

# Psalms in Focus: 21-30



St. Ann  
& the Holy Trinity  
Episcopal Church



## 21 *Domine, in virtute tua*

- 1 The king rejoices in your strength, O LORD; \*  
how greatly he exults in your victory!
- 2 You have given him his heart's desire; \*  
you have not denied him the request of his lips.
- 3 For you meet him with blessings of prosperity, \*  
and set a crown of fine gold upon his head.
- 4 He asked you for life, and you gave it to him: \*  
length of days, for ever and ever.
- 5 His honor is great, because of your victory; \*  
splendor and majesty have you bestowed upon him.
- 6 For you will give him everlasting felicity \*  
and will make him glad with  
the joy of your presence.
- 7 For the king puts his trust in the LORD; \*  
because of the loving-kindness of the Most High,  
he will not fall.
- 8 Your hand will lay hold upon all your enemies; \*  
your right hand will seize all those who hate you.
- 9 You will make them like a fiery furnace \*  
at the time of your appearing, O LORD;
- 10 You will swallow them up in your wrath, \*  
and fire shall consume them.

## 21 *Domine, in virtute tua (cont.)*

- 9 You will make them like a fiery furnace \*  
at the time of your appearing, O LORD;
- 10 You will swallow them up in your wrath, \*  
and fire shall consume them.
- 11 You will destroy their offspring from the land \*  
and their descendants from among the peoples  
of the earth.

- 12 Though they intend evil against you  
and devise wicked schemes, \*  
yet they shall not prevail.
- 13 For you will put them to flight \*  
and aim your arrows at them.
- 14 Be exalted, O LORD, in your might; \*  
we will sing and praise your power.

# Fourth Day: Evening Prayer

## 22 *Deus, Deus meu*

- 1 My God, my God, why have you forsaken me? \*  
and are so far from my cry  
and from the words of my distress?
- 2 O my God, I cry in the daytime, but you do not answer; \*  
by night as well, but I find no rest.
- 3 Yet you are the Holy One, \*  
enthroned upon the praises of Israel.
- 4 Our forefathers put their trust in you; \*  
they trusted, and you delivered them.
- 5 They cried out to you and were delivered; \*  
they trusted in you and were not put to shame.
- 6 But as for me, I am a worm and no man, \*  
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; \*  
they curl their lips and wag their heads, saying,
- 8 "He trusted in the LORD; let him deliver him; \*  
let him rescue him, if he delights in him."
- 9 Yet you are he who took me out of the womb, \*  
and kept me safe upon my mother's breast.
- 10 I have been entrusted to you ever since I was born; \*  
you were my God when I was still in my  
mother's womb.
- 11 Be not far from me, for trouble is near, \*  
there is none to help.
- 12 Many young bulls encircle me; \*  
strong bulls of Bashan surround me.

## 22 Deus, Deus meu (cont.)

- 13 They open wide their jaws at me, \*  
like a ravening and a roaring lion.
- 14 I am poured out like water;  
all my bones are out of joint; \*  
my heart within my breast is melting wax.
- 15 My mouth is dried out like a pot-herd;  
my tongue sticks to the roof of my mouth; \*  
and you have laid me in the dust of the grave.
- 16 Packs of dogs close me in,  
and gangs of evildoers circle around me; \*  
they pierce my hands and my feet;  
I can count all my bones.
- 17 They stare and gloat over me; \*  
they divide my garments among them;  
they cast lots for my clothing.
- 18 Be not far away, O LORD; \*  
you are my strength; hasten to help me.
- 19 Save me from the sword, \*  
my life from the power of the dog.
- 20 Save me from the lion's mouth, \*  
my wretched body from the horns of wild bulls.
- 21 I will declare your Name to my brethren; \*  
in the midst of the congregation  
I will praise you.
- 22 Praise the LORD, you that fear him; \*  
stand in awe of him, O offspring of Israel;  
all you of Jacob's line, give glory.

## 22 Deus, Deus meu (cont.)

- 23 For he does not despise nor abhor the poor  
in their poverty;  
neither does he hide his face from them; \*  
but when they cry to him he hears them.
- 24 My praise is of him in the great assembly; \*  
I will perform my vows in the presence of  
those who worship him.
- 25 The poor shall eat and be satisfied,  
and those who seek the LORD  
shall praise him: \*  
"May your heart live for ever!"
- 26 All the ends of the earth shall remember and turn to  
the LORD, \*  
and all the families of the nations bow before him.
- 27 For kingship belongs to the LORD; \*  
he rules over the nations.
- 28 To him alone all who sleep in the earth bow down  
in worship; \*  
all who go down to the dust fall before him.
- 29 My soul shall live for him;  
my descendants shall serve him; \*  
they shall be known as the LORD'S for ever.
- 30 They shall come and make known to a people yet unborn \*  
the saving deeds that he has done.

## 23 *Dominus regit me*

- 1 The LORD is my shepherd; \*  
I shall not be in want.
- 2 He makes me lie down in green pastures \*  
and leads me beside still waters.
- 3 He revives my soul \*  
and guides me along right pathways  
for his Name's sake.
- 4 Though I walk through the valley of the shadow of death,  
I shall fear no evil; \*  
for you are with me;  
your rod and your staff, they comfort me.
- 5 You spread a table before me in the presence of those  
who trouble me; \*  
you have anointed my head with oil,  
and my cup is running over.
- 6 Surely your goodness and mercy shall follow  
me all the days  
of my life, \*  
and I will dwell in the house of the LORD for ever.

# Fifth Day: Morning Prayer

## 24 *Domini est terra*

- 1 The earth is the LORD'S and all that is in it, \*  
the world and all who dwell therein.
- 2 For it is he who founded it upon the seas \*  
and made it firm upon the rivers of the deep.
- 3 "Who can ascend the hill of the LORD? \*  
and who can stand in his holy place?"
- 4 "Those who have clean hands and a pure heart, \*  
who have not pledged themselves to falsehood,  
nor sworn by what is a fraud.
- 5 They shall receive a blessing from the LORD \*  
and a just reward from the God of their salvation."
- 6 Such is the generation of those who seek him, \*  
of those who seek your face, O God of Jacob.
- 7 Lift up your heads, O gates;  
lift them high, O everlasting doors; \*  
and the King of glory shall come in.
- 8 "Who is this King of glory?" \*  
"The LORD, strong and mighty,  
the LORD, mighty in battle."
- 9 Lift up your heads, O gates;  
lift them high, O everlasting doors; \*  
and the King of glory shall come in.
- 10 "Who is he, this King of glory?" \*  
"The LORD of hosts,  
he is the King of glory."

## 25 *Ad te, Domine, levavi*

- 1 To you, O LORD, I lift up my soul;  
my God, I put my trust in you; \*  
let me not be humiliated,  
nor let my enemies triumph over me.
- 2 Let none who look to you be put to shame; \*  
let the treacherous be disappointed in their schemes.
- 3 Show me your ways, O LORD, \*  
and teach me your paths.
- 4 Lead me in your truth and teach me, \*  
for you are the God of my salvation;  
in you have I trusted all the day long.
- 5 Remember, O LORD, your compassion and love, \*  
for they are from everlasting.
- 6 Remember not the sins of my youth  
and my transgressions; \*  
remember me according to your love  
and for the sake of your goodness, O LORD.
- 7 Gracious and upright is the LORD; \*  
therefore he teaches sinners in his way.
- 8 He guides the humble in doing right \*  
and teaches his way to the lowly.
- 9 All the paths of the LORD are love and faithfulness \*  
to those who keep his covenant and his testimonies.
- 10 For your Name's sake, O LORD, \*  
forgive my sin, for it is great.

## 25 *Ad te, Domine, levavi (cont.)*

- 11 Who are they who fear the LORD? \*  
he will teach them the way that they should choose.
- 12 They shall dwell in prosperity, \*  
and their offspring shall inherit the land.
- 13 The LORD is a friend to those who fear him \*  
and will show them his covenant.
- 14 My eyes are ever looking to the LORD, \*  
for he shall pluck my feet out of the net.
- 15 Turn to me and have pity on me, \*  
for I am left alone and in misery.
- 16 The sorrows of my heart have increased; \*  
bring me out of my troubles.
- 17 Look upon my adversity and misery \*  
and forgive me all my sin.
- 18 Look upon my enemies, for they are many, \*  
and they bear a violent hatred against me.
- 19 Protect my life and deliver me; \*  
let me not be put to shame, for I have trusted in you.
- 20 Let integrity and uprightness preserve me, \*  
for my hope has been in you.
- 21 Deliver Israel, O God, \*  
out of all his troubles.

## 26 *Judica me, Domine*

- 1 Give judgment for me, O LORD,  
for I have lived with integrity; \*  
I have trusted in the Lord and have not faltered.
- 2 Test me, O LORD, and try me; \*  
examine my heart and my mind.
- 3 For your love is before my eyes; \*  
I have walked faithfully with you.
- 4 I have not sat with the worthless, \*  
nor do I consort with the deceitful.
- 5 I have hated the company of evildoers; \*  
I will not sit down with the wicked.
- 6 I will wash my hands in innocence, O LORD, \*  
that I may go in procession round your altar,
- 7 Singing aloud a song of thanksgiving \*  
and recounting all your wonderful deeds.
- 8 LORD, I love the house in which you dwell \*  
and the place where your glory abides.
- 9 Do not sweep me away with sinners, \*  
nor my life with those who thirst for blood,
- 10 Whose hands are full of evil plots, \*  
and their right hand full of bribes.
- 11 As for me, I will live with integrity; \*  
redeem me, O LORD, and have pity on me.
- 12 My foot stands on level ground; \*  
in the full assembly I will bless the LORD.

# Fifth Day: Evening Prayer

## 27 *Dominus illuminatio*

- 1 The LORD is my light and my salvation;  
whom then shall I fear? \*  
    the LORD is the strength of my life;  
    of whom then shall I be afraid?
- 2 When evildoers came upon me to eat up my flesh, \*  
    it was they, my foes and my adversaries, who  
    stumbled and fell.
- 3 Though an army should encamp against me, \*  
    yet my heart shall not be afraid;
- 4 And though war should rise up against me, \*  
    yet will I put my trust in him.
- 5 One thing have I asked of the LORD;  
one thing I seek; \*  
    that I may dwell in the house of the  
    LORD all the days of my life;
- 6 To behold the fair beauty of the LORD \*  
    and to seek him in his temple.
- 7 For in the day of trouble he shall keep me safe  
    in his shelter; \*  
    he shall hide me in the secrecy of his dwelling  
    and set me high upon a rock.
- 8 Even now he lifts up my head \*  
    above my enemies round about me.
- 9 Therefore I will offer in his dwelling an oblation  
    with sounds of great gladness; \*  
    I will sing and make music to the LORD.
- 10 Hearken to my voice, O LORD, when I call; \*  
    have mercy on me and answer me.

## 27 *Dominus illuminatio(cont.)*

- 11 You speak in my heart and say, "Seek my face." \*  
Your face, LORD, will I seek.
- 12 Hide not your face from me, \*  
nor turn away your servant in displeasure.
- 13 You have been my helper; cast me not away; \*  
do not forsake me, O God of my salvation.
- 14 Though my father and my mother forsake me, \*  
the LORD will sustain me.
- 15 Show me your way, O LORD; \*  
lead me on a level path, because of my enemies.
- 16 Deliver me not into the hand of my adversaries, \*  
for false witnesses have risen up against me,  
and also those who speak malice.
- 17 What if I had not believed  
that I should see the goodness of the LORD \*  
in the land of the living!
- 18 O tarry and await the LORD'S pleasure;  
be strong, and he shall comfort your heart; \*  
wait patiently for the LORD.

## 28 *Ad te, Domine*

- 1 O LORD, I call to you;  
my Rock, do not be deaf to my cry; \*  
lest, if you do not hear me,  
I become like those who go down to the Pit.
- 2 Hear the voice of my prayer when I cry out to you, \*  
when I lift up my hands to your holy of holies.
- 3 Do not snatch me away with the wicked or with the  
evildoers, \*  
who speak peaceably with their neighbors,  
while strife is in their hearts.
- 4 Repay them according to their deeds, \*  
and according to the wickedness of their actions.
- 5 According to the work of their hands repay them, \*  
and give them their just deserts.
- 6 They have no understanding of the LORD'S doings,  
nor of the works of his hands; \*  
therefore he will break them down and not  
build them up.
- 7 Blessed is the LORD! \*  
for he has heard the voice of my prayer.
- 8 The LORD is my strength and my shield; \*  
my heart trusts in him, and I have been helped;
- 9 Therefore my heart dances for joy, \*  
and in my song will I praise him.
- 10 The LORD is the strength of his people, \*  
a safe refuge for his anointed.
- 11 Save your people and bless your inheritance; \*  
shepherd them and carry them for ever.

## 29 *Afferte Domino*

- 1 Ascribe to the LORD, you gods, \*  
ascribe to the LORD glory and strength.
- 2 Ascribe to the LORD the glory due his Name; \*  
worship the LORD in the beauty of holiness.
- 3 The voice of the LORD is upon the waters;  
the God of glory thunders; \*  
the LORD is upon the mighty waters.
- 4 The voice of the LORD is a powerful voice; \*  
the voice of the LORD is a voice of splendor.
- 5 The voice of the LORD breaks the cedar trees; \*  
the LORD breaks the cedars of Lebanon;
- 6 He makes Lebanon skip like a calf, \*  
and Mount Hermon like a young wild ox.
- 7 The voice of the LORD splits the flames of fire;  
the voice of the LORD shakes the wilderness; \*  
the LORD shakes the wilderness of Kadesh.
- 8 The voice of the LORD makes the oak trees writhe \*  
and strips the forests bare.
- 9 And in the temple of the LORD \*  
all are crying, "Glory!"
- 10 The LORD sits enthroned above the flood; \*  
the LORD sits enthroned as King for evermore.
- 11 The LORD shall give strength to his people; \*  
the LORD shall give his people the blessing of peace.

# Sixth Day: Morning Prayer

## 30 *Exaltabo te, Domine*

- 1 I will exalt you, O LORD,  
because you have lifted me up\*  
and have not let my enemies triumph over me.
- 2 O LORD my God, I cried out to you, \*  
and you restored me to health.
- 3 You brought me up, O LORD, from the dead; \*  
you restored my life as I  
was going down to the grave.
- 4 Sing to the LORD, you servants of his; \*  
give thanks for the remembrance of his holiness.
- 5 For his wrath endures but the twinkling of an eye, \*  
his favor for a lifetime.
- 6 Weeping may spend the night, \*  
but joy comes in the morning.
- 7 While I felt secure, I said,  
I shall never be disturbed. \*  
You, LORD, with your favor, made me as strong as  
the mountains."
- 8 Then you hid your face, \*  
and I was filled with fear.
- 9 I cried to you, O LORD; \*  
I pleaded with the Lord, saying,
- 10 "What profit is there in my blood,  
if I go down to the Pit? \*  
will the dust praise you or declare your faithfulness?

## 30 *Exaltabo te, Domine (cont.)*

- 10 For my life is wasted with grief,  
and my years with sighing; \*  
my strength fails me because of affliction,  
and my bones are consumed.
- 11 Hear, O LORD, and have mercy upon me; \*  
O LORD, be my helper."
- 12 You have turned my wailing into dancing; \*  
you have put off my sack-cloth and clothed me with joy.
- 13 Therefore my heart sings to you without ceasing; \*  
O LORD my God, I will give you thanks for ever.