

# 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.

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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 *all* the earth!  
Your majesty is praised *above* the heavens;

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

When I see the heavens, the work *of* your hands,  
the moon and the stars which *you* arranged,

what is man that you should keep *him* in mind,  
the Son of Man that you *care* for him?

Yet you have made him little less *than* the angels;  
with glory and honor you crowned him,

gave him power over the works *of* your hands,  
put all things *under* his feet.

All of them, *sheep* and cattle,  
yes, even the *savage* beasts,

birds of the *air*, and fish  
that make their way *through* the waters.

How great is your name, O *Lord* our Lord  
through *all* the earth!

## Psalm 18

The heavens declare the glory of God,  
and the firmament *proclaims* his handiwork.

Day unto day pours *out* the word  
and night unto night *imparts* knowledge.

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

There he has placed a tent *for* the sun;  
it comes forth like a bridegroom coming from his tent,  
rejoices like a champion to *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 **ing** 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 flashes **flames** of fire.  
The Lord's voice shaking the wilderness,  
the Lord shakes the wilderness of Kadesh<sup>5</sup>;

the Lord's voice rending **ing** 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.

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<sup>5</sup> 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.



## Psalm 33

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<sup>6</sup> 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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<sup>6</sup> 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 compassed me, compassed *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<sup>7</sup> 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.

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<sup>7</sup> EHF-ruh-tuh

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!