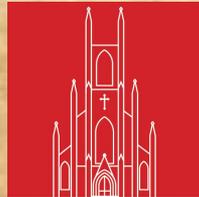


Psalms in Focus: 61-70



St. Ann
& the Holy Trinity
Episcopal Church



61 *Exaudi, Deus*

- 1 Hear my cry, O God, *
and listen to my prayer.
- 2 I call upon you from the ends of the earth
with heaviness in my heart; *
set me upon the rock that is higher than I.
- 3 For you have been my refuge, *
a strong tower against the enemy.
- 4 I will dwell in your house for ever; *
I will take refuge under the cover of your wings.
- 5 For you, O God, have heard my vows; *
you have granted me the heritage of those
who fear your Name.
- 6 Add length of days to the king's life; *
let his years extend over many generations.
- 7 Let him sit enthroned before God for ever; *
bid love and faithfulness watch over him.
- 8 So will I always sing the praise of your Name, *
and day by day I will fulfill my vows.

Twelfth Day: Morning Prayer

62 *Nonne Deo?*

- 1 For God alone my soul in silence waits; *
from him comes my salvation.
- 2 He alone is my rock and my salvation, *
my stronghold, so that I shall not
be greatly shaken.
- 3 How long will you assail me to crush me,
all of you together, *
as if you were a leaning fence, a toppling wall?
- 4 They seek only to bring me down from my
place of honor; *
lies are their chief delight.
- 5 They bless with their lips, *
but in their hearts they curse.
- 6 For God alone my soul in silence waits; *
truly, my hope is in him.
- 7 He alone is my rock and my salvation, *
my stronghold, so that I shall not be shaken.
- 8 In God is my safety and my honor; *
God is my strong rock and my refuge.
- 9 Put your trust in him always, O people, *
pour out your hearts before him, for God is our refuge.

62 *Nonne Deo? (cont.)*

10 Those of high degree are but a fleeting breath, *
even those of low estate cannot be trusted.

11 On the scales they are lighter than a breath, *
all of them together.

12 Put no trust in extortion;
in robbery take no empty pride; *
though wealth increase, set not your heart upon it.

13 God has spoken once, twice have I heard it, *
that power belongs to God.

14 Steadfast love is yours, O Lord, *
for you repay everyone according to his deeds.

63 *Deus, Deus meus*

- 1 O God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you,
as in a barren and dry land where there is no water.
- 2 Therefore I have gazed upon you in your holy place, *
that I might behold your power and your glory.
- 3 For your loving-kindness is better than life itself; *
my lips shall give you praise.
- 4 So will I bless you as long as I live *
and lift up my hands in your Name.
- 5 My soul is content, as with marrow and fatness, *
and my mouth praises you with joyful lips,
- 6 When I remember you upon my bed, *
and meditate on you in the night watches.
- 7 For you have been my helper, *
and under the shadow of your wings I will rejoice.
- 8 My soul clings to you; *
your right hand holds me fast.
- 9 May those who seek my life to destroy it *
go down into the depths of the earth;
- 10 Let them fall upon the edge of the sword, *
and let them be food for jackals.
- 11 But the king will rejoice in God;
all those who swear by him will be glad; *
for the mouth of those who speak lies
shall be stopped.

64 *Exaudi, Deus*

- 1 Hear my voice, O God, when I complain; *
protect my life from fear of the enemy.
- 2 Hide me from the conspiracy of the wicked, *
from the mob of evildoers.
- 3 They sharpen their tongue like a sword, *
and aim their bitter words like arrows,
- 4 That they may shoot down the blameless from ambush; *
they shoot without warning and are not afraid.
- 5 They hold fast to their evil course; *
they plan how they may hide their snares.
- 6 They say, "Who will see us?
who will find out our crimes? *
we have thought out a perfect plot."
- 7 The human mind and heart are a mystery; *
but God will loose an arrow at them,
and suddenly they will be wounded.
- 8 He will make them trip over their tongues, *
and all who see them will shake their heads.
- 9 Everyone will stand in awe and declare God's deeds; *
they will recognize his works.
- 10 The righteous will rejoice in the LORD
and put their trust in him, *
and all who are true of heart will glory.

Twelfth Day: Evening Prayer

65 *Te decet hymnus*

- 1 You are to be praised, O God, in Zion; *
to you shall vows be performed in Jerusalem.
- 2 To you that hear prayer shall all flesh come, *
because of their transgressions.
- 3 Our sins are stronger than we are, *
but you will blot them out.
- 4 Happy are they whom you choose
and draw to your courts to dwell there! *
they will be satisfied by the beauty of your house,
by the holiness of your temple.
- 5 Awesome things will you show us in your righteousness,
O God of our salvation, *
O Hope of all the ends of the earth
and of the seas that are far away.
- 6 You make fast the mountains by your power; *
they are girded about with might.
- 7 You still the roaring of the seas, *
the roaring of their waves,
and the clamor of the peoples.

66 *Jubilate Deo*

- 1 Be joyful in God, all you lands; *
sing the glory of his Name;
sing the glory of his praise.
- 2 Say to God, "How awesome are your deeds! *
because of your great strength your enemies
cringe before you.
- 3 All the earth bows down before you, *
sings to you, sings out your Name."
- 4 Come now and see the works of God, *
how wonderful he is in his doing toward all people.
- 5 He turned the sea into dry land,
so that they went through the water on foot, *
and there we rejoiced in him.
- 6 In his might he rules for ever;
his eyes keep watch over the nations; *
let no rebel rise up against him.
- 7 Bless our God, you peoples; *
make the voice of his praise to be heard;
- 8 Who holds our souls in life, *
and will not allow our feet to slip.
- 9 For you, O God, have proved us; *
you have tried us just as silver is tried.
- 10 You brought us into the snare; *
you laid heavy burdens upon our backs.

66 *Jubilate Deo (cont.)*

- 11 You let enemies ride over our heads;
we went through fire and water; *
but you brought us out into a place of refreshment.
- 12 I will enter your house with burnt-offerings
and will pay you my vows, *
which I promised with my lips
and spoke with my mouth when I was in trouble.
- 13 I will offer you sacrifices of fat beasts
with the smoke of rams; *
I will give you oxen and goats.
- 14 Come and listen, all you who fear God, *
and I will tell you what he has done for me.
- 15 I called out to him with my mouth, *
and his praise was on my tongue.
- 16 If I had found evil in my heart, *
the Lord would not have heard me;
- 17 But in truth God has heard me; *
he has attended to the voice of my prayer.
- 18 Blessed be God, who has not rejected my prayer, *
nor withheld his love from me.

67 *Deus misereatur*

- 1 May God be merciful to us and bless us, *
show us the light of his countenance and come to us.
- 2 Let your ways be known upon earth, *
your saving health among all nations.
- 3 Let the peoples praise you, O God; *
let all the peoples praise you.
- 4 Let the nations be glad and sing for joy, *
for you judge the peoples with equity
and guide all the nations upon
- 5 Let the peoples praise you, O God; *
let all the peoples praise you.
- 6 The earth has brought forth her increase; *
may God, our own God, give us his blessing.
- 7 May God give us his blessing, *
and may all the ends of the earth stand in awe of him.

Thirteenth Day: Morning Prayer

68 *Exsurgat Deus*

- 1 Let God arise, and let his enemies be scattered; *
let those who hate him flee before him.
- 2 Let them vanish like smoke when
the wind drives it away; *
as the wax melts at the fire, so let the wicked perish at
the presence of God.
- 3 But let the righteous be glad and rejoice before God; *
let them also be merry and joyful.
- 4 Sing to God, sing praises to his Name;
exalt him who rides upon the heavens; *
YAHWEH is his Name, rejoice before him!
- 5 Father of orphans, defender of widows, *
God in his holy habitation!
- 6 God gives the solitary a home and brings forth prisoners
into freedom; *
but the rebels shall live in dry places.
- 7 O God, when you went forth before your people, *
when you marched through the wilderness,
- 8 The earth shook, and the skies poured down rain,
at the presence of God, the God of Sinai, *
at the presence of God, the God of Israel.
- 9 You sent a gracious rain, O God, upon your inheritance; *
you refreshed the land when it was weary.

68 *Exsurgat Deus (cont.)*

- 10 Your people found their home in it; *
in your goodness, O God, you have made provision
for the poor.
- 11 The Lord gave the word; *
great was the company of women
who bore the tidings:
- 12 "Kings with their armies are fleeing away; *
the women at home are dividing the spoils."
- 13 Though you lingered among the sheepfolds, *
you shall be like a dove whose wings
are covered with silver,
whose feathers are like green gold.
- 14 When the Almighty scattered kings, *
it was like snow falling in Zalmon.
- 15 O mighty mountain, O hill of Bashan! *
O rugged mountain, O hill of Bashan!
- 16 Why do you look with envy, O rugged mountain,
at the hill which God chose for his resting place? *
truly, the LORD will dwell there for ever.
- 17 The chariots of God are twenty thousand,
even thousands of thousands; *
the Lord comes in holiness from Sinai.

68 *Exsurgat Deus (cont.)*

- 18 You have gone up on high and led captivity captive;
you have received gifts even from your enemies, *
that the LORD God might dwell among them.
- 19 Blessed be the Lord day by day, *
the God of our salvation, who bears our burdens.
- 20 He is our God, the God of our salvation; *
God is the LORD, by whom we escape death.
- 21 God shall crush the heads of his enemies, *
and the hairy scalp of those who go on still in their
Wickedness.
- 22 The Lord has said, "I will bring them back
from Bashan; *
I will bring them back from the depths of the sea;
- 23 That your foot may be dipped in blood, *
the tongues of your dogs in the blood of your enemies."
- 24 They see your procession, O God, *
your procession into the sanctuary,
my God and my King.
- 25 The singers go before, musicians follow after, *
in the midst of maidens playing upon the hand-drums.
- 26 Bless God in the congregation; *
bless the LORD, you that are
of the fountain of Israel.
- 27 There is Benjamin, least of the tribes, at the head;
the princes of Judah in a company; *
and the princes of Zebulon and Naphtali.

68 *Exsurgat Deus (cont.)*

28 Send forth your strength, O God; *
establish, O God, what you have wrought for us.

29 Kings shall bring gifts to you, *
for your temple's sake at Jerusalem.

30 Rebuke the wild beast of the reeds, *
and the peoples, a herd of wild bulls
with its calves.

31 Trample down those who lust after silver; *
scatter the peoples that delight in war.

32 Let tribute be brought out of Egypt; *
let Ethiopia stretch out her hands to God.

33 Sing to God, O kingdoms of the earth; *
sing praises to the Lord.

34 He rides in the heavens, the ancient heavens; *
he sends forth his voice, his mighty voice.

35 Ascribe power to God; *
his majesty is over Israel;
his strength is in the skies.

36 How wonderful is God in his holy places! *
the God of Israel giving strength and
power to his people! Blessed be God!

Thirteenth Day: Evening Prayer

69 *Salvum me fac*

- 1 Save me, O God, *
for the waters have risen up to my neck.
- 2 I am sinking in deep mire, *
and there is no firm ground for my feet.
- 3 I have come into deep waters, *
and the torrent washes over me.
- 4 I have grown weary with my crying;
my throat is inflamed; *
my eyes have failed from looking for my God.
- 5 Those who hate me without a cause are more
than the hairs
of my head;
my lying foes who would destroy me are mighty. *
Must I then give back what I never stole?.
- 6 O God, you know my foolishness, *
and my faults are not hidden from you.
- 7 Let not those who hope in you be put to shame through me,
Lord GOD of hosts; *
let not those who seek you be disgraced because of me,
O God of Israel.
- 8 Surely, for your sake have I suffered reproach, *
and shame has covered my face.
- 9 I have become a stranger to my own kindred, *
an alien to my mother's children.
- 10 Zeal for your house has eaten me up; *
the scorn of those who scorn you has fallen upon me.

69 *Salvum me fac (cont.)*

- 11 I humbled myself with fasting, *
but that was turned to my reproach.
- 12 I put on sack-cloth also, *
and became a byword among them.
- 13 Those who sit at the gate murmur against me, *
and the drunkards make songs about me.
- 14 But as for me, this is my prayer to you, *
at the time you have set, O LORD:
- 15 "In your great mercy, O God, *
answer me with your unfailing help.
- 16 Save me from the mire; do not let me sink; *
let me be rescued from those who hate me
and out of the deep waters.
- 17 Let not the torrent of waters wash over me,
neither let the deep swallow me up; *
do not let the Pit shut its mouth upon me.
- 18 Answer me, O LORD, for your love is kind; *
in your great compassion, turn to me."
- 19 "Hide not your face from your servant; *
be swift and answer me, for I am in distress.
- 20 Draw near to me and redeem me; *
because of my enemies deliver me.

69 *Salvum me fac (cont.)*

21 You know my reproach, my shame,
and my dishonor; *
my adversaries are all in your sight."

22 Reproach has broken my heart, and
it cannot be healed; *
I looked for sympathy, but there was none,
for comforters, but I could find no one.

23 They gave me gall to eat, *
and when I was thirsty,
they gave me vinegar to drink.

24 Let the table before them be a trap *
and their sacred feasts a snare.

5 Let their eyes be darkened, that they may not see, *
and give them continual trembling in their loins.

26 Pour out your indignation upon them, *
and let the fierceness of your anger overtake them.

27 Let their camp be desolate, *
and let there be none to dwell in their tents.

28 For they persecute him whom you have stricken *
and add to the pain of those whom you have pierced.

29 Lay to their charge guilt upon guilt, *
and let them not receive your vindication.

30 Let them be wiped out of the book of the living *
and not be written among the righteous.

69 *Salvum me fac (cont.)*

31 As for me, I am afflicted and in pain; *
your help, O God, will lift me up on high.

32 I will praise the Name of God in song; *
I will proclaim his greatness with thanksgiving.

33 This will please the LORD more than an
offering of oxen, *
more than bullocks with horns and hoofs.

34 The afflicted shall see and be glad; *
you who seek God, your heart shall live.

35 For the LORD listens to the needy, *
and his prisoners he does not despise.

36 Let the heavens and the earth praise him, *
the seas and all that moves in them;

37 For God will save Zion and rebuild the cities of Judah; *
they shall live there and have it in possession.

38 The children of his servants will inherit it, *
and those who love his Name will dwell therein.

70 *Deus, in adiutorium*

- 1 Be pleased, O God, to deliver me; *
O LORD, make haste to help me.
- 2 Let those who seek my life be ashamed
and altogether dismayed; *
let those who take pleasure in my misfortune
draw back and be disgraced.
- 3 Let those who say to me "Aha!" and gloat
over me turn back, *
because they are ashamed.
- 4 Let all who seek you rejoice and be glad in you; *
let those who love your salvation say for ever,
"Great is the LORD!"
- 5 But as for me, I am poor and needy; *
come to me speedily, O God.
- 6 You are my helper and my deliverer; *
O LORD, do not tarry.