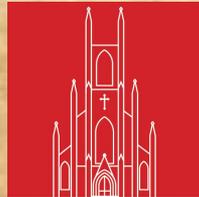


Psalms in Focus: 141-150



St. Ann
& the Holy Trinity
Episcopal Church



141 *Domine, clamavi*

- 1 O LORD, I call to you; come to me quickly; *
hear my voice when I cry to you.
- 2 Let my prayer be set forth in your sight as incense, *
the lifting up of my hands as the evening sacrifice.
- 3 Set a watch before my mouth, O LORD,
and guard the door of my lips; *
let not my heart incline to any evil thing.
- 4 Let me not be occupied in wickedness with evildoers, *
nor eat of their choice foods.
- 5 Let the righteous smite me in friendly rebuke;
let not the oil of the unrighteous anoint my head; *
for my prayer is continually against their wicked deeds.
- 6 Let their rulers be overthrown in stony places, *
that they may know my words are true.
- 7 As when a plowman turns over the earth in furrows, *
let their bones be scattered at the mouth of the grave.
- 8 But my eyes are turned to you, Lord GOD; *
in you I take refuge;
do not strip me of my life.
- 9 Protect me from the snare which they have laid for me *
and from the traps of the evildoers.
- 10 Let the wicked fall into their own nets, *
while I myself escape.

142 *Voce mea ad Dominum*

- 1 I cry to the LORD with my voice; *
to the LORD I make loud supplication.
- 2 I pour out my complaint before him *
and tell him all my trouble.
- 3 When my spirit languishes within me, you know my path; *
in the way wherein I walk they have hidden a trap for
Me.
- 4 I look to my right hand and find no one who knows me; *
I have no place to flee to, and no one cares for me.
- 5 I cry out to you, O LORD; *
I say, "You are my refuge,
my portion in the land of the living."
- 6 Listen to my cry for help, for I have
been brought very low; *
save me from those who pursue me,
for they are too strong for me.
- 7 Bring me out of prison, that I may give
thanks to your Name; *
when you have dealt bountifully with me,
the righteous will gather around me.

143 *Domine, exaudi*

- 1 LORD, hear my prayer,
and in your faithfulness heed my supplications; *
answer me in your righteousness.
- 2 Enter not into judgment with your servant, *
for in your sight shall no one living be justified.
- 3 For my enemy has sought my life; he has crushed me to
the ground; *
he has made me live in dark places like those who
are long dead.
- 4 My spirit faints within me; *
my heart within me is desolate.
- 5 I remember the time past;
I muse upon all your deeds; *
I consider the works of your hands.
- 6 I spread out my hands to you; *
my soul gasps to you like a thirsty land.

143 *Domine, exaudi (cont.)*

- 7 O LORD, make haste to answer me;
my spirit fails me; *
do not hide your face from me
or I shall be like those who go down to the Pit.
- 8 Let me hear of your loving-kindness in the morning,
for I put my trust in you; *
show me the road that I must walk,
for I lift up my soul to you.
- 9 Deliver me from my enemies, O LORD, *
for I flee to you for refuge.
- 10 Teach me to do what pleases you,
for you are my God; *
let your good Spirit lead me on level ground.
- 11 Revive me, O LORD, for your Name's sake; *
for your righteousness' sake, bring me out of trouble.
- 12 Of your goodness, destroy my enemies
and bring all my foes to naught, *
for truly I am your servant.

Thirtieth Day: Morning Prayer

144 *Benedictus Dominus*

- 1 Blessed be the LORD my rock! *
who trains my hands to fight and my fingers to battle;
- 2 My help and my fortress, my stronghold and my deliverer, *
my shield in whom I trust,
who subdues the peoples under me.
- 3 O LORD, what are we that you should care for us? *
mere mortals that you should think of us?
- 4 We are like a puff of wind; *
our days are like a passing shadow.
- 5 Bow your heavens, O LORD, and come down; *
touch the mountains, and they shall smoke.
- 6 Hurl the lightning and scatter them; *
shoot out your arrows and rout them.
- 7 Stretch out your hand from on high; *
rescue me and deliver me from the great waters,
from the hand of foreign peoples,
- 8 Whose mouths speak deceitfully *
and whose right hand is raised in falsehood.

144 *Benedictus Dominus (cont.)*

- 9 O God, I will sing to you a new song; *
I will play to you on a ten-stringed lyre.
- 10 You give victory to kings *
and have rescued David your servant.
- 11 Rescue me from the hurtful sword *
and deliver me from the hand of foreign peoples,
- 12 Whose mouths speak deceitfully *
and whose right hand is raised in falsehood.
- 13 May our sons be like plants well nurtured
from their youth, *
and our daughters like sculptured corners of a palace.
- 14 May our barns be filled to overflowing with all manner
of crops; *
may the flocks in our pastures increase by thousands
and tens of thousands;
may our cattle be fat and sleek.
- 15 May there be no breaching of the walls,
no going into exile, *
no wailing in the public squares.
- 16 Happy are the people of whom this is so! *
happy are the people whose God is the LORD!

145 *Exaltabo te, Deus*

- 1 I will exalt you, O God my King, *
and bless your Name for ever and ever.
- 2 Every day will I bless you *
and praise your Name for ever and ever.
- 3 Great is the LORD and greatly to be praised; *
there is no end to his greatness.
- 4 One generation shall praise your works to another *
and shall declare your power.
- 5 I will ponder the glorious splendor of your majesty *
and all your marvelous works.
- 6 They shall speak of the might of your wondrous acts, *
and I will tell of your greatness.
- 7 They shall publish the remembrance
of your great goodness; *
they shall sing of your righteous deeds.
- 8 The LORD is gracious and full of compassion, *
slow to anger and of great kindness.
- 9 The LORD is loving to everyone *
and his compassion is over all his works.
- 10 All your works praise you, O LORD, *
and your faithful servants bless you.

145 *Exaltabo te, Deus (cont.)*

- 11 They make known the glory of your kingdom *
and speak of your power;
- 12 That the peoples may know of your power *
and the glorious splendor of your kingdom.
- 13 Your kingdom is an everlasting kingdom; *
your dominion endures throughout all ages.
- 14 The LORD is faithful in all his words *
and merciful in all his deeds.
- 15 The LORD upholds all those who fall; *
he lifts up those who are bowed down.
- 16 The eyes of all wait upon you, O LORD, *
and you give them their food in due season.

- 17 You open wide your hand *
and satisfy the needs of every living creature.
- 18 The LORD is righteous in all his ways *
and loving in all his works.
- 19 The LORD is near to those who call upon him, *
to all who call upon him faithfully.
- 20 He fulfills the desire of those who fear him; *
he hears their cry and helps them.
- 21 The LORD preserves all those who love him, *
but he destroys all the wicked.
- 22 My mouth shall speak the praise of the LORD; *
let all flesh bless his holy Name for ever and ever.

146 *Lauda, anima mea*

- 1 Hallelujah
Praise the LORD, O my soul! *
I will praise the LORD as long as I live;
I will sing praises to my God while I have my being.
- 2 Put not your trust in rulers, nor in any child of earth, *
for there is no help in them.
- 3 When they breathe their last, they return to earth, *
and in that day their thoughts perish.
- 4 Happy are they who have the God of Jacob for their help! *
whose hope is in the LORD their God;
- 5 Who made heaven and earth, the seas, and all that is in them; *
who keeps his promise for ever;
- 6 Who gives justice to those who are oppressed, *
and food to those who hunger.
- 7 The LORD sets the prisoners free
the LORD opens the eyes of the blind; *
the LORD lifts up those who are bowed down;
- 8 The LORD loves the righteous;
the LORD cares for the stranger; *
he sustains the orphan and widow,
but frustrates the way of the wicked.
- 9 The LORD shall reign for ever, *
your God, O Zion, throughout all generations.
Hallelujah!

Thirtieth Day: Evening Prayer

147 *Laudate Dominum*

1 Hallelujah!

How good it is to sing praises to our God! *
how pleasant it is to honor him with praise!

2 The LORD rebuilds Jerusalem; *
he gathers the exiles of Israel.

3 He heals the brokenhearted *
and binds up their wounds.

4 He counts the number of the stars *
and calls them all by their names.

5 Great is our LORD and mighty in power; *
there is no limit to his wisdom.

6 The LORD lifts up the lowly, *
but casts the wicked to the ground.

7 Sing to the LORD with thanksgiving; *
make music to our God upon the harp.

8 He covers the heavens with clouds *
and prepares rain for the earth;

9 He makes grass to grow upon the mountains *
and green plants to serve mankind.

10 He provides food for flocks and herds *
and for the young ravens when they cry.

147 *Laudate Dominum (cont.)*

- 11 He is not impressed by the might of a horse; *
he has no pleasure in the strength of a man;
- 12 But the LORD has pleasure in those who fear him, *
in those who await his gracious favor.
- 13 Worship the LORD, O Jerusalem; *
praise your God, O Zion;
- 14 For he has strengthened the bars of your gates; *
he has blessed your children within you.
- 15 He has established peace on your borders; *
he satisfies you with the finest wheat.
- 16 He sends out his command to the earth, *
and his word runs very swiftly.
- 17 He gives snow like wool; *
he scatters hoarfrost like ashes.
- 18 He scatters his hail like bread crumbs; *
who can stand against his cold?
- 19 He sends forth his word and melts them; *
he blows with his wind, and the waters flow.
- 20 He declares his word to Jacob, *
his statutes and his judgments to Israel.
- 21 He has not done so to any other nation; *
to them he has not revealed his judgments.
Hallelujah!

148 *Laudate Dominum*

1 Hallelujah

Praise the LORD from the heavens; *
praise him in the heights.

2 Praise him, all you angels of his; *
praise him, all his host.

3 Praise him, sun and moon; *
praise him, all you shining stars.

4 Praise him, heaven of heavens, *
and you waters above the heavens.

5 Let them praise the Name of the LORD; *
for he commanded, and they were created.

6 He made them stand fast for ever and ever; *
he gave them a law which shall not pass away.

7 Praise the LORD from the earth, *
you sea-monsters and all deeps;

8 Fire and hail, snow and fog, *
tempestuous wind, doing his will;

148 *Laudate Dominum (cont.)*

9 Mountains and all hills, *
fruit trees and all cedars;

10 Wild beasts and all cattle, *
creeping things and wingèd birds;

11 Kings of the earth and all peoples, *
princes and all rulers of the world;

12 Young men and maidens, *
old and young together.

13 Let them praise the Name of the LORD, *
for his Name only is exalted,
his splendor is over earth and heaven.

14 He has raised up strength for his people
and praise for all his loyal servants, *
the children of Israel, a people who are near him.
Hallelujah!

149 *Cantate Domino*

- 1 Hallelujah
Sing to the LORD a new song; *
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in his Maker; *
let the children of Zion be joyful in their King.
- 3 Let them praise his Name in the dance; *
let them sing praise to him with timbrel and harp.
- 4 For the LORD takes pleasure in his people *
and adorns the poor with victory.
- 5 Let the faithful rejoice in triumph; *
let them be joyful on their beds.
- 6 Let the praises of God be in their throat *
and a two-edged sword in their hand;
- 7 To wreak vengeance on the nations *
and punishment on the peoples;
- 8 To bind their kings in chains *
and their nobles with links of iron;
- 9 To inflict on them the judgment decreed; *
this is glory for all his faithful people.
Hallelujah!

150 *Laudate Dominum*

- 1 Hallelujah!
Praise God in his holy temple; *
praise him in the firmament of his power.
- 2 Praise him for his mighty acts; *
praise him for his excellent greatness.
- 3 Praise him with the blast of the ram's-horn; *
praise him with lyre and harp.
- 4 Praise him with timbrel and dance; *
praise him with strings and pipe.
- 5 Praise him with resounding cymbals; *
praise him with loud-clanging cymbals.
- 6 Let everything that has breath *
praise the Lord.
Hallelujah!