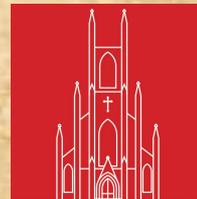




Psalms in Focus: 31-40



St. Ann
& the Holy Trinity
Episcopal Church

31 *In te, Domine, speravi*

- 1 In you, O LORD, have I taken refuge;
let me never be put to shame; *
deliver me in your righteousness.
- 2 Incline your ear to me; *
make haste to deliver me.
- 3 Be my strong rock, a castle to keep me safe,
for you are my crag and my stronghold; *
for the sake of your Name, lead me and guide me.
- 4 Take me out of the net that they
have secretly set for me, *
for you are my tower of strength.
- 5 Into your hands I commend my spirit, *
for you have redeemed me,
O LORD, O God of truth.
- 5 Into your hands I commend my spirit, *
for you have redeemed me,
O LORD, O God of truth.
- 6 I hate those who cling to worthless idols, *
and I put my trust in the LORD.
- 7 I will rejoice and be glad because of your mercy; *
for you have seen my affliction;
you know my distress.
- 8 You have not shut me up in the power of the enemy; *
you have set my feet in an open place.
- 9 Have mercy on me, O LORD, for I am in trouble; *
my eye is consumed with sorrow,
and also my throat and my belly.

31 *In te, Domine, speravi (cont.)*

11 I have become a reproach to all my enemies and
even to my neighbors,
a dismay to those of my acquaintance;
when they see me in the street they avoid me.

12 I am forgotten like a dead man, out of mind; *
I am as useless as a broken pot.

13 For I have heard the whispering of the crowd;
fear is all around; *
they put their heads together against me;
they plot to take my life.

14 But as for me, I have trusted in you, O LORD. *
I have said, "You are my God.

15 My times are in your hand; *
rescue me from the hand of my enemies,
and from those who persecute me.

16 Make your face to shine upon your servant, *
and in your loving-kindness save me."

17 LORD, let me not be ashamed for
having called upon you; *
rather, let the wicked be put to shame;
let them be silent in the grave.

18 Let the lying lips be silenced which speak against
the righteous, *
haughtily, disdainfully, and with contempt.

30 *In te, Domine, speravi (cont.)*

- 19 How great is your goodness, O LORD!
 which you have laid up for those who fear you; *
 which you have done in the sight of all
 for those who put their trust in you.
- 20 You hide them in the covert
of your presence from those
 who slander them; *
you keep them in your shelter
from the strife of tongues.
- 21 Blessed be the LORD! *
 for he has shown me the wonders of his love in a
 besieged city.

- 22 Yet I said in my alarm,
I have been cut off from the sight of your eyes." *
 Nevertheless, you heard the sound of my entreaty
 when I cried out to you.
- 23 Love the LORD, all you who worship him; *
 the LORD protects the faithful,
 but repays to the full those who act haughtily.
- 24 Be strong and let your heart take courage, *
 all you who wait for the LORD.

Sixth Day: Evening Prayer

32 *Beati quorum*

- 1 Happy are they whose transgressions are forgiven, *
and whose sin is put away!
- 2 Happy are they to whom the LORD imputes no guilt, *
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away, *
because of my groaning all day long.
- 4 For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.
- 5 Then I acknowledged my sin to you, *
and did not conceal my guilt.
- 6 I said, "I will confess my transgressions to the LORD." *
Then you forgave me the guilt of my sin.
- 7 Therefore all the faithful will make their prayers to you in
time of trouble; *
when the great waters overflow, they shall not reach them.
- 8 You are my hiding-place;
you preserve me from trouble; *
you surround me with shouts of deliverance.
- 9 "I will instruct you and teach you in the way that you
should go; *
I will guide you with my eye.
- 10 Do not be like horse or mule, which have no understanding; *
who must be fitted with bit and bridle,
or else they will not stay near you."
- 11 Great are the tribulations of the wicked; *
but mercy embraces those who trust in the LORD.
- 12 Be glad, you righteous, and rejoice in the LORD; *
shout for joy, all who are true of heart.

33 *Exultate, justi*

- 1 Rejoice in the LORD, you righteous; *
it is good for the just to sing praises.
- 2 Praise the LORD with the harp; *
play to him upon the psaltery and lyre.
- 3 Sing for him a new song; *
sound a fanfare with all your
skill upon the trumpet.
- 4 For the word of the LORD is right, *
and all his works are sure.
- 5 He loves righteousness and justice; *
the loving-kindness of the LORD
fills the whole earth.
- 6 By the word of the LORD were the heavens made, *
by the breath of his mouth all the heavenly hosts.
- 7 He gathers up the waters of the ocean as in a water-skin *
and stores up the depths of the sea.
- 8 Let all the earth fear the LORD; *
let all who dwell in the world stand in awe of him.
- 9 For he spoke, and it came to pass; *
he commanded, and it stood fast.
- 10 The LORD brings the will of the nations to naught; *
he thwarts the designs of the peoples.
- 11 But the LORD'S will stands fast for ever, *
and the designs of his heart from age to age.
- 12 Happy is the nation whose God is the LORD! *
happy the people he has chosen to be his own!

33 *Exultate, justi (cont.)*

- 13 The LORD looks down from heaven, *
and beholds all the people in the world.
- 14 From where he sits enthroned he turns his gaze *
on all who dwell on the earth.
- 15 He fashions all the hearts of them *
and understands all their works.
- 16 There is no king that can be saved by a mighty army; *
a strong man is not delivered by his great strength.
- 17 The horse is a vain hope for deliverance; *
for all its strength it cannot save.
- 18 Behold, the eye of the LORD is upon
those who fear him, *
on those who wait upon his love,
- 19 To pluck their lives from death, *
and to feed them in time of famine.
- 20 Our soul waits for the LORD; *
he is our help and our shield.
- 21 Indeed, our heart rejoices in him, *
for in his holy Name we put our trust.
- 22 Let your loving-kindness, O LORD, be upon us, *
as we have put our trust in you.

34 *Benedicam Dominum*

- 1 I will bless the LORD at all times; *
his praise shall ever be in my mouth.
- 2 I will glory in the LORD; *
let the humble hear and rejoice.
- 3 Proclaim with me the greatness of the LORD; *
let us exalt his Name together.
- 4 I sought the LORD, and he answered me *
and delivered me out of all my terror.
- 5 Look upon him and be radiant, *
and let not your faces be ashamed.
- 6 I called in my affliction and the LORD heard me *
and saved me from all my troubles.
- 7 The angel of the LORD encompasses those who fear him, *
and he will deliver them.
- 8 Taste and see that the LORD is good; *
happy are they who trust in him!
- 9 Fear the LORD, you that are his saints, *
for those who fear him lack nothing
- 10 The young lions lack and suffer hunger, *
but those who seek the LORD lack nothing that is good.
- 11 Come, children, and listen to me; *
I will teach you the fear of the LORD.
- 12 Who among you loves life *
and desires long life to enjoy prosperity?

34 *Benedicam Dominum (cont.)*

- 13 Keep your tongue from evil-speaking *
and your lips from lying words.
- 14 Turn from evil and do good; *
seek peace and pursue it.
- 15 The eyes of the LORD are upon the righteous, *
and his ears are open to their cry.
- 16 The face of the LORD is against those who do evil, *
to root out the remembrance of them from the earth.
- 17 The righteous cry, and the LORD hears them *
and delivers them from all their troubles.
- 18 The LORD is near to the brokenhearted *
and will save those whose spirits are crushed.
- 19 Many are the troubles of the righteous, *
but the LORD will deliver him out of them all.
- 20 He will keep safe all his bones; *
not one of them shall be broken.
- 21 Evil shall slay the wicked, *
and those who hate the righteous will be punished.
- 22 The LORD ransoms the life of his servants, *
and none will be punished who trust in him.

Seventh Day: Morning Prayer

35 *Judica, Domine*

- 1 Fight those who fight me, O LORD; *
attack those who are attacking me.
- 2 Take up shield and armor *
and rise up to help me.
- 3 Draw the sword and bar the way against those
who pursue me; *
say to my soul, "I am your salvation."
- 4 Let those who seek after my life be shamed
and humbled; *
let those who plot my ruin
fall back and be dismayed.
- 5 Let them be like chaff before the wind, *
and let the angel of the LORD drive them away.
- 6 Let their way be dark and slippery, *
and let the angel of the LORD pursue them.
- 7 For they have secretly spread a net for me without a cause; *
without a cause they have dug a pit to take me alive.
- 8 Let ruin come upon them unawares; *
let them be caught in the net they hid;
let them fall into the pit they dug.
- 9 Then I will be joyful in the LORD; *
I will glory in his victory.
- 10 My very bones will say, "LORD, who is like you? *
You deliver the poor from those
who are too strong for them,
the poor and needy from those who rob them."

35 *Judica, Domine (cont.)*

- 11 Malicious witnesses rise up against me; *
they charge me with matters I know nothing about.
- 12 They pay me evil in exchange for good; *
my soul is full of despair.
- 13 But when they were sick I dressed in sack-cloth *
and humbled myself by fasting.
- 14 I prayed with my whole heart,
as one would for a friend or a brother; *
I behaved like one who mourns for his mother,
bowed down and grieving.
- 15 But when I stumbled, they were glad
and gathered together;
they gathered against me; *
strangers whom I did not know tore me to pieces and
would not stop.
- 16 They put me to the test and mocked me; *
they gnashed at me with their teeth.
- 17 O Lord, how long will you look on? *
rescue me from the roaring beasts,
and my life from the young lions.
- 18 I will give you thanks in the great congregation; *
I will praise you in the mighty throng.
- 19 Do not let my treacherous foes rejoice over me, *
nor let those who hate me without a cause
wink at each other.
- 20 For they do not plan for peace, *
but invent deceitful schemes against the
quiet in the land.

35 *Judica, Domine (cont.)*

- 21 They opened their mouths at me and said, *
"Aha! we saw it with our own eyes."
- 22 You saw it, O LORD; do not be silent; *
O Lord, be not far from me.
- 23 Awake, arise, to my cause! *
to my defense, my God and my Lord!
- 24 Give me justice, O LORD my God,
according to your righteousness; *
do not let them triumph over me.
- 25 Do not let them say in their hearts,
"Aha! just what we want!" *
Do not let them say, "We have swallowed him up."
- 26 Let all who rejoice at my ruin be ashamed and disgraced; *
let those who boast against me be clothed with
dismay and shame.
- 27 Let those who favor my cause sing out
with joy and be glad; *
let them say always, "Great is the LORD,
who desires the prosperity of his servant."
- 28 And my tongue shall be talking of your righteousness *
and of your praise all the day long.

36 *Dixit injustus*

- 1 There is a voice of rebellion deep
in the heart of the wicked; *
there is no fear of God before his eyes.
- 2 He flatters himself in his own eyes *
that his hateful sin will not be found out.
- 3 The words of his mouth are wicked and deceitful; *
he has left off acting wisely and doing good.
- 4 He thinks up wickedness upon his bed
and has set himself in no good way; *
he does not abhor that which is evil.
- 5 Your love, O LORD, reaches to the heavens, *
and your faithfulness to the clouds.
- 6 Your righteousness is like the strong mountains,
your justice like the great deep; *
you save both man and beast, O LORD.
- 7 How priceless is your love, O God! *
your people take refuge under the
shadow of your wings.
- 8 They feast upon the abundance of your house; *
you give them drink from the river of your delights.
- 9 For with you is the well of life, *
and in your light we see light.
- 10 Continue your loving-kindness to those who know you, *
and your favor to those who are true of heart.
- 11 Let not the foot of the proud come near me, *
nor the hand of the wicked push me aside.
- 12 See how they are fallen, those who work wickedness! *
they are cast down and shall not be able to rise.

37 Part I *Noli aemulari*

- 1 Do not fret yourself because of evildoers; *
do not be jealous of those who do wrong.
- 2 For they shall soon wither like the grass, *
and like the green grass fade away.
- 3 Put your trust in the LORD and do good; *
dwell in the land and feed on its riches.
- 4 Take delight in the LORD, *
and he shall give you your heart's desire.
- 5 Commit your way to the LORD and
put your trust in him, *
and he will bring it to pass.
- 6 He will make your righteousness as clear as the light *
and your just dealing as the noonday.
- 7 Be still before the LORD *
and wait patiently for him.
- 8 Do not fret yourself over the one who prospers, *
the one who succeeds in evil schemes.
- 9 Refrain from anger, leave rage alone; *
do not fret yourself; it leads only to evil.
- 10 For evildoers shall be cut off, *
but those who wait upon the LORD
shall possess the land.

37 Part I: *Noli aemulari*

- 11 In a little while the wicked shall be no more; *
you shall search out their place,
but they will not be there.
- 12 But the lowly shall possess the land; *
they will delight in abundance of peace.
- 13 The wicked plot against the righteous *
and gnash at them with their teeth.
- 14 The Lord laughs at the wicked, *
because he sees that their day will come.
- 15 The wicked draw their sword and bend their bow
to strike down the poor and needy, *
to slaughter those who are upright in their ways.
- 16 Their sword shall go through their own heart, *
and their bow shall be broken.
- 17 The little that the righteous has *
is better than great riches of the wicked.
- 18 For the power of the wicked shall be broken, *
but the LORD upholds the righteous.
- 19 The LORD cares for the lives of the godly, *
and their inheritance shall last for ever.
- 20 They shall not be ashamed in bad times, *
and in days of famine they shall have enough.
- 21 As for the wicked, they shall perish, *
and the enemies of the LORD, like the glory of
the meadows, shall vanish;
they shall vanish like smoke.

37 Part II: *Noli aemulari*

22 'The wicked borrow and do not repay, *
but the righteous are generous in giving.

23 'Those who are blessed by God shall possess the land, *
but those who are cursed by him shall be destroyed.

24 'Our steps are directed by the LORD; *
he strengthens those in whose way he delights.

25 'If they stumble, they shall not fall headlong, *
for the LORD holds them by the hand.

26 'I have been young and now I am old, *
but never have I seen the righteous forsaken,
or their children begging bread.

27 'The righteous are always generous in their lending, *
and their children shall be a blessing.

28 'Turn from evil, and do good, *
and dwell in the land for ever.

29 'For the LORD loves justice; *
he does not forsake his faithful ones.

30 'They shall be kept safe for ever, *
but the offspring of the wicked shall be destroyed.

31 'The righteous shall possess the land *
and dwell in it for ever.

32 'The mouth of the righteous utters wisdom, *
and their tongue speaks what is right.

33 'The law of their God is in their heart, *
and their footsteps shall not falter.

37 Part II: *Noli aemulari* (cont.)

- 34 The wicked spy on the righteous *
and seek occasion to kill them.
- 35 The LORD will not abandon them to their hand, *
nor let them be found guilty when brought to trial.
- 36 Wait upon the LORD and keep his way; *
he will raise you up to possess the land,
and when the wicked are cut off, you will see it.
- 37 I have seen the wicked in their arrogance, *
flourishing like a tree in full leaf.
- 38 I went by, and behold, they were not there; *
I searched for them, but they could not be found.
- 39 Mark those who are honest;
observe the upright; *
for there is a future for the peaceable.
- 40 Transgressors shall be destroyed, one and all; *
the future of the wicked is cut off.
- 41 But the deliverance of the righteous
comes from the LORD; *
he is their stronghold in time of trouble.
- 42 The LORD will help them and rescue them; *
he will rescue them from the wicked and deliver them,
because they seek refuge in him.

Eighth Day: Morning Prayer

38 *Domine, ne in furore*

- 1 O LORD, do not rebuke me in your anger; *
do not punish me in your wrath.
- 2 For your arrows have already pierced me, *
and your hand presses hard upon me.
- 3 There is no health in my flesh,
because of your indignation; *
there is no soundness in my body, because of my sin.
- 4 For my iniquities overwhelm me; *
like a heavy burden they are
too much for me to bear.
- 5 My wounds stink and fester *
by reason of my foolishness.
- 6 I am utterly bowed down and prostrate; *
I go about in mourning all the day long.
- 7 My loins are filled with searing pain; *
there is no health in my body.
- 8 I am utterly numb and crushed; *
I wail, because of the groaning of my heart.
- 9 O Lord, you know all my desires, *
and my sighing is not hidden from you.
- 10 My heart is pounding, my strength has failed me, *
and the brightness of my eyes is gone from me.
- 11 My friends and companions draw back
from my affliction; *
my neighbors stand afar off.
- 12 Those who seek after my life lay snares for me; *
those who strive to hurt me speak of my ruin
and plot treachery all the day long.

38 *Domine, ne in furore (cont.)*

- 13 But I am like the deaf who do not hear, *
like those who are mute and
who do not open their mouth.
- 14 I have become like one who does not hear *
and from whose mouth comes no defense.
- 15 For in you, O LORD, have I fixed my hope; *
you will answer me, O Lord my God.
- 16 For I said, "Do not let them rejoice at my expense, *
those who gloat over me when my foot slips."
- 17 Truly, I am on the verge of falling, *
and my pain is always with me.
- 18 I will confess my iniquity *
and be sorry for my sin.
- 19 Those who are my enemies without cause are mighty, *
and many in number are those
who wrongfully hate me.
- 20 Those who repay evil for good slander me, *
because I follow the course that is right.
- 21 O LORD, do not forsake me; *
be not far from me, O my God.
- 22 Make haste to help me, *
O Lord of my salvation.

39 *Dixi, Custodiam*

- 1 I said, "I will keep watch upon my ways, *
so that I do not offend with my tongue.
- 2 I will put a muzzle on my mouth *
while the wicked are in my presence."
- 3 So I held my tongue and said nothing; *
I refrained from rash words;
but my pain became unbearable.
- 4 My heart was hot within me;
while I pondered, the fire burst into flame; *
I spoke out with my tongue:
- 5 LORD, let me know my end and the number of my days, *
so that I may know how short my life is.
- 6 You have given me a mere handful of days,
and my lifetime is as nothing in your sight; *
truly, even those who stand erect are but a puff of wind.
- 7 We walk about like a shadow,
and in vain we are in turmoil; *
we heap up riches and cannot tell who will gather them.
- 8 And now, what is my hope? *
O Lord, my hope is in you.

39 *Dixi, Custodiam (cont.)*

9 Deliver me from all my transgressions *
and do not make me the taunt of the fool.

10 I fell silent and did not open my mouth, *
for surely it was you that did it.

11 Take your affliction from me; *
I am worn down by the blows of your hand.

12 With rebukes for sin you punish us;
like a moth you eat away all that is dear to us; *
truly, everyone is but a puff of wind.

13 Hear my prayer, O LORD,
and give ear to my cry; *
hold not your peace at my tears.

14 For I am but a sojourner with you, *
a wayfarer, as all my forebears were.

15 Turn your gaze from me, that I may be glad again, *
before I go my way and am no more.

40 *Expectans, expectavi*

- 1 I waited patiently upon the LORD; *
he stooped to me and heard my cry.
- 2 He lifted me out of the desolate pit,
out of the mire and clay; *
he set my feet upon a high cliff
and made my footing sure.
- 3 He put a new song in my mouth,
a song of praise to our God; *
many shall see, and stand in awe,
and put their trust in the LORD.
- 4 Happy are they who trust in the LORD! *
they do not resort to evil spirits or turn to false gods.
- 5 Great things are they that you have done,
O LORD my God!
how great your wonders and your plans for us! *
there is none who can be compared with you.
- 6 Oh, that I could make them known and tell them! *
but they are more than I can count.
- 7 In sacrifice and offering you take no pleasure *
(you have given me ears to hear you);
- 8 Burnt-offering and sin-offering you have not required, *
and so I said, "Behold, I come.
- 9 In the roll of the book it is written concerning me: *
'I love to do your will, O my God;
your law is deep in my heart.'
- 10 I proclaimed righteousness in the great congregation; *
behold, I did not restrain my lips;
and that, O LORD, you know.

40 *Expectans, expectavi (cont.)*

- 11 Your righteousness have I not hidden in my heart;
I have spoken of your faithfulness and your deliverance;*
I have not concealed your love and faithfulness
from the great congregation.
- 12 You are the LORD;
do not withhold your compassion from me; *
let your love and your faithfulness
keep me safe for ever,
- 13 For innumerable troubles have crowded upon me;
my sins have overtaken me, and I cannot see; *
they are more in number than the hairs of my head,
and my heart fails me.
- 14 Be pleased, O LORD, to deliver me; *
O LORD, make haste to help me.
- 15 Let them be ashamed and altogether dismayed
who seek after my life to destroy it; *
let them draw back and be disgraced
who take pleasure in my misfortune.
- 16 Let those who say "Aha!" and gloat
over me be confounded, *
because they are ashamed.
- 17 Let all who seek you rejoice in you and be glad; *
let those who love your salvation continually say,
Great is the LORD!"
- 18 Though I am poor and afflicted, *
the Lord will have regard for me.
- 19 You are my helper and my deliverer; *
do not tarry, O my God.