



# Vespers Psalms (140, 141, 118, 116)

#### Psalm 140 (141)

Lord, I have called upon You, answer me; ceive my words make respond to me!

Give ear to my words and accept them. *Let* my prayer be set before You as incense, the offering of my hands like the evening oblation. Set a guard, O Lord, over my mouth, and a guard over my lips. That my heart may not incline to any evil word, and practice wicked works. I will not be intimate with men of iniquity. Let the righteous man teach and rebuke me; Let not the oil of the wickeds anoint my head; For *still* my prayer is against their wicked deeds. Their judges are overthrown by the sides of the rock, and they have heard my words how sweet they are. Their bones are scattered at the mouth of the grave, as when the ploughshare cleaves up the earth. But I lifted my eyes upon You, O Lord; In You I put my trust. Do not cast away my soul. Keep me from the hand of the boastful who have laid snares for me. Let the wicked fall into their own nets, while I pass on *safely*.

(the rest of the psalms are from the NKJV)

## Psalm 141 (142)

I cry out to the Lord with my voice; with my voice to the Lord I make my supplication. Pour out my complaint before Him; I declare before Him my trouble. When my spirit was overwhelmed within me, then You knew my path. In the way in which I walk, they have secretly set a snare for me. Look on my right hand and see, for there is no one who acknowledges me. Refuge has failed me; no one cares for my soul. I cried out to You, O Lord: I said, "You are my refuge, my portion in the land of the living. Attend to my cry, for I am brought very low. Deliver me from my persecutors, for they are stronger than I. Bring my soul out of prison, that I may praise Your name. The righteous shall surround me, for You shall deal bountifully with me."

#### Psalm 118 (119)

Your word is a lamp to my feet and a light to my path. I have sworn and confirmed that I will keep Your righteous judgements. Revive me, O Lord, according to Your word. Accept, I pray, the freewill offerings of my mouth, O Lord, and teach me Your judgements.

#### Psalm 116 (117)

Praise the Lord, all you Gentiles! Laud Him, all

you peoples! For His merciful kindness is great toward us. The truth of the Lord endures forever. Bless O Lord!



# **Vigils Psalms**

# Prayer of the vigils

Awaken us, Lord, from our sleep in the sloth of sin that we may praise your watchfulness, you who watch and do not sleep; give life to our death in the sleep of death and corruption, that we may adore your compassion, you who live and do not die; grant us in the glorious company of the angels who praise you in heaven to praise you and bless you in holiness, because you are praised and blessed in heaven and on earth, Father, Son, and Holy Spirit, now and always and forever, Amen.

### Psalm 133 (134)

Barekhmore. Bless the LORD, all you servants of the LORD,

Who by night stand in the house of the LORD!

Lift up your hands in the sanctuary, and bless the LORD.

The LORD who made heaven and earth bless you from Zion!

# Psalm 118, (119: 169-176)

Let my cry come before You, O LORD; Give me understanding according to Your word. Let my supplication come before You; Deliver me according to Your word.

My lips shall utter praise, for You teach me Your statutes.

My tongue shall speak of Your word, for all Your commandments are righteousness.

Let Your hand become my help, for I have chosen Your precepts.

I long for Your salvation, O LORD, and Your law is my delight.

Let my soul live, and it shall praise You; and let Your judgments help me.

I have gone astray like a lost sheep; seek Your servant, for I do not forget Your commandments.

#### Psalm 116 (117)

Praise the Lord, all you Gentiles! Laud Him, all you peoples!

For His merciful kindness is great toward us. The truth of the Lord endures forever.

Bless O Lord!

# The Song of Mary

Luke 1: 46-55

#### And Mary said:

"My soul magnifies the Lord, And my spirit has rejoiced in God my Savior.

For He has regarded the lowly state of His maidservant;

For behold, henceforth all generations will call me blessed.

For He who is mighty has done great things for me, and holy is His name.

And His mercy is on those who fear Him from generation to generation.

He has shown strength with His arm;

He has scattered the proud in the imagination of their hearts.

He has put down the mighty from their thrones, and exalted the lowly.

He has filled the hungry with good things, and the rich He has sent away empty.

He has helped His servant Israel, in remembrance of His mercy, As He spoke to our fathers, to Abraham and to his seed forever."

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# The Psalms of the Song of Mary

#### Psalm 132

How good and how pleasant it is for brethren to dwell together in unity!

It is like the precious oil upon the head, running down on the beard, the beard of Aaron, Running down on the edge of his garments.

It is like the dew of Hermon, descending upon the mountains of Zion;

For there the LORD commanded the blessing-- Life forevermore.

#### Psalm 148

Praise the LORD from the heavens; praise Him in the heights!

Praise Him, all His angels; praise Him, all His hosts!

Praise Him, sun and moon; praise Him, all you stars of light!

Praise Him, you heavens of heavens, and you waters above the heavens!

Let them praise the name of the LORD, for He commanded and they were created.

He also established them forever and ever; He made a decree which shall not pass away.

Praise the LORD from the earth, you great sea creatures and all the depths;

Fire and hail, snow and clouds; stormy wind, fulfilling His word;

Mountains and all hills; fruitful trees and all cedars;

Beasts and all cattle; creeping things and flying fowl;

Kings of the earth and all peoples; princes and all judges of the earth;

Both young men and maidens; old men and children.

Let them praise the name of the LORD, for His name alone is exalted;

His glory is above the earth and heaven.

And He has exalted the horn of His people,

The praise of all His saints-- Of the children of Israel, a people near to Him.

#### Psalm 149

Praise the LORD! Sing to the LORD a new song, and His praise in the assembly of saints.

Let Israel rejoice in their Maker; Let the children of Zion be joyful in their King.

Let them praise His name with the dance; Let them sing praises to Him with the timbrel and harp.

For the LORD takes pleasure in His people; He will beautify the humble with salvation.

Let the saints be joyful in glory; Let them sing aloud on their beds.

Let the high praises of God be in their mouth, and a two-edged sword in their hand,

To execute vengeance on the nations, and punishments on the peoples:

To bind their kings with chains, and their nobles with fetters of iron;

To execute on them the written judgment-- This honor have all His saints.

Praise the LORD!

#### **Psalm 150**

Praise the LORD! Praise God in His sanctuary; Praise Him in His mighty firmament!

Praise Him for His mighty acts; Praise Him according to His excellent greatness!

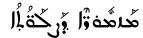
Praise Him with the sound of the trumpet; Praise Him with the lute and harp!

Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes!

Praise Him with loud cymbals; Praise Him with clashing cymbals!

Let everything that has breath praise the LORD.

Praise the LORD!



#### Psalm 116 (117)

Praise the Lord, all you Gentiles! Laud Him, all you peoples!

For His merciful kindness is great toward us. The truth of the Lord endures forever.

Bless O Lord!

# **Morning Psalms**

#### Psalm 51

Have mercy upon me, O God, according to Your lovingkindness; according to the multitude of Your tender mercies, blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sin.

For I acknowledge my transgressions, and my sin is always before me.

Against You, You only, have I sinned, and done this evil in Your sight-- that You may be found just when You speak, and blameless when You judge.

Behold, I was brought forth in iniquity, and in sin my mother conceived me.

Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom.

Purge me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow.

Make me hear joy and gladness, that the bones You have broken may rejoice.

Hide Your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and renew a steadfast spirit within me.

Do not cast me away from Your presence, and do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.

Then I will teach transgressors Your ways, and sinners shall be converted to You.

Deliver me from the guilt of bloodshed, O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness.

O Lord, open my lips, and my mouth shall show forth Your praise.

For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering.

The sacrifices of God are a broken spirit, a broken and a contrite heart-- these, O God, You will not despise.

Do good in Your good pleasure to Zion; build the walls of Jerusalem.

Then You shall be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering; then they shall offer bulls on Your altar.

Barekhmore

#### Psalm 63

O God, You are my God; early will I seek You;

My soul thirsts for You; My flesh longs for You in a dry and thirsty land where there is no water.

So I have looked for You in the sanctuary, to see Your power and Your glory.

Because Your lovingkindness is better than life, my lips shall praise You.

Thus I will bless You while I live; I will lift up my hands in Your name.

My soul shall be satisfied as with marrow and fatness, and my mouth shall praise You with joyful lips.

When I remember You on my bed, I meditate on You in the night watches.

Because You have been my help, Therefore in the shadow of Your wings I will rejoice.

My soul follows close behind You; Your right hand upholds me.

But those who seek my life, to destroy it, Shall go into the lower parts of the earth.

They shall fall by the sword; They shall be a portion for jackals.



But the king shall rejoice in God; everyone who swears by Him shall glory;

But the mouth of those who speak lies shall be stopped.

Barekhmore

#### Psalm 113

Praise the Creator of the light! Praise, O servants of the LORD, Praise the name of the LORD! Blessed be the name of the LORD from this time forth and forevermore!

From the rising of the sun to its going down the LORD's name is to be praised.

The LORD is high above all nations, His glory above the heavens.

Who is like the LORD our God. Who dwells on high.

Who humbles Himself to behold the things that are in the heavens and in the earth?

He raises the poor out of the dust, and lifts the needy out of the ash heap,

That He may seat him with princes-- with the princes of His people.

He grants the barren woman a home, like a joyful mother of children.

Praise the LORD!

Barekhmore

# **Sunday Psalms**

#### Psalm 19

The heavens declare the glory of God; and the firmament shows His handiwork.

Day unto day utters speech, and night unto night reveals knowledge.

There is no speech nor language where their voice is not heard.

Their line has gone out through all the earth, and their words to the end of the world. In them He has set a tabernacle for the sun,

Which is like a bridegroom coming out of his chamber, and rejoices like a strong man to run its race.

Its rising is from one end of heaven, and its circuit to the other end; and there is nothing hidden from its heat.

The law of the LORD is perfect, converting the soul; the testimony of the LORD is sure, making wise the simple;

The statutes of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes;

The fear of the LORD is clean, enduring forever; the judgments of the LORD are true and righteous altogether.

More to be desired are they than gold, Yea, than much fine gold; sweeter also than honey and the honeycomb.

Moreover by them Your servant is warned, and in keeping them there is great reward.

Who can understand his errors? Cleanse me from secret faults.

Keep back Your servant also from presumptuous sins; let them not have dominion over me.

Then I shall be blameless, and I shall be innocent of great transgression.

Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my strength and my Redeemer.

Barekhmore

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# Praise to the Lord of Isaiah

Ch. 42: 10-13; 45: 8

Sing to the LORD a new song, and His praise from the ends of the earth,

You who go down to the sea, and all that is in it, you coastlands and you inhabitants of them!

Let the wilderness and its cities lift up their voice, the villages that Kedar inhabits.

Let the inhabitants of clifs sing, Let them shout from the top of the mountains.

Let them give glory to the LORD, and declare His praise in the coastlands.

The LORD shall go forth like a mighty man; He shall stir up His zeal like a man of war.

He shall cry out, yes, shout aloud; He shall prevail against His enemies.

Rain down, you heavens, from above, and let the skies pour down righteousness;

Let the earth open, let them bring forth salvation, and let righteousness spring up together.

I, the LORD, have created it.

Barekhmore

#### Psalm 113

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The LORD is high above all nations, His glory above the heavens.

Who is like the LORD our God, Who dwells on high,

Who humbles Himself to behold the things that are in the heavens and in the earth?

He raises the poor out of the dust, and lifts the needy out of the ash heap,

That He may seat him with princes-- with the princes of His people.

He grants the barren woman a home, like a joyful mother of children.

Praise the LORD!

Barekhmore

# The Beatitudes

Matthew 5: 4-11

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be filled.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake.

Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.

Barekhmore