



# Psalms in Focus: 131-140



St. Ann  
& the Holy Trinity  
Episcopal Church

## 131 *Domine, non est*

- 1 O LORD, I am not proud; \*  
I have no haughty looks.
- 2 I do not occupy myself with great matters, \*  
or with things that are too hard for me.
- 3 But I still my soul and make it quiet,  
like a child upon its mother's breast; \*  
my soul is quieted within me.
- 4 O Israel, wait upon the LORD, \*  
from this time forth for evermore.

Twenty-eighth Day: Morning Prayer

## 132 *Memento, Domine*

- 1 LORD, remember David, \*  
and all the hardships he endured;
- 2 How he swore an oath to the LORD \*  
and vowed a vow to the Mighty One of Jacob:
- 3 "I will not come under the roof of my house, \*  
nor climb up into my bed;
- 4 I will not allow my eyes to sleep, \*  
nor let my eyelids slumber;
- 5 Until I find a place for the LORD, \*  
a dwelling for the Mighty One of Jacob."
- 6 "The ark! We heard it was in Ephratah; \*  
we found it in the fields of Jearim.
- 7 Let us go to God's dwelling place; \*  
let us fall upon our knees before his footstool."
- 8 Arise, O LORD, into your resting-place, \*  
you and the ark of your strength.
- 9 Let your priests be clothed with righteousness; \*  
let your faithful people sing with joy.
- 10 For your servant David's sake, \*  
do not turn away the face of your Anointed.

## 132 *Memento, Domine (cont.)*

11 The LORD has sworn an oath to David; \*  
in truth, he will not break it:

12 "A son, the fruit of your body \*  
will I set upon your throne.

13 If your children keep my covenant  
and my testimonies that I shall teach them, \*  
their children will sit  
upon your throne for evermore."

14 For the LORD has chosen Zion; \*  
he has desired her for his habitation:

15 "This shall be my resting-place for ever; \*  
here will I dwell, for I delight in her.

16 I will surely bless her provisions, \*  
and satisfy her poor with bread.

17 I will clothe her priests with salvation, \*  
and her faithful people will rejoice and sing.

18 There will I make the horn of David flourish; \*  
I have prepared a lamp for my Anointed.

19 As for his enemies, I will clothe them with shame; \*  
but as for him, his crown will shine."

## 133 *Ecce, quam bonum!*

- 1 Oh, how good and pleasant it is, \*  
when brethren live together in unity!
- 2 It is like fine oil upon the head \*  
that runs down upon the beard,
- 3 Upon the beard of Aaron, \*  
and runs down upon the collar of his robe.
- 4 It is like the dew of Hermon \*  
that falls upon the hills of Zion.
- 5 For there the LORD has ordained the blessing: \*  
life for evermore.

## 134 *Ecce nunc*

- 1 Behold now, bless the LORD, all you servants of the LORD, \*  
you that stand by night in the house of the LORD.
- 2 Lift up your hands in the holy place and bless the LORD; \*  
the LORD who made heaven and earth bless  
you out of Zion.

## 135 *Laudate nomen*

- 1 Hallelujah!  
Praise the Name of the LORD; \*  
give praise, you servants of the LORD.
- 2 You who stand in the house of the LORD, \*  
in the courts of the house of our God.
- 3 Praise the LORD, for the LORD is good; \*  
sing praises to his Name, for it is lovely.
- 4 For the LORD has chosen Jacob for himself \*  
and Israel for his own possession.
- 5 For I know that the LORD is great, \*  
and that our Lord is above all gods.
- 6 The LORD does whatever pleases him,  
in heaven and on earth, \*  
in the seas and all the deeps.
- 7 He brings up rain clouds from the ends of the earth; \*  
he sends out lightning with the rain,  
and brings the winds out of his storehouse.
- 8 It was he who struck down the firstborn of Egypt, \*  
the firstborn both of man and beast.
- 9 He sent signs and wonders into the midst of you, O Egypt, \*  
against Pharaoh and all his servants.
- 10 He overthrew many nations \*  
and put mighty kings to death

## 135 *Laudate nomen*

- 11 Sihon, king of the Amorites, and Og,  
the king of Bashan, \*  
and all the kingdoms of Canaan.
- 12 He gave their land to be an inheritance, \*  
an inheritance for Israel his people.
- 13 O LORD, your Name is everlasting; \*  
your renown, O LORD, endures from age to age.
- 14 For the LORD gives his people justice \*  
and shows compassion to his servants.
- 15 The idols of the heathen are silver and gold, \*  
the work of human hands.
- 16 They have mouths, but they cannot speak; \*  
eyes have they, but they cannot see.
- 17 They have ears, but they cannot hear; \*  
neither is there any breath in their mouth.
- 18 Those who make them are like them, \*  
and so are all who put their trust in them.
- 19 Bless the LORD, O house of Israel; \*  
O house of Aaron, bless the LORD.
- 20 Bless the LORD, O house of Levi; \*  
you who fear the LORD, bless the LORD.
- 21 Blessed be the LORD out of Zion, \*  
who dwells in Jerusalem.  
Hallelujah!

Twenty-eighth Day: Evening Prayer

## 136 *Confitemini*

- 1 Give thanks to the LORD, for he is good, \*  
for his mercy endures for ever.
- 2 Give thanks to the God of gods, \*  
for his mercy endures for ever.
- 3 Give thanks to the Lord of lords, \*  
for his mercy endures for ever.
- 4 Who only does great wonders, \*  
for his mercy endures for ever;
- 5 Who by wisdom made the heavens, \*  
for his mercy endures for ever;
- 6 Who spread out the earth upon the waters, \*  
for his mercy endures for ever;
- 7 Who created great lights, \*  
for his mercy endures for ever;
- 8 The sun to rule the day, \*  
for his mercy endures for ever;

## 136 *Confitemini (cont.)*

9 The moon and the stars to govern the night, \*  
for his mercy endures for ever.

10 Who struck down the firstborn of Egypt, \*  
for his mercy endures for ever;

11 And brought out Israel from among them, \*  
for his mercy endures for ever;

12 With a mighty hand and a stretched-out arm, \*  
for his mercy endures for ever

13 Who divided the Red Sea in two, \*  
for his mercy endures for ever;

14 And made Israel to pass through the midst of it, \*  
for his mercy endures for ever;

15 But swept Pharaoh and his army into the Red Sea, \*  
for his mercy endures for ever;

16 Who led his people through the wilderness, \*  
for his mercy endures for ever.

17 Who struck down great kings, \*  
for his mercy endures for ever;

18 And slew mighty kings, \*  
for his mercy endures for ever;

## 136 *Confitemini (cont.)*

- 19 Sihon, king of the Amorites, \*  
for his mercy endures for ever;
- 20 And Og, the king of Bashan, \*  
for his mercy endures for ever;
- 21 And gave away their lands for an inheritance, \*  
for his mercy endures for ever;
- 22 An inheritance for Israel his servant, \*  
for his mercy endures for ever.
- 23 Who remembered us in our low estate, \*  
for his mercy endures for ever;
- 24 And delivered us from our enemies, \*  
for his mercy endures for ever;
- 25 Who gives food to all creatures, \*  
for his mercy endures for ever.
- 26 Give thanks to the God of heaven, \*  
for his mercy endures for ever.

## 137 *Super flumina*

- 1 By the waters of Babylon we sat down and wept, \*  
when we remembered you, O Zion.
- 2 As for our harps, we hung them up \*  
on the trees in the midst of that land.
- 3 For those who led us away captive asked us for a song  
and our oppressors called for mirth: \*  
"Sing us one of the songs of Zion."
- 4 How shall we sing the LORD'S song \*  
upon an alien soil?
- 5 If I forget you, O Jerusalem, \*  
let my right hand forget its skill.
- 6 Let my tongue cleave to the roof of my mouth  
if I do not remember you, \*  
if I do not set Jerusalem above my highest joy.
- 7 Remember the day of Jerusalem, O LORD,  
against the people of Edom, \*  
who said, "Down with it! down with it  
even to the ground!"
- 8 O Daughter of Babylon, doomed to destruction, \*  
happy the one who pays you back  
for what you have done to us!
- 9 Happy shall he be who takes your little ones, \*  
and dashes them against the rock!

## 138 *Confitebor tibi*

- 1 I will give thanks to you, O LORD,  
with my whole heart;  
before the gods I will sing your praise.
- 2 I will bow down toward your holy temple  
and praise your Name, \*  
because of your love and faithfulness;
- 3 For you have glorified your Name \*  
and your word above all things.
- 4 When I called, you answered me; \*  
you increased my strength within me.
- 5 All the kings of the earth will praise you, O LORD, \*  
when they have heard the words of your mouth.
- 6 They will sing of the ways of the LORD, \*  
that great is the glory of the LORD.
- 7 Though the LORD be high, he cares for the lowly; \*  
he perceives the haughty from afar.
- 8 Though I walk in the midst of trouble,  
you keep me safe; \*  
you stretch forth your hand against the  
fury of my enemies;  
your right hand shall save me.
- 9 The LORD will make good his purpose for me; \*  
O LORD, your love endures for ever;  
do not abandon the works of your hands.

Twenty-ninth Day: Morning Prayer

## 139 *Domine, probasti*

- 1 LORD, you have searched me out and known me; \*  
you know my sitting down and my rising up;  
you discern my thoughts from afar.
- 2 You trace my journeys and my resting-places \*  
and are acquainted with all my ways.
- 3 Indeed, there is not a word on my lips, \*  
but you, O LORD, know it altogether.
- 4 You press upon me behind and before \*  
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me; \*  
it is so high that I cannot attain to it.
- 6 Where can I go then from your Spirit? \*  
where can I flee from your presence?
- 7 If I climb up to heaven, you are there; \*  
if I make the grave my bed, you are there also.
- 8 If I take the wings of the morning \*  
and dwell in the uttermost parts of the sea,
- 9 Even there your hand will lead me \*  
and your right hand hold me fast.
- 10 If I say, "Surely the darkness will cover me, \*  
and the light around me turn to night,"
- 11 Darkness is not dark to you;  
the night is as bright as the day; \*  
darkness and light to you are both alike.
- 12 For you yourself created my inmost parts; \*  
you knit me together in my mother's womb.

## 139 *Domine, probasti (cont.)*

- 13 I will thank you because I am marvelously made; \*  
your works are wonderful, and I know it well.
- 14 My body was not hidden from you, \*  
while I was being made in secret  
and woven in the depths of the earth.
- 15 Your eyes beheld my limbs, yet unfinished in the womb;  
all of them were written in your book; \*  
they were fashioned day by day,  
when as yet there was none of them.
- 16 How deep I find your thoughts, O God! \*  
how great is the sum of them!
- 17 If I were to count them, they would be more in number  
than the sand; \*  
to count them all, my life span would need to  
be like yours.
- 18 Oh, that you would slay the wicked, O God! \*  
You that thirst for blood, depart from me.
- 19 They speak despitefully against you; \*  
your enemies take your Name in vain.
- 20 Do I not hate those, O LORD, who hate you? \*  
and do I not loathe those who rise up against you?
- 21 I hate them with a perfect hatred; \*  
they have become my own enemies.
- 22 Search me out, O God, and know my heart; \*  
try me and know my restless thoughts.
- 23 Look well whether there be any wickedness in me \*  
and lead me in the way that is everlasting.

## 140 *Eripe me, Domine*

- 1 Deliver me, O LORD, from evildoers; \*  
protect me from the violent,
- 2 Who devise evil in their hearts \*  
and stir up strife all day long.
- 3 They have sharpened their tongues like a serpent; \*  
adder's poison is under their lips.
- 4 Keep me, O LORD, from the hands of the wicked; \*  
protect me from the violent,  
who are determined to trip me up.
- 5 The proud have hidden a snare for me  
and stretched out a net of cords; \*  
they have set traps for me along the path.
- 6 I have said to the LORD, "You are my God; \*  
listen, O LORD, to my supplication.
- 7 O Lord GOD, the strength of my salvation, \*  
you have covered my head in the day of battle.
- 8 Do not grant the desires of the wicked, O LORD, \*  
nor let their evil plans prosper.
- 9 Let not those who surround me lift up their heads; \*  
let the evil of their lips overwhelm them.
- 10 Let hot burning coals fall upon them; \*  
let them be cast into the mire, never to rise up again."
- 11 A slanderer shall not be established on the earth, \*  
and evil shall hunt down the lawless.
- 12 I know that the LORD will maintain  
the cause of the poor \*  
and render justice to the needy.
- 13 Surely, the righteous will give thanks to your Name, \*  
and the upright shall continue in your sight.