



Psalms in Focus: 11-20



St. Ann
& the Holy Trinity
Episcopal Church

11 *In Domino confido*

- 1 In the LORD have I taken refuge; *
how then can you say to me,
"Fly away like a bird to the hilltop;
- 2 For see how the wicked bend the bow
and fit their arrows to the string, *
to shoot from ambush at the true of heart.
- 3 When the foundations are being destroyed, *
what can the righteous do?"
- 4 The LORD is in his holy temple; *
the LORD'S throne is in heaven.
- 5 His eyes behold the inhabited world; *
his piercing eye weighs our worth.
- 6 The LORD weighs the righteous as well as the wicked, *
but those who delight in violence he abhors.
- 7 Upon the wicked he shall rain coals of fire and
burning sulphur; *
a scorching wind shall be their lot.
- 8 For the LORD is righteous;
he delights in righteous deeds; *
and the just shall see his face.

Second Day: Evening Prayer

12 *Salvum me fac*

- 1 Help me, LORD, for there is no godly one left; *
the faithful have vanished from among us.
- 2 Everyone speaks falsely with his neighbor; *
with a smooth tongue they speak from a double heart.
- 3 Oh, that the LORD would cut off all smooth tongues, *
and close the lips that utter proud boasts!
- 4 Those who say, "With our tongue will we prevail; *
our lips are our own; who is lord over us?"
- 5 "Because the needy are oppressed,
and the poor cry out in misery, *
I will rise up," says the LORD,
"and give them the help they long for."
- 6 The words of the LORD are pure words, *
like silver refined from ore
and purified seven times in the fire.
- 7 O LORD, watch over us *
and save us from this generation for ever.
- 8 The wicked prowl on every side, *
and that which is worthless is
highly prized by everyone.

13 *Usquequo, Domine?*

- 1 How long, O LORD?
will you forget me for ever? *
how long will you hide your face from me?
- 2 How long shall I have perplexity in my mind,
and grief in my heart, day after day? *
how long shall my enemy triumph over me?
- 3 Look upon me and answer me, O LORD my God; *
give light to my eyes, lest I sleep in death;
- 4 Lest my enemy say, "I have prevailed over him," *
and my foes rejoice that I have fallen.
- 5 But I put my trust in your mercy; *
my heart is joyful because of your saving help.
- 6 I will sing to the LORD, for he has dealt
with me richly; *
I will praise the Name of the Lord Most High.

14 *Dixit insipiens*

- 1 The fool has said in his heart, "There is no God." *
All are corrupt and commit abominable acts;
there is none who does any good.
- 2 The LORD looks down from heaven upon us all, *
to see if there is any who is wise,
if there is one who seeks after God.
- 3 Every one has proved faithless;
all alike have turned bad; *
there is none who does good; no, not one.
- 4 Have they no knowledge, all those evildoers *
who eat up my people like bread
and do not call upon the LORD?
- 5 See how they tremble with fear, *
because God is in the company of the righteous.
- 6 Their aim is to confound the plans of the afflicted,
but the LORD is their refuge.
- 7 Oh, that Israel's deliverance would come out of Zion! *
when the LORD restores the fortunes of his people,
Jacob will rejoice and Israel be glad.

Third Day: Morning Prayer

15 *Domine, quis habitabit?*

- 1 LORD, who may dwell in your tabernacle? *
who may abide upon your holy hill?
- 2 Whoever leads a blameless life and does what is right,*
who speaks the truth from his heart.
- 3 There is no guile upon his tongue;
he does no evil to his friend; *
he does not heap contempt upon his neighbor.
- 4 In his sight the wicked is rejected, *
but he honors those who fear the LORD.
- 5 He has sworn to do no wrong *
and does not take back his word.
- 6 He does not give his money in hope of gain, *
nor does he take a bribe against the innocent.
- 7 Whoever does these things *
shall never be overthrown.

16 *Conserva me, Domine*

- 1 Protect me, O God, for I take refuge in you; *
I have said to the LORD, "You are my Lord,
my good above all other."
- 2 All my delight is upon the godly that are in the land, *
upon those who are noble among the people.
- 3 But those who run after other gods *
shall have their troubles multiplied.
- 4 Their libations of blood I will not offer, *
nor take the names of their gods upon my lips.
- 5 O LORD, you are my portion and my cup; *
it is you who uphold my lot.
- 6 My boundaries enclose a pleasant land; *
indeed, I have a goodly heritage.
- 7 I will bless the LORD who gives me counsel; *
my heart teaches me, night after night.
- 8 I have set the LORD always before me; *
because he is at my right hand I shall not fall.
- 9 My heart, therefore, is glad, and my spirit rejoices; *
my body also shall rest in hope.
- 10 For you will not abandon me to the grave, *
nor let your holy one see the Pit.
- 11 You will show me the path of life; *
in your presence there is fullness of joy,
and in your right hand are pleasures for evermore.

17 *Exaudi, Domine*

- 1 Hear my plea of innocence, O LORD;
give heed to my cry; *
listen to my prayer, which does not
come from lying lips.
- 2 Let my vindication come forth from your presence; *
let your eyes be fixed on justice.
- 3 Weigh my heart, summon me by night, *
melt me down; you will find no impurity in me.
- 4 I give no offense with my mouth as others do; *
I have heeded the words of your lips.
- 5 My footsteps hold fast to the ways of your law; *
in your paths my feet shall not stumble.
- 6 I call upon you, O God, for you will answer me; *
incline your ear to me and hear my words.
- 7 Show me your marvelous loving-kindness, *
O Savior of those who take refuge at your right
hand from those who rise up against them.
- 8 Keep me as the apple of your eye; *
hide me under the shadow of your wings,
- 9 From the wicked who assault me, *
from my deadly enemies who surround me.
- 10 They have closed their heart to pity, *
and their mouth speaks proud things.

17 Exaudi, Domine (*cont.*)

- 11 They press me hard,
now they surround me, *
watching how they may cast me to the ground,
- 12 Like a lion, greedy for its prey, *
and like a young lion lurking in secret places.
- 13 Arise, O LORD; confront them and bring them down; *
deliver me from the wicked by your sword.
- 14 Deliver me, O LORD, by your hand *
from those whose portion in life is this world;
- 15 Whose bellies you fill with your treasure, *
who are well supplied with children
and leave their wealth to their little ones.
- 16 But at my vindication I shall see your face; *
when I awake, I shall be satisfied, beholding
your likeness.

Third Day: Evening Prayer

18 Part I *Diligam te, Domine.*

- 1 I love you, O LORD my strength, *
O LORD my stronghold, my crag, and my haven.
- 2 My God, my rock in whom I put my trust, *
my shield, the horn of my salvation, and my refuge;
you are worthy of praise.
- 3 I will call upon the LORD, *
and so shall I be saved from my enemies.
- 4 The breakers of death rolled over me, *
and the torrents of oblivion made me afraid.
- 5 The cords of hell entangled me, *
and the snares of death were set for me.
- 6 I called upon the LORD in my distress *
and cried out to my God for help.
- 7 He heard my voice from his heavenly dwelling; *
my cry of anguish came to his ears.
- 8 The earth reeled and rocked; *
the roots of the mountains shook;
they reeled because of his anger.
- 9 Smoke rose from his nostrils
and a consuming fire out of his mouth; *
hot burning coals blazed forth from him.
- 10 He parted the heavens and came down *
with a storm cloud under his feet.

18 Part I *Diligam te Domine. (cont.)*

- 11 He mounted on cherubim and flew; *
he swooped on the wings of the wind.
- 12 He wrapped darkness about him; *
he made dark waters and thick clouds his pavilion.
- 13 From the brightness of his presence, through the clouds,*
burst hailstones and coals of fire.
- 14 The LORD thundered out of heaven; *
the Most High uttered his voice.
- 15 He loosed his arrows and scattered them; *
he hurled thunderbolts and routed them.
- 16 The beds of the seas were uncovered,
and the foundations of the world laid bare, *
at your battle cry, O LORD,
at the blast of the breath of your nostrils.
- 17 He reached down from on high and grasped me; *
he drew me out of great waters.
- 18 He delivered me from my strong enemies
and from those who hated me; *
for they were too mighty for me.
- 19 They confronted me in the day of my disaster; *
but the LORD was my support.
- 20 He brought me out into an open place; *
he rescued me because he delighted in me.

18 Part II *Et retribuet mihi*

- 21 The LORD rewarded me because of my
righteous dealing;
because my hands were clean he rewarded me;
- 22 For I have kept the ways of the LORD *
and have not offended against my God;
- 23 For all his judgments are before my eyes, *
and his decrees I have not put away from me;
- 24 For I have been blameless with him *
and have kept myself from iniquity;
- 25 Therefore the LORD rewarded me according to my
righteous dealing, *
because of the cleanness of my hands in his sight.
- 26 With the faithful you show yourself faithful, O God; *
with the forthright you show yourself forthright.
- 27 With the pure you show yourself pure, *
but with the crooked you are wily.
- 28 You will save a lowly people, *
but you will humble the haughty eyes.
- 29 You, O LORD, are my lamp; *
my God, you make my darkness bright.
- 30 With you I will break down an enclosure; *
with the help of my God I will scale any wall.
- 31 As for God, his ways are perfect;
the words of the LORD are tried in the fire; *
he is a shield to all who trust in him.

18 Part II *Et retribuet mihi (cont.)*

32 For who is God, but the LORD? *
who is the Rock, except our God?

33 It is God who girds me about with strength *
and makes my way secure.

34 He makes me sure-footed like a deer *
and lets me stand firm on the heights.

35 He trains my hands for battle *
and my arms for bending even a bow of bronze.

36 You have given me your shield of victory; *
your right hand also sustains me;
your loving care makes me great.

37 You lengthen my stride beneath me, *
and my ankles do not give way.

38 I pursue my enemies and overtake them; *
I will not turn back till I have destroyed them.

39 I strike them down, and they cannot rise; *
they fall defeated at my feet.

40 You have girded me with strength for the battle; *
you have cast down my adversaries beneath me;
you have put my enemies to flight.

41 I destroy those who hate me;
They cry out, but there is none to help them; *
they cry to the LORD, but he does not answer.

18 Part II *Et retribuet mihi (cont.)*

- 42 I beat them small like dust before the wind; *
I trample them like mud in the streets.
- 43 You deliver me from the strife of the peoples; *
you put me at the head of the nations.
- 44 A people I have not known shall serve me;
no sooner shall they hear than
they shall obey me; * strangers will cringe before me.
- 45 The foreign peoples will lose heart; *
they shall come trembling out of their strongholds.
- 46 The LORD lives! Blessed is my Rock! *
Exalted is the God of my salvation!
- 47 He is the God who gave me victory *
and cast down the peoples beneath me.
- 48 You rescued me from the fury of my enemies;
you exalted me above those who rose against me; *
you saved me from my deadly foe.
- 49 Therefore will I extol you among
the nations, O LORD, *
and sing praises to your Name.
- 50 He multiplies the victories of his king; *
he shows loving-kindness to his anointed,
to David and his descendants for ever.

Fourth Day: Morning Prayer

19 *Caeli enarrant*

- 1 The heavens declare the glory of God, *
the firmament shows his handiwork.
- 2 One day tells its tale to another, *
and one night imparts knowledge to another.
- 3 Although they have no words or language, *
and their voices are not heard,
- 4 Their sound has gone out into all lands, *
and their message to the ends of the world.
- 5 In the deep has he set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.
- 6 It goes forth from the uttermost edge of the heavens
and runs about to the end of it again; *
nothing is hidden from its burning heat.
- 7 The law of the LORD is perfect
and revives the soul; *
the testimony of the LORD is sure
and gives wisdom to the innocent.
- 8 The statutes of the LORD are just
and rejoice the heart; *
the commandment of the LORD is clear
and gives light to the eyes.
- 9 The fear of the LORD is clean
and endures for ever; *
the judgments of the LORD are true
and righteous altogether.

19 *Caeli enarrant (cont.)*

10 More to be desired are they than gold,
more than much fine gold, *
sweeter far than honey,
than honey in the comb.

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

12 Who can tell how often he offends? *
cleanse me from my secret faults.

13 Above all, keep your servant from presumptuous sins;
let them not get dominion over me; *
then shall I be whole and sound,
and innocent of a great offense.

14 Let the words of my mouth and the meditation of my
heart be acceptable in your sight, *
O LORD, my strength and my redeemer.

20 *Exaudiat te Dominus*

- 1 May the LORD answer you in the day of trouble, *
the Name of the God of Jacob defend you;
- 2 Send you help from his holy place *
and strengthen you out of Zion;
- 3 Remember all your offerings *
and accept your burnt sacrifice;
- 4 Grant you your heart's desire *
and prosper all your plans.
- 5 We will shout for joy at your victory
and triumph in the Name of our God; *
may the LORD grant all your requests.
- 6 Now I know that the LORD gives victory
to his anointed; *
he will answer him out of his holy heaven,
with the victorious strength of his right hand.
- 7 Some put their trust in chariots and some in horses, *
but we will call upon the
Name of the LORD our God.
- 8 They collapse and fall down, *
but we will arise and stand upright.
- 9 O LORD, give victory to the king *
and answer us when we call.