2), a quarter note chord (G2, B2), a half note chord (G2, B2), a quarter note chord (G2, B2), a quarter note chord (G2, B2), a quarter note chord (G2, B2), and a whole rest.

Nations will stream to your light, and kings to the brightness of your dawning.

The fourth system of musical notation consists of a treble and bass staff. The treble staff contains a whole rest followed by a half note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), and a half note chord (G4, B4). The bass staff contains a whole note chord (G2, B2), a half note chord (G2, B2), a quarter note chord (G2, B2), and a half note chord (G2, B2).

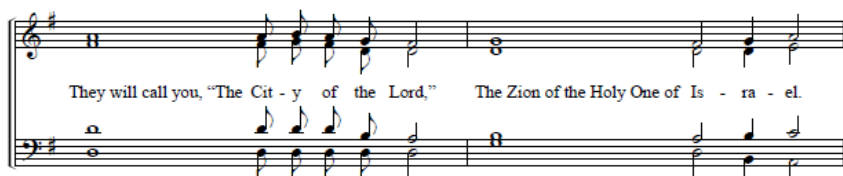
Your gates will always be open; by day or night they will never be shut. A-rise, shine,

The fifth system of musical notation consists of a treble and bass staff. The treble staff contains a whole rest followed by a half note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), and a whole rest. The bass staff contains a whole note chord (G2, B2), a half note chord (G2, B2), a quarter note chord (G2, B2), a half note chord (G2, B2), a quarter note chord (G2, B2), a quarter note chord (G2, B2), a quarter note chord (G2, B2), and a whole rest.

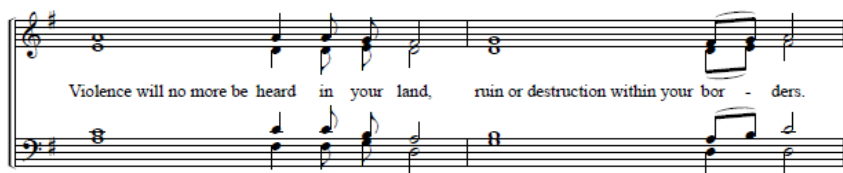
for your light has come, and the glory of the Lord has dawned upon you.

in rhythm -----

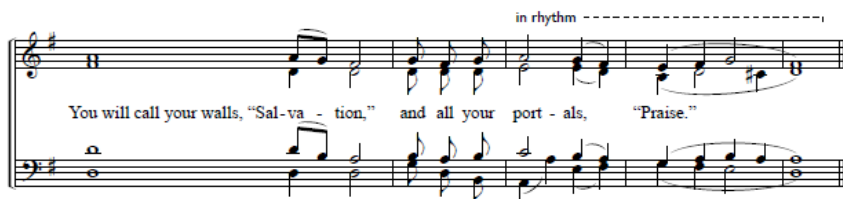
The sixth system of musical notation consists of a treble and bass staff. The treble staff contains a whole rest followed by a half note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), a quarter note chord (G4, B4), and a whole rest. The bass staff contains a whole note chord (G2, B2), a half note chord (G2, B2), a quarter note chord (G2, B2), a half note chord (G2, B2), a quarter note chord (G2, B2), a quarter note chord (G2, B2), a quarter note chord (G2, B2), and a whole rest.



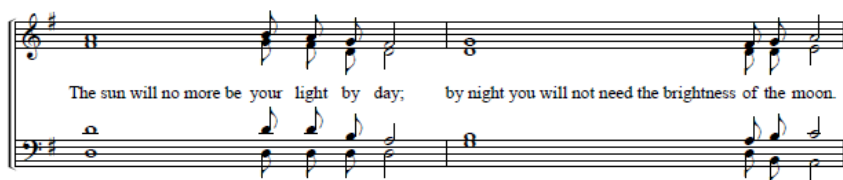
They will call you, "The Cit - y of the Lord," The Zion of the Holy One of Is - ra - el.



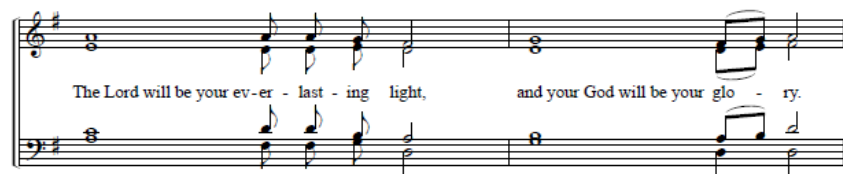
Violence will no more be heard in your land, ruin or destruction within your bor - ders.



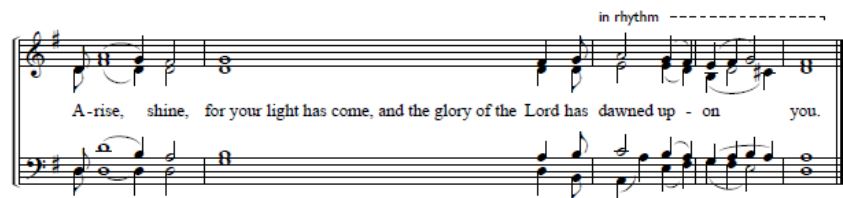
in rhythm -----
 You will call your walls, "Sal - va - tion," and all your port - als, "Praise."



The sun will no more be your light by day, by night you will not need the brightness of the moon.



The Lord will be your ev - er - last - ing light, and your God will be your glo - ry.



in rhythm -----
 A - rise, shine, for your light has come, and the glory of the Lord has dawned up - on you.

Music: Alexander Arkhangelsky (1846-1924), adapt. Scott R. King (b. 1955). Words: Third Song of Isaiah.

MFL 36 from *Music for Liturgy*, 2nd Edition (1999) published by St. Gregory of Nyssa Episcopal Church, 500 DeHaro Street, San Francisco, CA 94107. Visit our website: www.saintgregorys.org

Lord's Prayer

This is an example of a setting of the *Lord's Prayer*. Whatever music we use, we always pause after “deliver us from evil” and then continue as follows.

Our Fa - ther in hea - ven, hal - lowed be your Name. Your king - dom come,
 your will be done on earth and in hea - ven. Give us to - day the bread of life
 and for give us our sins, as we forgive those who sin a - gainst us.
 Save us from the time of tri - al, and deliv - er us from e - vil.

Leader: For peace in the whole world, for peace in ____, and for which other places shall we pray?

People: *Speak places aloud, then:*

Leader: Let us pray to the Lord.

All respond: **Lord, have mercy.**

People then continue speaking their own prayers aloud.

For prayers that conclude “Let us pray to the Lord,” all respond: **Lord, have mercy.**

For prayers that conclude “Let us bless the Lord,” all respond: **Thanks be to God.**

Leader decides when to offer final prayer:

For salvation and peace for the dead, and comfort for mourners, let us pray to the Lord.

All: **Lord, have mercy.**

Leader: For our enemies, for those we have wronged, and for those who wrong us, let us pray to the Lord.

All: **Lord, have mercy.**

Leader: For forgiveness, generosity and love among all people everywhere, and for the coming of God’s kingdom of peace, let us pray to the Lord.

All: **Lord, have mercy.**

♪ *Leader:* In fellowship with Gregory of Nyssa, with Mary, Christ's mother, [with saint __,] and with all God's holy people in every time and place, let us commend ourselves, and each other, and all our lives through Christ to God.

♪ All: **To you, O Lord our God.**

♪ *Leader:* *prays the Collect of the day, ending:* ... through Jesus Christ our Lord.

♪ All *sing the final line of the Lord's Prayer:*



For the kingdom, the power, and the glo - ry are yours, now and for - ev - er. A - men.

Love Divine, All Loves Excelling

This piece is an example of a *closing hymn*, to be sung while walking out to the font.

1 Love di - vine, all loves ex - cel - ing, joy of heaven, to earth come down,
2 Come, al - might - y to de - liv - er, let us all thy life re - ceive;
3 Fi - nish then thy new cre - a - tion; pure and spot - less let us be;

1 fix in us thy hum - ble dwell - ing all thy faith - ful mer - cies crown.
2 sud - den - ly re - turn, and nev - er, nev - er - more thy tem - ples leave.
3 let us see thy great sal - va - tion per - fect - ly re - stored in thee:

1 Je - sus, thou art all com - pas - sion, pure, un - bound - ed love thou art;
2 Thee we would be al - way bless - ing, serve thee as thy hosts a - bove,
3 changed from glo - ry in - to glo - ry till in heaven we take our place,

1 vis - it us with thy sal - va - tion, en - ter ev - ery trem - bling heart.
2 pray and praise thee with - out ceas - ing, glo - ry in thy per - fect love.
3 till we cast our crowns be - fore thee, lost in won - der, love, and praise.

Words: Charles Wesley (1707-1788). Music: Hffrydol, Rowland Hugh Prichard (1811-1887)

Psalms

in a 15-week cycle

Psalms

The Psalms selected for each day reflect different theological themes: God's majesty, the people's lament, the promise of salvation, and the praise chorus or Hallel. In addition each day of the week is distinguished by an overall theological theme:

Monday	Wisdom and the Commandments
Tuesday	Peril and Rescue
Wednesday	Sin and Forgiveness
Thursday	God's Bounty
Friday	Suffering and Salvation

This entire cycle of Psalms is 15 weeks long. To find out where you are, use a church calendar. Start Week One of the Psalms on the Monday after Epiphany (which is January 6), continue through Week Fifteen, then begin the cycle again.

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MONDAY

Psalm 24

God owns this planet and all its riches.*

The earth and every creature belong to God.

God set the land on top of the seas*
and anchored it in the deep.

Who is fit to climb God's mountain*
and stand in his holy place?

Whoever has integrity:*
not chasing shadows, not living lies.

God will bless them, their savior will bring justice.*
They long to see the Lord, they seek the face of Jacob's God.

Stretch toward heaven, you gates, open high and wide.*
Let the glorious sovereign enter.

Who is this splendid ruler?*

The Lord of power and might, the conqueror of chaos.

Stretch toward heaven, you gates,*
open high and wide. Let the glorious sovereign enter.

Who is this splendid ruler? The Lord of heaven's might,*
this splendid ruler is the Lord our God.

Psalm 36

Sin whispers with the wicked, shares its evil, heart to heart.*
These sinners shut their eyes to all fear of God.

They refuse to see their sin, to know and hate it.*
Their words ring false and empty, their plans neglect what is good.

They daydream of evil, plot their crooked ways,*
seizing on all that is vile.

Your mercy, Lord, spans the sky;*
your faithfulness soars among the clouds.

Your integrity towers like a mountain,*
your justice runs deeper than the sea.

Lord, you embrace all life:*
How we prize your tender mercy!

God, your people seek shelter, safe in the warmth of your wings,*
They feast at your full table, slake their thirst in your cool stream,

for you are the fount of life, you give us light and we see.*

Grant mercy always to your own, victory to honest hearts.

Keep the proud from trampling me, assaulting me with wicked hands,*

Let those sinners collapse, struck down, never to rise.

Psalm 119: 129–144

Wonderful are your decrees, I guard them with my life.*

Unfold your word, enlighten the simple.

Longing for you, I thirst for your teaching.*

Turn and favor me, because I love your name.

Let your word lead my steps, and evil not master me.*

Save me from the oppressor, so I may keep your commands.

Smile upon me and teach me your ways.*

I shed endless tears over those who break your law.

God of justice, how right your judgments.*

You establish your decrees in justice and truth.

I seethe in anger when enemies forget your word,*

the promise I love, tested by time.

Discounted and shamed, I still remember your precepts.*

You are eternal justice, your law is truth.

When trouble and anguish strike, your decrees are my joy.*

Your commands are just, teach me and I will live.

Hallel: Psalm 149

Hallelujah! Sing a new song, you faithful,*

praise God in the assembly.

Israel, rejoice in your maker, Zion, in your king.*

Dance in the Lord's name, sounding harp and tambourine.

The Lord delights in saving a helpless people.*

Revel in God's glory, join in clan by clan.

Shout praise from your throat, sword flashing in hand.*

To discipline nations and punish the wicked,

to shackle their kings and execute God's sentence.*

You faithful, this is your glory! Hallelujah!

TUESDAY

Psalm 125

Those who trust the Lord stand firm as Zion,*
solid and strong, as mountains circle Jerusalem.
Lord, you embrace your people now and for ever.*
Keep the rule of the wicked far from the land of the just.
Lord, show your goodness to those who do good,*
whose hearts are true.
Away with the devious, banish them with the wicked!*Give Israel peace!

Psalm 79

Nations overrun your estate, O God;*
they defile your temple and destroy Jerusalem.
Your dead servants are thrown to vultures,*
the bodies of the holy to scavengers.
Their blood streams through Jerusalem,*
no one is left to bury them.
We are laughed at by neighbors,*
the object of mockery and scorn.
How long, O Lord? Will you always be angry?*Will your passion consume us like fire?
Vent your anger on faithless nations,*
on regimes that ignore your name,
for they ate Jacob alive*
and devastated his home.
Do not make us pay for the sins of our parents*
but welcome us with love.
We are left with nothing. Live up to the name of Savior.*
Rescue us, forgive our sins, keep your own good name.
Do not let the nations taunt us, "Where is their God?"*
Show them how you avenge the blood of your servants.
Heed the prisoner's groan, use your power to save the condemned.*
Repay our neighbors for the way they abused you, Lord.
We, your own people, the flock in your pasture,*
will give unending thanks, will sing your praise.

Hallel: Psalm 118

Give thanks, the Lord is good, God's love is for ever!*

Now let Israel say, "God's love is for ever!"

Let the house of Aaron say, "God's love is for ever!"*

Let all who revere the Lord say, "God's love is for ever!"

In distress I called to the Lord, who answered and set me free.*

The Lord is with me, I fear not. I can face my foes.

Better to trust in the Lord than rely on human help.*

Better to trust in the Lord than rely on generous hearts.

The nations surrounded me; in God's name, I will crush them!*

Surrounded me completely; in God's name, I will crush them!

Surrounded me like bees, blazed like brushwood fire;*

In God's name, I will crush them!

I was pushed to falling, but the Lord gave me help.*

My strength, my savior is the Lord, who has become my savior.

Glad songs of victory sound within the tents of the just.*

With right hand raised high, the Lord strikes with force.

I shall not die but live to tell the Lord's great deeds.*

The Lord punished me severely, but did not let me die.

Open the gates of justice, let me praise God within them.*

This is the Lord's own gate, only the just will enter.

I thank you for you answered me,*

and you became my savior.

The stone the builders rejected has become the cornerstone.*

This is the work of the Lord, how wonderful in our eyes.

This is the day the Lord made, let us rejoice and be glad.*

Lord, give us the victory! Lord, grant us success!

Blest is the one who comes in the name of the Lord.*

The Lord God is our light: adorn the altar with branches.

I will thank you, my God, I will praise you highly*

Give thanks, the Lord is good, God's love is for ever!

WEDNESDAY

Psalm 90

You have been our haven, Lord, from generation to generation.*
 Before the mountains existed, before the earth was born,
 from age to age you are God.

You return us to dust, children of the earth back to earth.*
 For in your eyes a thousand years are like a single day:
 they pass with the swiftness of sleep.

You sweep away the years as sleep passes at dawn,*
 like grass that springs up in the day, and is withered by evening.

For we perish at your wrath, your anger strikes terror.*
 You lay bare our sins in the piercing light of your presence.

All our days wither beneath your glance,*
 our lives vanish like breath.

Our lives are a mere seventy years, eighty with good health,*
 and all it gives us is toil and distress; then the thread breaks and we are
 gone.

Who can know the force of your anger? Your fury matches our fear.*
 Teach us to make use of our days and bring wisdom to our hearts.

How long O Lord, before you return?*

Pity your servants, shine your love on us each dawn, and gladden all our
 days.

Balance our past sorrows and present joys*
 and let your servants, young and old, see the splendor of your work.

Let your loveliness shine on us,*
 and bless the work we do, bless the work of our hands.

Psalm 51

Have mercy, tender God, forget that I defied you.*
 Wash away my sin, cleanse me from my guilt.

I know my evil well, it stares me in the face, *
 evil done to you alone before your very eyes.

How right your condemnation! Your verdict clearly just.*
 You see me for what I am, a sinner before my birth.

You love those centered in truth; teach me your hidden wisdom.*
 Wash me with fresh water, wash me bright as snow.

Fill me with happy songs, let the bones you bruised now dance.*
Shut your eyes to my sin, make my guilt disappear.
Creator, reshape my heart, God, steady my spirit.*
Do not cast me aside stripped of your holy spirit.
Save me, bring back my joy, support me, strengthen my will.*
Then I will teach your way and sinners will turn to you.
Help me, stop my tears, and I will sing your goodness.*
Lord, give me words and I will shout your praise.
When I offer a holocaust, the gift does not please you.*
So I offer my shattered spirit; a changed heart you welcome.
In your love make Zion lovely, rebuild the walls of Jerusalem.*
Then sacrifice will please you, young bulls upon your altar.

Hallel: Psalm 85

Lord, you loved your land, brought Jacob back,*
forgot our guilt, forgave our sins, swallowed your anger,
your blazing anger.
Bring us back, saving God. End your wrath.*
Will it stop, or drag on for ever?
Turn, revive us, nourish our joy.*
Show us mercy, save us, Lord!
I listen to God speaking: "I, the Lord, speak peace,*
peace to my faithful people who turn their hearts to me."
Salvation is coming near, glory is filling our land.*
Love and fidelity embrace, peace and justice kiss.
Fidelity sprouts from the earth,*
justice leans down from heaven.
The Lord pours out riches, our land springs to life.*
Justice clears God's path, justice points the way.

THURSDAY

Psalm 104

I will bless you, Lord my God! You fill the world with awe.*
 You dress yourself in light, in rich, majestic light.

You stretched the sky like a tent, built your house beyond the rain.*
 You ride upon the clouds, the wind becomes your wings,
 the storm becomes your herald, your servants, bolts of light.*
 You made the earth solid, fixed it for good.

You made the sea a cloak, covering hills and all.*
 At your command the sea fled your thunder.

It swept over mountains, down the valleys to its place.*
 You set its limits, never to drown the earth again.

You feed springs that feed brooks, rushing down ravines,*
 water for wild beasts, for wild asses to drink.

Birds nest nearby and sing among the leaves.*
 You drench the hills with rain from high heaven.

You nourish the earth with what you create.*
 You make grass grow for cattle, make plants grow for people.

You bring food to eat from the earth and wine to warm the heart,*
 oil to glisten on faces and bread for bodily strength.

In Lebanon God planted trees, the flourishing cedar.*
 Sparrows nest in the branches, the stork in treetops.

High crags for wild goats, rock holes for badgers.*
 Your moon knows when to rise, your sun when to set.

Your darkness brings on night when wild beasts prowl.*
 The young lions roar to you in search of prey.

They slink off to dens to rest at daybreak,*
 then people rise to work until the daylight fades.

God, how fertile your genius! You shape each thing,*
 you fill the world with what you do.

I watch the sea, wide and deep, filled with fish, large and small,*
 with ships that ply their trade, and your own toy, Leviathan.

All look to you for food when they hunger;*
 you provide it and they feed.

You open your hand, they feast; you turn away, they fear.*
 You steal their breath, they drop back into dust.

Breathe into them, they rise; the face of the earth comes alive!*

Let God's glory endure and the Lord delight in creating.

One look from God, earth quivers; one touch, and mountains erupt.*

I will sing to my God, make music for the Lord as long as I live.

Let my song give joy to God who is a joy to me.*

Rid the world of sinners, rid it of evil!

I will bless you, Lord! Hallelujah!

Hallel: Psalm 68:25-36

People watched the procession as you marched into your house,*
my Lord, my sovereign God.

Singers at the head, musicians at the rear,*
between them, women striking tambourines.

Bless God in the assembly, all who draw water from Israel's spring.*
Little Benjamin leads the princes of Judah, Zebulun, and Naphtali.

Use your strength, God, as you did for us in the past*
from your house above Jerusalem. May rulers bring you gifts!

Rebuke the beast of the Nile, wild bulls and their calves.*
Trample those who lust for silver, scatter the warmongers.

Envoys will come from Egypt,*
the Cushite will pray to God.

Rulers of the earth, sing to God. Make music for the Lord,*
who rides the clouds, whose voice is thunder.

Acknowledge the power of God who governs Israel,*
whose strength is in the stormclouds.

You inspire wonder in your temple, God of Israel,*
as you fill your people with power and might. Blessed be God!

FRIDAY

Psalm 2

Why this strife among nations? Why this pointless scheming?*

Kings stand against God, nobles plot together against the Lord's anointed:

“Let us break these fetters, let us cast off these chains!”*

High above the earth God laughs in mockery.

God speaks in anger, striking them with terror.*

“On Zion, my holy mountain, I anoint my king.”

I repeat the Lord's decree: “You are my son, today I give you birth.*

Ask and the nations are yours, even the far-off lands.

You will strike them with an iron rod, shatter them like clay pots.”*

Kings, come to your senses; rulers, take heed.

Serve the Lord with joy, tremble in awe, bow at God's feet,*

for if you provoke God's anger, you will perish in a flash.

How much better to find shelter in God!

Psalm 55

Listen, God, to my plea, do not ignore my cry.*

Listen and answer, I shake with grief at the furor of my enemies.

They threaten and attack me;*

they shout out curses, venting their anger against me.

My heart is pounding, I can feel the touch of death.*

Terror holds me in its grip, trembling seizes me.

“If I had wings like a dove, I would fly far and rest*

fly far away to the wilds to escape the raging storm.”

Confuse their speech, Lord! I see violence and strife*

stalk their city walls both day and night.

Evil and destruction live in their midst;*

oppression and deceit never leave the public square.

If my enemy insults me I can bear it;*

if a foe rises against me, I can hide myself.

But it was you, my own friend, the one I knew so well.*

With you I could always talk, even as we walked to the temple,

my companion amid the crowd.

Death to them all! Let them fall into Sheol alive,*

for evil fills their homes and lives among them.

I call out to God who rescues me.*
Morning, noon, and night I plead my case.
God hears my cry, brings me to safety*
When the battle is raging and my foes are many.
Enthroned forever, God acts by humbling them*
because they refuse to change; they will not fear God.
My friend turned traitor and broke old promises,*
spoke smooth words while intending war,
words that flowed like oil but cut like a sword.
Give your burden to the Lord, who will be your support.*
If you are faithful, God will not let you fall.
O God, hurl the bloodthirsty into the pit of destruction.*
Let traitors live only half their days. But as for me, I trust in you.

Hallel: Psalm 65

Praise is yours, God in Zion.*
Now is the moment to keep our vow, for you, God, are listening.
All people come to you bringing their shameful deeds.*
You free us from guilt, from overwhelming sin.
Happy are those you invite and then welcome to your courts.*
Fill us with the plenty of your house, the holiness of your temple.
You give victory in answer to our prayer.*
You inspire awe, God, our savior, hope of distant lands and waters.
Clothed in power, you steady the mountains;*
you still the roaring seas, restless waves, raging nations.
People everywhere stand amazed at what you do,*
east and west shout for joy.
You tend and water the land. How wonderful the harvest!*
You fill your springs, ready the seeds, prepare the grain.
You soak the furrows and level the ridges.*
With softening rain you bless the land with growth.
You crown the year with riches. All you touch comes alive:*
untilled lands yield crops, hills are dressed in joy,
Flocks clothe the pastures, valleys wrap themselves in grain.*
They all shout for joy and break into song.

MONDAY

Psalm 93

Lord, you reign with glory,*
 Draped in splendor, girt with power.
The world stands firm, not to be shaken,*
 for your throne, ageless God, has stood from of old.
Onward roll the waves, O God, onward like thunder, onward like fury.*
 Thundering above the waters.
High above ocean breakers,*
 you, God, rise with might.
Your decrees stand unshaken; the beauty of holiness*
 fills your house for ever, Lord.

Psalm 15

Lord, who is welcome in your house?*

 Who can rest on your holy mountain?
Those who walk with integrity and do only what is right,*
 speaking the truth with courage.
They never spread slander or abuse their friends,*
 they never condemn their neighbors.
They disdain the godless, but honor those who believe.*
 Before God, they give their word and keep it at any cost.
They neither lend for gain nor take bribes against the guiltless.*
 These are the just: they stand for ever unshaken.

Psalm 119:17-32

Be kind to me, your servant, that I may live in your word.*
 Open my eyes to the beauty of your law.
Do not hide your commands from me, a stranger.*
 Night and day, I long to follow your teachings.
You rebuke those rebels who wander from your way.*
 Save me from that shame, for I am loyal to your rule.
Though princes plot against me, still I study your decrees.*
 Your words delight me, they are my guides.
I slip toward death, revive me as you promised.*
 I tell my story; you answer and teach me your ways.

When you explain your laws, I recognize your wonders.*
I am numb with grief; keep your word, revive me!
Turn me away from false paths, bless me with your law.*
I choose the path of truth, cherishing your judgments.

Psalm 128

How good to revere the Lord, to walk in God's path.*
Your table rich from labor how good for you!
Your beloved, a fruitful vine in the warmth of your home.*
Like olive shoots, children surround your table.
This is your blessing when you revere the Lord.*
May the Lord bless you from Zion!
May you see Jerusalem prosper every day of your life.*
May you see your children's children, and on Israel, peace!
I cling to your decrees, do not shame me, Lord.*
Eagerly I follow your path, for you set my heart free.

Psalm 147:1–11

Hallelujah! How good to sing God's praise!*
How lovely the sound!
The Lord rebuilds Jerusalem and gathers the exiles of Israel, *
healing the brokenhearted, binding their aching wounds.
God fixes the number of stars, calling each by name.*
Great is our God and powerful, wise beyond all telling.
The Lord upholds the poor but lets the wicked fall.*
Sing thanks to the Lord, sound the harp for our God.
The Lord stretches the clouds, sending rain to the earth, *
clothing mountains with green.
The Lord feeds the cattle and young ravens when they call.*
A horse's strength, a runner's speed, they count for nothing!
The Lord favors the reverent, *
those who trust in God's mercy.

TUESDAY

Psalm 105

Give thanks, acclaim God's name, tell all that the Lord has done.*
 Make music and sing the Lord's mighty wonders!

Revel in God's holy name, delight in seeking the Lord.*
 Look always for the power, for the presence of God.

Recount the signs and wonders, the just decrees of God,*
 you heirs of Abraham and Jacob, you chosen of the Lord.

The Lord is our God, judge of all the earth.*
 who remembers his covenant, spoken to a thousand generations:
 the agreement with Abraham, the oath to Isaac,*
 the firm decree to Jacob, the unending promise to Israel.

God said, "I give you a land,*
 Canaan, your inheritance.

They were only a few, a small band of nomads,*
 wandering from nation to nation, from one kingdom to another.

God tolerated no oppression, rebuked kings on their account.*
 "Touch not my anointed ones, harm not my prophets."

God spread famine across the land, breaking the very staff of life*
 and sent a man before them, Joseph, sold as a slave.

His feet were bound with shackles, his neck with iron.*
 Yet his prophecy came true, proved right by God's word.

Pharaoh released him, the ruler of nations set him free,*
 making him master of the palace, steward of all his goods,
 a model for princes, a teacher of wisdom to elders.*
 Israel journeyed to Egypt, Jacob to the land of Ham.

God's people were made fruitful, stronger than their foes,*
 but Egypt was made bitter, eager to enslave them.

The Lord sent his servant Moses, and Aaron, the chosen one,*
 to give divine and fearful signs, to work miracles in Egypt.

God sent darkness and it was dark; still the Egyptians resisted.*
 God turned rivers into blood, killing their fish.

Frogs crawled over the land, into the palace of the king.*
 Moses spoke: flies and gnats swarmed across the country.

Hail poured down, lightning struck the land.*
 God seared vines and fig trees, shattered trunks and branches.

Moses spoke: clouds of locusts, grasshoppers beyond count,*
devoured everything green, the fruit of the land.
God struck Egypt's firstborn, the first fruit of their strength,*
leading Israel forth with silver and gold, not one among them faltered.
Egypt, struck with fear, was glad to see them go.*
A cloud shaded them by day, a fire glowed by night.
Israel prayed and God sent quail, fed them with bread from heaven,*
opened a rock and water gushed, streams flowed through dry land.
Yes, God remembered his sacred word to Abraham, his servant,*
and brought forth his people, the chosen ones, singing for joy.
The Lord gave them land where others have toiled,*
that they keep the commandments and cherish the law of God. Hallelujah!

Hallel: Psalm 100

Shout joy to the Lord, all earth, serve the Lord with gladness,*
enter God's presence with joy!
Know that the Lord is God, our maker to whom we belong,*
our shepherd, and we the flock.
Enter the temple gates, the courtyard with thanks and praise;*
give thanks and bless God's name.
Indeed the Lord is good! God's love is for ever,*
faithful from age to age.

WEDNESDAY

Psalm 63

God, my God, you I crave; my soul thirsts for you,*
 my body aches for you like a dry and weary land.
 Let me gaze on you in your temple*
 a vision of strength and glory.
 Your love is better than life, my speech is full of praise.*
 I give you a lifetime of worship, my hands raised in your name.
 I feast at a rich table, my lips sing of your glory.*
 On my bed I lie awake, your memory fills the night.
 You have been my help, I rejoice beneath your wings.*
 Yes, I cling to you, your right hand holds me fast.
 Let those who want me dead end up deep in the grave!*
 They will die by the sword, their bodies food for jackals.
 But let the king find joy in God.*
 All who swear the truth be praised, every lying mouth be shut.

Psalm 17

Hear my just claim, God, give me your full attention.*
 My prayers deserve an answer, for I speak the truth.
 Decide in my favor,*
 you always see what is right.
 You probed my heart, tested me at night,*
 tried me by fire, but found nothing wrong.
 Unlike others, I never lie. I live your word,*
 avoiding violence, I walk your path and never stray.
 I call to you, God, for you answer me.*
 Give me your attention, hear me out.
 Show me your wonderful love,*
 save the victims of those who resist you.
 Keep a loving eye on me.*
 Guard me under your wings,
 hide me from those who attack, from predators who surround me.*
 They close their heart, they mouth contempt.
 They stalk my path, ready to knock me down.*
 Like a lion hunting prey, waiting in ambush.

Rise up, God, face them head on,*
draw your sword and slay them, save me from the wicked!
God, use your might and cut their lives short.*
But enrich those you love and give their children plenty
to pass on to their young.
I will then be justified, I will wake to see your face,*
and be filled with your presence.

Psalm 21

Lord, the king triumphs in your help, exults in the victory you gave;*
you granted what he hoped for, accomplished what he asked.
You handed him this blessing, and crowned him with gold;*
he begged only to be spared, but you multiplied his years.
All his glory is in your victory, for you invest him with royal splendor,*
confer on him lasting blessings, and give him joy in your presence.
The king relies on the Most High; God's love becomes his strength.*
Your hands search out your enemies, uncover all who hate you;
you burn them with your anger, consume them in your fiery blaze.*
Your fury swallows them, the fire devours them;
you purge them from the land, and leave them no offspring.*
For they plotted and schemed against you, but their evil did not succeed;
you made them turn and run from the deadly aim of your arrows*
Rejoice in your victory, Lord! We sing and praise your strength!

Hallel: Psalm 147:12–20

Jerusalem, give glory!*
Praise God with song, O Zion!
For the Lord strengthens your gates, guarding your children within.*
The Lord fills your land with peace, giving you golden wheat.
God speaks to the earth, the word speeds forth,*
The Lord sends heavy snow and scatters frost like ashes.
The Lord hurls chunks of hail. Who can stand such cold?*
God speaks, the ice melts; God breathes, the streams flow.
God speaks his word to Jacob, to Israel, his laws and decrees.*
God has not done this for others, no others receive this wisdom.
Hallelujah!

THURSDAY

Psalm 33

Shout joy to the Lord, lovers of justice, how right to praise!*
 Praise God on the harp, with ten-string lyre sing to the Lord.
 Sing God a new song. Play music to match your shout of joy.*
 For the word of the Lord is true: what God says, God does.
 This lover of truth and justice fills the earth with love.*
 God speaks: the heavens are made; God breathes: the stars shine.
 God bottles the waters of the sea and stores them in the deep.*
 All earth, be astounded, stand in awe of God.
 God speaks: the world is; God commands: all things appear.*
 God blocks the plans of nations, disrupts all they contrive.
 But God's plan and designs last from age to age.*
 Blessed the land whose god is the Lord, the heirs whom God has chosen.
 The Lord looks down and sees our human kind.*
 From heaven God surveys all peoples on earth.
 The maker of human hearts knows every human act.*
 Armies do not save kings; brute force does not spare soldiers.
 The warhorse is a sham;*
 despite its power it will not save.
 God keeps a loving eye on all who believe, on those who count on God*
 to bring relief from famine, to rescue them from death.
 With all we are, we wait for God,*
 the Lord, our help, our shield.
 Our hearts find joy in the Lord; we trust God's holy name.*
 Love us, Lord! We wait for you.

Psalm 43

Decide in my favor, God, plead my case against the hateful*
 defend me from liars and thugs. For you are God my fortress.
 Why have you forgotten me? *
 Why am I bent double under the weight of enemies?
 Send your light and truth. They will escort me*
 to the holy mountain where you make your home.
 I will approach the altar of God, God, my highest joy,*
 and praise you with the harp, God, my God.

Why are you sad, my heart? Why do you grieve?*

Wait for the Lord. I will yet praise God my savior.

Psalm 23

The Lord is my shepherd, I need nothing more.*
You give me rest in green meadows, setting me near calm waters.
You revive my spirit; you guide me along sure paths;*
you are true to your name.
Though I should walk in death's dark valley,*
I fear no evil with you by my side, your shepherd's staff to comfort me.
You spread a table before me as my foes look on.*
You soothe my head with oil; my cup is more than full.
Goodness and love will tend me every day of my life.*
I will dwell in the house of the Lord as long as I shall live.

Hallel: Psalm 116

I am filled with love, for the Lord hears me;*
the Lord bends to my voice whenever I call.
Death had me in its grip, the grave's trap was set, grief held me fast.*
I cried out for God, "Please, Lord, rescue me!"
Kind and faithful is the Lord, gentle is our God.*
The Lord shelters the poor, raises me from the dust.
Rest once more, my heart, *
for you know the Lord's love.
God rescues me from death, wiping my tears, steadying my feet.*
I walk with the Lord in this land of the living.
I believe, even as I say, "I am afflicted."*
I believe, even though I scream, "Everyone lies!"
What gift can ever repay God's gift to me?*I raise the cup of freedom as I call on God's name!
I fulfill my vows to you, Lord, *
standing before your assembly.
Lord, you hate to see your faithful ones die.*
I beg you, Lord, hear me: it is I, the servant you love.
I am the child of your servant; you freed me from death's grip.*
I bring a gift of thanks, as I call on your name.
I fulfill my vows to you, Lord, standing before your assembly,*
in the courts of your house, within the heart of Jerusalem. Hallelujah!

FRIDAY

Psalm 8

Lord our God, the whole world tells the greatness of your name.*

Your glory reaches beyond the stars.

Even the babble of infants declares your strength,*

your power to halt the enemy and avenger.

I see your handiwork in the heavens:*

the moon and the stars you set in place.

What is humankind that you remember them,*

the human race that you care for them?

You treat them like gods, dressing them in glory and splendor.*

You give them charge of the earth, laying all at their feet:

Cattle and sheep, wild beasts, birds of the sky, fish of the sea,
every swimming creature.*

Lord our God, the whole world tells the greatness of your name.

Psalm 22

My God, my God, why have you abandoned me, far from my cry,

my words of pain?

I call by day, but you do not answer; I call by night, but find no rest.

You are the Holy One enthroned, the praise of Israel.*

Our people trusted, they trusted you, you rescued them.

To you they cried, and they were saved.*

they trusted and were not ashamed.

But I am a worm, hardly human, despised by all, mocked by the crowd.*

All who see me jeer at me, sneer at me, shaking their heads.

“You relied on God; let God help you! If God loves you let God save you.”*

But you, God, took me from the womb,

you kept me safe at my mother’s breast.

I belonged to you from the time of birth, you are my God from my mother’s
womb.*

Do not stay far off, danger is so close. I have no other help.

Wild bulls surround me, bulls of Bashan encircle me,*

opening their jaws against me like roaring, ravening lions.

I am poured out like water, my bones are pulled apart,*

my heart is wax melting within me,

my throat baked and dry, my tongue stuck to my jaws.*
You bring me down to the dust of death.

There are dogs all around me, a pack of villains corners me. They tear at my hands and feet.*
I can count all my bones. They stare at me and gloat.

They take what I wore, they roll dice for my clothes.*
Lord, do not stay far off, you, my strength, be quick to help.

Save my neck from the sword, save my life from the dog's teeth.*
save me from the lion's jaws, save me from the bulls horns. You hear me.

I will proclaim your name to my people,*
I will praise you in the assembly.

Give praise, all who fear God: revere and honor the Lord,*
children of Israel, people of Jacob.

The Lord never scorns the afflicted, never looks away, but hears their cry.*
I will sing of you in the great assembly, make good my promise before your faithful.

The poor shall eat all they want. Seekers of God shall give praise.*
"May your hearts live forever!"

All peoples shall remember and turn,*
all races will bow to the Lord, who holds dominion over nations.

The well-fed crowd kneel before God,*
all destined to die bow low.

My soul lives for the Lord! My children will serve, will proclaim God to the future,*
announcing to peoples yet unborn, "God saves."

Hallel: Psalm 47

All peoples, clap your hands, shout your joy to God.*
For God Most High is awesome, great king of all the earth.

The One who conquers peoples and sets them at our feet,*
chooses for beloved Jacob a land to be our pride.

God ascends the mountain to cheers and trumpet blasts.*
Sing out your praise to God, to the king, sing out your praise.

For God rules the earth; sing praise with all your skill.*
God rules over nations, high on the sacred throne.

Foreign rulers join the people of Abraham's God;*
all the powers on earth belong to God on high.

MONDAY

Psalm 99

The Lord reigns from the cherubim throne *
 nations tremble, earth shakes!
 The Lord of Zion is great, high above all peoples.*
 Praise the great and fearful name, “Holy is the Lord!”
 Almighty ruler, you love justice,*
 you strengthen the upright and secure equity for Jacob.
 Bow down to worship at God’s feet,*
 lift your voice in praise, “Holy is the Lord!”
 First among priests of the Lord were Moses, Aaron, and Samuel,*
 they called out God’s Name.
 The Lord heard them and spoke from a pillar of cloud;*
 they honored each command.
 Our God did what was needed,*
 it was yours, Lord, to punish, yours to forgive sin.
 Bow down to worship the Lord, give praise in God’s holy place,*
 “Holy is the Lord our God!”

Psalm 77

I cry to you, God! I plead with you!*
 If only you would hear me!
 By day I seek you in my distress,*
 by night I raise my hands in prayer, but my spirit refuses comfort.
 I groan when I remember you; when I think of you, I grow faint.*
 You keep me from sleep. Troubled, I cannot speak.
 I consider former days, the years gone by;*
 all night, memories fill my heart, I brood and question.
 Will God always reject me? Never again be pleased? *
 Has God stopped loving me and cut me off for ever?
 Can God forget to pity, can anger block God’s mercy? *
 It troubles me to think the Almighty has grown weak.
 I recall your awesome deeds, your wonders of old.*
 I reflect on all you have done, on all your works.
 You alone are holy. What god compares to you? *
 You are the God of power, strong among the nations.

You reached out to save your people,*
the children of Jacob and Joseph.

Seeing you, the waters churned,*
shuddering, writhing, convulsed to the depths.

Clouds poured down rain, thunder shook the heavens,*
lightning darted like arrows, and the thunder rolled.

Flashes lit up the world, the earth trembled and quaked.*
You set a path through the sea.

A way through raging waters, with no trace of your footprints,*
you led your flock under Moses and Aaron.

Hallel: Psalm 66

All earth, shout with joy to God! Sing the glory of the Name!*

Give glorious praise! Say, "How awesome your works!"

Because of your mighty strength, your enemies cringe before you.*
All earth bows before you, sings to you, sings to your name.

Come, see God's wonders, tremendous deeds for the people:*
God turned sea into land, they crossed the river on foot.

Let us rejoice then in God, who rules for ever with might,*
keeping a watch on all nations. Let no rebels raise their heads!

Bless our God, you peoples, loudly sound God's praise,*
who kept our spirits alive and our feet from stumbling.

O God, you have tested us, refined us like silver in fire.*
You led us into a trap, you put a weight on our backs.

You let others beat us down. We passed through water and fire,*
but then you brought us relief.

I come to your house with gifts to keep the vow I made.*
This promise was on my lips when I was afflicted.

I will offer sacrifice, burnt offerings of rams, wild bulls and goats.*
Come, listen, all who fear God, as I tell what happened to me.

To God I cried aloud, praise upon my tongue,*
"If I have evil in my heart, let my Lord not listen!"

Bless God who did listen, heeded the sound of my prayer.*
God did not reject my plea, but pledged me constant love.

TUESDAY

Psalm 24

God owns this planet and all its riches.*
The earth and every creature belong to God.
God set the land on top of the seas*
and anchored it in the deep.
Who is fit to climb God's mountain*
and stand in his holy place?
Whoever has integrity:*
not chasing shadows, not living lies.
God will bless them, their savior will bring justice.*
They long to see the Lord, they seek the face of Jacob's God.
Stretch toward heaven, you gates, open high and wide.*
Let the glorious sovereign enter.
Who is this splendid ruler?*The Lord of power and might, the conqueror of chaos.
Stretch toward heaven, you gates,*
open high and wide. Let the glorious sovereign enter.
Who is this splendid ruler? The Lord of heaven's might,*
this splendid ruler is the Lord our God.

Psalm 14

Fools tell themselves, "There is no God."*
Their actions are corrupt, none of them does good.
The Lord looks down to see if anyone is wise,*
if anyone seeks God.
But all have turned away, all are depraved.*
No one does good, not even one.
Are these evil-doers mad? They eat up my people*
like so much bread; they never pray.
They should cringe in fear, for God sits with the just.*
You may mock the poor, but the Lord keeps them safe.
If only a savior would come from Zion to restore the people's fortunes!*
Then Jacob would sing, and Israel rejoice.

Psalm 132

Lord, remember David in all his humility.*

He swore an oath to you, O Mighty God of Jacob:

“I will not enter my home, nor lie down on my bed.*

I will not close my eyes nor will I sleep

until I find a place for the Lord,*

a house for the Mighty God of Jacob.”

We heard about it in Ephrata, in the fields of Yaarim:*

“Let us go to God’s house, let us worship at God’s throne.”

Lord, come to your resting place, you and your ark of power.*

May your priests dress for the feast, your faithful shout for joy.

Be loyal to David, your servant,*

do not reject your anointed.

You once swore to David and will not break your word:*

“Your child will ascend your throne.

If your heirs then keep my laws, if they keep my covenant,*

their children will rule from your throne for ever.”

The Lord has chosen Zion, desired it as a home.*

“This is my resting place, I choose to live here for ever.

“I will bless it with abundance, even the poor will have food.*

I will vest the priests in holiness, and the faithful will shout for joy.

“Here I will strengthen David’s power

and light a lamp for my anointed.*

His enemies I will clothe in shame, but on him a crown will shine.”

Hallel: Psalm 146

Hallelujah! Praise the Lord, my heart! My whole life, give praise.*

Let me sing to God as long as I live.

Never depend on rulers: born of earth, they cannot save.*

They die, they turn to dust. That day, their plans crumble.

They are wise who depend on God, who look to Jacob’s Lord,*

creator of heaven and earth, maker of the teeming sea.

The Lord keeps faith for ever, giving food to the hungry,*

justice to the poor, freedom to captives.

The Lord opens blind eyes and straightens the bent,*

comforting widows and orphans, protecting the stranger.

The Lord loves the just but blocks the path of the wicked.*

Zion, praise the Lord! Your God reigns for ever. Hallelujah!

WEDNESDAY

Psalm 95

Come, sing with joy to God, shout to our savior, our rock.*
Enter God's presence with praise, enter with shouting and song.
A great God is the Lord, over the gods like a king.*
God cradles the depths of the earth, holds fast the mountain peaks.
God shaped the ocean and owns it, formed the earth by hand.*
Come, bow down and worship, kneel to the Lord our maker.
This is our God, our shepherd, we are the flock led with care.*
Listen today to God's voice: "Harden no heart as at Meribah,
on that day in the desert at Massah.
"There your people tried me, though they had seen my work.*
Forty years with that lot!
I said: They are perverse, they do not accept my ways.
So I swore in my anger:*
They shall not enter my rest."

Psalm 51

Have mercy, tender God, forget that I defied you.*
Wash away my sin, cleanse me from my guilt.
I know my evil well, it stares me in the face,*
evil done to you alone before your very eyes.
How right your condemnation! Your verdict clearly just.*
You see me for what I am, a sinner before my birth.
You love those centered in truth; teach me your hidden wisdom.*
Wash me with fresh water, wash me bright as snow.
Fill me with happy songs, let the bones you bruised now dance.*
Shut your eyes to my sin, make my guilt disappear.
Creator, reshape my heart, God, steady my spirit.*
Do not cast me aside stripped of your holy spirit.
Save me, bring back my joy, support me, strengthen my will.*
Then I will teach your way and sinners will turn to you.
Help me, stop my tears, and I will sing your goodness.*
Lord, give me words and I will shout your praise.
When I offer a holocaust, the gift does not please you.*
So I offer my shattered spirit; a changed heart you welcome.

In your love make Zion lovely, rebuild the walls of Jerusalem.*
Then sacrifice will please you, young bulls upon your altar.

Hallel: Psalm 103

My soul, bless the Lord, bless God's holy name *

My soul, bless the Lord, hold dear all God's gifts.

Bless God, who forgives your sin and heals every illness,*
who snatches you from death and enfolds you with tender care,

Who fills your life with richness and gives you an eagle's strength.*
The Lord, who works justice and defends the oppressed,
teaches Moses and Israel divine ways and deeds.

The Lord is tender and caring slow to anger, rich in love.*
God will not accuse us long, nor bring our sins to trial,
nor exact from us in kind what our sins deserve.

As high as heaven above earth, so great is God's love for believers.*
As far as east from west, so God removes our sins.

As tender as father to child, so gentle is God to believers.*
The Lord knows how we are made, remembers we are dust.

Our days pass by like grass, our prime like a flower in bloom.*
A wind comes, the flower goes, empty now its place.

God's love is from all ages, God's justice beyond all time*
for believers of each generation: those who keep the covenant, who take
care to live the law.

The Lord reigns from heaven, rules over all there is.*
Bless the Lord, you angels, strong and quick to obey, attending to God's
word.

Bless the Lord, you powers, eager to serve God's will.*
Bless the Lord, you creatures, everywhere under God's rule. My soul, bless
the Lord!

THURSDAY

Psalm 111

With my whole heart I praise the Lord among the just.*
Great are God's works, a delight to explore.

In splendor, in majesty, God's justice will stand.*
Who can forget God's wonders!

A God, merciful and kind who nourished the faithful,*
upheld the covenant, and revealed mighty deeds,
giving them the land of the pagans.

Faithful, just and true are all God's decrees:*
each law in its place, valid forever.

The Lord redeems the faithful, decrees a lasting covenant.*
Holy and awesome God's name!

Fear of the Lord is wisdom's crown, wise are those who live by it.*
Praise the Lord for ever!

Psalm 133

How good it is, how wonderful, wherever people live as one!*

It is like sacred oil on the head flowing down Aaron's beard,
down to the collar of his robe.

It is like the dew of Hermon running down the mountains of Zion.*
There God gives blessing: life for ever.

Psalm 120

I call out in my anguish and God answers me.*
Save me, Lord, from schemers, from tongues that speak lies.

What will God pay you, devious tongues?*

Arrows sharp for battle and white hot coals!

Why must I wander in Meshech, why stay among the tents of Kedar?*

Living so long with the violent? I call for peace, they speak of war.

Psalm 124

Say it, Israel! If the Lord had not been with us,*
if the Lord had not been for us when enemies rose against us,
they would have swallowed us in their blazing anger,*
and the raging waters would have swept us away.

Rushing, surging water, thundering over us.*
Blessed be the Lord for saving our flesh from their teeth,
For tearing the trapper's net, so we could flutter away like birds.*
Our help is the Lord, creator of earth and sky.

Hallel: Psalm 135

Praise the name of the Lord, give praise, faithful servants,*
who stand in the courtyard, gathered at God's house.
Sing hymns, for God is good. Sing God's name, our delight,*
for the Lord chose Jacob, Israel as a special treasure.
I know the Lord is great, surpassing every little god.*
What God wills, God does in heaven and earth, in the deepest sea.
God blankets earth with clouds, strikes lightning for the rain,*
releases wind from the storehouse.
God killed Egypt's firstborn, both humans and beasts,*
doing wondrous signs in Egypt against Pharaoh and his aides.
God struck down nations, killed mighty kings,*
Sihon, king of the Amorites, Og, king of Bashan,
all the kings of Canaan.
Then God gave Israel their land,*
a gift for them to keep.
Your name lives for ever, Lord, your renown never fades,*
for you give your people justice and attend to their needs.
Pagan idols are silver and gold crafted by human hands.*
Their mouths cannot speak, their eyes do not see.
Their ears hear nothing, their nostrils do not breathe.*
Their makers who rely on them become like these hollow images.
Bless God, house of Israel, house of Aaron, house of Levi,
every faithful one.*
Blest be the Lord of Zion, who calls Jerusalem home.
Hallelujah!

FRIDAY

Psalm 35

Lord, accuse my accusers, battle those who battle me.*

Take up shield and buckler and rise to my defense.

Ready your axe and spear to cut down my enemies.*

Tell me you will save me.

Punish those who want me dead,*

make them retreat in disgrace, since they seek my life.

Let God's angel chase them as the wind drives the chaff.*

Let God's angel pursue them down dark and slippery paths.

Without cause they dug a pit,*

for no good reason set a trap for me.

Catch them off guard, snare them in their own trap.*

Let them fall to their ruin.

Then I will rejoice in the Lord*

and celebrate God's victory.

From the marrow of my bones I will say "Lord who is like you,*

rescuing the weak from the strong, the victim from the robber."

Witnesses come forward, they accuse me falsely

of things I do not know.*

They repay me evil for good, leaving me desolate.

When they were ill, I wore sackcloth and fasted,*

now I take back my prayer!

I mourned for them as for my brother or friend,*

I was weighed down with grief as if I had lost my mother.

But when I stumbled, they cheered;*

they gathered to tear at me and I did not know why.

They would not stop their attack.*

The godless taunted me, they clenched their teeth and mocked.

Lord, how long will you look on?*

Save me from these roaring lions, my life is precious.

Then I will thank you when the assembly gathers*

and praise you before the crowd.

Lord, you see it all! Do not keep silent, do not stand aloof.*

Wake, rouse yourself in my defense, take up my cause my Lord and God.

As you are just, judge in my favor.*

Do not give them the last word.

Do not let them think: "Yes, we got our way."*

Do not let them say: "We finished you off."

When they delight in my ruin, bring them disgrace.*

When they gloat at my expense, cover them with shame.

But let my friends rejoice when they see me avenged.*

Let them shout and say always "Great is the God who is pleased when a faithful servant triumphs."

Then I will tell of your justice,*

sing your praises all day long.

Hallel: Psalm 72

God, give your king judgment, the son of the king*

your sense of what is right;

Help him judge your people and do right for the powerless.*

May mountains bear peace, hills bring forth justice.

May the king defend the poor, set their children free,*

and kill their oppressors.

May he live as long as the sun, as long as the moon, for ever.*

May he be like rain on a field, like showers that soak the earth.

May justice sprout in his time, peace till the moon is no more.*

May he rule from sea to sea, from the River to the ends of the earth.

Enemies will cower before him, *

they will lick the dust.

Kings from Tarshish and the islands will bring their riches to him.*

Kings of Sheba, kings of Saba will carry gifts to him.

All kings will bow before him, all the nations serve him.*

He will rescue the poor at their call, those no one speaks for.

Those no one cares for he hears and will save,*

save their lives from violence, lives precious in his eyes.

Every day they pray for him and bless him all his life.*

Long life to him! Gold to him from Saba!

May wheat be thick in the fields, fruit trees sway on the slope.*

May cities teem with people, thick as the forests of Lebanon.

May his name live on for ever, live as long as the sun.*

May all find blessing in him, and he be blest by all.

Blessed be Israel's God, Lord of wonderful deeds!*
Bless God's name for ever! Let God's glory fill the world!

MONDAY

Psalm 1

If you would be happy: never walk with the wicked,*
 never stand with sinners, never sit among cynics.

But delight in the Lord's teaching*
 and study it night and day.

You will stand like a tree, planted by a stream,*
 bearing fruit in season, its leaves never fading, its yield always plenty.

Not so for the wicked, like chaff they are blown by the wind.*
 They will not withstand the judgment, nor assemble with the just.

The Lord marks the way of the upright,*
 but the corrupt walk to ruin.

Psalm 73

How good God is to the just, how faithful to the honest!*
 Yet I almost slipped, came close to stumbling.

I envied the arrogant as I watched them succeed.*
 Their bodies are perfect, well-fed and healthy.

They remain untouched by the troubles we bear.*
 They adorn themselves with pride, wrap themselves in violence.

Decadent and slick, they scheme recklessly,*
 mocking and snarling, spewing out threats.

They boast the heavens are theirs, lay claim to all the world,*
 pulling people after them who swallow what they say.

They ask "How would God know? Does the Most High know anything?"*
 These, then, are the wicked, always richer, always stronger.

What did I gain by my clean hands, and keeping my conscience clear?*

I suffered day after day, each dawn brought me pain.

But to talk like them would be to betray your people.*
 I tried to fathom this, but it all tormented me until I went to your holy
 place.

Now I understand their fate.*
 You set them on a slippery path, making them fall to their ruin.

How soon they are destroyed, swept away in terror.*
 Like images from a dream, you, Lord, let them fade.

I became embittered, my feelings numb;*
I was dull, obtuse, stupid as an ox.
But I stayed close to you, and you took my hand.*
You teach me wisdom, leading me to glory.
What more would I have in heaven? Who else delights me on earth?*If mind and body fail, you, God, are my rock, my support for ever.
Those who abandon you perish; you destroy the unfaithful.*
But my joy is to be near you, Lord God, my only refuge. I want to
proclaim all your ways.

Hallel: Psalm 48

Our great Lord deserves great praise in the city of God:*
Holy mountain, beautiful height, crown of the earth!
Zion, highest of the sacred peaks, city of the Great King!*God enthroned in its palaces becomes our sure defense.
Watch the foreign kings, massing to attack;*
seeing what they face, they flee in terror.
Trembling grips them, anguish like childbirth,*
fury like an east wind, shattering a merchant fleet.
What we see matches what we were told,*
“This is the city the Lord protects; our God is strong for ever.”
In your temple, Lord, we recall your constant love.*
Your praise, like your name, fills the whole world. Your right hand holds
the victory.
Mount Zion and the cities of Judah rejoice at your justice.*
March around Zion, make the circuit, count each tower.
Ponder these walls, observe these citadels, so you may tell your children:*
“Here is our God! Our God for ever! God who leads us even against
death!”

TUESDAY

Psalm 108: 1-6

I have decided, O God, I will sing of your glory, will sing your praise.*

Awake, my harp and lyre, so I can wake up the dawn.

I will lift my voice, sing of you, Lord, to all nations.*

For your love fills the heavens, your unfailing love, the sky.

O God, rise high above the heavens! *

Spread your glory across the earth!

Psalm 137: 1-6

By the rivers of Babylon we sat weeping, remembering Zion.*

There on the poplars we hung our harps.

Our captors shouted for happy songs, for songs of festival.*

“Sing!” they cried, “the songs of Zion.”

How could we sing the song of the Lord in a foreign land?*

Jerusalem forgotten? Wither my hand!

Jerusalem forgotten? Silence my voice! *

If I do not seek you as my greatest joy.

Psalm 60

You rejected us, God, and breached our ranks.*

You turned your fury upon us.

You shook the land; it shuddered and split, broke apart and sank.*

You forced us to suffer, to drink bitter wine, to stagger in grief.

Raise a banner for your faithful, unfurl it before the battle.*

Deliver those you love, stretch out your hand, rescue us.

God decreed in his temple: “I will give away Shechem,*

in victory parcel out Succoth. Manasseh and Gilead are mine.

“With Ephraim as my helmet, and Judah my spear,*

I will make Moab my wash bowl, trample Edom under my feet.”

Who will lead us to Edom to breach the city wall?*

God, will you still hold back? Will you desert our camp?

Stand by us against the enemy, all other aid is worthless.*

With you the battle is ours, you will crush our foes.

Psalm 126

The Lord brings us back to Zion, we are like dreamers,*
laughing, dancing, with songs on our lips.

Other nations say, "A new world of wonders! The Lord is with them."*
Yes, God works wonders. Rejoice! Be glad!

Lord, bring us back as water to thirsty land.*
Those sowing in tears reap, singing and laughing.

They left weeping, weeping, casting the seed.*
They come back singing, singing, holding high the harvest.

Psalm 127

If God does not build the house, the builders work in vain.*
If God does not watch over the city, the guards watch in vain.

How foolish to rise early and slave until night for bread.*
Those who please God receive as much even while they sleep.

Children are God's gift, a blessing to those who bear them,*
like arrows in the hand of an archer are children born to the young.

Happy those with a full quiver: facing their enemies at the gate,*
they stand without shame.

Hallel: Psalm 147:1-11

Hallelujah! How good to sing God's praise!*
How lovely the sound!

The Lord rebuilds Jerusalem and gathers the exiles of Israel,*
healing the brokenhearted, binding their aching wounds.

God fixes the number of stars, calling each by name.*
Great is our God and powerful, wise beyond all telling.

The Lord upholds the poor but lets the wicked fall.*
Sing thanks to the Lord, sound the harp for our God.

The Lord stretches the clouds, sending rain to the earth,*
clothing mountains with green.

The Lord feeds the cattle and young ravens when they call.*
A horse's strength, a runner's speed, they count for nothing!

The Lord favors the reverent,*
those who trust in God's mercy.

WEDNESDAY

Psalm 107

Give thanks to the Lord of goodness, for God is lasting love.*

Let those saved by God tell their story:

how the Lord snatched them from the oppressor's might.*

gathering them from east and west, from north and south.

They wandered through wasteland, trekked over sands,*

finding no city, no home.

Weak from hunger and thirst, their lives were fading away.*

Then they cried out to God.

The Lord snatched them from danger,*

leading them up a straight road to a place they could settle.

Let them celebrate God's love, all the wonders revealed to them.*

The Lord slaked their thirst and filled their aching bellies.

There were some confined in darkness, chained by suffering,*

for they rejected God's word, scorned the plan of the Most High.

Burdened by their misery, they fell with no one to help.*

Then they cried out, and God snatched them from danger.

The Lord shattered their fetters, banishing the darkness.*

Let them celebrate God's love, all the wonders revealed to them.

The Lord smashed iron bars and doors of bronze.*

Disease struck down others for rebelling in their sin.

Sickened by food, they almost died.*

Then they cried out, and God snatched them from danger,

God spoke a word of healing, and kept them alive.*

Let them celebrate God's love, all the wonders revealed to them.

Let them offer a sacrifice of praise*

and tell their story with joy.

Sailors went down to the sea, traders on merchant ships,*

and saw the works of the Lord, all the wonders of the deep.

At God's command, a storm whipped up the waves,*

high as the rolling clouds, low as the fathomless depths.

Seafarers trembled, lurching and reeling like drunks,*

helpless without their skills.

Then they cried out, and God snatched them from danger,*

hushing the wind, stilling the waters.

They rejoiced in the calm as God brought them to port.*
Let them celebrate God's love, all the wonders revealed to them.
Let the assembly shout "Hallelujah"*
and the elders sing praise in the temple.
God turns rivers into sand, springs to thirsty ground,*
rich earth to salt flats, when evil dwells in a land.
But God turns desert to flowing water, dry land to fertile valleys,*
and gives this place to the hungry where they build their city.
They sow crops, plant vines, and gather the harvest.*
With God's blessing they prosper; people and cattle increase.
But if they fail to prosper and suffer oppression and pain,*
God will scorn their leaders and make them wander in chaos.
But God will lift up the poor, *
shepherding them like flocks.
Good hearts, rejoice! evil mouths, be shut!*Let the wise listen and wonder at God's great love.

Hallel: Psalm 150

Hallelujah! Praise! Praise God in the temple, in the highest heavens!*Praise! Praise God's mighty deeds and noble majesty.
Praise! Praise God with trumpet blasts, with lute and harp.*
Praise! Praise God with timbrel and dance, with strings and pipes.
Praise! Praise God with crashing cymbals, with ringing cymbals.*
All that is alive, praise. Praise the Lord. Hallelujah!

THURSDAY

Psalm 19

The sky tells the glory of God, tells the genius of God's work.*

Day carries the news to day, night brings the message to night,
without a word, without a sound, without a voice being heard,*
yet their message fills the world, their news reaches its rim.

There God has pitched a tent for the sun to rest and rise renewed*
like a bridegroom rising from bed, an athlete eager to run the race.

It springs from the edge of the earth, runs a course across the sky*
to win the race at heaven's end. Nothing on earth escapes its heat.

God's perfect law revives the soul.*
God's stable rule guides the simple.

God's just demands delight the heart.*
God's clear commands sharpen vision.

God's faultless decrees stand for ever.*
God's right judgments keep their truth.

Their worth is more than gold, the purest gold;*
their taste richer than honey, sweet from the comb.

Keeping them makes me rich, they bring me light;*
yet faults hide within us, forgive me mine.

Keep my pride in check, break its grip;*
I shall be free of blame for deadly sin.

Keep me, thought and word, in your good grace.*
Lord, you are my savior, you are my rock.

Psalm 139

You search me, Lord, and know me.*
Wherever I sit or stand, you read my inmost thoughts;

whenever I walk or rest, you know where I have been.*
Before a word slips from my tongue, Lord, you know what I will say.

You close in on me, pressing your hand upon me.*
All this overwhelms me too much to understand!

Where can I hide from you? How can I escape your presence?*

I scale the heavens, you are there! I plunge to the depths, you are there!

If I fly toward the dawn, or settle across the sea,*
even there you take hold of me, your right hand directs me.

If I think night will hide me and darkness give me cover,*
I find darkness is not dark.
For your night shines like day,*
darkness and light are one.
You created every part of me, knitting me in my mother's womb.*
For such handiwork, I praise you.
Awesome this great wonder! I see it so clearly!*
You watched every bone taking shape in secret, forming in the hidden
depths.
You saw my body grow according to your design.*
You recorded all my days before they ever began.
How deep are your thoughts! How vast their sum!*
Like countless grains of sand, well beyond my grasp.
Search my heart, probe me, God! Test and judge my thoughts*
Look! do I follow crooked paths? Lead me along your ancient way.

Hallel: Psalm 65

Praise is yours, God in Zion.*
Now is the moment to keep our vow, for you, God, are listening.
All people come to you bringing their shameful deeds.*
You free us from guilt, from overwhelming sin.
Happy are those you invite and then welcome to your courts.*
Fill us with the plenty of your house, the holiness of your temple.
You give victory in answer to our prayer.*
You inspire awe, God, our savior, hope of distant lands and waters.
Clothed in power, you steady the mountains;*
you still the roaring seas, restless waves, raging nations.
People everywhere stand amazed at what you do,*
east and west shout for joy.
You tend and water the land. How wonderful the harvest!*
You fill your springs, ready the seeds, prepare the grain.
You soak the furrows and level the ridges.*
With softening rain you bless the land with growth.
You crown the year with riches. All you touch comes alive:*
untilled lands yield crops, hills are dressed in joy,
Flocks clothe the pastures, valleys wrap themselves in grain.*
They all shout for joy and break into song.

FRIDAY

Psalm 88

Save me, Lord my God! By day, by night, I cry out.*
 Let my prayer reach you; turn, listen to me.
 I am steeped in trouble, ready for the grave.*
 I am like one destined for the pit,
 a warrior deprived of strength, forgotten among the dead,*
 buried with the slaughtered for whom you care no more.
 You tossed me to the bottom of the pit, into its murky darkness,*
 your anger pulled me down like roaring waves.
 You took my friends away, disgraced me before them.*
 Trapped here with no escape, I cannot see beyond my pain.
 Lord, I cry out to you all day, my hands keep reaching out.*
 Do you work marvels for the dead? Can shadows rise and sing praise?
 Is your mercy sung in the grave, your lasting love in Sheol?*
 Are your wonders known in the pit, your justice, in forgotten places?
 But I cry out to you, God, each morning I plead with you.*
 Why do you reject me, Lord? Why do you hide your face?
 Weak since childhood, I am often close to death.*
 Your torments track me down, your trials destroy me.
 All day, they flood around me, pressing down, closing me in.*
 You took my friends from me, darkness is all I have left.*

Psalm 16

Protect me, God, I turn to you for help.*
 I profess, "You are my Lord, my greatest good."
 I once put faith in false gods,*
 in the idols of the land.
 Now I make no offering to them, nor invoke their names.*
 Those who chase after them add grief upon grief.
 Lord, you measure out my portion, the shape of my future;*
 you mark off the best place for me to enjoy my inheritance.
 I bless God, who teaches me, who schools my heart, even at night.*
 I am sure God is here, right beside me. I cannot be shaken.
 So my heart rejoices, my body fills with life,*
 my whole being rests secure.

You will not abandon me to Sheol, nor send your faithful one to death.*
You show me the road to life: boundless joy at your side for ever!

Hallel: Psalm 145

I will exalt you, God my king, for ever bless your name.*

I will bless you every day, for ever praise your name.

Great is the Lord, highly to be praised,*
great beyond our reach.

Age to age proclaims your works, recounts your mighty deeds.*

I ponder your splendor and glory and all your wonderful works.

They reveal your fearful power, I tell of your great deeds.*

They recall your ample goodness, joyfully sing your justice.

Gracious and merciful is the Lord, slow to anger, full of love.*

The Lord is good in every way, merciful to every creature.

Let your works praise you, Lord, your faithful ones bless you.*

Let them proclaim your glorious reign, let them tell of your might.

Let them make known to all your might and glorious reign.*

Your dominion lasts for ever, your rule for all generations!

The Lord is faithful in every word and gracious in every work.*

The Lord supports the fallen, raises those bowed down.

The eyes of all look to you, you give them food in due time.*

You open wide your hand to feed all living things.

The Lord is just in every way, loving in every deed.*

The Lord is near to those who call, who cry out from their hearts.

God grants them their desires, hears their cry and saves them.*

Those who love God are kept alive; the wicked, the Lord destroys.*

I will sing the Lord's praise,*

all flesh will bless God's Name, holy, both now and forever.

MONDAY

Psalm 11

I have taken shelter in God, so how can you say to me:*
 “Go, fly like a bird to the hills, for the wicked bend their bows,
 lock their arrows on the string to shoot the just from the shadows”.*
 When the world falls apart, what can the good hope to do? ”
 God dwells in his holy temple, the heavens hold God’s throne; *
 the Lord watches the earth, eyes fixed on all nations,
 weighing both righteous and wicked, rejecting the violent.*
 God sends a rain of fire, allots them a scorching wind.
 The Lord loves justice,*
 the just will see God’s face.

Psalm 140

Rescue me, Lord, from the wicked, save me from the violent.*
 They spawn evil hearts, starting fights every day.
 Their tongues strike like a serpent, their lips hide deadly venom.*
 Free me, Lord, from their evil, save me from the violent who plot my
 downfall.
 The arrogant hide their traps and set their snares for me,*
 tangling my path with nets.
 But you, Lord, are my God. Listen! I plead with you.*
 Be the fort that saves me, Lord, my helmet when the battle comes.
 Do not side with the wicked, do not let their plots succeed or they will
 prevail.*
 They connive to entrap me, let them drown in their venom!
 Heap hot coals upon them, plunge them into the deep, never to rise again.*
 Let liars find no place to rest, let evil stalk the violent and drive them to
 their ruin.
 I know how the Lord acts, judging for the weak, vindicating for the poor.*
 The just honor your name, the innocent live in your sight.

Psalm 119:33–48

God, teach me your ways and I will follow them closely.*
 Help me understand your will that I may cherish your law.
 Guide me along your path, a way of delight.*
 Open my heart to your laws and not to riches.

Turn my eyes from the lure of evil, let me live your truth.*
Keep your promise to one who reveres you.
Spare me the shame I fear. How good your commands!*
See, I want what is right, let your justice give me life.
Touch me with your love, O Lord, save me as you promised.*
I defy those who taunt me, for I trust your word.
Let me speak the whole truth, for I await your justice.*
I keep your word, now and always.
I go about openly pursuing your law.*
I would speak your word to kings and not be ashamed.
For I love your ways and delight in following them.*
I revere your commands and attend to them.

Hallel: Psalm 96

A new song for the Lord!*
Sing it and bless God's name, everyone, everywhere!
Tell the whole world God's triumph day to day,*
God's glory, God's wonder.
A noble God deserving of praise,*
the dread of other gods, the puny gods of pagans;
for our God made the heavens—*
the Lord of majestic light who fills the temple with beauty.
Proclaim the Lord, you nations,*
praise the glory of God's power, praise the glory of God's name!
Bring gifts to the temple, bow down, all the earth,*
tremble in God's holy presence.
Tell the nations, "The Lord rules!"*
As the firm earth is not swayed, nothing can sway God's judgment.
Let heaven and earth be glad,*
the sea and sea creatures roar, the field and its beasts exult.
Then let the trees of the forest sing before the coming of the Lord,*
who comes to judge the nations, to set the earth aright, restoring the
world to order.

TUESDAY

Psalm 29

Give the Lord glory, you spirits! *
 Give glory! Honor God's strength!
 Honor the name of the Lord! *
 Bow when the Lord comes, majestic and holy.
 God's voice thunders above the massive seas; *
 powerful, splendid, God shatters the cedars,
 God shatters the cedars of Lebanon, *
 makes Lebanon jump like a calf, Sirion like a wild ox.
 God's voice strikes fire, makes the desert shudder, *
 Qadesh shudder in labor, deer writhe in labor.
 All shout "Glory" in your temple, Lord. *
 For you rule the mighty waters, you rule over all for ever.
 Give strength to your people, Lord, *
 and bless your people with peace.

Psalm 120

I call out in my anguish and God answers me. *
 Save me, Lord, from schemers, from tongues that speak lies.
 What will God pay you, devious tongues? *
 Arrows sharp for battle and white hot coals!
 Why must I wander in Meshech, why stay among the tents of Kedar? *
 Living so long with the violent? I call for peace, they speak of war.

Psalm 52

Proud sinner, why do you brag? Why trumpet your crimes, *
 your sins against the faithful?
 Each day you plot their ruin, slash them with a razor tongue. *
 You prize evil over good, deceit over truthful speech.
 O tongue full of lies, you love the word that hurts! *
 But God will demolish you, snatch you away for ever,
 God will sweep you from your tent, uproot you from the living earth. *
 The faithful watch in awe, then laugh with disdain:
 "God was not your stronghold; you trusted in your wealth, *
 found strength in your crimes."

But I am like an olive tree growing in the temple court,*
I trust God's love for ever.

I always give you thanks for what you, my God, have done.*
I proclaim your good name before your faithful people.

Hallel: Psalm 72

God, give your king judgment, the son of the king*
your sense of what is right;

help him judge your people and do right for the powerless.*
May mountains bear peace, hills bring forth justice.

May the king defend the poor, set their children free,*
and kill their oppressors.

May he live as long as the sun, as long as the moon, for ever.*
May he be like rain on a field, like showers that soak the earth.

May justice sprout in his time, peace till the moon is no more.*
May he rule from sea to sea, from the River to the ends of the earth.

Enemies will cower before him, *
they will lick the dust.

Kings from Tarshish and the islands will bring their riches to him.*
Kings of Sheba, kings of Saba will carry gifts to him.

All kings will bow before him, all the nations serve him.*
He will rescue the poor at their call, those no one speaks for.

Those no one cares for he hears and will save,*
save their lives from violence, lives precious in his eyes.

Every day they pray for him and bless him all his life.*
Long life to him! Gold to him from Saba!

May wheat be thick in the fields, fruit trees sway on the slope.*
May cities teem with people, thick as the forests of Lebanon.

May his name live on for ever, live as long as the sun.*
May all find blessing in him, and he be blest by all.

Blessed be Israel's God, Lord of wonderful deeds!*
Bless God's name for ever! Let God's glory fill the world!

WEDNESDAY

Psalm 8

Lord our God, the whole world tells the greatness of your name.*
Your glory reaches beyond the stars.

Even the babble of infants declares your strength,*
your power to halt the enemy and avenger.

I see your handiwork in the heavens:*
the moon and the stars you set in place.

What is humankind that you remember them,*
the human race that you care for them?

You treat them like gods, dressing them in glory and splendor.*
You give them charge of the earth, laying all at their feet:

Cattle and sheep, wild beasts, birds of the sky, fish of the sea, every swimming creature.*

Lord our God, the whole world tells the greatness of your name.

Psalm 49

Everyone, take heed, all the world, listen,*
high and low, rich and poor alike.

I have wisdom you need to hear, I see to the heart of things.*
I tune my ear to the truth and set my insight to music.

Why should I be afraid in bad times when enemies surround me,*
disdainful in their power, arrogant in their wealth?

We cannot save ourselves, cannot set things right with God;*
the price is too high, well beyond our means.

There is no escaping death, no avoiding the grave.*
Look, even the wisest dies. Fools and idiots perish with them,
and others claim their wealth.

The grave is the only home where they settle for good,*
even if their land still bears their name.

No matter how great, no one sees the truth; we die like beasts.*
Here is the fate of those only concerned for themselves: They go straight
to Sheol.

Death shepherds them right into the grave,*
where flesh is eaten up and the earth consumes them.

But I know God will rescue me,*
save me from the grip of death.

Do not worry about wealth, when someone else becomes rich.*
You cannot take it to your grave, wealth is worth nothing in death.

No matter how wealthy, no matter how many tell you “My, how well you have
done,”*
the rich all join the dead, never to see the light again.

No matter how great, no one sees the truth:*
we die like beasts.

Hallel: Psalm 33

Shout joy to the Lord, lovers of justice, how right to praise!*

Praise God on the harp, with ten-string lyre sing to the Lord.

Sing God a new song. Play music to match your shout of joy.*
For the word of the Lord is true: what God says, God does.

This lover of truth and justice fills the earth with love.*
God speaks: the heavens are made; God breathes: the stars shine.

God bottles the waters of the sea and stores them in the deep.*
All earth, be astounded, stand in awe of God.

God speaks: the world is; God commands: all things appear.*
God blocks the plans of nations, disrupts all they contrive.

But God’s plan and designs last from age to age.*
Blest the land whose god is the Lord, the heirs whom God has chosen.

The Lord looks down and sees our human kind.*
From heaven God surveys all peoples on earth.

The maker of human hearts knows every human act.*
Armies do not save kings; brute force does not spare soldiers.

The warhorse is a sham;*
despite its power it will not save.

God keeps a loving eye on all who believe, on those who count on God*
to bring relief from famine, to rescue them from death.

With all we are, we wait for God,*
the Lord, our help, our shield.

Our hearts find joy in the Lord; we trust God’s holy name.*
Love us, Lord! We wait for you.

THURSDAY

Psalm 27

The Lord is my saving light; whom should I fear?*
 God is my fortress; what should I dread?
 When the violent come at me to eat me alive,*
 a mob eager to kill—they waver, they collapse.
 Should battalions lay siege, I will not fear;*
 should war rage against me, even then I will trust.
 One thing I ask the Lord, one thing I seek:*
 to live in the house of God every day of my life.
 Caught up in God's beauty, at prayer in his temple.*
 The Lord will hide me there, hide my life from attack.
 A sheltering tent above me, a firm rock below.*
 I am now beyond reach of those who besiege me.
 In his temple I will offer a joyful sacrifice,*
 I will play and sing to God.

Psalm 34

I will never stop thanking God, with constant words of praise.*
 My soul will boast of God; the poor will hear me and be glad.
 Join me in praising the Lord, together tell of God's name.*
 I asked and the Lord responded, freed me from all my fears.
 Turn to God, be bright with joy; you shall never be let down.*
 I begged and God heard, took my burdens from me.
 God's angel defends the faithful, guards them on every side.*
 Drink in the richness of God, enjoy the strength of the Lord.
 Live in awe of God, you saints: you will want for nothing.*
 Even if lions go hungry, those seeking God are fed.
 Come to me, children, listen: learn to cherish the Lord.*
 Do you long for life, for time to enjoy success?
 Keep your tongue from evil, keep lies far from your lips.*
 Shun evil, go after good, press on, seek after peace.
 God confronts the wicked to blot them out for ever,*
 but turns toward the just to hear their cry for help.
 The troubled call out; God hears, saves them from all distress.*
 God stays near broken hearts, heals the wounded spirit.

The good endure great trials, but God comes to their rescue*
and guards their every bone so not one is broken.

Evil kills its own kind, dooms the wicked to death.*

But God saves those who keep faith; no trusting soul is doomed.

Hallel: Psalm 46

Our sure defense, our shelter and help in trouble,*
God never stands far off.

So we stand unshaken when solid earth cracks*
and volcanoes slide into the sea,

when breakers rage and mountains tremble in the swell.*

The Lord of cosmic power, Jacob's God, will shield us.

A river delights the city of God, home of the Holy One Most High.*

With God there, the city stands; God defends it under attack.

Nations rage, empires fall. God speaks, earth melts.*

The Lord of cosmic power, Jacob's God, will shield us.

Come! See the wonders God does across the earth:*

stopping wars, smashing, burning all the weapons of war.

An end to your fighting! *

Acknowledge me as God,

high over nations, high over earth.*

The Lord of cosmic power, Jacob's God, will shield us.

FRIDAY

Psalm 110

The Lord decrees to the king: “Take the throne at my right hand,*
 I will make your enemies a footrest, I will raise your scepter over Zion and
 beyond, over all your enemies.
 “Your people stand behind you on the day you take command.*
 You are made holy, splendid, newborn like the dawn, fresh like dew.”
 God’s oath is firm: “You are a priest for ever, the rightful king by my decree.”*
 The Lord stands at your side to destroy kings on the day of your wrath.
 God executes judgment, crushes the heads of nations, and brings carnage
 worldwide.*
 The victor drinks from a wayside stream and rises refreshed.

Psalm 22

My God, my God, why have you abandoned me — far from my cry, my words
 of pain?*

I call by day, but you do not answer; I call by night, but find no rest.
 You are the Holy One enthroned, the praise of Israel.*
 Our people trusted, they trusted you, you rescued them.
 To you they cried, and they were saved.*
 they trusted and were not ashamed.

But I am a worm, hardly human, despised by all, mocked by the crowd.*
 All who see me jeer at me, sneer at me, shaking their heads.
 “You relied on God; let God help you! If God loves you let God save you.”*
 But you, God, took me from the womb, you kept me safe at my mother’s
 breast.

I belonged to you from the time of birth, you are my God from my mother’s
 womb.*
 Do not stay far off, danger is so close. I have no other help.

Wild bulls surround me, bulls of Bashan encircle me,*
 opening their jaws against me like roaring, ravening lions.

I am poured out like water, my bones are pulled apart,*
 my heart is wax melting within me,
 my throat baked and dry, my tongue stuck to my jaws.*
 You bring me down to the dust of death.

There are dogs all around me, a pack of villains corners me. They tear at my
 hands and feet.*
 I can count all my bones. They stare at me and gloat.
 They take what I wore, they roll dice for my clothes.*
 Lord, do not stay far off, you, my strength, be quick to help.
 Save my neck from the sword, save my life from the dog's teeth.*
 save me from the lion's jaws, save me from the bulls horns. You hear me.
 I will proclaim your name to my people,*
 I will praise you in the assembly.
 Give praise, all who fear God: revere and honor the Lord,*
 children of Israel, people of Jacob.
 The Lord never scorns the afflicted, never looks away, but hears their cry.*
 I will sing of you in the great assembly, make good my promise before
 your faithful.
 The poor shall eat all they want. Seekers of God shall give praise.*
 "May your hearts live forever!"
 All peoples shall remember and turn,*
 all races will bow to the Lord, who holds dominion over nations.
 The well-fed crowd kneel before God,*
 all destined to die bow low.
 My soul lives for the Lord! My children will serve, will proclaim God to the
 future,*
 announcing to peoples yet unborn, "God saves."

Hallel: Psalm 98

Sing to the Lord a new song, the Lord of wonderful deeds.*
 Right hand and holy arm brought victory to God.
 God made that victory known, revealed justice to nations,*
 remembered a merciful love loyal to the house of Israel.
 The ends of the earth have seen the victory of our God.*
 Shout to the Lord, you earth, break into song, into praise!
 Sing praise to God with a harp, with a harp and sound of music.*
 With sound of trumpet and horn, shout to the Lord, our king.
 Let the sea roar with its creatures, the world and all that live there!*
 Let rivers clap their hands, the hills ring out their joy!
 The Lord our God comes, comes to rule the earth,*
 justly to rule the world, to govern the peoples aright.

MONDAY

Psalm 97

The Lord rules: the earth is eager, joy touches distant lands.*

God is wrapped in thunder cloud, throned on justice, throned on right.

Fire marches out in front and burns up all resistance.*

Overhead, God's lightning flares, the earth shudders to see it.

Mountains melt down like wax before the Lord, the ruler of all.*

Overhead God's justice resounds, a glory all people can see.

Idolators are the fools, they brag of empty gods.*

You gods, be subject to the Lord!

Zion hears, and is happy. The cities of Judah are joyful*
about your judgments, Lord.

You, Lord, you reach high in majesty above the earth,*
far higher than any god. Those who love the Lord hate evil.

God shields their faithful lives and breaks the hold of the wicked.*

Light will rain down on the just, joy on the loyal heart.

Be joyous in the Lord God, you people of faith,*
praise God's holy name!

Psalm 12

Help us, Lord, for no one stays loyal, the faithful have vanished.*

People lie to each other, no one speaks from the heart.

May the Lord silence the smooth tongue and boasting lips that say:*

“Our words will triumph! With weapons like these who can master us?”

The Lord speaks out: “I will act now, for the poor are broken and the needy
groan.*

When they call out, I will protect them.”

The Lord's word is pure,*

like silver from the furnace, seven times refined.

Lord, keep your promise, always protect your own.*

Guard them from this age when wickedness abounds and evil is prized
above all.

Psalm 49: 49–64

Remember what you promised me, I wait in hope.*

In sorrow, this is my comfort: your life-giving word.

The proud keep taunting me, still I obey your law.*
I recall your timeless wisdom. How it consoles me, Lord!
I rage against the wicked who desert your law.*
In days of exile, your ways are my song.
At night I honor your name, Lord, I cherish your law.*
This is what counts for me: to obey your commands.
Lord, my part is to keep your word.*
I pray from my heart, I remember your promise of mercy.
I consider my ways and return to yours.*
I am more than eager to do what you command.
Though the wicked hem me in, still I remember your law.*
Even at dead of night I rise to praise your justice.
My friends are those who revere you, all who keep your decrees.*
Lord, your love fills the earth; teach me your laws.

Hallel: Psalm 96

A new song for the Lord!*
Sing it and bless God's name, everyone, everywhere!
Tell the whole world God's triumph day to day,*
God's glory, God's wonder.
A noble God deserving of praise,*
the dread of other gods, the puny gods of pagans;
for our God made the heavens—*
the Lord of majestic light who fills the temple with beauty.
Proclaim the Lord, you nations,*
praise the glory of God's power, praise the glory of God's name!
Bring gifts to the temple, bow down, all the earth,*
tremble in God's holy presence.
Tell the nations, "The Lord rules!"*
As the firm earth is not swayed, nothing can sway God's judgment.
Let heaven and earth be glad,*
the sea and sea creatures roar, the field and its beasts exult.
Then let the trees of the forest sing before the coming of the Lord,*
who comes to judge the nations, to set the earth aright, restoring the
world to order.

TUESDAY

Psalm 106

Praise the Lord of goodness, the God of lasting love.*

Who can tell the Lord's wonders, or sing enough praise?

Happy those who keep the law and always act with justice.*

Think of me, Lord, when you bless your people;

Share with me your salvation, your blessing for your chosen ones.*

Then I will rejoice with your nation and praise you as one of your own.

Like our ancestors we sinned, we acted badly, wickedly.*

While in Egypt, our ancestors ignored your signs.

They forgot your kind deeds and rebelled at the Reed Sea.*

Yet God saved them, revealed divine power, true to his name.

God's rebuke cleared a dry path through the depths of the sea,*

freeing his people from the enemy's grip, snatching them from hostile hands.

The waters swallowed their foes, not one of them survived.*

Then Israel trusted God's word and sang songs of praise.

Quickly they forgot his works, ignored the divine plan.*

In the desert they were greedy, in the wasteland they tested the Lord.

He gave them what they wanted, but let disease waste them away.*

Their jealousy raged against Moses, against Aaron, the Lord's holy one.

The earth split open to swallow Dathan, closing over Abiram's mob.*

Fire blazed against them, flames devoured the wicked.

They fashioned a calf at Horeb, bowed low and worshiped it.*

They traded their God for a grass-chewing idol.

They forgot God, their savior, the One who gave signs in Egypt,*

marvels in the land of Pharaoh, and terror at the Reed Sea,

The One who would have destroyed them, had not Moses, God's chosen one,*

stood alone before him, deflecting the divine wrath.

They despised the land of promise, they would not trust God's word.*

They grumbled in their tents, refused to obey the Lord,

who raised a hand to strike them in the wilderness,*

to scatter their descendants among the nations of the earth.

They worshiped the God of Peor and ate sacrifices of death.*
They provoked the Lord with their crimes, and a plague stalked them
down.
But Phinehas intervened, and the plague was checked.*
This has been to his credit from age to age.
At the oasis of Meribah, how they angered God, forced Moses to suffer for
them,*
making him so bitter that he spoke rashly.
They did not slay the Canaanites as the Lord had ordered,*
but mingled with them, adopting their customs.
Snared by idols, they bowed down,*
sacrificing sons and daughters to the demons of Canaan.
They spilled innocent blood, drenched the land with guilt.*
Their deeds polluted them, made them act like prostitutes.
The Lord flared with anger, disgusted with his people,*
and handed them to the nations, to be ruled by their foes.
They oppressed and crushed them under the weight of their power.*
Again and again God freed them, but they were stubborn, and their evil
brought them down.
The Lord saw their plight, heard their cry of distress, and remembering his
covenant,*
relented with great mercy, loving them like a mother in the sight of their
captors.
Lord our God, save us. Gather us from the nations*
to give thanks to your holy name and rejoice in praising you.
Blessed is the Lord, the God of Israel, from eternity to eternity.*
Let all the people sing "Amen! Hallelujah!"

Hallel: Psalm 117

Praise! Give glory to God!*
Nations, peoples, give glory!
Strong the love embracing us.*
Faithful the Lord for ever. Hallelujah!

WEDNESDAY

Psalm 50

The Lord, greater than all gods, summons the earth from east to west,*
 makes light shine from Zion, beauty beyond compare.

The Lord will not be silent but comes in fire and storm*
 to summon earth and heaven as witness to our trial:

“Gather the faithful who seal my covenant with sacrifice.”*
 The heavens will testify that God, our judge, is just.

“Listen, my people, hear what I say.*
 I, your judge, indict you, Israel. I, your God.

“Despite your offerings, despite your daily gifts,*
 I bring charges against you.

“I have no need for oxen from your stalls*
 or goats from your pens.

“I own all the forest beasts, the cattle on a thousand hills.*
 I know all the mountain birds, every creature of the field.

“Hungry, I would not come to you, I own the world and its riches.*
 Do I eat the meat of bulls and drink the blood of goats?

“Instead of sacrifice, give thanks, keep your promises to God.*
 When in trouble, call out to me; when I save you, sing my praise.”

God tells the evildoer:*
 “How dare you quote my law to me and invoke the covenant?

“You hate my guidance, you turn your back when I speak.*
 Meet a thief and you are instant friends.

“You are at home with adultery.*
 Your mouth serves evil, and your tongue savors deceit.

“You malign your family and slander your own kin.*
 This is how you act.

“If I kept silent you would think I am like you.*
 So I will indict you and bring my case against you.

“Think hard about these things, you who ignore God,*
 for if I rip you apart you have no one to save you.

“Who thanks me, honors me.*
 Who keeps my way, I save.”

Psalm 6

Stop rebuking me, Lord, hold back your rage. Have pity, for I am spent;*
heal me, hurt to the bone, wracked to the limit. Lord, how long? How
long?

Repent, Lord, save me. You promised; keep faith!*
In death, who remembers you? In Sheol, who gives you thanks?

Night after night I lie exhausted, hollow-eyed with grief,*
my pillow soaked with tears: all because of my foes.

Get away from me, scoundrels! The Lord has heard my tears.*
God hears my pleading and will answer my prayer.

My foes will be shamed, shocked,*
turned back in sudden panic.

Hallel: Psalm 85

Lord, you loved your land, brought Jacob back,*
forgot our guilt, forgave our sins, swallowed your anger, your blazing
anger.

Bring us back, saving God. End your wrath.*
Will it stop, or drag on for ever?

Turn, revive us, nourish our joy.*
Show us mercy, save us, Lord!

I listen to God speaking: "I, the Lord, speak peace,*
peace to my faithful people who turn their hearts to me."

Salvation is coming near, glory is filling our land.*
Love and fidelity embrace, peace and justice kiss.

Fidelity sprouts from the earth,*
justice leans down from heaven.

The Lord pours out riches, our land springs to life.*
Justice clears God's path, justice points the way.

THURSDAY

Psalm 67

Favor and bless us, Lord. Let your face shine on us.*

Reveal your way to all peoples, salvation the world over.

Let nations sing your praise, every nation on earth.*

The world will shout for joy, for you rule the planet with justice.

In fairness you govern the nations and guide the peoples of earth.*

Let the nations sing your praise, every nation on earth.

The land delivers its harvest, God, our God, has blessed us.*

O God, continue your blessing, may the whole world worship you.

Psalm 123

I gaze at the heavens, searching for you, my God.*

As a slave watches the hand of his master,

as a servant girl watches her mistress' hand;*

so our eyes rest on you, Lord, awaiting your kindness.

Have mercy, Lord, have mercy. We have swallowed enough scorn,*

stomached enough sneers: the scoffing of the complacent, the mockery of the proud.

Psalm 68:12-21

God speaks a word; a company of women spreads the good news.*

Kings and their armies run and flee.

Housewives and shepherds all share the plunder:*

silver plated doves with bright gold wings.

The Almighty blew kings about like snow on Mount Zalmon.*

Bashan is a sacred peak, a mountain of high summits.

Soaring Bashan, why envy the mountain God chose*

To be a home, a place to live for ever?

With thousands and thousands of uncounted chariots*

the Lord came from Sinai to Zion's holy temple.

You ascended to the heights, you took captives,*

you accepted tribute from those resisting you.

Bless the Lord each day who carries our burden,*

who keeps us alive, who saves us from death.

Hallel: Psalms 114 and 115

Israel marches out of Egypt, Jacob leaves an alien people.*

Judah becomes a holy place, Israel, God's domain.

The sea pulls back for them, the Jordan flees in retreat.*

Mountains jump like rams, hills like lambs in fear.

Why shrink back, O sea? Jordan, why recoil?*

Why shudder, mountains, like rams? Why quiver, hills, like lambs?

Tremble! earth, before the Lord, before the God of Jacob,*

who turns rock to water, flint to gushing streams.

Not to us, Lord, not to us, but to your name give glory,*

because of your love, because of your truth.

Why do the nations say, "Where is their God?"*

Our God is in the heavens and answers to no one.

Their gods are crafted by hand, mere silver and gold,*

with mouths that are mute and eyes that are blind,

with ears that are deaf and noses that cannot smell.*

Their hands cannot feel, their feet cannot walk.

Their throats are silent. Their makers will be just like them.*

Their worshipers will be just like them.

Let Israel trust God, their help and shield.*

Let the house of Aaron trust God, their help and shield.

Let all believers trust God, their help and shield.*

The Lord has remembered us and will bless us.

God will bless the house of Israel, will bless the house of Aaron.*

God will bless all believers, the small and the great.

May God bless you more and more, bless all your children.*

May you truly be blest by the maker of heaven and earth.

To the Lord belong the heavens, to us the earth below!*

The dead sing no Hallelujah, nor do those in the silent ground.

But we will bless you, Lord, with joyful hearts.*

We will bless you, Lord, now and for ever. Hallelujah!

FRIDAY

Psalm 95

Come, sing with joy to God, shout to our savior, our rock.*

Enter God's presence with praise, enter with shouting and song.

A great God is the Lord, over the gods like a king.*

God cradles the depths of the earth, holds fast the mountain peaks.

God shaped the ocean and owns it, formed the earth by hand.*

Come, bow down and worship, kneel to the Lord our maker.

This is our God, our shepherd, we are the flock led with care.*

Listen today to God's voice: "Harden no heart as at Meribah,
on that day in the desert at Massah.

"There your people tried me, though they had seen my work.*

Forty years with that lot! I said: They are perverse, they do not accept my ways.

So I swore in my anger:*

They shall not enter my rest."

Psalm 38

God, do not punish me or strike me in your anger.*

Your arrows have pierced deep, your hand has struck hard.

Because of your wrath, my whole body withers.*

Because of my sin, all my bones grow brittle.

For my sins weigh me down, too heavy to bear.*

My wounds fester and reek because of my folly.

Bent over and humbled, I walk in misery all day long.*

Fever consumes me: there is no health in my body.

Feeble and broken, I cry out, groaning from the heart.*

Lord, you see what I long for, you hear all my sighs.

My heart pounds, my strength fails, the light of my eyes is snuffed out.*

Friends and neighbors avoid me, keeping their distance.

My mortal foes scheme against me,*

hatching plots day after day and spreading lies to trap me.

Like someone born deaf or unable to speak,*

I can no longer hear, I have no words for my defense.

But I wait for you Lord, and you, my God, will answer.*

I said "Don't let them gloat, those who laugh when I fall."

For I am about to collapse, there is no relief from my pain.*

I know my guilt and grieve over my sin.

My enemies are strong: many hate me for no reason.*

Those who deal evil for good blame me for seeking what is right.

Do not abandon me God, do not stay far from me.*

Hurry, Lord, help me! For you keep me safe.

Psalm 4

Answer when I call, faithful God.*

You cleared away my trouble; be good to me, listen to my prayer.

How long, proud fools, will you insult my honor,*

loving lies and chasing shadows?

Look! God astounds believers, the Lord listens when I call.*

Tremble, but do not despair. Attend to your heart.

Be calm through the night, worship with integrity,*

trust in the Lord.

Cynics ask, "Who will bless us? Even God has turned away."*
You give my heart more joy than all their grain and wine.

I sleep secure at night,*

you keep me in your care.

Hallel: Psalm 150

Hallelujah! Praise! Praise God in the temple, in the highest heavens!*

Praise! Praise God's mighty deeds and noble majesty.

Praise! Praise God with trumpet blasts, with lute and harp.*

Praise! Praise God with timbrel and dance, with strings and pipes.

Praise! Praise God with crashing cymbals, with ringing cymbals.*

All that is alive, praise. Praise the Lord. Hallelujah!

MONDAY

Psalm 24

God owns this planet and all its riches.*
The earth and every creature belong to God.
God set the land on top of the seas*
and anchored it in the deep.
Who is fit to climb God's mountain*
and stand in his holy place?
Whoever has integrity:*
not chasing shadows, not living lies.
God will bless them, their savior will bring justice.*
They long to see the Lord, they seek the face of Jacob's God.
Stretch toward heaven, you gates, open high and wide.*
Let the glorious sovereign enter.
Who is this splendid ruler?*The Lord of power and might, the conqueror of chaos.
Stretch toward heaven, you gates,*
open high and wide. Let the glorious sovereign enter.
Who is this splendid ruler? The Lord of heaven's might,*
this splendid ruler is the Lord our God.

Psalm 143

Hear me, faithful Lord! Bend to my prayer, show compassion.*
Do not judge me harshly; in your sight, no one is just.
My enemy hunts me down, grinding me to dust, caging me with the dead in
lasting darkness.*
My strength drains away, my heart is numb.
I remember the ancient days, I recall your wonders, the work of your hands.*
Dry as thirsty land, I reach out for you.
Answer me quickly Lord, my strength is spent.*
Do not hide from me, or I will fall into the grave.
Let morning announce your love, for it is you that I trust.*
Show me the right way, I offer you myself.
Rescue me from my foes, you are my only refuge, Lord.*
Teach me your will, for you are my God.

Graciously lead me, Lord, on to level ground.*
I call on your just name, keep me safe, free from danger.
In your great love for me, disarm my enemies,*
destroy their power, for I belong to you.

Psalm 119: 65-80

You have treated your servant well, just as you promised, Lord.*
Teach me the good sense to put faith in your judgments.
I had gone astray; now humbled, I keep your word.*
You give from your goodness, teach me how to obey.
I keep all your commands, though the proud smear my name.*
They are coldhearted, but I delight in your law.
Even suffering taught me your way.*
your law is better than untold wealth.
Your hands shaped me; inspire me to learn your wisdom.*
The just see me and rejoice, because I hope in your word.
How right your judgments, Lord, how wisely you humble me.*
Comfort me with your love, just as you promised.
Shower my life with tenderness, for I delight in your law.*
Shame the proud who slander me, I ponder your decrees.
Gather your faithful ones to acknowledge your rule.*
Keep me true to your precepts, free of all shame.

Hallel: Psalm 149

Hallelujah! Sing a new song, you faithful,*
praise God in the assembly.
Israel, rejoice in your maker, Zion, in your king.*
Dance in the Lord's name, sounding harp and tambourine.
The Lord delights in saving a helpless people.*
Revel in God's glory, join in clan by clan.
Shout praise from your throat, sword flashing in hand.*
To discipline nations and punish the wicked,
to shackle their kings and execute God's sentence.*
You faithful, this is your glory! Hallelujah!

TUESDAY

Psalm 87

Zion is set on the holy mountain.*

The Lord loves her gates above all the dwellings of Israel.

Great is your renown,*
city of God.

I register as her citizens Egypt and Babylon,*
Philistia, Ethiopia, and Tyre: “Each one was born in her.”

People will say: “Zion mothered each and every one.”*
The most high protects the city.

God records in the register: “This one was born here.”*
Then people will dance and sing, “My home is here!”

Psalm 59

My God, rescue me from my enemies, raise me beyond their reach.*
Deliver me from these villains, from the bloodthirsty save me.

See, the strong gather against me, they set up an ambush.*
No crime, no fault, no sin of mine, goads them to attack.

Rise up, prepare for battle, God of Israel.*
Lord of heaven’s might, rise to punish the nations, show no mercy to
traitors.

They come out in the dark, growling like dogs, prowling about the city.*
Their mouths spew out evil, words sharp as swords. Who listens to them?

But you, Lord, just laugh. You mock all these nations.*
I watch for you, my God, my strong tower of safety.

Gracious God! Come help me! Let me look down on my foes.*
Do not kill them all, or my people will forget you;
only weaken them by your power and humble them, Lord, our shield.*
Each word they mouth is sin. Let them be caught in their pride
by the curses and lies they speak

Destroy them in anger, destroy them completely!*
that all the earth may know: God rules in Jacob’s land.

They come out in the dark, growling like dogs, prowling about the city.*
They scavenge for food, hunting all night until they are filled.

But I celebrate your strength, rejoice in your love each morning,*
for you are my tower of safety, my haven in times of distress.

I sing to you, my God,*
my strong tower of safety, you, my faithful God.

Psalm 76

God, you are known throughout Judah, Israel glories in your name.*
Your tent is pitched in Salem, your command post on Zion.
There you break flaming arrows, shield and sword and war itself!*
Majestic and circled with light, you seize your prey;
Stouthearted shoulders are stripped of their plunder. Dazed, they cannot lift a
hand.*
At your battle cry, God of Jacob, horse and rider are stunned.
You, the one who strikes fear—who can stand up to your anger!*
Your verdict sounds from heaven, earth reels, then is still,
When you stand as judge to defend the oppressed.*
When you are robed in fury, even the warlike give you praise.
Now, all you worshippers, keep your promise to God, bring gifts to the Holy
One*
who terrifies princes and stuns the rulers of earth.

Hallel: Psalm 96

A new song for the Lord!*
Sing it and bless God's name, everyone, everywhere!
Tell the whole world God's triumph day to day,*
God's glory, God's wonder.
A noble God deserving of praise,*
the dread of other gods, the puny gods of pagans;
for our God made the heavens—*
the Lord of majestic light who fills the temple with beauty.
Proclaim the Lord, you nations,*
praise the glory of God's power, praise the glory of God's name!
Bring gifts to the temple, bow down, all the earth,*
tremble in God's holy presence.
Tell the nations, "The Lord rules!"*
As the firm earth is not swayed, nothing can sway God's judgment.
Let heaven and earth be glad,*
the sea and sea creatures roar, the field and its beasts exult.

Then let the trees of the forest sing before the coming of the Lord,*
who comes to judge the nations, to set the earth aright, restoring the
world to order.

WEDNESDAY

Psalm 95

Come, sing with joy to God, shout to our savior, our rock.*

Enter God's presence with praise, enter with shouting and song.

A great God is the Lord, over the gods like a king.*

God cradles the depths of the earth, holds fast the mountain peaks.

God shaped the ocean and owns it, formed the earth by hand.*

Come, bow down and worship, kneel to the Lord our maker.

This is our God, our shepherd, we are the flock led with care.*

Listen today to God's voice: "Harden no heart as at Meribah,
on that day in the desert at Massah.

"There your people tried me, though they had seen my work.*

Forty years with that lot! I said: They are perverse, they do not accept my
ways.

So I swore in my anger:*

They shall not enter my rest."

Psalm 58

You gods, are your verdicts just? Do you judge us fairly?*

No! You rule with malice and measure out violence on earth.

The wicked do wrong from birth, liars go astray from the womb.*

They are deadly as snakes, they are like a cobra that will not hear the magic
spell or rise for the charmer's song.

O God, break their teeth, rip out the young lions' fangs.*

Let them drain off like water, wither like dead grass,

Dissolve like slugs as they crawl, like the stillborn, never see light.*

God before these thorns grow sharp, sweep them into the blaze.

The just are please to see vengeance done, they wash their feet in sinner's
blood.*

All will say: "The just win the prize! There is a God who judges the earth."

Psalm 9

With a heart full of thanks I proclaim your wonders, God.*

You are my joy, my delight; I sing hymns to your name, Most High.

My foes retreated before you, they collapsed and died.*

You upheld my just cause, gave judgment from your throne.

You condemned the nations, destroyed the wicked,*
you erased their names for ever.

You crushed my enemies, reduced them to ruins;*
their cities are rubble. Who remembers them?

But you, God, reign for ever; you established your throne*
to rule the world with justice and judge all peoples rightly.

You defend the oppressed, fortify them in time of trouble.*
Those who know you, trust you; you never desert the faithful.

Sing to the Lord of Zion, tell all people this wonder:*
God avenges the poor and never neglects their cries.

Pity me, Lord. How my enemies hurt me!*

From the gates of death you saved me.

I will praise your deeds within the gates of Zion.*
I will rejoice in your victory.

The nations fall into their own pit, caught by the traps they set.*
The Lord shows power and wields judgment, traps the wicked in their
own snares.

They go down to Sheol. So much for the wicked,*
for nations that forget God!

The Lord never forgets the poor,*
never lets their hope die.

Rise up, O God, subdue the nations, judge them in your court.*
Strike fear in them, Lord, let them know they are mortal.

Hallel: Psalm 113

Hallelujah! Servants of God, praise, praise the name of the Lord.*
Bless the Lord's name now and always.

Praise the Lord's name here and in every place,*
Praise the Lord's name from east to west.

The Lord towers above nations, God's glory shines over the heavens.*
Who compares to our God? Who is enthroned so high?

The Lord bends down to see heaven and earth,*
to raise the weak from the dust and lift the poor from the mire,

To seat them with princes in the company of their leaders.*
The childless, no longer alone, rejoice now in many children. Hallelujah!

THURSDAY

Psalm 42

As a deer craves running water, I thirst for you, my God;*
I thirst for God, the living God.

When will I see your face? Tears are my steady diet.*
Day and night I hear, “Where is your God?”

I cry my heart out, I remember better days:*
when I entered the house of God,

I was caught in the joyful sound*
of pilgrims giving thanks.

Why are you sad, my heart? Why do you grieve?*

Wait for the Lord. I will yet praise God my savior.

My heart is sad. Even from Jordan and Hermon,*
from the peak of Mizar, I remember you.

There the deep roars to deep; your torrents crash over me.*
The love God summoned by day
sustained my praise by night, my prayer to the living God.

I complain to God, who I thought was rock:*
Why have you forgotten me? Why am I bent double?

The insults of my enemies grind me to dust.*
Day and night they say, “Where is your God?”

Why are you sad, my heart? Why do you grieve?*

Wait for the Lord. I will yet praise God my savior.

Psalm 84

Your temple is my joy, Lord of heaven’s might.*
I am eager for it. eager for the courts of God.

My flesh, my flesh sings its joy to the living God.*
As a sparrow homing, a swallow seeking a nest to hatch its young,

I am eager for your altars, Lord of heaven’s might,*
my king, my God.

To live with you is joy, to praise you and never stop.*
Those you bless with courage will bless you from their hearts.

When they cross the Valley of Thirst*
the ground is spaced with springs, with the welcome rain of autumn.

They travel the towns *
to reach the God of gods in Zion.
Hear me, Lord of might, heed me, God of Jacob.*
God our shield, look, see the face of your anointed.
One day within your courts is worth a thousand without.*
I would rather stand at God's gate than move among the wicked.
God is our sun, our shield, the giver of honor and grace.*
The Lord never fails to bless those who walk with integrity.
Lord of heaven's might, *
blest are all who trust in you.

Psalm 122

With joy I heard them say, "Let us go to the Lord's house!"*
And now, Jerusalem, we stand inside your gates.
Jerusalem, the city so built that city and temple are one.*
To you the tribes go up, every tribe of the Lord.
It is the law of Israel to honor God's name.*
The seats of law are here, the thrones of David's line.
Pray peace for Jerusalem: happiness for your homes,*
safety inside your walls, peace in your great houses.
For love of family and friends I say, "Peace be with you!"*
For love of the Lord's own house I pray for your good.

Psalm 133

How good it is, how wonderful, wherever people live as one!*

It is like sacred oil on the head flowing down Aaron's beard,
down to the collar of his robe.

It is like the dew of Hermon running down the mountains of Zion.*
There God gives blessing: life for ever.

Hallel: Psalm 134

Bless the Lord, all who serve in God's house,*
who stand watch throughout the night.

Lift up your hands in the holy place and bless the Lord.*
And may God, the maker of earth and sky, bless you from Zion.

FRIDAY

Psalm 99

The Lord reigns from the cherubim throne *
nations tremble, earth shakes!
The Lord of Zion is great, high above all peoples.*
Praise the great and fearful name, “Holy is the Lord!”
Almighty ruler, you love justice,*
you strengthen the upright and secure equity for Jacob.
Bow down to worship at God’s feet,*
lift your voice in praise, “Holy is the Lord!”
First among priests of the Lord were Moses, Aaron, and Samuel;*
they called out God’s Name.
The Lord heard them and spoke from a pillar of cloud;*
they honored each command.
Our God did what was needed,*
it was yours, Lord, to punish, yours to forgive sin.
Bow down to worship the Lord, give praise in God’s holy place,*
“Holy is the Lord our God!”

Psalm 130

From the depths I call to you, Lord, hear my cry.*
Catch the sound of my voice raised up, pleading.
If you record our sins, Lord, who could survive?²*
But because you forgive we stand in awe.
I trust in God’s word, I trust in the Lord.*
More than sentries for dawn, I watch for the Lord.
More than sentries for dawn let Israel watch.*
The Lord will bring mercy and grant full pardon. The Lord will free Israel
from all its sins.

Psalm 109 (1–4)

God of my prayer, do not stay mute!*
Voices are raised against me, full of evil and deceit.
They pursue me with lies,*
surround me with cursing, attack for no cause.

I treat them with love, but they indict me, and yet still I pray.*
They give back evil for good, counter my love with hate.

God, you are my Lord.*

Be true to your name, show mercy and rescue me.

Psalm 57

Care for me, God, take care of me, I have nowhere else to hide.*
Shadow me with your wings until all danger passes.

I call to the most High, to God my avenger.*
send help from Heaven to free me, punish those who hound me.

Extend to me, O God, your love that never fails,*
for I find myself among lions who crave for human flesh.

Their teeth like spears and arrows,*
their tongues sharp as swords.

O God, rise high above the heavens!*

Spread your glory across the earth.

They rigged a net for me, a trap to bring me down,*
they dug a pit for me, but they—they fell in!

I have decided, O God, my decision is firm:*
to you I will sing praise. Awake, my soul, to song!

Awake, my harp and lyre, so I can wake up the dawn!*

I will lift my voice in praise, sing of you, Lord, to all nations.

For your love reaches heaven's edge, your unfailing love the skies.*

O God, rise high above the heavens! Spread your glory across the earth!

Hallel: Psalm 100

Shout joy to the Lord, all earth, serve the Lord with gladness,*
enter God's presence with joy!

Know that the Lord is God, our maker to whom we belong,*
our shepherd, and we the flock.

Enter the temple gates, the courtyard with thanks and praise;*
give thanks and bless God's name.

Indeed the Lord is good! God's love is for ever,*
faithful from age to age.

MONDAY

Psalm 64

Hear my troubles, God. Keep me safe from terror,*
 guard me from hostile scheming and the rage of the violent.
 Enemies sharpen their tongues and aim bitter words like arrows *
 to ambush the innocent with a sudden, brazen shot.
 They polish their plans, conceal their traps, asking, “Who can see them?” *
 They hide the evil they plot. How devious the heart.
 God shoots an arrow, instantly they are struck.*
 God trips them on their own tongues. All who see it tremble.
 The whole world stands in awe, they talk of God’s work and ponder its
 meaning.*
 The just rejoice and find refuge in God. Honest hearts sing praise.

Psalm 34

I will never stop thanking God, with constant words of praise.*
 My soul will boast of God; the poor will hear me and be glad.
 Join me in praising the Lord, together tell of God’s name.*
 I asked and the Lord responded, freed me from all my fears.
 Turn to God, be bright with joy; you shall never be let down.*
 I begged and God heard, took my burdens from me.
 God’s angel defends the faithful, guards them on every side.*
 Drink in the richness of God, enjoy the strength of the Lord.
 Live in awe of God, you saints: you will want for nothing.*
 Even if lions go hungry, those seeking God are fed.
 Come to me, children, listen: learn to cherish the Lord.*
 Do you long for life, for time to enjoy success?
 Keep your tongue from evil, keep lies far from your lips.*
 Shun evil, go after good, press on, seek after peace.
 God confronts the wicked to blot them out for ever,*
 but turns toward the just to hear their cry for help.
 The troubled call out; God hears, saves them from all distress.*
 God stays near broken hearts, heals the wounded spirit.
 The good endure great trials, but God comes to their rescue*
 and guards their every bone so not one is broken.

Evil kills its own kind, dooms the wicked to death.*
But God saves those who keep faith; no trusting soul is doomed.

Hallel: Psalm 66

All earth, shout with joy to God! Sing the glory of the Name!*
Give glorious praise! Say, "How awesome your works!"
Because of your mighty strength, your enemies cringe before you.*
All earth bows before you, sings to you, sings to your name.
Come, see God's wonders, tremendous deeds for the people:*
God turned sea into land, they crossed the river on foot.
Let us rejoice then in God, who rules for ever with might,*
keeping a watch on all nations. Let no rebels raise their heads!
Bless our God, you peoples, loudly sound God's praise,*
who kept our spirits alive and our feet from stumbling.
O God, you have tested us, refined us like silver in fire.*
You led us into a trap, you put a weight on our backs.
You let others beat us down. We passed through water and fire,*
but then you brought us relief.
I come to your house with gifts to keep the vow I made.*
This promise was on my lips when I was afflicted.
I will offer sacrifice, burnt offerings of rams, wild bulls and goats.*
Come, listen, all who fear God, as I tell what happened to me.
To God I cried aloud, praise upon my tongue,*
"If I have evil in my heart, let my Lord not listen!"
Bless God who did listen, heeded the sound of my prayer.*
God did not reject my plea, but pledged me constant love.

TUESDAY

Psalm 54

Judge in my favor, Lord, use your power to save me.*

O God, hear this plea, listen to what I say.

For godless people attack me, strangers without conscience plotting my death.*

But God is my savior. God alone guards my life.

Let their evil rebound on all who plot against me.*

True to your judgment, Lord, put an end to them.

With a free heart I will sacrifice to you and praise your good name.*

You saved me from danger, I see my enemies routed.

Psalm 7

You are my haven, Lord my God, save me from my attackers.*

Rescue me, their helpless prey; these lions will tear me to pieces.

Lord, if I have done wrong, if there is guilt on my hands, if I have mistreated friend or foe for no good reason,* then let the enemy hound me, overtake and kill me, trample me to the ground.

Wake up, Lord! Arise and rage against my angry foes.*

Provide the justice you demand. Make the world a courtroom and take your seat as judge.

Then, judge of all nations, give me justice.*

I have done what is right, I am innocent.

Put an end to evil, uphold the good;*

you test our hearts, God of right and truth.

God who saves the honest defends me like a shield.*

God is a jealous judge ready to say “guilty” every day if sinners do not turn around.

Instead they sharpen their swords, string their bows,* and light flaming arrows, taking up lethal weapons.

See how they conceive evil,*

grow pregnant with trouble, and give birth to lies.

Sinners land in the pit dug with their own hands.*

Their evil crashes on their heads; they are victims of their own violence.

I praise God who is right and good,*
I sing out "Lord Most High!"

Psalm 18:1–20

I love you, God my strength,*
my rock, my shelter, my stronghold.
My God, I lean on you, my shield, my rock, my champion, my defense.*
When I call for help, I am safe from my enemies. Praise the Lord!
Death had me in its grip, the current swept me away,*
Sheol was closing in, I felt the hand of death.
From the depths, I cried out,*
my plea reached the heavens, God heard me.
Then the earth shook, the mountains quaked,*
they rocked from side to side, trembled at God's anger.
With fiery breath and blazing nostrils God split open the heavens,*
coming down on dense clouds, riding on the cherubim throne, soaring
aloft with the winds.
Cloaked in darkness, concealed in the rainstorm,*
with flaming clouds, with hail and coals of fire,
the Lord almighty thundered from the heavens,*
aimed lightning bolts like arrows to rout the enemy.
At your rebuke, Lord, when you bellowed in your fury,*
the bed of the ocean, the foundations of the earth were laid bare.
From on high, God took hold of me, lifted me free of the deadly waters.*
My raging foes were strong, stronger than I, but God rescued me.
They rushed at me on the day of disaster, but the Lord upheld me.*
God snatched me free, led me to where I could breathe. The Lord loved
me.

Hallel: Psalm 117

Praise! Give glory to God!*
Nations, peoples, give glory!
Strong the love embracing us.*
Faithful the Lord for ever. Hallelujah!

WEDNESDAY

Psalm 121

If I look to the mountains, will they come to my aid?*

My help is the Lord, who made earth and the heavens.

May God, ever wakeful, keep you from stumbling;*

the guardian of Israel neither rests nor sleeps.

God shields you, a protector by your side.*

The sun shall not harm you by day nor the moon at night.

God shelters you from evil, securing your life.*

God watches over you near and far, now and always.

Hallel: Psalm 107

Give thanks to the Lord of goodness, for God is lasting love.*

Let those saved by God tell their story:

how the Lord snatched them from the oppressor's might.*

gathering them from east and west, from north and south.

They wandered through wasteland, trekked over sands,*

finding no city, no home.

Weak from hunger and thirst, their lives were fading away.*

Then they cried out to God.

The Lord snatched them from danger,*

leading them up a straight road to a place they could settle.

Let them celebrate God's love, all the wonders revealed to them.*

The Lord slaked their thirst and filled their aching bellies.

There were some confined in darkness, chained by suffering,*

for they rejected God's word, scorned the plan of the Most High.

Burdened by their misery, they fell with no one to help.*

Then they cried out, and God snatched them from danger.

The Lord shattered their fetters, banishing the darkness.*

Let them celebrate God's love, all the wonders revealed to them.

The Lord smashed iron bars and doors of bronze.*

Disease struck down others for rebelling in their sin.

Sickened by food, they almost died.*

Then they cried out, and God snatched them from danger,

God spoke a word of healing, and kept them alive.*

Let them celebrate God's love, all the wonders revealed to them.

Let them offer a sacrifice of praise*
and tell their story with joy.

Sailors went down to the sea, traders on merchant ships,*
and saw the works of the Lord, all the wonders of the deep.

At God's command, a storm whipped up the waves,*
high as the rolling clouds, low as the fathomless depths.

Seafarers trembled, lurching and reeling like drunks,*
helpless without their skills.

Then they cried out, and God snatched them from danger,*
hushing the wind, stilling the waters.

They rejoiced in the calm as God brought them to port.*
Let them celebrate God's love, all the wonders revealed to them.

Let the assembly shout "Hallelujah"*
and the elders sing praise in the temple.

God turns rivers into sand, springs to thirsty ground,*
rich earth to salt flats, when evil dwells in a land.

But God turns desert to flowing water, dry land to fertile valleys,*
and gives this place to the hungry where they build their city.

They sow crops, plant vines, and gather the harvest.*
With God's blessing they prosper; people and cattle increase.

But if they fail to prosper and suffer oppression and pain,*
God will scorn their leaders and make them wander in chaos.

But God will lift up the poor,*
shepherding them like flocks.

Good hearts, rejoice! evil mouths, be shut!*

Let the wise listen and wonder at God's great love.

THURSDAY

Psalm 91

All you sheltered by the Most High, who live in Almighty God's shadow,*
say to the Lord, "My refuge, my fortress, my God in whom I trust!"

God will free you from hunters' snares, will save you from deadly plague,*
will cover you like a nesting bird. God's wings will shelter you.

No nighttime terror shall you fear, no arrows shot by day,*
no plague that prowls the dark, no wasting scourge at noon.

A thousand may fall at your side, ten thousand at your right *
But you shall live unharmed: God is sturdy armor.

You have only to open your eyes to see how the wicked are repaid.*
You have the Lord as refuge, have made the Most High your stronghold.

No evil shall ever touch you, no harm come near your home.*
God instructs angels to guard you wherever you go.

With their hands they support you, so your foot will not strike a stone.*
You will tread on lion and viper, trample tawny lion and dragon.

"I deliver all who cling to me, raise the ones who know my name,*
I answer those who call me, stand with those in trouble.

"These I rescue and honor, I satisfy with long life,*
and show my power to save."

Psalm 4

Answer when I call, faithful God.*

You cleared away my trouble; be good to me, listen to my prayer.

How long, proud fools, will you insult my honor,*
loving lies and chasing shadows?

Look! God astounds believers, the Lord listens when I call.*
Tremble, but do not despair. Attend to your heart.

Be calm through the night, worship with integrity,*
trust in the Lord.

Cynics ask, "Who will bless us? Even God has turned away."*
You give my heart more joy than all their grain and wine.

I sleep secure at night,*
you keep me in your care.

Psalm 131

Lord, I am not proud, holding my head too high,*
reaching beyond my grasp.

No, I am calm and tranquil like a weaned child*
resting in its mother's arms: my whole being at rest.

Let Israel rest in the Lord,*
now and for ever.

Hallel: Psalm 145

I will exalt you, God my king, for ever bless your name.*
I will bless you every day, for ever praise your name.

Great is the Lord, highly to be praised,*
great beyond our reach.

Age to age proclaims your works, recounts your mighty deeds.*
I ponder your splendor and glory and all your wonderful works.

They reveal your fearful power, I tell of your great deeds.*
They recall your ample goodness, joyfully sing your justice.

Gracious and merciful is the Lord, slow to anger, full of love.*
The Lord is good in every way, merciful to every creature.

Let your works praise you, Lord, your faithful ones bless you.*
Let them proclaim your glorious reign, let them tell of your might.

Let them make known to all your might and glorious reign.*
Your dominion lasts for ever, your rule for all generations!

The Lord is faithful in every word and gracious in every work.*
The Lord supports the fallen, raises those bowed down.

The eyes of all look to you, you give them food in due time.*
You open wide your hand to feed all living things.

The Lord is just in every way, loving in every deed.*
The Lord is near to those who call, who cry out from their hearts.

God grants them their desires, hears their cry and saves them.*
Those who love God are kept alive; the wicked, the Lord destroys.*

I will sing the Lord's praise,*
all flesh will bless God's Name, holy, both now and forever.

FRIDAY

Psalm 22

My God, my God, why have you abandoned me — far from my cry, my words of pain?*

I call by day, but you do not answer; I call by night, but find no rest.

You are the Holy One enthroned, the praise of Israel.*

Our people trusted, they trusted you, you rescued them.

To you they cried, and they were saved.*
they trusted and were not ashamed.

But I am a worm, hardly human, despised by all, mocked by the crowd.*

All who see me jeer at me, sneer at me, shaking their heads.

“You relied on God; let God help you! If God loves you let God save you.”*

But you, God, took me from the womb, you kept me safe at my mother’s breast.

I belonged to you from the time of birth, you are my God from my mother’s womb.*

Do not stay far off, danger is so close. I have no other help.

Wild bulls surround me, bulls of Bashan encircle me,*

opening their jaws against me like roaring, ravening lions.

I am poured out like water, my bones are pulled apart,*

my heart is wax melting within me,

my throat baked and dry, my tongue stuck to my jaws.*

You bring me down to the dust of death.

There are dogs all around me, a pack of villains corners me. They tear at my hands and feet.*

I can count all my bones. They stare at me and gloat.

They take what I wore, they roll dice for my clothes.*

Lord, do not stay far off, you, my strength, be quick to help.

Save my neck from the sword, save my life from the dog’s teeth.*

save me from the lion’s jaws, save me from the bulls horns. You hear me.

I will proclaim your name to my people,*

I will praise you in the assembly.

Give praise, all who fear God: revere and honor the Lord,*

children of Israel, people of Jacob.

The Lord never scorns the afflicted, never looks away, but hears their cry.*
I will sing of you in the great assembly, make good my promise before
your faithful.

The poor shall eat all they want. Seekers of God shall give praise.*
“May your hearts live forever!”

All peoples shall remember and turn,*
all races will bow to the Lord, who holds dominion over nations.

My soul lives for the Lord! My children will serve, will proclaim God to the
future,*
announcing to peoples yet unborn, “God saves.”

Hallel: Psalm 144

Praise God, God my rock*
who trains my hands for battle, my arms for war.

God, my love, my safety, my stronghold and defender*
God my shield, my refuge, you give me victory.

Who are we that you care for us? Why give a thought to mortals?*

We are little more than breath, our days, fleeting shadows.

Come, Lord, lower the heavens, touch the mountains, let them spew out
smoke.*

Strike lightning, let your arrows fly, scatter my enemies in terror.

Reach down from the heavens, snatch me from crashing waves;*
rescue me from strangers who speak lies and then swear to them.

I sing you a new song, Lord, I play my ten-stringed harp,*
for you give victory to kings, you rescue your servant, David.

Save me from the bitter sword, deliver me from strangers,*
who speak lies and then swear to them.

God, you shape our sons like tall, sturdy plants;*
you sculpt our daughters like pillars for a palace.

You fill our barns with all kinds of food,*
you bless our fields with sheep by the thousands and fatten all our cattle.

There is no breach in the walls, no outcry in the streets, no exile.*
We are a people blest with these gifts, blest with the Lord as our God!

MONDAY

Psalm 97

The Lord rules: the earth is eager, joy touches distant lands.*

God is wrapped in thunder cloud, throned on justice, throned on right.

Fire marches out in front and burns up all resistance.*

Overhead, God's lightning flares, the earth shudders to see it.

Mountains melt down like wax before the Lord, the ruler of all.*

Overhead God's justice resounds, a glory all people can see.

Idolators are the fools, they brag of empty gods.*

You gods, be subject to the Lord!

Zion hears, and is happy. The cities of Judah are joyful*

about your judgments, Lord.

You, Lord, you reach high in majesty above the earth,*

far higher than any god. Those who love the Lord hate evil.

God shields their faithful lives and breaks the hold of the wicked.*

Light will rain down on the just, joy on the loyal heart.

Be joyous in the Lord God, you people of faith,*

praise God's holy name!

Psalm 28

I call out, Lord my rock. Do not be deaf,*

do not be silent. Without you I must die.

Hear my cry for mercy, my call for help;*

I stretch out my hands toward your holy temple.

Do not drag me off like the wicked who speak peace to friends*

but have malice in your hearts.

Pay them in their own coin. What they do is evil;*

give them what they deserve.

The ways of the lord mean nothing to them.*

May God destroy their world and never rebuild it!

Blessed be the Lord who hears my cry.*

God is the strong shield in whom my heart trusts.

When help comes to me, joy fills my heart and I thank God in song.*

Strength comes from the Lord, salvation for his anointed.

Save your chosen people.*

Bless and shepherd them and keep them for ever.

Psalm 119: 97–112

How I love your law! All day it fills my thoughts.*

I am wiser than my foes, your judgment is always with me.

I outstrip my teachers, for your laws have tutored me.*

I surpass my elders, because I keep your precepts.

To follow your way I avoid false paths.*

I have not spurned your judgment, because you are my teacher.

Your promises are sweet to taste, sweeter than honey.*

Because your decrees give wisdom, I hate all evil.

Your word is a lamp for my steps, a light for my path.*

I have sworn firmly to uphold your just rulings.

I have suffered so much, give me the life you promised.*

Receive, Lord, all that I say, and teach me your wisdom.

Though danger stalks, I will never forget your law.*

Though the wicked set traps, I will not stray from you.

Your laws are my heritage, the joy of my heart forever.*

I am determined to obey, for a lasting reward.

Hallel: Psalm 67

Favor and bless us, Lord. Let your face shine on us.*

Reveal your way to all peoples, salvation the world over.

Let nations sing your praise, every nation on earth.*

The world will shout for joy, for you rule the planet with justice.

In fairness you govern the nations and guide the peoples of earth.*

Let the nations sing your praise, every nation on earth.

The land delivers its harvest, God, our God, has blessed us.*

O God, continue your blessing, may the whole world worship you.

TUESDAY

Psalm 5

Hear my words, my groans, my cries for help,*
 O God my king. I pray to you, Lord,
 my prayer rises with the sun. At dawn I plead my case and wait.*
 You never welcome evil, God, never let it stay.
 You hate arrogance and abhor scoundrels,*
 you detest violence and destroy the traitor.
 But by your great mercy I enter your house,*
 I bend low in awe within your holy temple.
 In the face of my enemies clear the way, bring me your justice.*
 Their charges are groundless, they breathe destruction.
 Their tongues are smooth, their throat an open grave.*
 God, pronounce them guilty, catch them in their own plots.
 Expel them for their sins; they have betrayed you.*
 But let those who trust you be glad and celebrate for ever.
 Protect those who love your name, then they will delight in you.*
 For you bless the just, O God, your grace surrounds them like a shield.

Psalm 40

I waited and waited for God.*
 At long last God bent down to hear my complaint.
 He pulled me from the grave out of the swamp,*
 and gave me a steady stride on rock-solid ground.
 God taught me a new song, a hymn of praise.*
 Seeing all this, many will be moved to trust in the Lord.
 Happy are they who trust in God,*
 not seduced by idols nor won over by lies.
 You do so many wonders, you show you care for us,*
 Lord my God; you are beyond compare.
 Were I to name them all, no one could keep track.*
 You did not seek offerings or ask for sacrifices;
 but you drilled ears for me to hear.*
 “Yes;” I said, “I will come to live by your written word.”
 I want to do what pleases you; your teaching is in my heart.*
 I celebrate your justice before all the assembly.

I do not hold back the story.*
Lord, you know this is true.
I did not hide in my heart your acts of rescue;*
I boldly declared to all your truth and care, your faithful love.
Your maternal love surrounds me, Lord.*
Your sure and tender care protects me always.
Countless evils surround me, more than the hairs on my head;*
My sins overwhelm me, so many I can hardly see.
My courage fails me, my heart grows faint.*
Please, Lord, rescue me; hurry, Lord, help me.
Stop my killers, shame them, wipe out my bitter enemies.*
Let those who jeer at me, "Too bad for you!" be rewarded with shame.
But let all who seek you and count on your strength*
sing and dance and cheer, "Glory to God!"
Though I am weak and poor, God cares for me.*
My help, my savior, my God, act now!

Psalm 23

The Lord is my shepherd, I need nothing more.*
You give me rest in green meadows, setting me near calm waters.
You revive my spirit; you guide me along sure paths;*
you are true to your name.
Though I should walk in death's dark valley,*
I fear no evil with you by my side, your shepherd's staff to comfort me.
You spread a table before me as my foes look on.*
You soothe my head with oil; my cup is more than full.
Goodness and love will tend me every day of my life.*
I will dwell in the house of the Lord as long as I shall live.

Hallel: Psalm 47

All peoples, clap your hands, shout your joy to God.*
For God Most High is awesome, great king of all the earth.
God ascends the mountain to cheers and trumpet blasts.*
Sing out your praise to God, to the king, sing out your praise.
For God rules the earth; sing praise with all your skill.*
God rules over nations, high on the sacred throne.
Foreign rulers join the people of Abraham's God,*
all the powers on earth belong to God on high.

WEDNESDAY

Psalm 100

Shout joy to the Lord, all earth, serve the Lord with gladness,*
enter God's presence with joy!

Know that the Lord is God, our maker to whom we belong,*
our shepherd, and we the flock.

Enter the temple gates, the courtyard with thanks and praise;*
give thanks and bless God's name.

Indeed the Lord is good! God's love is for ever,*
faithful from age to age.

Psalm 37

No need to fret over sinners or to envy wrongdoers.*
They wither like grass, they wilt like young plants.

Trust God and do good, settle down and be at peace.*
Delight in the Lord who satisfies your heart.

Give your life to the Lord. Trust God to act on your behalf,*
to make your integrity shine forth and your justice bright as noon.

Be still, wait for the Lord. Waste no energy fretting about the success of evil
schemers.*

Stop your ranting and raving, for anger begets nothing but harm.

Wrongdoers will be exiled,*
but those who wait for God will possess the land.

Soon the wicked shall vanish, you will search and not find them,*
but the poor will own the land and enjoy wealth and peace.

The wicked bare their teeth in rage as they plot against the just.*
But God laughs at them, knowing their end is near.

The wicked draw the sword and string the bow*
to kill the weak and helpless, to murder the law-abiding.

But they will fall on their swords, their bows will be broken.*
Better to have little and be just, than to own much and do evil.

The strength of the wicked will be crushed, but God will support the just.*
Each day the Lord protects the lives of the blameless; their inheritance
endures.

In bad times they are not shamed, in famine they eat their fill.*
The enemies of God will die; they go up in smoke, burn like summer
grass.

The wicked take but never repay, the just give without complaint.*
The blest inherit the land, but the cursed are cut off.

God steadies the faithful and is pleased with their ways.*
If they stumble they do not fall, for God holds their hands.

From my youth to my old age never have I seen the just cast off or their
children begging bread.*
Goodness and giving fill their days; their offspring become a blessing.

Turn from evil and do good and you will live for ever.*
For the Lord loves justice and never deserts the faithful.

But the wicked will perish*
and their children will die.

The just will gain the land and hold it for ever.*
They have wisdom on their tongues and justice on their lips.

With God's teaching in their hearts,*
they do not falter.

Hallel: Psalm 134

Bless the Lord, all who serve in God's house,*
who stand watch throughout the night.

Lift up your hands in the holy place and bless the Lord.*
And may God, the maker of earth and sky, bless you from Zion.

THURSDAY

Psalm 112

Hallelujah! Happy those who love God and delight in the law.*
Their children shall be blest, strong and upright in the land.
Their households thrive, their integrity stands firm.*
A light shines on them in darkness, a God of mercy and justice.
The good lend freely and deal fairly,*
they will never stumble; their justice shall be remembered.
Bad news holds no power, strong hearts trust God.*
Steady and fearless, they look down on their enemy.
They support the poor, their integrity stands firm,*
their strength brings them honor.
Hatred devours the wicked. They grind their teeth;*
their hopes turn to ashes.

Psalm 127

If God does not build the house, the builders work in vain.*
If God does not watch over the city, the guards watch in vain.
How foolish to rise early and slave until night for bread.*
Those who please God receive as much even while they sleep.
Children are God's gift, a blessing to those who bear them,*
like arrows in the hand of an archer are children born to the young.
Happy those with a full quiver: facing their enemies at the gate,*
they stand without shame.

Psalm 45

A great song fills my heart, I will recite it to the king,*
my tongue as skilled as the scribal pen.
Unrivaled in beauty, gracious in speech how God has blessed you!*Hero, take up your sword, majestic in your armor.
Ride on for truth, show justice to the poor,*
wield your power boldly.
Your weapons are ready; nations fall beneath your might,*
your enemies lose heart.

Your throne is as lasting as the everlasting God.*
Integrity is the law of your land.
Because you love justice and hate evil,*
God, your God, anoints you above your peers with festive oil.
Your clothes are fragrant with myrrh and aloes*
and cinnamon flowers.
Music of strings welcomes you to the ivory palace*
and lifts your heart.
Royal women honor you.*
On your right hand the queen, wearing gold of Ophir.
Mark these words, daughter: leave your family behind,*
forget your father's house.
The king desires your beauty. He is your lord.*
Tyre comes with gifts, the wealthy honor you.
The robes of the queen are embroidered with gold.*
In brilliant attire she is led to the king.
Her attendants follow in her train.*
In high spirits they enter the royal palace.
Your sons will inherit the throne your fathers held.*
They shall reign throughout the land.
Every age will recall your name.*
This song will fix it in their memory.

Hallel: Psalm 113

Hallelujah! Servants of God, praise, praise the name of the Lord.*
Bless the Lord's name now and always.
Praise the Lord's name here and in every place,*
Praise the Lord's name from east to west.
The Lord towers above nations, God's glory shines over the heavens.*
Who compares to our God? Who is enthroned so high?
The Lord bends down to see heaven and earth,*
to raise the weak from the dust and lift the poor from the mire,
To seat them with princes in the company of their leaders.*
The childless, no longer alone, rejoice now in many children. Hallelujah!

FRIDAY

Psalm 29

Give the Lord glory, you spirits! *
Give glory! Honor God's strength!
Honor the name of the Lord!*
Bow when the Lord comes, majestic and holy.
God's voice thunders above the massive seas;*
powerful, splendid, God shatters the cedars,
God shatters the cedars of Lebanon,*
makes Lebanon jump like a calf, Sirion like a wild ox.
God's voice strikes fire, makes the desert shudder,*
Qadesh shudder in labor, deer writhe in labor.
All shout "Glory" in your temple, Lord.*
For you rule the mighty waters, you rule over all for ever.
Give strength to your people, Lord,*
and bless your people with peace.

Psalm 31

Shelter me, Lord, save me from shame. Let there be justice, save me!*
Help me! Listen! Be quick to the rescue! Be my fortress, my refuge.
You, my rock and fortress, prove your good name.*
Guide me, lead me, free me from their trap.
You are my shelter; I put myself in your hands,*
knowing you will save me, Lord God of truth.
You hate the slaves of idols, but I trust in you.*
I dance for joy at your constant love.
You saw me suffer, you know my pain.*
You let no enemy cage me, but set my feet on open ground.
Pity me, Lord, I hurt all over; my eyes are swollen, my heart and body ache.*
Grief consumes my life, sighs fill my days; guilt saps my strength, my
bones dissolve.
Enemies mock me, make me the butt of jokes.*
Neighbors scorn me, strangers avoid me.
Forgotten like the dead, I am a shattered jar.*
I hear the crowd whisper, "Attack on every side!" as they scheme to take
my life.

But I trust in you, Lord. I say, "You are my God, my life is in your hands."*

Snatch me from the enemy, ruthless in their chase.

Look on me with love, save your servant.*

I call on you; save me from shame!

Shame the guilty, silence them with the grave.*

Silence the lips that lie, that scorn the just.

How rich your goodness to those who revere you!*

The whole world can see: whoever seeks your help finds how lavish you are.

You are shelter from gossips, a place to hide from busy tongues.*

Blessed be the Lord! God's love encircles me like a protecting wall.

I said too quickly, "God has cut me off!"*

But you heard my cry when I prayed for help.

Love the Lord, all faithful people, the Lord your guardian, who fully repays the proud.*

Be strong, be brave, all who wait for God.

Hallel: Psalm 147:12-20

Jerusalem, give glory!*

Praise God with song, O Zion!

For the Lord strengthens your gates, guarding your children within.*

The Lord fills your land with peace, giving you golden wheat.

God speaks to the earth, the word speeds forth,*

The Lord sends heavy snow and scatters frost like ashes.

The Lord hurls chunks of hail. Who can stand such cold?*

God speaks, the ice melts; God breathes, the streams flow.

God speaks his word to Jacob, to Israel, his laws and decrees.*

God has not done this for others, no others receive this wisdom.

Hallelujah!

MONDAY

Psalm 11

I have taken shelter in God, so how can you say to me:*
“Go, fly like a bird to the hills, for the wicked bend their bows,
lock their arrows on the string to shoot the just from the shadows.*
When the world falls apart, what can the good hope to do?”
God dwells in his holy temple, the heavens hold God’s throne;*
the Lord watches the earth, eyes fixed on all nations,
weighing both righteous and wicked, rejecting the violent.*
God sends a rain of fire, allots them a scorching wind.
The Lord loves justice,*
the just will see God’s face.

Psalm 141

Hurry, Lord! I call and call! Listen! I plead with you.*
Let my prayer rise like incense, my upraised hands, like an evening
sacrifice.
Lord, guard my lips,*
watch my every word.
Let me never speak evil or consider hateful deeds,*
let me never join the wicked to eat their lavish meals.
If the just correct me, I take their rebuke as kindness,*
but the unction of the wicked will never touch my head.
I pray and pray against their hateful ways.*
Let them be thrown against a rock of judgment, then they will know
that I speak the truth.
Then they will say, “Our bones lie broken upon the ground,*
scattered at the grave’s edge.”
Lord, my God, I turn to you, in you I find safety.*
Do not strip me of life.
Do not spring me on the traps of the wicked.*
Let evildoers get tangled in their own nets, but let me escape.

Psalm 119: 97–112

How I love your law! All day it fills my thoughts.*
I am wiser than my foes, your judgment is always with me.

I outstrip my teachers, for your laws have tutored me.*
I surpass my elders, because I keep your precepts.
To follow your way I avoid false paths.*
I have not spurned your judgment, because you are my teacher.
Your promises are sweet to taste, sweeter than honey.*
Because your decrees give wisdom, I hate all evil.
Your word is a lamp for my steps, a light for my path.*
I have sworn firmly to uphold your just rulings.
I have suffered so much, give me the life you promised.*
Receive, Lord, all that I say, and teach me your wisdom.
Though danger stalks, I will never forget your law.*
Though the wicked set traps, I will not stray from you.
Your laws are my heritage, the joy of my heart forever.*
I am determined to obey, for a lasting reward.

Hallel: Psalm 67

Favor and bless us, Lord. Let your face shine on us.*
Reveal your way to all peoples, salvation the world over.
Let nations sing your praise, every nation on earth.*
The world will shout for joy, for you rule the planet with justice.
In fairness you govern the nations and guide the peoples of earth.*
Let the nations sing your praise, every nation on earth.
The land delivers its harvest, God, our God, has blessed us.*
O God, continue your blessing, may the whole world worship you.

TUESDAY

Psalm 78

Listen my people, mark each word, I begin with a story,*
 I speak of mysteries welling up from ancient depths, heard and known
 from our elders.

We must not hide these stories from our children,*
 but tell the mighty works and all the wonders of God

The Lord gave precepts to Jacob, instructions to Israel,*
 that the people before us could teach their children.

Let future generations learn and let them grow up to teach their young to trust
 in God,*
 remembering great deeds, cherishing the law.

Not like their ancestors, stubborn, bitter, wavering, unfaithful to God;*
 not like the Ephraimites, archers who fled the battle,
 breaking their covenant, defying the Lord.*
 They forgot all they had done, wonders revealed to them.

Their ancestors beheld the wonders of God*
 in the land of Egypt, on the fields of Tanis.

God divided the waters, walled back the sea and led them through,*
 a cloud to guide them by day, glowing fire by night.

God split desert rocks to quench their thirst with water from the deep.*
 Streams gushed forth, flowing like rivers.

Yet they kept on sinning, defying the Most High in the desert.*
 Willfully they tested God, demanding food they craved.

They complained, “Can God spread a feast even in this wasteland?”*
 Yes, God struck rock and water flowed, but they dared to ask
 “Is there bread and meat to feed his people?”

Hearing this, the Lord seethed, breathing fire against Jacob, flaring up against
 Israel,*
 for they had no faith, no trust in God’s power to save.

God spoke from above: The skies opened, raining down manna, bread from
 the heavens.*
 God gave them plenty, they ate a giants portion.

A blistering wind from the east, a strong wind from the south scattered meat
 like driven dust*

and quail like the blown sand, falling in the middle of the camp, all around the tents.

The people stuffed their mouths, God satisfied their greed.*
But while they gorged themselves, cramming down their food,
God's anger flared against them,
destroying their sturdiest, striking down Israel's youth.*
Yet they kept on sinning, blind to the wonders of God.
Their days vanished like breath, their years ended in terror.*
As some died, others began to pray.

Repenting, they reached out, remembering their rock,*
God Most High, their redeemer.

But false and deceitful, they lied to God.*
Ungrateful, disloyal, they betrayed their covenant.

Yet God, in compassion, did not destroy them,*
but held back anger, restrained fury, forgave their sin.

God remembered their weakness,*
flesh as fragile as breath.

How often they rebelled, grieving God in the barren desert,*
forever putting God on trial, tormenting the Holy One of Israel.

They forgot God's power, that day of deliverance,*
when God gave signs in Egypt, wonders in the field of Tanis.

God polluted Egypt's streams turning water to blood.*
God sent hungry flies and destructive frogs, handed crops to the worm,
the harvest to locusts.

God struck vines with hail, the fig trees with frost,*
hurling hail at cattle, lightning bolts at sheep.

Seething, raging with fury, God sent strife and destruction*
as messengers of doom, leveled a path for death,
cast a plague upon their cattle,*
and slew the firstborn of Egypt, so that none were spared.

Like a flock led safely through the desert,*
God led Israel without fear, while their enemies drowned in the sea.

They were led to God's sacred land, the mountain claimed by the Lord.*
God dislodged the nations and divided their inheritance; Israel took over their tents.

Still, they tested God, spurning the decrees of the Most High,*
turning fickle like their ancestors, unsteady as a faulty bow.

They built shrines in high places, carved images to provoke God.*
God was enraged and cast off Israel. God deserted Shiloh, no longer at home with his people.

God abandoned the ark, letting it fall captive.*
God condemned Israel to the sword, angered with his people.

War devoured the young men — no bridal songs for the maidens.*
Swords cut down the priests — no dirges for their widows.

Stirring from sleep like a warrior shaking off wine,*
God attacked them like foes, heaping shame on them.

God rejected Joseph, put Ephraim aside, choosing the tribe of Judah, looking with love on Zion.*

God built his sanctuary high as the heavens, steady as the earth.

David was chosen God's servant, called from the sheepfold*
and brought from his flocks to shepherd God's people

David tended them with care,*
David led them with a firm hand.

Hallel: Psalm 117

Praise! Give glory to God!*

Nations, peoples, give glory!

Strong the love embracing us.*
Faithful the Lord for ever. Hallelujah!

WEDNESDAY

Psalm 39

I said I will not sin! I will curb my tongue*
and muzzle my mouth when the wicked confront me.
I kept silent, I would not say a word, yet my anguish grew.*
It scorched my heart and seared my thoughts until I had to speak.
Lord, what will become of me? How long will I live?*
Let me see how short life is!
You give me a brief span of time;*
before you my days are nothing.
People are but a breath: they walk like shadows;*
their efforts amount to nothing; they hoard, but others gain.
Why do I wait for you Lord?*
You are my hope to save me from my sins; do not make a fool of me.
I will keep quiet. I have said enough,*
since this is all your doing.
Stop tormenting me; you strike and I grow weak.*
You rebuke us from our sin, eat up our riches like a moth; we are but a
breath.
Lord, hear my prayer, my cry for help.*
Do not ignore my tears, as if I were alien to you, a stranger like my
ancestors.
Stop looking so hard at me,*
allow me a little joy before I am no more.

Psalm 32

Happy the pardoned, whose sin is canceled,*
in whom God finds no evil, no deceit.
While I hid my sin,*
my bones grew weak from endless groaning.*
Day and night, under the weight of your hand,*
my strength withered as in a summer drought.
Then I stopped hiding my sin and spoke out,*
“God, I confess my wrong.” And you pardoned me.
No wonder the faithful pray to you in danger!*
Even a sudden flood will never touch them.

You, my shelter, you save me from ruin.*

You encircle me with songs of freedom.

“I show you the path to walk. As your teacher, I watch out for you.*

“Do not be a stubborn mule, needing a bridle and bit to be tamed.”

Evil brings grief; trusting in God brings love.*

Rejoice in the Lord, be glad and sing, you faithful and just.

Hallel: Psalm 103

My soul, bless the Lord, bless God’s holy name *

My soul, bless the Lord, hold dear all God’s gifts.

Bless God, who forgives your sin and heals every illness,*

who snatches you from death and enfolds you with tender care,

Who fills your life with richness and gives you an eagle’s strength.*

The Lord, who works justice and defends the oppressed,

teaches Moses and Israel divine ways and deeds.

The Lord is tender and caring slow to anger, rich in love.*

God will not accuse us long, nor bring our sins to trial,

nor exact from us in kind what our sins deserve.

As high as heaven above earth, so great is God’s love for believers.*

As far as east from west, so God removes our sins.

As tender as father to child, so gentle is God to believers.*

The Lord knows how we are made, remembers we are dust.

Our days pass by like grass, our prime like a flower in bloom.*

A wind comes, the flower goes, empty now its place.

God’s love is from all ages, God’s justice beyond all time*

for believers of each generation: those who keep the covenant, who take care to live the law.

The Lord reigns from heaven, rules over all there is.*

Bless the Lord, you angels, strong and quick to obey, attending to God’s word.

Bless the Lord, you powers, eager to serve God’s will.*

Bless the Lord, you creatures, everywhere under God’s rule. My soul, bless the Lord!

THURSDAY

Psalm 19

The sky tells the glory of God, tells the genius of God's work.*

Day carries the news to day, night brings the message to night,
without a word, without a sound, without a voice being heard,*
yet their message fills the world, their news reaches its rim.

There God has pitched a tent for the sun to rest and rise renewed*
like a bridegroom rising from bed, an athlete eager to run the race.

It springs from the edge of the earth, runs a course across the sky*
to win the race at heaven's end. Nothing on earth escapes its heat.

God's perfect law revives the soul.*
God's stable rule guides the simple.

God's just demands delight the heart.*
God's clear commands sharpen vision.

God's faultless decrees stand for ever.*
God's right judgments keep their truth.

Their worth is more than gold, the purest gold;*
their taste richer than honey, sweet from the comb.

Keeping them makes me rich, they bring me light;*
yet faults hide within us, forgive me mine.

Keep my pride in check, break its grip;*
I shall be free of blame for deadly sin.

Keep me, thought and word, in your good grace.*
Lord, you are my savior, you are my rock.

Psalm 61

Hear me, God! I cry out, listen to my prayer.*
I call from far away, for my courage fails.

Lead me to a mountain height where I can be safe.*
You are my refuge, a tower of strength against my foes.

Welcome me into your home, under your wings for ever.*
God, you surely hear my vows;

give me the blessings of those who honor your name.*
Lengthen the days of your king, stretch years into generations.

May he live with you forever, secure in your faithful love.*
I sing your name always, each day fulfilling my vows.

Hallel: Psalm 136

Our God is good, give thanks!*

God's love is for ever!

Our God of gods, give thanks! God's love is for ever!*

Our Lord of lords, give thanks! God's love is for ever!

Alone the maker of worlds! God's love is for ever!*

Architect for the skies! God's love is for ever!

Spread land on the sea! God's love is for ever!*

Set the great lights above! God's love is for ever!

The sun to rule the day! God's love is for ever!*

The moon and stars, the night! God's love is for ever!

Struck down Egypt's firstborn! God's love is for ever!*

Guided Israel's escape! God's love is for ever!

Held out a mighty arm! God's love is for ever!*

Split in two the Reed Sea! God's love is for ever!

Led Israel across! God's love is for ever!*

Drowned Pharaoh and his troops! God's love is for ever!

Led the desert trek! God's love is for ever!*

Struck down mighty tribes! God's love is for ever!

Killed powerful kings!*

God's love is for ever!

Sihon, the Amorite king! God's love is for ever!*

And Og, Bashan's king! God's love is for ever!

Gave Israel a land! God's love is for ever!*

For God's servant to keep! God's love is for ever!

Remembered our distress! God's love is for ever!*

Kept us from defeat! God's love is for ever!

God feeds all living things! God's love is for ever!*

God in heaven, be thanked! God's love is for ever!

FRIDAY

Psalm 8

Lord our God, the whole world tells the greatness of your name.*

Your glory reaches beyond the stars.

Even the babble of infants declares your strength,*
your power to halt the enemy and avenger.

I see your handiwork in the heavens:*
the moon and the stars you set in place.

What is humankind that you remember them,*
the human race that you care for them?

You treat them like gods, dressing them in glory and splendor.*
You give them charge of the earth, laying all at their feet:

Cattle and sheep, wild beasts, birds of the sky, fish of the sea, every swimming
creature.*

Lord our God, the whole world tells the greatness of your name.

Psalm 88

Save me, Lord my God! By day, by night, I cry out.*

Let my prayer reach you; turn, listen to me.

I am steeped in trouble, ready for the grave.*

I am like one destined for the pit,

a warrior deprived of strength, forgotten among the dead,*
buried with the slaughtered for whom you care no more.

You tossed me to the bottom of the pit, into its murky darkness,*
your anger pulled me down like roaring waves.

You took my friends away, disgraced me before them.*

Trapped here with no escape, I cannot see beyond my pain.

Lord, I cry out to you all day, my hands keep reaching out.*

Do you work marvels for the dead? Can shadows rise and sing praise?

Is your mercy sung in the grave, your lasting love in Sheol?*

Are your wonders known in the pit, your justice, in forgotten places?

But I cry out to you, God, each morning I plead with you.*

Why do you reject me, Lord? Why do you hide your face?

Weak since childhood, I am often close to death.*

Your torments track me down, your trials destroy me.

All day, they flood around me, pressing down, closing me in.*
You took my friends from me, darkness is all I have left.*

Psalm 30

I give you high praise, for you, Lord, raised me up*
You raised me above my gloating enemy.
Lord, how I begged you, and you, God, healed me.*
You pulled me from the pit, brought me back from Sheol.
Celebrate, all you saints,*
praise this awesome God,
Whose anger passes quickly, whose mercy lasts a lifetime*
as laughter fills a day after one brief night of tears.
When all was going well, I thought I could never fall;*
with God's powerful blessing, I would stand like a mountain!
Then you hid your face; I shook with fear!*
I cried out, "Lord, Lord!" I begged, I pleaded:
"What good is my blood to you? Why push me down the pit?*"
Can dead bones praise you, recount your unbroken love?
"Listen to me, O God, turn and help me now."*
You changed my anguish into this joyful dance,
You pulled off my sackcloth, gave me bright new robes,*
that my life might sing your glory.
I will never be silent in your praise.*
For ever I will thank you, O Lord my God.

Hallel: Psalm 150

Hallelujah! Praise! Praise God in the temple, in the highest heavens!*
Praise! Praise God's mighty deeds and noble majesty.
Praise! Praise God with trumpet blasts, with lute and harp.*
Praise! Praise God with timbrel and dance, with strings and pipes.
Praise! Praise God with crashing cymbals, with ringing cymbals.*
All that is alive, praise. Praise the Lord. Hallelujah!

MONDAY

Psalm 98

Sing to the Lord a new song, the Lord of wonderful deeds.*
Right hand and holy arm brought victory to God.
God made that victory known, revealed justice to nations,*
remembered a merciful love loyal to the house of Israel.
The ends of the earth have seen the victory of our God.*
Shout to the Lord, you earth, break into song, into praise!
Sing praise to God with a harp, with a harp and sound of music.*
With sound of trumpet and horn, shout to the Lord, our king.
Let the sea roar with its creatures, the world and all that live there!*Let rivers clap their hands, the hills ring out their joy!
The Lord our God comes, comes to rule the earth,*
justly to rule the world, to govern the peoples aright.

Psalm 119:15–16

I meditate on your laws, searching out your path.*
I delight in your rules and remember each one.

Psalm 75

We praise you God, and give you thanks.*
You are present to us as we tell your wonders.
“I, your God, choose the moment to set things right.*
Though earth and its people tremble, I secure its foundations.
“I say to the proud, stop boasting! To the wicked, stop it!*Stop promoting yourselves, pitting yourselves against the Rock.”
No help from east or west, from desert or mountain,*
for God alone judges, levels some, raises others.
The Lord holds a foaming cup, pours the wicked a heady wine;*
they drain it to the dregs.
But I sing praise for ever, make music for the God of Jacob,*
who breaks the power of the wicked and strengthens the just.

Hallel: Psalm 67

Favor and bless us, Lord. Let your face shine on us.*

Reveal your way to all peoples, salvation the world over.

Let nations sing your praise, every nation on earth.*

The world will shout for joy, for you rule the planet with justice.

In fairness you govern the nations and guide the peoples of earth.*

Let the nations sing your praise, every nation on earth.

The land delivers its harvest, God, our God, has blessed us.*

O God, continue your blessing, may the whole world worship you.

TUESDAY

Psalm 81

Shout joy to God, the God of our strength,*
 sing to the God of Jacob.

Lift hearts, strike tambourines, sound lyre and harp.*
 Blow trumpets at the new moon, till the full moon of our feast.

For this is a law for Israel, the command of Jacob's God,*
 decreed for the house of Joseph when we came from Egypt.

We heard a voice unknown: I lifted burdens from your back,*
 a blistering load from your hands.

You cried out in pain and I rescued you,*
 robed in thunder, I answered you.

At the waters of Meribah I tested you.*
 My people, hear my complaint;

Israel, if only you would listen.*
 You shall have no other gods, do not bow before them.

I am the Lord your God, I brought you out of Egypt,*
 I fed your hungry mouths.

But you would not hear me; my people rejected me.*
 So I hardened your hearts, and you left me out of your plans.

My people, if only you would listen!
 Israel, if only you would walk in my ways.

Then I will strike your enemy, and put them all to flight.*
 With their fates sealed, my foes will grovel at your feet.

But you, O Israel, will feast on finest wheat,*
 you will savor pure wild honey.

Psalm 80

Hear us, Shepherd of Israel, leader of Joseph's flock.*
 From your throne on the cherubim,

Shine out for Ephraim, for Benjamin and Manasseh.*
 Gather your strength, come, save us!

Restore to us, God, the light of your presence, and we shall be saved.*
 How long, Lord God of might, will you smoulder with rage?

For bread you feed us tears, we drink them by the barrel.*
 You let our neighbors mock, our enemies scorn us.

Restore to us, God of might, the light of your presence,*
 and we shall be saved.
 You brought a vine from Egypt, cleared out nations to plant it;*
 you prepared the ground and made it take root to fill the land.
 It overshadowed the mountains, towered over the mighty cedars,*
 stretched its branches to the sea, its roots to the distant river.
 Why have you now torn down its walls?*"

All who pass by steal the grapes,
 Wild boars tear up its roots,*
 beasts devour its fruit.
 Turn our way, God of might, look down from heaven;*"

tend this vine you planted, cherish it once more.
 May those who slashed and burned it wither at your rebuke.*
 Rest your hand upon your chosen one who draws strength from you.
 We have not turned from you. Give us life again*
 and we will invoke your name.
 Restore to us, Lord God of might,*
 the light of your presence, and we shall be saved.

Hallel: Psalm 46

Our sure defense, our shelter and help in trouble,*
 God never stands far off.
 So we stand unshaken when solid earth cracks*
 and volcanoes slide into the sea,
 when breakers rage and mountains tremble in the swell.*
 The Lord of cosmic power, Jacob's God, will shield us.
 A river delights the city of God, home of the Holy One Most High.*
 With God there, the city stands; God defends it under attack.
 Nations rage, empires fall. God speaks, earth melts.*
 The Lord of cosmic power, Jacob's God, will shield us.
 Come! See the wonders God does across the earth:*
 stopping wars, smashing, burning all the weapons of war.
 An end to your fighting! *
 Acknowledge me as God,
 high over nations, high over earth.*
 The Lord of cosmic power, Jacob's God, will shield us.

WEDNESDAY

Psalm 129

Let Israel say it: “They often oppressed me,*
oppressed me from my youth, but they never crushed me.”
They plowed into my back, cutting deep furrows,*
but God has proved just and broke their wicked chains.
Let those who hate Zion be ashamed and retreat!*
Let the east wind dry them up like weeds on a rooftop.
Reapers cannot cut a handful,*
nor harvesters gather enough to hold.
No passer-by will say, “The Lord’s blessing upon you.*
We bless you in God’s name!”

Psalm 10

Where are you, Lord, when we need you? Why do you hide?*
Sinners hound the poor with no remorse, but get tangled in their own
schemes.
The wicked boast about their desires; greedy for profit, they curse the Lord.*
They say with contempt, “God does not care! There is no God!”
They know their way to success; your ways are beyond them.*
They mock whoever resists them.
They claim to be invincible, beyond the reach of misfortune.*
Their mouths breed curses, lies, and violence;
trouble and deceit hide under their tongues.
They wait in ambush near towns; from their hideouts*
they watch for the helpless and murder the innocent.
They lurk as a lion waiting in a thicket*
to carry off the poor. They snare them in traps.
They crouch to the ground, then pounce on their prey.*
They think, “God forgets, never looks, never sees.”
Arise, God, and act; do not ignore the weak.*
Why do the wicked scorn you, God, and think you do not care?
You observe our trouble and grief,*
and at the right time take things in hand.
The poor entrust their lives to you, protector of orphans.*
Break the strength of the brutal, root out all traces of sin.

You reign for ever, Lord, keeping your land free from foreign powers.*
Lord, hear the longing of the poor, listen to their every word, and give them heart.

Then the orphaned and oppressed will gain justice*
and tyrants lose their power.

Psalm 82

God stands in heaven's court to judge all other gods:*
"How long will you gods pervert the truth and side with the wicked?"

"Hand down justice to orphans and the weak,*
uphold the rights of the poor and oppressed.

Free the weak and needy*
from the grip of the wicked."

These gods know nothing,*
they wander in the dark while the world falls to pieces.

"I had thought of you as gods, born of highest heaven,*
but you will die like any creature and fall like any prince."

Rise, God, judge the world.*
All nations are yours.

Hallel: Psalm 148

Hallelujah! Praise the Lord! Across the heavens, from the heights,*
all you angels, heavenly beings, sing praise, sing praise!

Sun and moon, glittering stars, sing praise, sing praise.*
Highest heavens, rain clouds, sing praise, sing praise.

Praise God's name, whose word called you forth*
and fixed you in place for ever by eternal decree.

Let there be praise: from depths of the earth,*
from creatures of the deep.

Fire and hail, snow and mist, storms, and winds,*
mountains, hills, fruit trees and cedars,

Wild beasts and tame, snakes and birds,*
princes, judges, rulers, subjects,

Men, women, old and young,*
praise, praise the holy name, this name beyond all names.

God's splendor above the earth, above the heavens,*
gives strength to the nation, glory to the faithful.

A people close to the Lord.*
Israel, let there be praise!

THURSDAY

Psalm 123

I gaze at the heavens, searching for you, my God.*
As a slave watches the hand of his master,
as a servant girl watches her mistress's hand;*
so our eyes rest on you, Lord, awaiting your kindness.
Have mercy, Lord, have mercy. We have swallowed enough scorn,*
stomached enough sneers: the scoffing of the complacent,
the mockery of the proud.

Psalm 131

Lord, I am not proud, holding my head too high,*
reaching beyond my grasp.
No, I am calm and tranquil like a weaned child*
resting in its mother's arms: my whole being at rest.
Let Israel rest in the Lord,*
now and for ever.

Psalm 138

I thank you with all that I am, I join heaven's chorus.*
I bow toward your holy temple to praise your name.
By your love and fidelity, you display to all the glory of your name and
promise.*
As soon as I call, you act, renewing my strength.
Around the world, rulers praise you for your commanding word.*
They sing of your ways, "Great is your glory, Lord."
Though high up you see the lowly;*
though far away, you keep an eye on the proud.
When I face an opponent, you keep me alive.*
You reach out your hand, your right hand saves me.
Lord, take up my cause, your love lasts for ever.*
Do not abandon what your hands have made.

Psalm 126

The Lord brings us back to Zion, we are like dreamers,*
laughing, dancing, with songs on our lips.

Other nations say, "A new world of wonders! The Lord is with them."*
Yes, God works wonders. Rejoice! Be glad!
Lord, bring us back as water to thirsty land.*
Those sowing in tears reap, singing and laughing.
They left weeping, weeping, casting the seed.*
They come back singing, singing, holding high the harvest.

Hallel: Psalm 114 & 115

Israel marches out of Egypt, Jacob leaves an alien people.*
Judah becomes a holy place, Israel, God's domain.
The sea pulls back for them, the Jordan flees in retreat.*
Mountains jump like rams, hills like lambs in fear.
Why shrink back, O sea? Jordan, why recoil?*Why shudder, mountains, like rams? Why quiver, hills, like lambs?
Tremble! earth, before the Lord, before the God of Jacob,*
who turns rock to water, flint to gushing streams.
Not to us, Lord, not to us, but to your name give glory,*
because of your love, because of your truth.
Why do the nations say, "Where is their God?"*
Our God is in the heavens and answers to no one.
Their gods are crafted by hand, mere silver and gold,*
with mouths that are mute and eyes that are blind,
with ears that are deaf and noses that cannot smell.*
Their hands cannot feel, their feet cannot walk.
Their throats are silent. Their makers will be just like them.*
Their worshipers will be just like them.
Let Israel trust God, their help and shield.*
Let the house of Aaron trust God, their help and shield.
Let all believers trust God, their help and shield.*
The Lord has remembered us and will bless us.
God will bless the house of Israel, will bless the house of Aaron.*
God will bless all believers, the small and the great.
May God bless you more and more, bless all your children.*
May you truly be blest by the maker of heaven and earth.
To the Lord belong the heavens, to us the earth below!*The dead sing no Hallelujah, nor do those in the silent ground.
But we will bless you, Lord, with joyful hearts.*
We will bless you, Lord, now and for ever. Hallelujah!

FRIDAY

Psalm 20

God defend you in battle! set you safe above the fray!*

The God of Jacob send you help, and from holy Zion, keep you strong!

May God recall your many gifts and be pleased with your sacrifice,*
favoring all your hopes, making your plans succeed.

Then we will sing of your conquest, raise the flags in triumph,*
to proclaim the name of our God who grants all you ask.

Now I know for certain: the anointed of the Lord is given victory.*
God favors him from highest heaven with a strong, saving hand.

Some boast of chariots and horses, but we boast of God's name.*
They waver and fall, but we stand firm.

Lord, give victory to your king,*
answer us on the day we call.

Psalm 142

I pray, I plead, O cry for mercy, Lord;*

I pour out all my troubles, the story of my distress. My spirit fails me.

You know the road I walk and the traps hidden from me.*
See what they are doing! No one befriends me or cares for me.

There is no escape, so I turn to you, Lord.*
I know you are my refuge, all I have in the land of the living.

I am pleading, hear me! I have no strength. God, rescue me!*

They hunt me down and overwhelm me.

Free me from this cage! Then I will praise your name*
and gather the just to thank you for your kindness.

Psalm 22

My God, my God, why have you abandoned me — far from my cry, my words
of pain?*

I call by day, but you do not answer; I call by night, but find no rest.

You are the Holy One enthroned, the praise of Israel.*
Our people trusted, they trusted you, you rescued them.

To you they cried, and they were saved.*
they trusted and were not ashamed.

But I am a worm, hardly human, despised by all, mocked by the crowd.*
All who see me jeer at me, sneer at me, shaking their heads.

“You relied on God; let God help you! If God loves you let God save you.”*
But you, God, took me from the womb, you kept me safe at my mother’s
breast.

I belonged to you from the time of birth, you are my God from my mother’s
womb.*
Do not stay far off, danger is so close. I have no other help.

Wild bulls surround me, bulls of Bashan encircle me,*
opening their jaws against me like roaring, ravening lions.

I am poured out like water, my bones are pulled apart,*
my heart is wax melting within me,
my throat baked and dry, my tongue stuck to my jaws.*
You bring me down to the dust of death.

There are dogs all around me, a pack of villains corners me. They tear at my
hands and feet.*
I can count all my bones. They stare at me and gloat.

They take what I wore, they roll dice for my clothes.*
Lord, do not stay far off, you, my strength, be quick to help.

Save my neck from the sword, save my life from the dog’s teeth.*
save me from the lion’s jaws, save me from the bulls horns. You hear me.

Hallel: Psalm 22:22–31

I will proclaim your name to my people,*
I will praise you in the assembly.

Give praise, all who fear God: revere and honor the Lord,*
children of Israel, people of Jacob.

The Lord never scorns the afflicted, never looks away, but hears their cry.*
I will sing of you in the great assembly, make good my promise before
your faithful.

The poor shall eat all they want. Seekers of God shall give praise.*
“May your hearts live forever!”

All peoples shall remember and turn,*
all races will bow to the Lord, who holds dominion over nations.

The well-fed crowd kneel before God,*
all destined to die bow low.

My soul lives for the Lord! My children will serve, will proclaim God to the
future,*
announcing to peoples yet unborn, “God saves.”

MONDAY

Psalm 24

God owns this planet and all its riches.*

The earth and every creature belong to God.

God set the land on top of the seas*
and anchored it in the deep.

Who is fit to climb God's mountain*
and stand in his holy place?

Whoever has integrity:*
not chasing shadows, not living lies.

God will bless them, their savior will bring justice.*
They long to see the Lord, they seek the face of Jacob's God.

Stretch toward heaven, you gates, open high and wide.*
Let the glorious sovereign enter.

Who is this splendid ruler?*

The Lord of power and might, the conqueror of chaos.

Stretch toward heaven, you gates,*
open high and wide. Let the glorious sovereign enter.

Who is this splendid ruler? The Lord of heaven's might,*
this splendid ruler is the Lord our God.

Psalm 119:1–2

Happy the blameless, who keep the Lord's decrees,*
walking the path of the law, seeking God with all their heart.

Psalm 101

I sing to you, O Lord, sing your justice and love,*
and live the truth I sing. When will you come to me?

I show my royal household how to lead a perfect life.*
I shun what is devious and hate deceit: it can never touch me.

The wicked dare not approach me, for I am no friend to evil.*
I silence those who gossip, I detest their vanity and pride.

I look for loyal people to share my palace.*
Those who live honest lives will serve me.

I cannot bear scoundrels and liars,*
they are not welcome in my house.

My daily work is to rid the land of evil*
and cleanse the City of God.

Hallel: Psalm 146:1–2, 6–10

Hallelujah! Praise the Lord, my heart! My whole life, give praise.*
Let me sing to God as long as I live.

The Lord keeps faith for ever, giving food to the hungry,*
justice to the poor, freedom to captives.

The Lord opens blind eyes and straightens the bent,*
comforting widows and orphans, protecting the stranger.

The Lord loves the just but blocks the path of the wicked.*
Zion, praise the Lord! Your God reigns for ever. Hallelujah!

TUESDAY

Psalm 76

God, you are known throughout Judah, Israel glories in your name.*
 Your tent is pitched in Salem, your command post on Zion.
 There you break flaming arrows, shield and sword and war itself!*
 Majestic and circled with light, you seize your prey;
 Stouthearted shoulders are stripped of their plunder. Dazed, they cannot lift a
 hand.*
 At your battle cry, God of Jacob, horse and rider are stunned.
 You, the one who strikes fear—who can stand up to your anger!*
 Your verdict sounds from heaven, earth reels, then is still,
 When you stand as judge to defend the oppressed.*
 When you are robed in fury, even the warlike give you praise.
 Now, all you worshippers, keep your promise to God, bring gifts to the Holy
 One*
 who terrifies princes and stuns the rulers of earth.

Psalm 68

God rises up, enemies of heaven scatter:*
 they disperse like smoke, they melt like wax, they perish before God.
 But the just are glad,*
 they rejoice before God and celebrate with song.
 Sing to God's name, play hymns!*
 God rides the clouds. Send up a song!
 "Lord" is God's name. Rejoice!*
 Father to the fatherless, defender of widows: God in the temple.
 God gives the homeless a home, sets prisoners free to prosper,*
 but the rebellious are banished to the wild.
 God, when you led your people, when you marched in the desert,*
 earth shook, heaven rained before you, Israel's God, the Lord of Sinai.
 You gave us downpours to refresh the promised land where you nourish your
 flock.*
 Gracious God, you strengthen the weak.
 God speaks a word; a company of women spreads the good news.*
 Kings and their armies run and flee.

Housewives and shepherds all share the plunder:*
silver plated doves with bright gold wings.
The Almighty blew kings about like snow on Mount Zalmon.*
Bashan is a sacred peak, a mountain of high summits.
Soaring Bashan, why envy the mountain God chose*
To be a home, a place to live for ever?
With thousands and thousands of uncounted chariots*
the Lord came from Sinai to Zion's holy temple.
You ascended to the heights, you took captives,*
you accepted tribute from those resisting you.
Bless the Lord each day who carries our burden,*
who keeps us alive, who saves us from death.

Hallel: Psalm 68:25-36

People watched the procession as you marched into your house,*
my Lord, my sovereign God.
Singers at the head, musicians at the rear,*
between them, women striking tambourines.
Bless God in the assembly, all who draw water from Israel's spring.*
Little Benjamin leads the princes of Judah, Zebulun, and Naphtali.
Use your strength, God, as you did for us in the past*
from your house above Jerusalem. May rulers bring you gifts!
Rebuke the beast of the Nile, wild bulls and their calves.*
Trample those who lust for silver, scatter the warmongers.
Envoys will come from Egypt,*
the Cushite will pray to God.*
Rulers of the earth, sing to God. Make music for the Lord,*
who rides the clouds, whose voice is thunder.
Acknowledge the power of God who governs Israel,*
whose strength is in the stormclouds.
You inspire wonder in your temple, God of Israel,*
as you fill your people with power and might. Blessed be God!

WEDNESDAY

Psalm 3

Lord, how daunting the armies massed against me!*
 All of them jeer at me, “God will not save you.”
 But you are my shield, Lord, my reason to boast; you hold my head high.*
 When I call, you answer from your holy mountain.
 I rest easy at night and rise in the morning sure of God’s protection.*
 I do not fear thousands standing against me.
 Rise up, Lord, rescue me, my God. Break their evil jaws! Smash their teeth!*
 Favor your people, Lord, for the victory is yours.

Psalm 139

You search me, Lord, and know me.*
 Wherever I sit or stand, you read my inmost thoughts;
 whenever I walk or rest, you know where I have been.*
 Before a word slips from my tongue, Lord, you know what I will say.
 You close in on me, pressing your hand upon me.*
 All this overwhelms me too much to understand!
 Where can I hide from you? How can I escape your presence?*
 I scale the heavens, you are there! I plunge to the depths, you are there!
 If I fly toward the dawn, or settle across the sea,*
 even there you take hold of me, your right hand directs me.
 If I think night will hide me and darkness give me cover,*
 I find darkness is not dark.
 For your night shines like day,*
 darkness and light are one.
 You created every part of me, knitting me in my mother’s womb.*
 For such handiwork, I praise you.
 Awesome this great wonder! I see it so clearly!*
 You watched every bone taking shape in secret, forming in the hidden
 depths.
 You saw my body grow according to your design.*
 You recorded all my days before they ever began.
 How deep are your thoughts! How vast their sum!*
 Like countless grains of sand, well beyond my grasp.

Search my heart, probe me, God! Test and judge my thoughts.*
Look! do I follow crooked paths? Lead me along your ancient way.

Psalm 62

For God alone my soul in silence waits; from whom comes my salvation.*
God alone is my rock and my salvation, my stronghold,
so that I am not shaken.

How long will you assail me to crush me, all of you together, *
as if you were a leaning fence, a toppling wall?

They seek only to bring me down from my place of honor; *
lies are their chief delight. They bless with their lips, but in their hearts
they curse.

For God alone my soul in silence waits; truly, my hope is in the Lord.*
God alone is my rock and my salvation, my stronghold,
so that I am not shaken.

In God is my safety and my honor; my strong rock and my refuge.*
Always put your trust in the Lord, O people.

Pour out your hearts before the Lord*
for God is always our refuge.

Those of high degree are but a fleeting breath, *
even those of low estate cannot be trusted.

On the scales they are lighter than a breath, all of them together.*
Put no trust in extortion; in robbery take no empty pride.

God has spoken once, twice I have heard it, *
that power belongs to God alone.

Steadfast love is yours, O Lord, *
for you repay us according to our deeds.

Hallel: Psalm 113

Hallelujah! Servants of God, praise, praise the name of the Lord.*
Bless the Lord's name now and always.

Praise the Lord's name here and in every place,*
Praise the Lord's name from east to west.

The Lord towers above nations, God's glory shines over the heavens.*
Who compares to our God? Who is enthroned so high?

The Lord bends down to see heaven and earth,*
to raise the weak from the dust and lift the poor from the mire,

To seat them with princes in the company of their leaders.*
The childless, no longer alone, rejoice now in many children. Hallelujah!

THURSDAY

Psalm 104

I will bless you, Lord my God! You fill the world with awe.*
 You dress yourself in light, in rich, majestic light.
 You stretched the sky like a tent, built your house beyond the rain.*
 You ride upon the clouds, the wind becomes your wings,
 the storm becomes your herald, your servants, bolts of light.*
 You made the earth solid, fixed it for good.
 You made the sea a cloak, covering hills and all.*
 At your command the sea fled your thunder.
 It swept over mountains, down the valleys to its place.*
 You set its limits, never to drown the earth again.
 You feed springs that feed brooks, rushing down ravines,*
 water for wild beasts, for wild asses to drink.
 Birds nest nearby and sing among the leaves.*
 You drench the hills with rain from high heaven.
 You nourish the earth with what you create.*
 You make grass grow for cattle, make plants grow for people.
 You bring food to eat from the earth and wine to warm the heart,*
 oil to glisten on faces and bread for bodily strength.
 In Lebanon God planted trees, the flourishing cedar.*
 Sparrows nest in the branches, the stork in treetops.
 High crags for wild goats, rock holes for badgers.*
 Your moon knows when to rise, your sun when to set.
 Your darkness brings on night when wild beasts prowl.*
 The young lions roar to you in search of prey.
 They slink off to dens to rest at daybreak,*
 then people rise to work until the daylight fades.
 God, how fertile your genius! You shape each thing,*
 you fill the world with what you do.
 I watch the sea, wide and deep, filled with fish, large and small,*
 with ships that ply their trade, and your own toy, Leviathan.
 All look to you for food when they hunger;*
 you provide it and they feed.
 You open your hand, they feast; you turn away, they fear.*
 You steal their breath, they drop back into dust.

Breathe into them, they rise; the face of the earth comes alive!*

Let God's glory endure and the Lord delight in creating.

One look from God, earth quivers; one touch, and mountains erupt.*

I will sing to my God, make music for the Lord as long as I live.

Let my song give joy to God who is a joy to me.*

Rid the world of sinners, rid it of evil! I will bless you, Lord! Hallelujah!

Hallel: Psalm 148

Hallelujah! Praise the Lord! Across the heavens, from the heights,*

all you angels, heavenly beings, sing praise, sing praise!

Sun and moon, glittering stars, sing praise, sing praise.*

Highest heavens, rain clouds, sing praise, sing praise.

Praise God's name, whose word called you forth*

and fixed you in place for ever by eternal decree.

Let there be praise: from depths of the earth,*

from creatures of the deep.

Fire and hail, snow and mist, storms, and winds,*

mountains, hills, fruit trees and cedars,

Wild beasts and tame, snakes and birds,*

princes, judges, rulers, subjects,

Men, women, old and young,*

praise, praise the holy name, this name beyond all names.

God's splendor above the earth, above the heavens,*

gives strength to the nation, glory to the faithful.

A people close to the Lord.*

Israel, let there be praise!

FRIDAY

Psalm 65

Praise is yours, God in Zion.*

Now is the moment to keep our vow, for you, God, are listening.

All people come to you bringing their shameful deeds.*

You free us from guilt, from overwhelming sin.

Happy are those you invite and then welcome to your courts.*

Fill us with the plenty of your house, the holiness of your temple.

You give victory in answer to our prayer.*

You inspire awe, God, our savior, hope of distant lands and waters.

Clothed in power, you steady the mountains;*

you still the roaring seas, restless waves, raging nations.

People everywhere stand amazed at what you do,*

east and west shout for joy.

You tend and water the land. How wonderful the harvest!*

You fill your springs, ready the seeds, prepare the grain.

You soak the furrows and level the ridges.*

With softening rain you bless the land with growth.

You crown the year with riches. All you touch comes alive:*

untilled lands yield crops, hills are dressed in joy,

Flocks clothe the pastures, valleys wrap themselves in grain.*

They all shout for joy and break into song.

Psalm 86

Hear me Lord and act, I am poor and helpless.*

You are my God, watch over me, for I am loyal to you.

Save me, your servant, for I trust you.*

Each waking hour, I beg your mercy, Lord.

Bring joy to me, your servant, I offer myself to you.*

You are good and forgiving, loyal to all who call on you.

Hear my prayer O Lord, answer my cry for help.*

In despair I plead, knowing you will act.

No god can match you Lord, you outdo all others.*

Every nation you formed will come to worship and honor your name.

You are mighty and work great wonders.*

You alone are God!

Mark your path, Lord, that I may follow your truth.*

Make my one desire to revere your name.

With all I am, I thank you God, and honor your name forever.*

Your love for me is great, it saves me from the grave.

The proud rise against me, brutal gangs seek my life,*

with no thought of you.

But you are Lord of mercy and care,*

a God slow to anger, full of loyalty and love.

Turn to me, pity me, strengthen your daughter's child,*

rescue your servant.

Show me a sign of your love to shock and disgrace my enemy.*

Bring me help and comfort, Lord.

Psalm 56

Show me your mercy God; the enemy marches over me, attacks me all day long.*

My foes trample me down; how many fight against me!

When I am afraid, I trust you, most high God,*

I glory in your promise, I trust you without fear.

Can flesh and bone hurt me?

All day they twist my words, plotting evil against me.*

They hide themselves, lurking, listening for my steps,
waiting to take my life.

Can nations escape their crimes? In your anger God, cast them down!*

Weigh all my turmoil, store up my tears, do you not record them all?

When I call to you, my enemies retreat.*

I am certain of this: God is on my side.

I glory in your promise, God; O Lord, your word I praise.*

I trust you without fear. How can mortals hurt me?

I will fulfill my vows, O God, offer gifts to thank you.*

For you saved me from death, kept my feet from its brink.

I walk with you, O God*

in the light of your life.

Hallel: Psalm 134

Bless the Lord, all who serve in God's house,*
who stand watch throughout the night.

Lift up your hands in the holy place*
and bless the Lord.

And may God, the maker of earth and sky,*
bless you from Zion.

MONDAY

Psalm 93

Lord, you reign with glory,*
Draped in splendor, girt with power.
The world stands firm, not to be shaken,*
for your throne, ageless God, has stood from of old.
Onward roll the waves, O God, onward like thunder, onward like fury.*
Thundering above the waters.
High above ocean breakers,*
you, God, rise with might.
Your decrees stand unshaken; the beauty of holiness*
fills your house for ever, Lord.

Psalm 119: 129–144

Wonderful are your decrees, I guard them with my life.*
Unfold your word, enlighten the simple.
Longing for you, I thirst for your teaching.*
Turn and favor me, because I love your name.
Let your word lead my steps, and evil not master me.*
Save me from the oppressor, so I may keep your commands.
Smile upon me and teach me your ways.*
I shed endless tears over those who break your law.
God of justice, how right your judgments.*
You establish your decrees in justice and truth.
I seethe in anger when enemies forget your word,*
the promise I love, tested by time.
Discounted and shamed, I still remember your precepts.*
You are eternal justice, your law is truth.
When trouble and anguish strike, your decrees are my joy.*
Your commands are just, teach me and I will live.

Psalm 92

How good to thank you, Lord, to praise your name, Most High,*
to sing your love at dawn, your faithfulness at dusk
with sound of lyre and harp, with music of the lute.*
For your work brings delight, your deeds invite song.

I marvel at what you do. Lord, how deep your thought!*
Fools do not grasp this, nor the senseless understand.
Scoundrels spring up like grass, flourish and quickly wither.*
But you, Lord, stand firm for ever.
See how your enemies perish, scattered to the winds,*
while you give me brute strength, pouring rich oil upon me.
I have faced my enemies, heard them plot against me.*
The just grow tall like palm trees, majestic like cedars of Lebanon.
They are planted in the temple courts and flourish in God's house,*
green and heavy with fruit even in old age.
Proclaim that God is just,*
my rock without a fault.

Hallel: Psalm 148

Hallelujah! Praise the Lord! Across the heavens, from the heights,*
all you angels, heavenly beings, sing praise, sing praise!
Sun and moon, glittering stars, sing praise, sing praise.*
Highest heavens, rain clouds, sing praise, sing praise.
Praise God's name, whose word called you forth*
and fixed you in place for ever by eternal decree.
Let there be praise: from depths of the earth,*
from creatures of the deep.
Fire and hail, snow and mist, storms, and winds,*
mountains, hills, fruit trees and cedars,
Wild beasts and tame, snakes and birds,*
princes, judges, rulers, subjects,
Men, women, old and young,*
praise, praise the holy name, this name beyond all names.
God's splendor above the earth, above the heavens,*
gives strength to the nation, glory to the faithful.
A people close to the Lord.*
Israel, let there be praise!

TUESDAY

Psalm 89

I sing your love all my days, Lord, your faithfulness from age to age.*

I know your love is unending, your fidelity outlasts the heavens.

“I, God, covenant with my chosen one, I swear to David my servant*
to establish your house for ever, to uphold your throne, from age to age.”

The skies tell your wonders, Lord, the stars your constant love.*

In the heavens what equals you? What god compares with you?

Great and dreaded God, you strike terror among the holy ones.*

Who is like you, Lord of might, clothed in truth, a God of power?

You rule the storming seas, you calm the roaring waves.*

Yes! You split the sea monster and scatter your enemies.

Yours the sky, yours the earth, yours the world of creatures.*

You created north and south. Mount Tabor and Mount Hermon
sing out your name.

Yours, a mighty arm, yours, a powerful hand raised in triumph.*

Justice and right anchor your throne, fidelity and love attend you.

How your people rejoice! You summon us into your light.*

Lord, your name is our joy, and your justice our strength.

You, our glory and power, favor us with victory,*

you, the Holy One of Israel, our shield, our Lord, our king.

In a vision, O God, you speak to your beloved: “I help this warrior chosen
from the people.*

I seek out David, my servant, and anoint him with sacred oil.

“My hand strengthens him, my arm encircles him.*

No enemy ensnares him, no schemer brings him down.

“I crush his foes, I strike those who hate him. I pledge loyalty and love;*
in my name I raise him up. I extend his hand over the sea, his right hand

over the mighty oceans.

“He calls out to me: ‘My father, my God, my rock of safety!’*
I respond: ‘My firstborn, noblest of kings.’

“I honor my pledge of love, my guard of covenant for ever.*

I establish his royal house, his throne as firm as the heavens.

“Should his children desert my laws and abandon my ways, should they violate
my precepts and not respect my laws.*

I shall punish their rebellion with a rod and a scourge.

“But I shall not withdraw my love or fail to be faithful.*

I will not break my covenant or revoke my word.

“Bound by my holiness, I cannot lie to David. His house will last for ever,*
his throne like the sun, constant as the moon, everlasting as the sky.”

But you, God, become angry, rejecting, despising your anointed one.*

You spurn the covenant with your servant, you drag his crown in the
dust.

You break through his defenses, batter down his strongholds.*

People roam and plunder, neighbors scorn.

Hate has the upper hand, enemies rejoice.*

You blunt his sword, useless now for battle.

You end his glory, cast his throne to the ground.*

You cut short his youth, cover him with shame.

How long, O Lord? Must you hide for ever, seething with anger?*

Remember me—how short my life! Do you create people for nothing?

Who lives and never dies, who escapes the hand of death?*

Where, Lord, is that ancient love, faithfully sworn to David?

Recall how they insulted your servant, how I bore the taunts of the nations.*

Your enemies hurl shame, Lord! They shame your anointed!

Hallel: Psalm 47

All peoples, clap your hands, shout your joy to God.*

For God Most High is awesome, great king of all the earth.

The One who conquers peoples and sets them at our feet,*
chooses for beloved Jacob a land to be our pride.

God ascends the mountain to cheers and trumpet blasts.*

Sing out your praise to God, to the king, sing out your praise.

For God rules the earth; sing praise with all your skill.*

God rules over nations, high on the sacred throne.

Foreign rulers join the people of Abraham’s God,*
all the powers on earth belong to God on high.

WEDNESDAY

Psalm 13

Lord, will you ever remember me, why keep turning away from me?^{2*}
Must I carry this grief forever, how long endure this pain? Must my
enemies always win?
My God, look at me, answer me, shine on me or I will die;*
never let my enemy boast, "See how you fall! I have won!"
I trust in your love and rejoice, for you save me;*
I will sing to the Lord who treats me with kindness.

Psalm 94

Lord, avenging God, avenging God, reveal yourself!*

Rise up, judge of the earth, give the arrogant what they deserve.

How long, God, how long will the wicked strut around?^{2*}
They bluster and boast, flaunting their devious ways.

Lord, they trample your people, they wreck your heritage.*
They kill widows and strangers, they murder orphans.

"The Lord is blind," they say. "The God of Jacob sees nothing."^{3*}
Take note you fools, you stupid people, when will you understand.

Does God, who made ears, not hear?^{4*}
Does God, who made eyes, not see?

Does God, who corrects the nations, not punish? Who teaches humankind,
lack knowledge?^{5*}
The Lord knows our thoughts, knows how empty they are.

Blest are those you instruct, God, those you teach your law;*
they find comfort in evil times, till a grave is dug for the wicked.

You never desert your people, Lord, never abandon your chosen.*
Right and justice will return, bringing peace to the honest.

Who speaks for me against the wicked? Who sides with me against evildoers?^{6*}
Without your help, Lord, I would lie silent in the grave.

When I feel myself slipping, your love supports me, Lord.*
When I am weighed down by worries, your care lifts my spirit.

Do you side with corrupt officials, who use law to burden others?^{7*}
They plot against the just, condemning the innocent to death.

You Lord, my strength, my God, my rock of safety.*
you turn their evil against them; their own deeds destroy them.
The Lord our God destroys them.

Psalm 18:21–35

I was just, my hands were clean,*
so the Lord rewarded me.

I have kept the commandments, the laws set before me,*
followed the path laid down, never turned aside from my God.

I am without blame, I have kept myself from evil.*
The Lord gives me a just reward, because my hands are clean.

To those who are faithful, you are faithful.*
with those who are honest you are candid.

To the just you show goodness, with the perverse you are cunning.*
You rescue the humble, the mighty are brought low.

My God, you are my light, a lamp for my darkness.*
With strength from you Lord, I charge the enemy, I climb their ramparts.

God, your way is perfect, your word is fire-tried. You shield all who seek
refuge.*

Who is God but the Lord? Who is the rock but our God?

Armed with your strength, my way is sure.*
You make me swift as a deer, bounding over the hills.

You train me for combat*
teach me to draw a mighty bow.

Hallel: Psalm 117

Praise! Give glory to God!*
Nations, peoples, give glory!

Strong the love embracing us.*
Faithful the Lord for ever. Hallelujah!

THURSDAY

Psalm 27

The Lord is my saving light; whom should I fear?*

God is my fortress; what should I dread?

When the violent come at me to eat me alive,*
a mob eager to kill—they waver, they collapse.

Should battalions lay siege, I will not fear;*

should war rage against me, even then I will trust.

One thing I ask the Lord, one thing I seek:*

to live in the house of God every day of my life.

Caught up in God's beauty, at prayer in his temple.*

The Lord will hide me there, hide my life from attack.

A sheltering tent above me, a firm rock below.*

I am now beyond reach of those who besiege me.

In his temple I will offer a joyful sacrifice,*

I will play and sing to God.

Psalm 121

If I look to the mountains, will they come to my aid?*

My help is the Lord, who made earth and the heavens.

May God, ever wakeful, keep you from stumbling;*

the guardian of Israel neither rests nor sleeps.

God shields you, a protector by your side.*

The sun shall not harm you by day nor the moon at night.

God shelters you from evil, securing your life.*

God watches over you near and far, now and always.

Psalm 68: 1–11

God rises up, enemies of heaven scatter:*

they disperse like smoke, they melt like wax, they perish before God.

But the just are glad,*

they rejoice before God and celebrate with song.

Sing to God's name, play hymns!*

God rides the clouds. Send up a song!

“Adonai” is God's name. Rejoice!*

Father to the fatherless, defender of widows: God in the temple.

God gives the homeless a home, sets prisoners free to prosper,*
but the rebellious are banished to the wild.

God, when you led your people, when you marched in the desert,*
earth shook, heaven rained before you, Israel's God, the Lord of Sinai.

You gave us downpours to refresh the promised land where you nourish your
flock.*

Gracious God, you strengthen the weak.

Hallel: Psalm 116

I am filled with love, for the Lord hears me;*
the Lord bends to my voice whenever I call.

Death had me in its grip, the grave's trap was set, grief held me fast.*
I cried out for God, "Please, Lord, rescue me!"

Kind and faithful is the Lord, gentle is our God.*
The Lord shelters the poor, raises me from the dust.

Rest once more, my heart, *
for you know the Lord's love.

God rescues me from death, wiping my tears, steadying my feet.*
I walk with the Lord in this land of the living.

I believe, even as I say, "I am afflicted."*
I believe, even though I scream, "Everyone lies!"

What gift can ever repay God's gift to me?*

I raise the cup of freedom as I call on God's name!

I fulfill my vows to you, Lord, *
standing before your assembly.

Lord, you hate to see your faithful ones die.*
I beg you, Lord, hear me: it is I, the servant you love.

I am the child of your servant; you freed me from death's grip.*
I bring a gift of thanks, as I call on your name.

I fulfill my vows to you, Lord, standing before your assembly,*
in the courts of your house, within the heart of Jerusalem. Hallelujah!

FRIDAY

Psalm 29

Give the Lord glory, you spirits! *
Give glory! Honor God's strength!
Honor the name of the Lord! *
Bow when the Lord comes, majestic and holy.
God's voice thunders above the massive seas; *
powerful, splendid, God shatters the cedars,
God shatters the cedars of Lebanon, *
makes Lebanon jump like a calf, Sirion like a wild ox.
God's voice strikes fire, makes the desert shudder, *
Qadesh shudder in labor, deer writhe in labor.
All shout "Glory" in your temple, Lord. *
For you rule the mighty waters, you rule over all for ever.
Give strength to your people, Lord, *
and bless your people with peace.

Psalm 41

Blest are those ready to help the poor; *
in hard times God repays their care.
God watches, protects, blesses them in their land, *
God lets no enemy swallow them up!
God comforts them on their sickbed and nurses them to health. *
I said, "God, pity me, heal me for I have failed you."
Enemies predict the worst for me: *
"How soon till this one dies, how soon forgotten?"
Visitors all wish me well, but they come seeking bad news *
to gossip on the street.
My enemies whisper and spread the worst about me: *
"Something fatal has taken hold, this one will not get well."
Even my trusted friend who used to eat with me *
now turns on me.
Pity me, God, restore me so I can pay them back. *
Then I will know you favor me when my foes cannot prevail.
I am innocent; uphold me! Let me stand with you for ever. *
Blessed be the Lord, God of Israel for ever. Amen! Amen!

Psalm 71

Lord, you are my shelter, do not fail me.*

You always do right; deliver me, rescue me, hear me and save me.

Be my rock and haven, to whom I can always turn;*

be my tower of strength, keep me safe.

The ruthless and wicked trap me; reach out to free me.*

You are my hope, O Lord, from the days of my youth.

I have relied on you since birth, my strength from my mother's womb;*

I will praise you always.

Now I am old, my strength fails,*

do not toss me aside.

My enemies scheme against me, they have designs on my life.*

They think God has left me. "Strike," they say, "no one will help."

I will not lose hope, never stop praising you.*

My lips speak your goodness, praise each day your saving acts.

I will enter your palace proclaiming,*

"Lord God, you alone are just."

From childhood till now you taught me to praise your wonders.*

Do not leave me, Lord, now that I am old.

I can still recount to a new generation your power and strength.*

Your goodness is boundless, your works so great; who can equal you?

You give back my life and raise me from this grave.*

You will restore my honor and wrap me again in mercy.

I will thank you, Lord, for your true friendship*

and play the lyre and harp for you, the Holy One of Israel.

I will sing out with joy, sing of how you saved me.*

From morning till night I will trumpet your goodness.

Hallel: Psalm 100

Shout joy to the Lord, all earth, serve the Lord with gladness,*

enter God's presence with joy!

Know that the Lord is God, our maker to whom we belong,*

our shepherd, and we the flock.

Enter the temple gates, the courtyard with thanks and praise;*

give thanks and bless God's name.

Indeed the Lord is good! God's love is for ever,*

faithful from age to age.

MONDAY

Psalm 11

I have taken shelter in God, so how can you say to me:*
“Go, fly like a bird to the hills, for the wicked bend their bows,
lock their arrows on the string to shoot the just from the shadows.*
When the world falls apart, what can the good hope to do?”
God dwells in his holy temple, the heavens hold God’s throne;*
the Lord watches the earth, eyes fixed on all nations,
weighing both righteous and wicked, rejecting the violent.*
God sends a rain of fire, allots them a scorching wind.
The Lord loves justice,*
the just will see God’s face.

Psalm 119:145-160

My heart begs you, Lord: hear me, so I can keep faith.*
I beg you, make me free, so I can live your laws.
I face you in the cold night praying, waiting for your word.*
I keep watch through the night, repeating what you promise.
Hear me, loving God, let your justice make me live.*
The wicked close in on me; to them your law is foreign.
But you, Lord, are closer still, your law is my whole truth,*
learned when I was young, fixed for all time.
See how I suffer! Free me! I have not forgotten you.*
Take my side, defend me, give me the life you promised.
No safety for the wicked: they spurn what you demand.*
Lord of great mercy, let your word be my life.
Enemies hunt me down, yet I will not waver.*
Traitors disgust me, because they break your word.
But I love your precepts, Lord, let me live in your love.*
Truth is the heart of your word, every judgment stands for ever.

Psalm 112

Hallelujah! Happy those who love God and delight in the law.*
Their children shall be blest, strong and upright in the land.
Their households thrive, their integrity stands firm.*
A light shines on them in darkness, a God of mercy and justice.

The good lend freely and deal fairly,*
they will never stumble; their justice shall be remembered.

Bad news holds no power, strong hearts trust God.*
Steady and fearless, they look down on their enemy.

They support the poor, their integrity stands firm,*
their strength brings them honor.

Hatred devours the wicked. They grind their teeth;*
their hopes turn to ashes.

Hallel: Psalm 96

A new song for the Lord!*
Sing it and bless God's name, everyone, everywhere!

Tell the whole world God's triumph day to day,*
God's glory, God's wonder.

A noble God deserving of praise,*
the dread of other gods, the puny gods of pagans;
for our God made the heavens—*
the Lord of majestic light who fills the temple with beauty.

Proclaim the Lord, you nations,*
praise the glory of God's power, praise the glory of God's name!

Bring gifts to the temple, bow down, all the earth,*
tremble in God's holy presence.

Tell the nations, "The Lord rules!"*
As the firm earth is not swayed, nothing can sway God's judgment.

Let heaven and earth be glad,*
the sea and sea creatures roar, the field and its beasts exult.

Then let the trees of the forest sing before the coming of the Lord,*
who comes to judge the nations, to set the earth aright, restoring the
world to order.

TUESDAY

Psalm 97

The Lord rules: the earth is eager, joy touches distant lands.*

God is wrapped in thunder cloud, throned on justice, throned on right.

Fire marches out in front and burns up all resistance.*

Overhead, God's lightning flares, the earth shudders to see it.

Mountains melt down like wax before the Lord, the ruler of all.*

Overhead God's justice resounds, a glory all people can see.

Idolators are the fools, they brag of empty gods.*

You gods, be subject to the Lord!

Zion hears, and is happy. The cities of Judah are joyful*

about your judgments, Lord.

You, Lord, you reach high in majesty above the earth,*

far higher than any god. Those who love the Lord hate evil.

God shields their faithful lives and breaks the hold of the wicked.*

Light will rain down on the just, joy on the loyal heart.

Be joyous in the Lord God, you people of faith,*

praise God's holy name!

Psalm 83

God, do not be deaf, do not be still, do not be mute.*

Listen to the uproar of your enemies, those who despise you rise up in revolt.

They devise clever plots against your people,*

they scheme against those you treasure.

They say: "Let us wipe out the nation of Israel until its name is forgotten."*

They conspire as one, swear a covenant against you.

Edom and Ishmael, Moab and Hagar, Gebal and Ammon and Amalek,

Philistia and Tyre.*

Even Assyria joins them to increase the forces of Lot's children.

Crush them like Midian, like Sisera, like Jabin at the stream of Kishon.*

Destroyed at Endor, they became dung for the ground.

Make their nobles like Oreb and Zeeb,*

all their leaders like Zebah and Zalmunna, who said "Let us seize God's pastureland."

Reduce them, God, to tumbleweed,*
to straw in the wind.

As a fire burns a forest or flame ignites a mountain,*
chase them down with your storm, terrify them with a gale.

Shame them, Lord, into honoring your name.*
Humble them, terrify them; let them die in disgrace.

All this to make them know you are the only one whose name is the Lord,*
supreme above the earth.

Psalm 2

Why this strife among nations? Why this pointless scheming?*

Kings stand against God, nobles plot together against the Lord's anointed:

“Let us break these fetters, let us cast off these chains!”*

High above the earth God laughs in mockery.

God speaks in anger, striking them with terror:*

“On Zion, my holy mountain, I anoint my king.”

I repeat the Lord's decree: “You are my son, today I give you birth.*

Ask and the nations are yours, even the far-off lands.

You will strike them with an iron rod, shatter them like clay pots.”*

Kings, come to your senses; rulers, take heed.

Serve the Lord with joy, tremble in awe, bow at God's feet,*

for if you provoke God's anger, you will perish in a flash.

How much better to find shelter in God!

Hallel: Psalm 67

Favor and bless us, Lord. Let your face shine on us.*

Reveal your way to all peoples, salvation the world over.

Let nations sing your praise, every nation on earth.*

The world will shout for joy, for you rule the planet with justice.

In fairness you govern the nations and guide the peoples of earth.*

Let the nations sing your praise, every nation on earth.

The land delivers its harvest, God, our God, has blessed us.*

O God, continue your blessing, may the whole world worship you.

WEDNESDAY

Psalm 44

We have heard the story our ancestors told us*
of your deeds done long ago:

How you, God uprooted nations to plant your own people,*
how you weeded out others so they could flourish.

Sword did not win the land, might did not bring the victory;*
it was your power, your light, your love for them.

You, my God and King, led Jacob to victory.*
By the power of your name we defeated our enemies, crushing those who
rose against us.

I did not rely on my bow,*
my sword did not save me.

You, God, rescued us from danger and put our foes to shame.*
Every day we praise your name, we never fail to thank you.

Yet you scorn and demean us, no longer march at our side.*
You force us to retreat while the enemy plunders our goods.

You make us sheep for the slaughter, scatter us among the nations.*
You sell us for a pittance and gain nothing in the bargain.

You reproach us before our neighbors; they scoff and sneer,*
making a joke of us, shaking their heads.

Disgrace confronts me all day, I turn red with shame*
when I hear the cruel taunts from foes wanting revenge.

We endured all this, though we did not forget you*
or betray your covenant.

We have not turned from you or wavered from your path.*
Yet you banished us to the wilderness where darkness overwhelms us.

If we should forget your name and raise a prayer to foreign gods,*
would you not find it out? You know the secrets of the heart.

Still we are killed for your sake,*
treated like sheep for the slaughter.

Wake up! Why do you sleep, Lord? Wake up! Do not reject us for ever!*

Why do you hide from us, why ignore how much we suffer?

We grovel in the dust, clutching at the ground.*
Wake up and help us. Rescue us! Your love demands it.

Psalm 20

God defend you in battle! set you safe above the fray!*

The God of Jacob send you help, and from holy Zion, keep you strong!

May God recall your many gifts and be pleased with your sacrifice,*
favoring all your hopes, making your plans succeed.

Then we will sing of your conquest, raise the flags in triumph,*
to proclaim the name of our God who grants all you ask.

Now I know for certain: the anointed of the Lord is given victory.*
God favors him from highest heaven with a strong, saving hand.

Some boast of chariots and horses, but we boast of God's name.*
They waver and fall, but we stand firm.

Lord, give victory to your king,*
answer us on the day we call.

Hallel: Psalm 149

Hallelujah! Sing a new song, you faithful,*
praise God in the assembly.

Israel, rejoice in your maker, Zion, in your king.*
Dance in the Lord's name, sounding harp and tambourine.

The Lord delights in saving a helpless people.*
Revel in God's glory, join in clan by clan.

Shout praise from your throat, sword flashing in hand.*
To discipline nations and punish the wicked,

to shackle their kings and execute God's sentence.*
You faithful, this is your glory! Hallelujah!

THURSDAY

Psalm 23

The Lord is my shepherd, I need nothing more.*

You give me rest in green meadows, setting me near calm waters.

You revive my spirit; you guide me along sure paths;*
you are true to your name.

Though I should walk in death's dark valley,*

I fear no evil with you by my side, your shepherd's staff to comfort me.

You spread a table before me as my foes look on.*

You soothe my head with oil; my cup is more than full.

Goodness and love will tend me every day of my life.*

I will dwell in the house of the Lord as long as I shall live.

Psalm 26

Lord, defend me! I have walked with honesty, I trusted the Lord without
wavering.*

Test me, try me, Lord, probe my heart and soul.

Your love is ever before me, I walk boldly with your strength.*

I do not sit with liars, I do not mix with hypocrites.

I hate evil company, I shall not live with crime.*

I wash my hands with innocence, and walk around your altar,

singing a song of thanks, telling your wonderful deeds.*

Lord, I love your house, the place your glory rests.

Class me not with sinners, my life with the violent,*

those with criminal hands, hands filled with bribes.

Yes, I will be honest. Rescue me, be gracious!*

My stance is firm. At gatherings, I bless the Lord.

Psalm 91

All you sheltered by the Most High, who live in Almighty God's shadow,*
say to the Lord, "My refuge, my fortress, my God in whom I trust!"

God will free you from hunters' snares, will save you from deadly plague,*
will cover you like a nesting bird. God's wings will shelter you.

No nighttime terror shall you fear, no arrows shot by day,*

no plague that prowls the dark, no wasting scourge at noon.

A thousand may fall at your side, ten thousand at your right *
But you shall live unharmed: God is sturdy armor.
You have only to open your eyes to see how the wicked are repaid.*
You have the Lord as refuge, have made the Most High your stronghold.
No evil shall ever touch you, no harm come near your home.*
God instructs angels to guard you wherever you go.
With their hands they support you, so your foot will not strike a stone.*
You will tread on lion and viper, trample tawny lion and dragon.
“I deliver all who cling to me, raise the ones who know my name,*
I answer those who call me, stand with those in trouble.
“These I rescue and honor, I satisfy with long life,*
and show my power to save.”

Hallel: Psalm 84

Your temple is my joy, Lord of heaven’s might.*
I am eager for it, eager for the courts of God.
My flesh, my flesh sings its joy to the living God.*
As a sparrow homing, a swallow seeking a nest to hatch its young,
I am eager for your altars, Lord of heaven’s might,*
my king, my God.
To live with you is joy, to praise you and never stop.*
Those you bless with courage will bless you from their hearts.
When they cross the Valley of Thirst*
the ground is spaced with springs, with the welcome rain of autumn.
They travel the towns *
to reach the God of gods in Zion.
Hear me, Lord of might, heed me, God of Jacob.*
God our shield, look, see the face of your anointed.
One day within your courts is worth a thousand without.*
I would rather stand at God’s gate than move among the wicked.
God is our sun, our shield, the giver of honor and grace.*
The Lord never fails to bless those who walk with integrity.
Lord of heaven’s might, *
blest are all who trust in you.

FRIDAY

Psalm 99

The Lord reigns from the cherubim throne *
nations tremble, earth shakes!
The Lord of Zion is great, high above all peoples.*
Praise the great and fearful name, “Holy is the Lord!”
Almighty ruler, you love justice,*
you strengthen the upright and secure equity for Jacob.
Bow down to worship at God’s feet,*
lift your voice in praise, “Holy is the Lord!”
First among priests of the Lord were Moses, Aaron, and Samuel;*
they called out God’s Name.
The Lord heard them and spoke from a pillar of cloud;*
they honored each command.
Our God did what was needed,*
it was yours, Lord, to punish, yours to forgive sin.
Bow down to worship the Lord, give praise in God’s holy place,*
“Holy is the Lord our God!”

Psalm 22

My God, my God, why have you abandoned me — far from my cry, my words
of pain?*

I call by day, but you do not answer; I call by night, but find no rest.
You are the Holy One enthroned, the praise of Israel.*
Our people trusted, they trusted you, you rescued them.
To you they cried, and they were saved.*
they trusted and were not ashamed.
But I am a worm, hardly human, despised by all, mocked by the crowd.*
All who see me jeer at me, sneer at me, shaking their heads.
“You relied on God; let God help you! If God loves you let God save you.”*
But you, God, took me from the womb, you kept me safe at my mother’s
breast.
I belonged to you from the time of birth, you are my God from my mother’s
womb.*
Do not stay far off, danger is so close. I have no other help.

Wild bulls surround me, bulls of Bashan encircle me,*
 opening their jaws against me like roaring, ravening lions.
 I am poured out like water, my bones are pulled apart,*
 my heart is wax melting within me,
 my throat baked and dry, my tongue stuck to my jaws.*
 You bring me down to the dust of death.
 There are dogs all around me, a pack of villains corners me. They tear at my
 hands and feet.*
 I can count all my bones. They stare at me and gloat.
 They take what I wore, they roll dice for my clothes.*
 Lord, do not stay far off, you, my strength, be quick to help.
 Save my neck from the sword, save my life from the dog's teeth.*
 save me from the lion's jaws, save me from the bulls horns. You hear me.
 I will proclaim your name to my people,*
 I will praise you in the assembly.
 Give praise, all who fear God: revere and honor the Lord,*
 children of Israel, people of Jacob.
 The Lord never scorns the afflicted, never looks away, but hears their cry.*
 I will sing of you in the great assembly, make good my promise before
 your faithful.
 The poor shall eat all they want. Seekers of God shall give praise.*
 "May your hearts live forever!"
 All peoples shall remember and turn,*
 all races will bow to the Lord, who holds dominion over nations.
 The well-fed crowd kneel before God,*
 all destined to die bow low.
 My soul lives for the Lord! My children will serve, will proclaim God to the
 future,*
 announcing to peoples yet unborn, "God saves."

Hallel: Psalm 147:12-20

Jerusalem, give glory!*
 Praise God with song, O Zion!
 For the Lord strengthens your gates, guarding your children within.*
 The Lord fills your land with peace, giving you golden wheat.
 God speaks to the earth, the word speeds forth,*
 The Lord sends heavy snow and scatters frost like ashes.

The Lord hurls chunks of hail. Who can stand such cold?*

God speaks, the ice melts; God breathes, the streams flow.

God speaks his word to Jacob, to Israel, his laws and decrees.*

God has not done this for others, no others receive this wisdom.

Hallelujah!

MONDAY

Psalm 93

Lord, you reign with glory,*
Draped in splendor, girt with power.
The world stands firm, not to be shaken,*
for your throne, ageless God, has stood from of old.
Onward roll the waves, O God, onward like thunder, onward like fury.*
Thundering above the waters.
High above ocean breakers,*
you, God, rise with might.
Your decrees stand unshaken; the beauty of holiness*
fills your house for ever, Lord.

Psalm 74

Why God? why always cast us off?*

Why rage at the flock you tended?

Remember the people you chose long ago, those you redeemed for yourself;*
remember Zion where you dwell.

Walk through this total ruin, see their crimes against your holy place:*
when your foes shouted in the temple as they raised their banners.
They splintered paneled walls with axes, as if chopping down trees,*
and shattered the woodwork, swinging hammers and picks.

They defiled the dwelling place of your name, torched it, burned it to the
ground.*
They wanted to crush your people, set all your shrines on fire.

There are no signs from you,*
not a single prophet who knows how long this will last.

How long, God, will they mock? Will they blaspheme your name for ever?*

Why do you hold back, your right hand limp at your side.

God, you have ruled from the beginning, bringing salvation across the earth.*
You split the sea with might and smashed the heads of ocean monsters.

You crushed the seven-headed sea serpent, feeding it to the sharks.*
You opened springs and brooks, you dried up rivers.

Yours is the day, yours the night; you set the sun and moon in place.*
You fixed the regions of the earth, the dry and rainy seasons.

Remember this, Lord! Enemies scorn you, fools revile your name.*
Do not give your dove to the hawk, do not neglect your poor for ever.
Remember the covenant, for the world is darkened by violence.*
Save the downtrodden from ruin. Let the poor and needy praise your
name.
Rise, O God, champion your cause! Fools insult you all day long.*
Do not be deaf to their uproar, the constant noise of their defiance.

Psalm 124

Say it, Israel! If the Lord had not been with us,*
if the Lord had not been for us when enemies rose against us,
they would have swallowed us in their blazing anger,*
and the raging waters would have swept us away.
Rushing, surging water, thundering over us.*
Blessed be the Lord for saving our flesh from their teeth,
for tearing the trapper's net, so we could flutter away like birds.*
Our help is the Lord, creator of earth and sky.

Hallel: Psalm 48

Our great Lord deserves great praise in the city of God:*
Holy mountain, beautiful height, crown of the earth!
Zion, highest of the sacred peaks, city of the Great King!*
God enthroned in its palaces becomes our sure defense.
Watch the foreign kings, massing to attack;*
seeing what they face, they flee in terror.
Trembling grips them, anguish like childbirth,*
fury like an east wind, shattering a merchant fleet.
What we see matches what we were told,*
"This is the city the Lord protects; our God is strong for ever."
In your temple, Lord, we recall your constant love.*
Your praise, like your name, fills the whole world. Your right hand holds
the victory.
Mount Zion and the cities of Judah rejoice at your justice.*
March around Zion, make the circuit, count each tower.
Ponder these walls, observe these citadels, so you may tell your children:*
"Here is our God! Our God for ever! God who leads us even against
death!"

TUESDAY

Psalm 125

Those who trust the Lord stand firm as Zion, *
solid and strong, as mountains circle Jerusalem.
Lord, you embrace your people now and for ever.*
Keep the rule of the wicked far from the land of the just.
Lord, show your goodness to those who do good,*
whose hearts are true.
Away with the devious, banish them with the wicked!*
Give Israel peace!

Psalm 102

Hear my prayer, Lord, let my cry reach you.*
Do not turn from me in my hour of need.
When I call, listen, answer me at once.*
For my days dissolve like smoke, my bones are burned to ash.
My heart withers away like grass. I even forget to eat,*
so consumed am I with grief. My skin hangs on my bones.
Like a gull lost in the desert, like an owl haunting the ruins,*
I keep a solitary watch, a lone bird on a roof.
All day my enemies mock me, they make my name a curse.*
For bread, I eat ashes, tears salt my drink.
You lifted me up in anger and threw me to the ground.*
My days pass into evening, I wither like the grass.
But you, Lord, preside for ever, every age remembers you.*
Rise with mercy for Zion, for now is the time for pity.
Your servants treasure every stone,*
they cherish even the rubble.
Nations will fear your name, your glory will humble kings.*
When you rebuild Zion's walls, you will appear in glory, Lord.
You hear the homeless pleading and do not mock their prayer.*
Write this down for those to come, a people created to praise our God:
The Lord watches from on high, searches the earth from heaven.*
God hears the prisoner's groan and sets the doomed ones free.
They sing the Lord's name in Zion, God's praise in Jerusalem.*
There the nations and peoples gather to serve the Lord.

God has broken me in my prime, has cut short my days.*

I say: "My God, do not take me.

My life is only half-spent,*
while you live from age to age."

Long ago you made the earth, the heavens, too, are your work.*
Should they decay, you remain.

Should they wear out like a robe, like clothing changed and thrown away,*
You are still the same. Your years will never end.

May your servants' line last for ever,*
our children grow strong before you.

Hallel: Psalm 85

Lord, you loved your land, brought Jacob back,*
forgot our guilt, forgave our sins, swallowed your anger, your blazing
anger.

Bring us back, saving God. End your wrath.*
Will it stop, or drag on for ever?

Turn, revive us, nourish our joy.*
Show us mercy, save us, Lord!

I listen to God speaking: "I, the Lord, speak peace,*
peace to my faithful people who turn their hearts to me."

Salvation is coming near, glory is filling our land.*
Love and fidelity embrace, peace and justice kiss.

Fidelity sprouts from the earth,*
justice leans down from heaven.

The Lord pours out riches, our land springs to life.*
Justice clears God's path, justice points the way.

WEDNESDAY

Psalm 25

Lord, I give myself to you. I trust you God; do not fail me, nor let my enemies
gloat.*

No one loyal is shamed, but traitors know disgrace.

Teach me how to live Lord, show me the way.*

Steer me toward your truth, you, my saving God, you, my constant hope.

Recall your tenderness, your lasting love. Remember me, not my faults, the
sins of my youth.*

To show your goodness God, remember me.

Good and just is the Lord, guiding those who stray.*

God leads the poor, pointing out the path.

God's ways are faithful for those who keep the covenant.*

Be true to your name, O Lord, forgive my sin, though great.

Do you respect God? Then God will be your choice. Your life will be full,*
your heirs will keep the land. God befriends the faithful, teaches them the
covenant.

I keep looking to God to spring me from this trap.*

Turn, treat me as your friend, I am empty and poor.

Release my trapped heart, free me from my anguish.*

See my misery, my pain, take my sins away.

See how they mob me, this crowd that hates me.*

Protect me and save my life. Keep me from disgrace,
for I take shelter in you.

Let integrity stand guard as I wait for you.*

Free Israel, O God, from all its troubles.

Psalm 130

From the depths I call to you, Lord, hear my cry.*

Catch the sound of my voice raised up, pleading.

If you record our sins, Lord, who could survive?*

But because you forgive we stand in awe.

I trust in God's word, I trust in the Lord.*

More than sentries for dawn, I watch for the Lord.

More than sentries for dawn let Israel watch.*

The Lord will bring mercy and grant full pardon. The Lord will free Israel from all its sins.

Hallel: Psalm 103

My soul, bless the Lord, bless God's holy name *

My soul, bless the Lord, hold dear all God's gifts.

Bless God, who forgives your sin and heals every illness,*
who snatches you from death and enfolds you with tender care,

Who fills your life with richness and gives you an eagle's strength.*
The Lord, who works justice and defends the oppressed,
teaches Moses and Israel divine ways and deeds.

The Lord is tender and caring slow to anger, rich in love.*
God will not accuse us long, nor bring our sins to trial,
nor exact from us in kind what our sins deserve.

As high as heaven above earth, so great is God's love for believers.*
As far as east from west, so God removes our sins.

As tender as father to child, so gentle is God to believers.*
The Lord knows how we are made, remembers we are dust.

Our days pass by like grass, our prime like a flower in bloom.*
A wind comes, the flower goes, empty now its place.

God's love is from all ages, God's justice beyond all time*
for believers of each generation: those who keep the covenant, who take
care to live the law.

The Lord reigns from heaven, rules over all there is.*
Bless the Lord, you angels, strong and quick to obey, attending to God's
word.

Bless the Lord, you powers, eager to serve God's will.*
Bless the Lord, you creatures, everywhere under God's rule. My soul, bless
the Lord!

THURSDAY

Psalm 122

With joy I heard them say, "Let us go to the Lord's house!"*
And now, Jerusalem, we stand inside your gates.
Jerusalem, the city so built that city and temple are one.*
To you the tribes go up, every tribe of the Lord.
It is the law of Israel to honor God's name.*
The seats of law are here, the thrones of David's line.
Pray peace for Jerusalem: happiness for your homes,*
safety inside your walls, peace in your great houses.
For love of family and friends I say, "Peace be with you!"*
For love of the Lord's own house I pray for your good.

Psalm 16

Protect me, God, I turn to you for help.*
I profess, "You are my Lord, my greatest good."
I once put faith in false gods,*
in the idols of the land.
Now I make no offering to them, nor invoke their names.*
Those who chase after them add grief upon grief.
Lord, you measure out my portion, the shape of my future;*
you mark off the best place for me to enjoy my inheritance.
I bless God, who teaches me, who schools my heart, even at night.*
I am sure God is here, right beside me. I cannot be shaken.
So my heart rejoices, my body fills with life,*
my whole being rests secure.
You will not abandon me to Sheol, nor send your faithful one to death.*
You show me the road to life: boundless joy at your side for ever!

Hallel: Psalm 136

Our God is good, give thanks!*
God's love is for ever!
Our God of gods, give thanks! God's love is for ever!*
Our Lord of lords, give thanks! God's love is for ever!
Alone the maker of worlds! God's love is for ever!*Architect for the skies! God's love is for ever!

Spread land on the sea! God's love is for ever!*

Set the great lights above! God's love is for ever!

The sun to rule the day! God's love is for ever!*

The moon and stars, the night! God's love is for ever!

Struck down Egypt's firstborn! God's love is for ever!*

Guided Israel's escape! God's love is for ever!

Held out a mighty arm! God's love is for ever!*

Split in two the Reed Sea! God's love is for ever!

Led Israel across! God's love is for ever!*

Drowned Pharaoh and his troops! God's love is for ever!

Led the desert trek! God's love is for ever!*

Struck down mighty tribes! God's love is for ever!

Killed powerful kings!*

God's love is for ever!

Sihon, the Amorite king! God's love is for ever!*

And Og, Bashan's king! God's love is for ever!

Gave Israel a land! God's love is for ever!*

For God's servant to keep! God's love is for ever!

Remembered our distress! God's love is for ever!*

Kept us from defeat! God's love is for ever!

God feeds all living things! God's love is for ever!*

God in heaven, be thanked! God's love is for ever!

FRIDAY

Psalm 110

The Lord decrees to the king: “Take the throne at my right hand,*
I will make your enemies a footrest, I will raise your scepter
over Zion and beyond, over all your enemies.

“Your people stand behind you on the day you take command.*
You are made holy, splendid, newborn like the dawn, fresh like dew.”

God’s oath is firm: “You are a priest for ever, the rightful king by my decree.”*
The Lord stands at your side to destroy kings on the day of your wrath.

God executes judgment, crushes the heads of nations, and brings carnage
worldwide.*
The victor drinks from a wayside stream and rises refreshed.

Psalm 69:1–22, 30–37

Save me, God, water is up to my neck.*
I am sinking in the mud, without a rock to stand on, plunged in the deep
beneath the current.

I am tired of shouting, my throat is raw,*
my eyes swollen; I am worn out waiting for God.

Many hate me without cause, they outnumber the hairs on my head.*
I have fewer bones than I have lying enemies who demand that I return
what I did not steal.

God, you know my folly, my sins are plain to you.*
Lord, commander of heaven’s army,
may those who hope in you not be ashamed because of me.

May those seeking you not be humbled on my account,*
Lord God of Israel.

I bear shame and insult because I bear your name.*
Rejected by my family, I am a stranger to my kin.

My passion for your cause takes all my strength.*
Insults meant for you now fall on me.

Despite my tears and fasting, I gained only contempt.*
My sackcloth made me a joke. I was the butt of gossips, the victim of
drunkard’s taunts.

Lord, hear this prayer, favor me now with love, and send me your ready help.*
Lift me from the mud, keep me from sinking,
let me escape my tormentors and rise above the waters.

Do not let the waters drown me, the deep swallow me, the pit close me in its mouth.*

Answer me, Lord, turn to me with mercy and love.

Face me, I am desperate. Answer your servant now,*
come to my rescue, free me from my enemies.

You know my disgrace, my embarrassment and shame,*
you see my oppressors.

Their insults break my spirit, I am sick at heart.*
I looked for comfort and sympathy but found none.

They poisoned my food, and gave me vinegar to drink.*
I am ill, and in pain. Rescue me, God, lift me up.

Then I shall give thanks and praise God's name,*
for song pleases God more than cattle or bulls with horns and hooves.

Look and see, you oppressed, there is cause to rejoice for those who seek God.*
Let your hearts hope again, for the Lord hears the poor,
does not despise the imprisoned.

Praise God, heaven and earth, the seas and all that live in them,*
for God rescues Zion, rebuilds the towns of Judah for people to own and inhabit.

Their offspring will inherit Judah,*
and those who serve God's name will make it their home.

Hallel: Psalm 98

Sing to the Lord a new song, the Lord of wonderful deeds.*
Right hand and holy arm brought victory to God.

God made that victory known, revealed justice to nations,*
remembered a merciful love loyal to the house of Israel.

The ends of the earth have seen the victory of our God.*
Shout to the Lord, you earth, break into song, into praise!

Sing praise to God with a harp, with a harp and sound of music.*
With sound of trumpet and horn, shout to the Lord, our king.

Let the sea roar with its creatures, the world and all that live there!*

Let rivers clap their hands, the hills ring out their joy!

The Lord our God comes, comes to rule the earth,*
justly to rule the world, to govern the peoples aright.

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