Psalms for Communion, with psalm-tones for cantors

This is NOT an official part of the Cantor’s Companion.
This section provides the psalm verses to be sung, with a triple “Alleluia!” refrain, during Holy Communion. See the section on the Communion Hymn on page 19. The text of the Psalms is from the Grail Psalter (1963), as altered by the Liturgical Commission.

Communion Hymn Psalm Reference List:

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Psalm 4

When I call, answer me, O God of Justice;
from anguish you released me, have mercy and hear me!

O men, how long will your hearts be closed,
will you love what is futile and seek what is false?

It is the Lord who grants favors to those whom he loves;
the Lord hears me whenever I call him.
Fear him; do not sin: ponder on your bed and be still
Make justice your sacrifice, and trust in the Lord.

"What can bring us happiness?" many say.
We have been signed, O Lord, with the light of your face.

You have put into my heart a greater joy
than they have from abundance of wheat, wine, and oil.

I will lie down in peace and sleep comes at once
for you alone, Lord, make me dwell in safety.

Psalm 6

Lord, do not reprove me in your anger;
punish me not in your rage.

Have mercy on me, Lord, I have no strength;
Lord, heal me, my body is racked;

my soul is racked with pain.
But you, O Lord, how long?

Return, Lord, rescue my soul.
Save me, O Lord, in your merciful love;
for in death no one remembers you;
from the grave, who can give you praise?

I am exhausted with my groaning;
every night I drench my pillow with tears;
I bedew my bed with weeping.

My eye wastes away with grief;
I have grown old surrounded by my foes.

Leave me, all you who do evil;
for the Lord has heard my weeping.

The Lord has heard my plea;
The Lord will accept my prayer.

All my foes will retire in confusion,
foiled and suddenly confounded.
Psalm 8

How great is your name, O Lord our Lord, through \textit{all} the earth!
Your majesty is praised \textit{above} the heavens;

from the mouths of infants and children you have fashioned \textit{perfect} praise
to foil your enemy, to silence the foe \textit{and} the rebel.

When I see the heavens, the work \textit{of} your hands,
the moon and the stars which \textit{you} arranged,

what is man that you should keep \textit{him} in mind,
the Son of Man that you \textit{care} for him?

Yet you have made him little less \textit{than} the angels;
with glory and honor you crowned him,
gave him power over the works \textit{of} your hands,
put all things \textit{under} his feet.

All of them, \textit{sheep} and cattle,
yes, even the \textit{savage} beasts,
birds of the \textit{air}, and fish
that make their way \textit{through} the waters.

How great is your name, O \textit{Lord} our Lord
through \textit{all} the earth!

Psalm 18

The heavens declare the glory \textit{of} God,
and the firmament \textit{proclaims} his handiwork.

Day unto day pours \textit{out} the word
and night unto night \textit{imparts} knowledge.

No speech, no word, no voice is heard
yet through all the earth their \textit{voice} resounds;
their message reaches to the ends \textit{of} the world.

There he has placed a tent \textit{for} the sun;
it comes forth like a bridegroom coming from his tent,
rejoices like a champion to \textit{run} its course.
At the end of the sky is the rising of the sun;
to the furthest end of the sky is its course.
There is nothing concealed from its burning heat.

The law of the Lord is perfect, it revives the soul.
The rule of the Lord is to be trusted,
it gives wisdom to the simple.

The precepts of the Lord are right, they gladden the heart.
The command of the Lord is clear,
it gives light to the eyes.

The fear of the Lord is holy, abiding forever.
The decrees of the Lord are truth and all of them just.

They are more to be desired than gold, than the purest of gold
and sweeter are they than honey, than honey from the comb.

So in them your servant finds instruction;
great reward is in their keeping.
But who can detect all his errors?
From hidden faults acquit me.

From presumption restrain your servant and let it not rule me.
Then shall I be blameless, clean from grave sin.

May the spoken words of my mouth, the thoughts of my heart,
win favor in your sight, O Lord, my rescuer, my rock!

Psalm 25

Give judgment for me, O Lord:
for I walk the path of perfection.

I trust in the Lord; I have not wavered.
Examine me, Lord, and try me;

O test my heart and my mind,
for your love is before my eyes and I walk according to your truth.

I never take my place with liars
and with hypocrites I shall not go.

I hate the evil-doer's company:
I will not take my place with the wicked.
I will wash my hands among the innocent, and go around your altar, O Lord, that I may hear the voice of your praise and recount all your wonders.

O Lord, I love the splendor of your house and the place where your glory dwells.

Do not sweep away my soul with sinners, nor my life with men of blood in whose hands are evil plots, whose right hands are filled with bribes.

As for me, I walked in my integrity. Redeem me and show me your mercy.

I take my stand for integrity; in the assemblies I will bless you, O Lord.

Psalm 26

The Lord is my light and my help; whom shall I fear?

The Lord is the stronghold of my life; before whom shall I shrink?

When evil-doers draw near to devour my flesh, it is they, my enemies and foes, who stumble and fall.

Though an army encamp against me my heart would not fear.

Though war break out against me even then would I trust.

There is one thing I ask of the Lord, for this I long, to live in the house of the Lord, all the days of my life, to savor the sweetness of the Lord, to behold his temple.

For there he keeps me safe in his tent in the day of evil.
He hides me in the shelter of his tent, on a rock he sets me safe.

And now my head shall be raised above my foes who surround me

and I shall offer within his tent a sacrifice of joy.

I will sing and make music for the Lord.
O Lord, hear my voice when I call; have mercy and answer.

Of you my heart has spoken: "Seek his face."
It is your face, O Lord, that I seek; hide not your face.

Dismiss not your servant in anger; you have been my help.

Do not abandon or forsake me, O God my help!
Though father and mother forsake me, the Lord will receive me.

Instruct me, Lord, in your way; on an even path lead me.

When they lie in ambush protect me from my enemy's greed.

False witnesses rise against me, breathing out fury.

I am sure I shall see the Lord's goodness in the land of the living.

Hope in the Lord, hold firm and take heart. Hope in the Lord!

Psalm 28

Bring to the Lord, you sons of God; bring to the Lord glory and honor;
give the Lord the glory of his name. Adore the Lord in his holy court.
The voice of the Lord over the waters;
The God of glory thunders;
the Lord over many waters.

The voice of the Lord, full of power,
the voice of the Lord, full of splendor.

The Lord's voice shattering the cedars,
the Lord shatters the cedars of Lebanon;

he makes Lebanon leap like a calf
and Sirion like a young wild ox.

The Lord's voice flashing flames of fire.
The Lord's voice shaking the wilderness,
the Lord shakes the wilderness of Kadesh⁵;

the Lord's voice rending the oak tree
and stripping the forest bare.

In his temple they all cry: "Glory!"
The Lord sat enthroned over the flood;
the Lord sits as king forever.

The Lord will give strength to his people;
the Lord will bless his people with peace.

Psalm 32

Rejoice in the Lord, you righteous ones;
praise from the upright is fitting.

Give thanks to the Lord upon the harp,
with a ten-stringed lute sing him songs.

O sing him a song that is new,
play loudly, with all your skill.

For the word of the Lord is faithful
and all his works to be trusted.

The Lord loves justice and right
and fills the earth with his love.

⁵ KAY-dehsh
By the word of the Lord the heavens were established; 
by the breath of his Spirit, all their power.

He collects the waves of the ocean;
he stores up the depths of the sea.

Let all the earth fear the Lord 
all who live in the world revere him.

He spoke; and it came to be. 
He commanded; it sprang into being.

He frustrates the designs of the nations, 
he defeats the plans of the peoples.

His own designs shall stand forever, 
the plans of his heart from age to age.

They are happy, whose God is the Lord, 
the people he has chosen as his own.

From heaven the Lord looked down; 
he watched over all the children of men.

From the place where he dwells he gazes 
on all the dwellers on the earth;

he who shapes the hearts of them all; 
and considers all their deeds.

A king is not saved by his army, 
nor a warrior preserved by his strength.

A vain hope for safety is the horse; 
despite its power it cannot save.

The Lord looks on those who revere him, 
on those who hope in his love,
to rescue their souls from death, 
to keep them alive in famine.

Our soul is waiting for the Lord. 
The Lord is our help and our shield.

In him do our hearts find joy. 
We trust in his holy name.

May your mercy, O Lord, be upon us 
who have placed our hope in you.
I will bless the Lord at all times,  
his praise always on my lips;

in the Lord my soul shall make its boast.  
The humble shall hear and be glad.

Glorify the Lord with me.  
Together let us praise his name.

I sought the Lord and he answered me; 
from all my terrors he set me free.

Look towards him and be radiant; 
let your faces not be abashed.

This poor man called, the Lord heard him 
and rescued him from all his distress.

The angel of the Lord is encamped, 
around those who revere him, to rescue them.

Taste and see that the Lord is good.  
He is happy who seeks refuge in him.

Revere the Lord, you his saints.  
They lack nothing, those who revere him.

Strong lions suffer want and go hungry 
but those who seek the Lord lack no blessing.

Come, children, and hear me 
that I may teach you the fear of the Lord.

Who is he who longs for life and many days, 
to enjoy his prosperity?

Then keep your tongue from evil 
and your lips from speaking deceit.

Turn aside from evil and do good; 
seek and strive after peace.

The Lord turns his face against the wicked 
to destroy their remembrance from the earth.
The Lord turns his eyes to the just
and his ears to their appeal.

The just cried out and the Lord heard them,
and rescued them from all their distress.

The Lord is close to the broken-hearted;
those whose spirit is crushed he will save.

Many are the trials of the just,
but from them all the Lord will rescue them.

He will keep guard over all their bones,
not one of their bones shall be broken.

Evil brings death to the wicked;
those who hate the good are doomed.

The Lord ransoms the souls of his servants.
Those who hide in him shall not be condemned.

Psalm 36

Do not fret because of the wicked;
do not envy those who do evil,

for they wither quickly like grass
and fade like the green of the fields.

If you trust in the Lord and do good,
then you will live in the land and be secure.

If you find your delight in the Lord,
he will grant your heart's desire.

Commit your life to the Lord,
trust in him and he will act,

so that your justice breaks forth like the light,
your cause like the noon-day sun.

Be still before the Lord and wait in patience;
do not fret at the man who prospers;
a man who makes evil plots.
Calm your anger and forget your rage; 
do not fret, it only leads to evil.

For those who do evil shall perish; 
the patient shall inherit the land.

A little longer and the wicked shall have gone. 
Look at his place, he is not there.

But the humble shall own the land 
and enjoy the fullness of peace.

The wicked man plots against the just 
and gnashes his teeth against him;

but the Lord laughs at the wicked 
for he sees that his day is at hand.

The sword of the wicked is drawn, 
the bow is bent to slaughter the upright; 
and to bring down the needy and the poor.

Their sword shall pierce their own hearts 
and their bows shall be broken to pieces.

The just man's few possessions 
are better than the wicked man's wealth;

for the power of the wicked shall be broken 
and the Lord will support the just.

He protects the lives of the upright, 
their heritage will last forever.

They shall not be put to shame in evil days, 
in time of famine their food shall not fail.

But all the wicked shall perish 
and all the enemies of the Lord.

They are like the beauty of the meadows, 
they shall vanish, they shall vanish like smoke.

The wicked man borrows without repaying, 
but the just man is generous and gives.

Those blessed by the Lord shall own the land, 
but those he has cursed shall be destroyed.
The Lord guides the steps of a man and makes safe the path of one he loves.

Though he stumble he shall never fall for the Lord holds him by the hand.

I was young and now I am old, but I have never seen the just man forsaken nor his children begging for bread.

All the day he is generous and lends and his children become a blessing.

Then turn away from evil and do good and you shall have a home forever;

for the Lord loves justice and will never forsake his friends.

The unjust shall be wiped out forever and the children of the wicked destroyed.

The just shall inherit the land; there they shall live forever.

The mouth of the just will utter wisdom, and his tongue will pronounce judgment;

the law of his God is in his heart; his steps shall be saved from stumbling.

The wicked man watches for the just and seeks occasion to destroy him.

The Lord will not leave him in his power nor let him be condemned when he is judged.

Then wait for the Lord, keep to his way.

It is he who will free you from the wicked, raise you up to possess the land and see the wicked destroyed.

I have seen the wicked triumphant, towering like a cedar of Lebanon.

I passed by again; he was gone. I searched; he was nowhere to be found.
See the just man, and mark the upright, for the peaceful man a future lies in store, but sinners shall all be destroyed.

No future lies in store for the wicked. The salvation of the just is from the Lord; he is their protector in time of distress.

The Lord will help them and deliver them and rescue them from sinners and save them, for they have hoped in him.

Psalm 46

All you peoples, clap your hands; shout to God with cries of gladness.

For the Lord, the Most High, we must fear, great king over all the earth.

He subdues peoples under us and nations under our feet.

Our inheritance, our glory, is from him, the beauty of Jacob which he loves.

God ascends amid shouts of joy; the Lord amid trumpet blasts.

Sing praise to our God, sing praise; sing praise to our King, sing praise.

God is king of all the earth, sing praise with all your skill.

God is king over the nations; God reigns on his holy throne.

The princes of the people are assembled with the people of Abraham's God.

The rulers of the earth belong to God, to God who reigns over all.
Psalm 64

To you our praise is due in Zion, O God.
To you we pay our vows, you who hear our prayer.

To you all flesh will come with its burden of sin.
Too heavy for us, our offenses, but you wipe them away.

Blessed are they whom you have chosen and received to dwell in your courts.

We are filled with the blessings of your house, of your holy temple.

You keep your pledge with wonders, O God our savior, the hope of all the earth and of far distant isles.

You uphold the mountains with your strength, you are girded with power.

You still the roaring of the seas, the roaring of their waves, and the tumult of the peoples.

The ends of the earth stand in awe at the sight of your wonders.

The lands of sunrise and sunset you fill with your joy.

You care for the earth, give it water; you fill it with riches.

Your river in heaven brims over to provide its grain.

And thus you provide for the earth; you drench its furrows; you level it, soften it with showers; you bless its growth.

You crown the year with your goodness. Abundance flows in your steps; in the pastures of the wilderness it flows.

The hills are girded with joy, the meadows covered with flocks;

the valleys are decked with wheat. They shout for joy, yes, they sing.
Psalm 65

Shout joyfully to the Lord, all the earth, sing praise to his name, give to him glorious praise.

Say to God: "How tremendous are your deeds!
Because of the greatness of your strength your enemies cringe before you.

Let all the earth worship you and sing praise to you; let everyone sing praise to your name, O Most High."

Come and see the works of God, tremendous his deeds among men.

He turned the sea into dry land, they passed through the river dry-shod.

Let our joy then be in him; he rules forever by his might.

His eyes keep watch over the nations: let rebels not rise against him.

O peoples, bless our God; let the voice of his praise resound,

of the God who gave life to our souls and kept our feet from stumbling.

For you, O God, have tested us, you have tried us as silver is tried;

you led us, God, into the snare; you laid a heavy burden on our backs.

You let foes ride over our heads; we went through fire and through water but then you brought us relief.

Burnt offering I bring to your house; to you I will pay my vows,

the vows which my lips have uttered, which my mouth spoke in my distress.

I will offer burnt offerings of fatlings with incense and rams. I will offer bullocks and goats.
Come and hear, all who fear God,
I will tell what he did for my soul:

to him I cried aloud,
with high praise ready on my tongue.

If there had been evil in my heart,
the Lord would not have listened.

But truly God has listened;
he has heeded the voice of my prayer.

Blessed be God who did not reject my prayer
nor withhold his love from me.

Psalm 66

Be gracious to us, O God, and bless us;
let your face shine upon us, and have mercy on us.

So will your ways be known upon earth
and all nations learn your saving help.

Let the peoples praise you, O God;
let all the peoples praise you.

Let the nations be glad and exult
for you rule the world with justice.

With fairness you rule the peoples,
you guide the nations on earth.

Let the peoples praise you, O God;
let all the peoples praise you.

The earth has yielded its fruit
for God, our God, has blessed us.

May God still give us his blessing
till the ends of the earth revere him.

Let the peoples praise you, O God;
let all the peoples praise you.
Psalm 88

I shall sing forever of your mercies, O Lord; through all generations my mouth will proclaim your truth.

For you have said: Mercy is built to last forever. Your truth is firmly established in heaven.

With my chosen one I have made a covenant; I have sworn to David my servant:

I will establish your dynasty forever and set up your throne through all ages.

The heavens declare your wonders, O Lord, and your truth in the assembly of the holy.

For who in the skies can compare with the Lord or who is like the Lord among the sons of God?

God is glorified in the council of the holy, great and awesome above all who surround him.

O Lord God of hosts, who is your equal? You are mighty, O Lord, and truth is your garment.

It is you who rule the sea in its pride; it is you who still the surging of its waves.

It is you who trod Rahab underfoot like a corpse, scattering your foes with your mighty arm.

Yours are the heavens and yours is the earth. It is you who founded the earth and all it holds; it is you who created the North and the South.

Tabor and Hermon shout for joy at your name. Yours is a mighty arm, O Lord; your hand is strong, your right hand ready.

Justice and right are the pillars of your throne, love and truth walk in your presence.

Happy are the people who can shout with joy, who walk in the light of your face, O Lord;

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6 RAY-hab
who shall rejoice in your name forever,
who make your justice the source of their bliss.

For you, O Lord, are the glory of their strength;
by your favor it is that our might is exalted;

for our ruler is in the keeping of the Lord;
our king in the keeping of the Holy One of Israel.

Of old you spoke in a vision.
To your friends the prophets you said:

I have set the crown on a warrior,
I have exalted one chosen from my people.

I have found David my servant
and with my holy oil I have anointed him.

My hand shall always be with him
and my arm shall make him strong.

The enemy shall never outwit him
nor the evil ones oppress him.

I will beat down his foes before him
and smite those who hate him.

My truth and my love shall be with him;
by my name his might shall be exalted.

I will stretch out his hand to the Sea
and his right hand as far as the River.

He will say to me: “You are my father,
my God, the rock who saves me.”

And I will make him my first-born,
the highest of the kings of the earth.

I will keep my love for him always;
with him my covenant shall last.

I will establish his dynasty forever,
make his throne endure as the heavens.

If his sons forsake my law and refuse to walk as I decree
and if ever they violate my statutes, refusing to keep my commands;

then I will punish their offenses with the rod,
then I will scourge them on account of their guilt.
But I will never take back my love,
    my truth will never fail.

I will never violate my covenant
    nor go back on the word I have spoken.

Once for all, I have sworn by my holiness.
    I will never lie to David.
    His dynasty shall last forever.

In my sight his throne is like the sun;
    like the moon, it shall endure forever,
    a faithful witness in the skies.'

Psalm 103

Bless the Lord, O my soul!
    Lord my God, how great you are,

clothed in majesty and glory,
    wrapped in light as in a robe.

You stretch out the heavens like a tent.
    Above the rains you build your dwelling.

You make the clouds your chariot,
    you walk on the wings of the wind;

you make your angels spirits
    and your ministers a flaming fire.

You founded the earth on its base,
    to stand firm from age to age.

You wrapped it with the ocean like a cloak:
    the waters stood higher than the mountains.

At your threat they took to flight;
    at the voice of your thunder they fled.

They rose over the mountains and flowed down
    to the place which you had appointed.

You set limits they might not pass
    lest they return to cover the earth.
You make springs gush forth in the valleys; they flow in between the hills.

They give drink to all the beasts of the field; the wild asses quench their thirst.

On their banks dwell the birds of heaven; from the branches they sing their song.

From your dwelling you water the hills; earth drinks its fill of your gift.

You make the grass grow for the cattle and the plants to serve man’s needs, that he may bring forth bread from the earth and wine to cheer man’s heart;

oil, to make his face shine and bread to strengthen man’s heart.

The trees of the Lord drink their fill, the cedars he planted on Lebanon;
there the birds build their nests; on the treetop the stork has her home.

The goats find a home on the mountains and rabbits hide in the rocks.

You made the moon to mark the months; the sun knows the time for its setting.

When you spread the darkness it is night and all the beasts of the forest creep forth.

The young lions roar for their prey and ask their food from God.

At the rising of the sun they steal away and go to rest in their dens.

Man goes out to his work, to labor till evening falls.

How many are your works, O Lord! In wisdom you have made them all. The earth is full of your riches.
There is the sea, *vast* and wide,
with its moving swarms past counting,
living things *great* and small.

The ships are *moving* there
and the monsters you *made* to play with.

All of these *look* to you
  to give them their food in *due* season.

You give it, they *gather* it up;
you open your hand, they *have* their fill.

You hide your face, they *are* dismayed;
you take back your spirit, they die,
returning to the dust from *which* they came.

You send forth your spirit, they *are* created;
  and you renew the face of the earth.

May the glory of the Lord *last* forever!
   May the Lord rejoice in his works!

He looks on the earth *and* it trembles;
  the mountains send forth smoke *at* his touch.

I will sing to the Lord *all* my life,
   make music to my God *while* I live.

May my thoughts be pleasing to him.
    I find my joy in the Lord.

Let sinners vanish from the earth
and the wicked *exist* no more.
   Bless the Lord, *O* my soul.

**Psalm 110**

I shall thank you, O Lord, with *all* my heart;
in the meeting of the just and *their* assembly.

Great are the works *of* the Lord,
  to be pondered by *all* who love them.

Majestic and glorious his work,
  his justice stands *firm* forever.
He makes us remember his wonders.
   The Lord is compassion and love.

He gives food to those who fear him;
   keeps his covenant ever in mind.

He has shown his might to his people
   by giving them the lands of the nations.

His works are justice and truth,
   his precepts are all of them sure,
standing firm forever and ever;
   they are made in uprightness and truth.

He has sent deliverance to his people
   and established his covenant forever.
   Holy his name, to be feared.

To fear the Lord is the first stage of wisdom;
   all who do so prove themselves wise.
   His praise shall last forever!

Psalm 111

Happy the man who fears the Lord
   and greatly delights in his commands.

His posterity will be mighty upon the earth;
   the children of the upright are blessed.

Riches and wealth are in his house;
   his justice stands firm forever.

He is a light in the darkness for the upright:
   he is generous, merciful and just.

The good man takes pity and lends,
   he conducts his affairs with honor.

The just man will never waver:
   he will be remembered forever.

Evil news he will not fear;
   with a firm heart he trusts in the Lord.
With a steadfast heart he will not fear;
he will see the downfall of his foes.

Open-handed, he gives to the poor;
his justice stands firm for ever.
His head will be raised in glory.

The wicked man sees and is angry,
grinds his teeth and fades away;
the desire of the wicked leads to doom.

Psalm 115

I trusted even when I said:
"I am sorely afflicted,"

and when I said in my alarm:
"No man can be trusted."

What can I return to the Lord
for all he has given me?

I shall take the chalice of salvation
and call upon the name of the Lord.

My vows to the Lord I will fulfill
before all his people.

Precious in the eyes of the Lord
is the death of his faithful.

Your servant, Lord, your servant am I;
you have loosened my bonds.

A thanksgiving sacrifice I make;
I shall call on the Lord's name.

My vows to the Lord I will fulfill
before all his people,
in the courts of the house of the Lord,
in your midst, O Jerusalem.
Psalm 117

Give thanks to the Lord for he is good,
for his love endures forever.

Let the sons of Israel say:
"His love endures forever."

Let the sons of Aaron say:
"His love endures forever."

Let those who fear the Lord say:
"His love endures forever."

I called to the Lord in my distress;
he answered and freed me.

The Lord is at my side; I do not fear.
What can man do against me?

The Lord is at my side as my helper;
I shall look down on my foes.

It is better to take refuge in the Lord
than to trust in men;

it is better to take refuge in the Lord
than to trust in princes.

The nations all encompassed me;
in the Lord's name I crushed them.

They encompassed me, encompassed me about;
in the Lord's name I crushed them.

They compassed me about like bees;
they blazed like a fire among thorns.
In the Lord's name I crushed them.

I was thrust down, thrust down and falling,
but the Lord was my helper.

The Lord is my strength and my song;
he was my savior.

There are shouts of joy and victory
in the tents of the just.
The Lord's right hand has triumphed; his right hand raised me.

The Lord's right hand has triumphed; I shall not die, I shall live and recount his deeds.

I was punished, I was punished by the Lord, but not doomed to die.

Open to me the gates of holiness: I will enter and give thanks.

This is the Lord's own gate where the just may enter.

I will thank you for you have answered and you are my savior.

The stone which the builders rejected has become the corner stone. This is the work of the Lord, a marvel in our eyes.

This is the day the Lord has made; let us be glad and rejoice in it.

O Lord, grant us salvation; O Lord, grant success.

Blessed is he who comes in the name of the Lord; we bless you from the house of the Lord.

The Lord is God and has revealed himself to us. Go forward in procession with branches even to the altar.

You are my God, I thank you. My God, I praise you.

Give thanks to the Lord for he is good; for his love endures forever.

Psalm 131

Lord, remember David and all his humility, how he swore to the Lord and vowed to the God of Jacob.

“I will not enter the house where I live nor go to the bed where I rest.
I will give no sleep to my eyes
to my eyelids I will give no slumber
till I find a place for the Lord,
a dwelling for the Strong One of Jacob.”

At Ephrata we heard of the ark;
we found it in the plains of Yearim.

“Let us go to the place of his dwelling;
let us go to kneel at his footstool.”

Go up, Lord, to your rest,
you and your holy ark.

Your priests will be clothed with righteousness
and your saints will rejoice.

For the sake of David your servant
do not reject your anointed.

The Lord swore a true oath to David;
he will not go back on his word:

“A son, the fruit of your body,
will I set upon your throne.

If they keep my covenant in truth
and my laws that I have taught them,
their sons also shall rule
on your throne from age to age.”

For the Lord has chosen Zion;
he prefers her for his dwelling:

“This is my resting-place forever,
here have I chosen to live.

I will greatly bless her produce,
I will fill her poor with bread.

I will clothe her priests with salvation
and your saints will rejoice.

There David’s stock will flower;
I will prepare a lamp for my anointed.
I will cover his enemies with shame
    but on him my crown will shine.”

Psalm 142

O Lord, listen to my prayer;
    turn your ear to my appeal.
    You are faithful, you are just; give answer.

Do not call your servant to judgment
    for no one is just in your sight.

The enemy pursues my soul;
    he has crushed my life to the ground;
    he has made me dwell in darkness
        like the dead, long forgotten.

Therefore my spirit fails;
    my heart is numb within me.

I remember the days that are past:
    I ponder all your works.

I muse on what your hand has wrought
    and to you I stretch out my hands.
    Like a parched land my soul thirsts for you.

Lord, make haste and answer;
    for my spirit fails within me.

Do not hide your face
    lest I become like those in the grave.

In the morning let me know your love
    for I put my trust in you.

Make me know the way I should walk:
    to you I lift up my soul.

Rescue me, Lord, from my enemies;
    I have fled to you for refuge.

Teach me to do your will
    for you, O Lord, are my God.
Let your good spirit guide me
   in ways that are level and smooth.

For your name's sake, Lord, save my life;
   in your justice save my soul from distress.

In your love make an end of my foes;
   destroy all those who oppress me
   for I am your servant, O Lord.

Psalm 147

Praise the Lord, O Jerusalem.
Zion, praise your God!

He has strengthened the bars of your gates
   he has blessed the children within you.

He established peace on your borders,
   he feeds you with finest wheat.

He sends out his word to the earth
   and swiftly runs his command.

He showers down snow white as wool,
   he scatters hoar-frost like ashes.
   He hurls down hailstones like crumbs.

The waters are frozen at his touch;
   he sends forth his word and it melts them:
   at the breath of his mouth the waters flow.

He makes his word known to Jacob,
   to Israel his laws and decrees.

He has not dealt thus with other nations;
   he has not taught them his decrees.

Psalm 148

Praise the Lord from the heavens,
   praise him in the highest.
Praise him, all his angels,
   praise him, all his host.

Praise him, sun and moon,
   praise him, shining stars.

Praise him, highest heavens
   and the waters above the heavens.

Let them praise the name of the Lord.
   He spoke and they were made;
   he commanded and they were created.

He fixed them for ever,
   gave a law which shall not pass away.

Praise the Lord from the earth,
   sea creatures and all oceans,
   fire and hail, snow and mist,
   stormy winds that obey his word;
   all mountains and hills, all fruit trees and cedars,
   beasts, wild and tame, reptiles and birds on the wing;
   all earth's kings and peoples, earth's princes and rulers,
   young men and maidens, the old men together with children.

Let them praise the name of the Lord
   for he alone is exalted.

The splendor of his name reaches beyond heaven and earth.
   He exalts the strength of his people.

He is the praise of all his saints, of the sons of Israel,
   of the people to whom he comes close.

ALLELUIA!