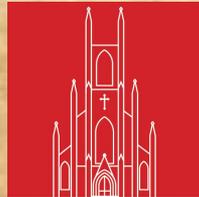


Psalms in Focus: 121-130



St. Ann
& the Holy Trinity
Episcopal Church



121 *Levavi oculos*

- 1 I lift up my eyes to the hills; *
from where is my help to come?
- 2 My help comes from the LORD, *
the maker of heaven and earth.
- 3 He will not let your foot be moved *
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;
- 5 The LORD himself watches over you; *
the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, *
nor the moon by night.
- 7 The LORD shall preserve you from all evil; *
it is he who shall keep you safe.
- 8 The LORD shall watch over your going out and
your coming in, *
from this time forth for evermore.

122 *Lætatus sum*

1 I was glad when they said to me, *
"Let us go to the house of the LORD."

2 Now our feet are standing *
within your gates, O Jerusalem.

3 Jerusalem is built as a city *
that is at unity with itself;

4 To which the tribes go up,
the tribes of the LORD, *
the assembly of Israel,
to praise the Name of the LORD.

5 For there are the thrones of judgment, *
the thrones of the house of David.

6 Pray for the peace of Jerusalem: *
"May they prosper who love you.

7 Peace be within your walls *
and quietness within your towers.

8 For my brethren and companions' sake, *
I pray for your prosperity.

9 Because of the house of the LORD our God, *
I will seek to do you good."

123 *Ad te levavi oculos meos*

- 1 To you I lift up my eyes, *
to you enthroned in the heavens.
- 2 As the eyes of servants look to the hand of their masters, *
and the eyes of a maid to the hand of her mistress,
- 3 So our eyes look to the LORD our God, *
until he show us his mercy.
- 4 Have mercy upon us, O LORD, have mercy, *
for we have had more than enough of contempt,
- 5 Too much of the scorn of the indolent rich, *
and of the derision of the proud.

124 *Nisi quia Dominus*

- 1 If the LORD had not been on our side, *
let Israel now say;
- 2 If the LORD had not been on our side, *
when enemies rose up against us;
- 3 Then would they have swallowed us up alive *
in their fierce anger toward us;
- 4 Then would the waters have overwhelmed us *
and the torrent gone over us;
- 5 Then would the raging waters *
have gone right over us.
- 6 Blessed be the LORD! *
he has not given us over to be a prey for their teeth.
- 7 We have escaped like a bird from the snare of the fowler; *
the snare is broken, and we have escaped.
- 8 Our help is in the Name of the LORD, *
the maker of heaven and earth.

125 *Qui confidunt*

1 Those who trust in the LORD are like Mount Zion, *
which cannot be moved, but stands fast for ever.

2 The hills stand about Jerusalem; *
so does the LORD stand round about his people,
from this time forth for evermore.

3 The scepter of the wicked shall not hold sway over the
land allotted to the just, *
so that the just shall not put their hands to evil.

4 Show your goodness, O LORD,
to those who are good *
and to those who are true of heart.

5 As for those who turn aside to crooked ways,
the LORD will lead them away with the evildoers; *
but peace be upon Israel.

Twenty-seventh Day: Evening Prayer

126 *In convertendo*

- 1 When the LORD restored the fortunes of Zion, *
then were we like those who dream.
- 2 Then was our mouth filled with laughter, *
and our tongue with shouts of joy.
- 3 Then they said among the nations, *
"The LORD has done great things for them."
- 4 The LORD has done great things for us, *
and we are glad indeed.

- 5 Restore our fortunes, O LORD, *
like the watercourses of the Negev.
- 6 Those who sowed with tears *
will reap with songs of joy.
- 7 Those who go out weeping, carrying the seed, *
will come again with joy, shouldering their sheaves.

127 *Nisi Dominus*

1 Unless the LORD builds the house, *
their labor is in vain who build it

2 Unless the LORD watches over the city, *
in vain the watchman keeps his vigil.

3 It is in vain that you rise so early and go to bed so late; *
vain, too, to eat the bread of toil,
for he gives to his beloved sleep.

4 Children are a heritage from the LORD, *
and the fruit of the womb is a gift.

5 Like arrows in the hand of a warrior *
are the children of one's youth.

6 Happy is the man who has his quiver full of them! *
he shall not be put to shame
when he contends with his enemies in the gate.

128 *Beati omnes*

1 Happy are they all who fear the LORD, *
and who follow in his ways!

2 You shall eat the fruit of your labor; *
happiness and prosperity shall be yours.

3 Your wife shall be like a fruitful vine
within your house, *
your children like olive shoots round
about your table.

4 The man who fears the LORD *
shall thus indeed be blessed.

5 The LORD bless you from Zion, *
and may you see the prosperity of Jerusalem
all the days
of your life.

6 May you live to see your children's children; *
may peace be upon Israel.

129 *Sæpe expugnaverunt*

1 "Greatly have they oppressed me since my youth," *
let Israel now say;

2 "Greatly have they oppressed me since my youth, *
but they have not prevailed against me."

3 The plowmen plowed upon my back *
and made their furrows long.

4 The LORD, the Righteous One, *
has cut the cords of the wicked.

5 Let them be put to shame and thrown back, *
all those who are enemies of Zion.

6 Let them be like grass upon the housetops, *
which withers before it can be plucked;

7 Which does not fill the hand of the reaper, *
nor the bosom of him who binds the sheaves;

8 So that those who go by say not so much as,
"The LORD prosper you. *
We wish you well in the Name of the LORD."

130 *De profundis*

- 1 Out of the depths have I called to you, O LORD;
LORD, hear my voice; *
let your ears consider well the voice of my supplication.
- 2 If you, LORD, were to note what is done amiss, *
O LORD, who could stand?
- 3 For there is forgiveness with you; *
therefore you shall be feared.
- 4 I wait for the LORD; my soul waits for him; *
in his word is my hope.
- 5 My soul waits for the LORD,
more than watchmen for the morning, *
more than watchmen for the morning.
- 6 O Israel, wait for the LORD, *
for with the LORD there is mercy;
- 7 With him there is plenteous redemption, *
and he shall redeem Israel from all their sins.