

St. Barnabas Church

Lent 2017



PSALMS

Dear fellow pilgrims:

Psalms, or the Psalter, is a collection of prayers and songs composed throughout Israel's history. Its title, Psalms, is derived from a Greek term meaning "song." The Hebrew title of the book, *Tehillim*, means more specifically "hymns" or "songs of praise." Psalms will be our Lent 2017 focus in Holy Scripture here at St. Barnabas Church.

With the hope that we may all see Lent as an opportunity to deepen our spiritual lives, I invite you to embrace this booklet of Psalms. On Ash Wednesday we hear in our liturgy the invitation to the observance of a holy Lent. We are encouraged to take time for self-examination and repentance – to turn anew to God in Christ. Importantly as we are urged to take on these labors of love of our faith, it includes "reading and meditating on God's holy Word." (Book of Common Prayer p. 265)

Thus St. Barnabas Church offers you this booklet of Psalms for your pilgrim's journey in Lent. The Psalms are an ideal book in the Bible to read and meditate on. They may readily serve to focus us on the interior presence of the Divine that we seek as part of our spiritual pursuits. The Psalms have done this for people of faith for literally thousands of years.

It is my sincere hope that in Lent 2017 we may all become what the anonymous author of the spiritual classic "The Cloud of Unknowing" calls "contemplative apprentices." Through reading, reflecting, and praying with the Psalms, we will have a most enriching experience.

Lord, continue to search us out and know us,

Ted

Psalm 1

- 1 Happy are they who have not walked in the counsel of
the wicked, *
nor lingered in the way of sinners,
nor sat in the seats of the scornful!
- 2 Their delight is in the law of the Lord, *
and they meditate on his law day and night.
- 3 They are like trees planted by streams of water,
bearing fruit in due season, with leaves that do not wither; *
everything they do shall prosper.
- 4 It is not so with the wicked; *
they are like chaff which the wind blows away.
- 5 Therefore the wicked shall not stand upright when
judgment comes, *
nor the sinner in the council of the righteous.
- 6 For the Lord knows the way of the righteous, *
but the way of the wicked is doomed.

Psalm 6

- 1 Lord, do not rebuke me in your anger; *
do not punish me in your wrath.
- 2 Have pity on me, Lord, for I am weak; *
heal me, Lord, for my bones are racked.
- 3 My spirit shakes with terror; *
how long, O Lord, how long?
- 4 Turn, O Lord, and deliver me; *
save me for your mercy's sake.
- 5 For in death no one remembers you; *
and who will give you thanks in the grave?
- 6 I grow weary because of my groaning; *
every night I drench my bed
and flood my couch with tears.
- 7 My eyes are wasted with grief *
and worn away because of all my enemies.
- 8 Depart from me, all evildoers, *
for the Lord has heard the sound of my weeping.
- 9 The Lord has heard my supplication; *
the Lord accepts my prayer.
- 10 All my enemies shall be confounded and quake with fear; *
they shall turn back and suddenly be put to shame.

Psalm 8

- 1 O Lord our Governor, *
how exalted is your Name in all the world!
- 2 Out of the mouths of infants and children *
your majesty is praised above the heavens.
- 3 You have set up a stronghold against your adversaries, *
to quell the enemy and the avenger.
- 4 When I consider your heavens, the work of your fingers, *
the moon and the stars you have set in their courses,
- 5 What is man that you should be mindful of him? *
the son of man that you should seek him out?
- 6 You have made him but little lower than the angels; *
you adorn him with glory and honor;
- 7 You give him mastery over the works of your hands; *
you put all things under his feet:
- 8 All sheep and oxen, *
even the wild beasts of the field,
- 9 The birds of the air, the fish of the sea, *
and whatsoever walks in the paths of the sea.
- 10 O Lord our Governor, *
how exalted is your Name in all the world!

Psalm 12

- 1 Help me, Lord, for there is no godly one left; *
the faithful have vanished from among us.
- 2 Everyone speaks falsely with his neighbor; *
with a smooth tongue they speak from a double heart.
- 3 Oh, that the Lord would cut off all smooth tongues, *
and close the lips that utter proud boasts!
- 4 Those who say, “With our tongue will we prevail; *
our lips are our own; who is lord over us?”
- 5 “Because the needy are oppressed,
and the poor cry out in misery, *
I will rise up,” says the Lord,
“and give them the help they long for.”
- 6 The words of the Lord are pure words, *
like silver refined from ore
and purified seven times in the fire.
- 7 O Lord, watch over us *
and save us from this generation for ever.
- 8 The wicked prowl on every side, *
and that which is worthless is highly prized by everyone.

Psalm 15

- 1 Lord, who may dwell in your tabernacle? *
who may abide upon your holy hill?
- 2 Whoever leads a blameless life and does what is right, *
who speaks the truth from his heart.
- 3 There is no guile upon his tongue;
he does no evil to his friend; *
he does not heap contempt upon his neighbor.
- 4 In his sight the wicked is rejected, *
but he honors those who fear the Lord.
- 5 He has sworn to do no wrong *
and does not take back his word.
- 6 He does not give his money in hope of gain, *
nor does he take a bribe against the innocent.
- 7 Whoever does these things *
shall never be overthrown.

Psalm 19:1-8, 14

- 1 The heavens declare the glory of God, *
and the firmament shows his handiwork.
- 2 One day tells its tale to another, *
and one night imparts knowledge to another.
- 3 Although they have no words or language, *
and their voices are not heard,
- 4 Their sound has gone out into all lands, *
and their message to the ends of the world.
- 5 In the deep has he set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.
- 6 It goes forth from the uttermost edge of the heavens
and runs about to the end of it again; *
nothing is hidden from its burning heat.
- 7 The law of the Lord is perfect
and revives the soul; *
the testimony of the Lord is sure
and gives wisdom to the innocent.
- 8 The statutes of the Lord are just
and rejoice the heart; *
the commandment of the Lord is clear
and gives light to the eyes.
- 14 Let the words of my mouth and the meditation of my
heart be acceptable in your sight, *
O Lord, my strength and my redeemer.

Psalm 20

- 1 May the Lord answer you in the day of trouble, *
the Name of the God of Jacob defend you;
- 2 Send you help from his holy place *
and strengthen you out of Zion;
- 3 Remember all your offerings *
and accept your burnt sacrifice;
- 4 Grant you your heart's desire *
and prosper all your plans.
- 5 We will shout for joy at your victory
and triumph in the Name of our God; *
may the Lord grant all your requests.
- 6 Now I know that the Lord gives victory to his anointed; *
he will answer him out of his holy heaven,
with the victorious strength of his right hand.
- 7 Some put their trust in chariots and some in horses, *
but we will call upon the Name of the Lord our God.
- 8 They collapse and fall down, *
but we will arise and stand upright.
- 9 O Lord, give victory to the king *
and answer us when we call.

Psalm 23

- 1 The Lord is my shepherd; *
I shall not be in want.
- 2 He makes me lie down in green pastures *
and leads me beside still waters.
- 3 He revives my soul *
and guides me along right pathways for his Name's sake.
- 4 Though I walk through the valley of the shadow of death,
I shall fear no evil; *
for you are with me;
your rod and your staff, they comfort me.
- 5 You spread a table before me in the presence of those
who trouble me; *
you have anointed my head with oil,
and my cup is running over.
- 6 Surely your goodness and mercy shall follow me all the days
of my life, *
and I will dwell in the house of the Lord for ever.

Psalm 24

- 1 The earth is the Lord's and all that is in it, *
the world and all who dwell therein.
- 2 For it is he who founded it upon the seas *
and made it firm upon the rivers of the deep.
- 3 "Who can ascend the hill of the Lord? *
and who can stand in his holy place?"
- 4 "Those who have clean hands and a pure heart, *
who have not pledged themselves to falsehood,
nor sworn by what is a fraud.
- 5 They shall receive a blessing from the Lord *
and a just reward from the God of their salvation."
- 6 Such is the generation of those who seek him, *
of those who seek your face, O God of Jacob.
- 7 Lift up your heads, O gates;
lift them high, O everlasting doors; *
and the King of glory shall come in.
- 8 "Who is this King of glory?" *
"The Lord, strong and mighty,
the Lord, mighty in battle."
- 9 Lift up your heads, O gates;
lift them high, O everlasting doors; *
and the King of glory shall come in.
- 10 "Who is he, this King of glory?"
"The Lord of hosts,
he is the King of glory."

Psalm 29

- 1 Ascribe to the Lord, you gods, *
ascribe to the Lord glory and strength.
- 2 Ascribe to the Lord the glory due his Name; *
worship the Lord in the beauty of holiness.
- 3 The voice of the Lord is upon the waters;
the God of glory thunders; *
the Lord is upon the mighty waters.
- 4 The voice of the Lord is a powerful voice; *
the voice of the Lord is a voice of splendor.
- 5 The voice of the Lord breaks the cedar trees; *
the Lord breaks the cedars of Lebanon;
- 6 He makes Lebanon skip like a calf, *
and Mount Hermon like a young wild ox.
- 7 The voice of the Lord splits the flames of fire;
the voice of the Lord shakes the wilderness; *
the Lord shakes the wilderness of Kadesh.
- 8 The voice of the Lord makes the oak trees writhe *
and strips the forests bare.
- 9 And in the temple of the Lord *
all are crying, "Glory!"
- 10 The Lord sits enthroned above the flood; *
the Lord sits enthroned as King for evermore.
- 11 The Lord shall give strength to his people; *
the Lord shall give his people the blessing of peace.

Psalm 43

- 1 Give judgment for me, O God,
and defend my cause against an ungodly people; *
deliver me from the deceitful and the wicked.
- 2 For you are the God of my strength;
why have you put me from you? *
and why do I go so heavily while the enemy
oppresses me?
- 3 Send out your light and your truth, that they may lead me, *
and bring me to your holy hill
and to your dwelling;
- 4 That I may go to the altar of God,
to the God of my joy and gladness; *
and on the harp I will give thanks to you, O God my God.
- 5 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?
- 6 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

Psalm 46

- 1 God is our refuge and strength, *
a very present help in trouble.
- 2 Therefore we will not fear, though the earth be moved, *
and though the mountains be toppled into the
depths of the sea;
- 3 Though its waters rage and foam, *
and though the mountains tremble at its tumult.
- 4 The Lord of hosts is with us; *
the God of Jacob is our stronghold.
- 5 There is a river whose streams make glad the city of God, *
the holy habitation of the Most High.
- 6 God is in the midst of her;
she shall not be overthrown; *
God shall help her at the break of day.
- 7 The nations make much ado, and the kingdoms are shaken; *
God has spoken, and the earth shall melt away.
- 8 The Lord of hosts is with us; *
the God of Jacob is our stronghold.
- 9 Come now and look upon the works of the Lord, *
what awesome things he has done on earth.
- 10 It is he who makes war to cease in all the world; *
he breaks the bow, and shatters the spear,
and burns the shields with fire.
- 11 “Be still, then, and know that I am God; *
I will be exalted among the nations;
I will be exalted in the earth.”
- 12 The Lord of hosts is with us; *
the God of Jacob is our stronghold.

Psalm 47

- 1 Clap your hands, all you peoples; *
shout to God with a cry of joy.
- 2 For the Lord Most High is to be feared; *
he is the great King over all the earth.
- 3 He subdues the peoples under us, *
and the nations under our feet.
- 4 He chooses our inheritance for us, *
the pride of Jacob whom he loves.
- 5 God has gone up with a shout, *
the Lord with the sound of the ram's-horn.
- 6 Sing praises to God, sing praises; *
sing praises to our King, sing praises.
- 7 For God is King of all the earth; *
sing praises with all your skill.
- 8 God reigns over the nations; *
God sits upon his holy throne.
- 9 The nobles of the peoples have gathered together *
with the people of the God of Abraham.
- 10 The rulers of the earth belong to God, *
and he is highly exalted.

Psalm 53

- 1 The fool has said in his heart, “There is no God.” *
All are corrupt and commit abominable acts;
there is none who does any good.
- 2 God looks down from heaven upon us all, *
to see if there is any who is wise,
if there is one who seeks after God.
- 3 Every one has proved faithless;
all alike have turned bad; *
there is none who does good; no, not one.
- 4 Have they no knowledge, those evildoers *
who eat up my people like bread
and do not call upon God?
- 5 See how greatly they tremble,
such trembling as never was; *
for God has scattered the bones of the enemy;
they are put to shame, because God has rejected them.
- 6 Oh, that Israel’s deliverance would come out of Zion! *
when God restores the fortunes of his people
Jacob will rejoice and Israel be glad.

Psalm 56

- 1 Have mercy on me, O God,
for my enemies are hounding me; *
all day long they assault and oppress me.
- 2 They hound me all the day long; *
truly there are many who fight against me, O Most High.
- 3 Whenever I am afraid, *
I will put my trust in you.
- 4 In God, whose word I praise,
in God I trust and will not be afraid, *
for what can flesh do to me?
- 5 All day long they damage my cause; *
their only thought is to do me evil.
- 6 They band together; they lie in wait; *
they spy upon my footsteps;
because they seek my life.
- 7 Shall they escape despite their wickedness? *
O God, in your anger, cast down the peoples.
- 8 You have noted my lamentation;
put my tears into your bottle; *
are they not recorded in your book?
- 9 Whenever I call upon you, my enemies will be put to flight; *
this I know, for God is on my side.
- 10 In God the Lord, whose word I praise,
in God I trust and will not be afraid, *
for what can mortals do to me?
- 11 I am bound by the vow I made to you, O God; *
I will present to you thank-offerings;
- 12 For you have rescued my soul from death and my feet from stumbling, *
that I may walk before God in the light of the living.

Psalm 58

- 1 Do you indeed decree righteousness, you rulers? *
do you judge the peoples with equity?
- 2 No; you devise evil in your hearts, *
and your hands deal out violence in the land.
- 3 The wicked are perverse from the womb; *
liars go astray from their birth.
- 4 They are as venomous as a serpent, *
they are like the deaf adder which stops its ears,
- 5 Which does not heed the voice of the charmer, *
no matter how skillful his charming.
- 6 O God, break their teeth in their mouths; *
pull the fangs of the young lions, O Lord.
- 7 Let them vanish like water that runs off; *
let them wither like trodden grass.
- 8 Let them be like the snail that melts away, *
like a stillborn child that never sees the sun.
- 9 Before they bear fruit, let them be cut down like a brier; *
like thorns and thistles let them be swept away.
- 10 The righteous will be glad when they see the vengeance; *
they will bathe their feet in the blood of the wicked.
- 11 And they will say,
“Surely, there is a reward for the righteous; *
surely, there is a God who rules in the earth.”

Psalm 60

- 1 O God, you have cast us off and broken us; *
you have been angry;
oh, take us back to you again.
- 2 You have shaken the earth and split it open; *
repair the cracks in it, for it totters.
- 3 You have made your people know hardship; *
you have given us wine that makes us stagger.
- 4 You have set up a banner for those who fear you, *
to be a refuge from the power of the bow.
- 5 Save us by your right hand and answer us, *
that those who are dear to you may be delivered.
- 6 God spoke from his holy place and said: *
“I will exult and parcel out Shechem;
I will divide the valley of Succoth.
- 7 Gilead is mine and Manasseh is mine; *
Ephraim is my helmet and Judah my scepter.
- 8 Moab is my wash-basin,
on Edom I throw down my sandal to claim it, *
and over Philistia will I shout in triumph.”
- 9 Who will lead me into the strong city? *
who will bring me into Edom?
- 10 Have you not cast us off, O God? *
you no longer go out, O God, with our armies.
- 11 Grant us your help against the enemy, *
for vain is the help of man.
- 12 With God we will do valiant deeds, *
and he shall tread our enemies under foot.

Psalm 67

- 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 earth.
- 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.

Psalm 70

- 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.

Psalm 76

- 1 In Judah is God known; *
his Name is great in Israel.
- 2 At Salem is his tabernacle, *
and his dwelling is in Zion.
- 3 There he broke the flashing arrows, *
the shield, the sword, and the weapons of battle.
- 4 How glorious you are! *
more splendid than the everlasting mountains!
- 5 The strong of heart have been despoiled;
they sink into sleep; *
none of the warriors can lift a hand.
- 6 At your rebuke, O God of Jacob, *
both horse and rider lie stunned.
- 7 What terror you inspire! *
who can stand before you when you are angry?
- 8 From heaven you pronounced judgment; *
the earth was afraid and was still;
- 9 When God rose up to judgment *
and to save all the oppressed of the earth.
- 10 Truly, wrathful Edom will give you thanks, *
and the remnant of Hamath will keep your feasts.
- 11 Make a vow to the Lord your God and keep it; *
let all around him bring gifts to him who is worthy
to be feared.
- 12 He breaks the spirit of princes, *
and strikes terror in the kings of the earth.

Psalm 82

- 1 God takes his stand in the council of heaven; *
he gives judgment in the midst of the gods:
- 2 “How long will you judge unjustly, *
and show favor to the wicked?
- 3 Save the weak and the orphan; *
defend the humble and needy;
- 4 Rescue the weak and the poor; *
deliver them from the power of the wicked.
- 5 They do not know, neither do they understand;
they go about in darkness; *
all the foundations of the earth are shaken.
- 6 Now I say to you, ‘You are gods, *
and all of you children of the Most High;
- 7 Nevertheless, you shall die like mortals, *
and fall like any prince.’”
- 8 Arise, O God, and rule the earth, *
for you shall take all nations for your own.

Psalm 85

- 1 You have been gracious to your land, O Lord, *
you have restored the good fortune of Jacob.
- 2 You have forgiven the iniquity of your people *
and blotted out all their sins.
- 3 You have withdrawn all your fury *
and turned yourself from your wrathful indignation.
- 4 Restore us then, O God our Savior; *
let your anger depart from us.
- 5 Will you be displeased with us for ever? *
will you prolong your anger from age to age?
- 6 Will you not give us life again, *
that your people may rejoice in you?
- 7 Show us your mercy, O Lord, *
and grant us your salvation.
- 8 I will listen to what the Lord God is saying, *
for he is speaking peace to his faithful people
and to those who turn their hearts to him.
- 9 Truly, his salvation is very near to those who fear him, *
that his glory may dwell in our land.
- 10 Mercy and truth have met together; *
righteousness and peace have kissed each other.
- 11 Truth shall spring up from the earth, *
and righteousness shall look down from heaven.
- 12 The Lord will indeed grant prosperity, *
and our land will yield its increase.
- 13 Righteousness shall go before him, *
and peace shall be a pathway for his feet.

Psalm 87

- 1 On the holy mountain stands the city he has founded; *
the Lord loves the gates of Zion
more than all the dwellings of Jacob.
- 2 Glorious things are spoken of you, *
O city of our God.
- 3 I count Egypt and Babylon among those who know me; *
behold Philistia, Tyre, and Ethiopia:
in Zion were they born.
- 4 Of Zion it shall be said, “Everyone was born in her, *
and the Most High himself shall sustain her.”
- 5 The Lord will record as he enrolls the peoples, *
“These also were born there.”
- 6 The singers and the dancers will say, *
“All my fresh springs are in you.”

Psalm 93

- 1 The Lord is King;
he has put on splendid apparel; *
the Lord has put on his apparel
and girded himself with strength.
- 2 He has made the whole world so sure *
that it cannot be moved;
- 3 Ever since the world began, your throne has been established; *
you are from everlasting.
- 4 The waters have lifted up, O Lord,
the waters have lifted up their voice; *
the waters have lifted up their pounding waves.
- 5 Mightier than the sound of many waters,
mightier than the breakers of the sea, *
mightier is the Lord who dwells on high.
- 6 Your testimonies are very sure, *
and holiness adorns your house, O Lord,
for ever and for evermore.

Psalm 96

- 1 Sing to the Lord a new song; *
sing to the Lord, all the whole earth.
- 2 Sing to the Lord and bless his Name; *
proclaim the good news of his salvation from day to day.
- 3 Declare his glory among the nations *
and his wonders among all peoples.
- 4 For great is the Lord and greatly to be praised; *
he is more to be feared than all gods.
- 5 As for all the gods of the nations, they are but idols; *
but it is the Lord who made the heavens.
- 6 Oh, the majesty and magnificence of his presence! *
Oh, the power and the splendor of his sanctuary!
- 7 Ascribe to the Lord, you families of the peoples; *
ascribe to the Lord honor and power.
- 8 Ascribe to the Lord the honor due his Name; *
bring offerings and come into his courts.
- 9 Worship the Lord in the beauty of holiness; *
let the whole earth tremble before him.
- 10 Tell it out among the nations: “The Lord is King! *
he has made the world so firm that it cannot be moved;
he will judge the peoples with equity.”
- 11 Let the heavens rejoice, and let the earth be glad;
let the sea thunder and all that is in it; *
let the field be joyful and all that is therein.
- 12 Then shall all the trees of the wood shout for joy
before the Lord when he comes, *
when he comes to judge the earth.
- 13 He will judge the world with righteousness *
and the peoples with his truth.

Psalm 100

- 1 Be joyful in the Lord, all you lands; *
serve the Lord with gladness
and come before his presence with a song.
- 2 Know this: The Lord himself is God; *
he himself has made us, and we are his;
we are his people and the sheep of his pasture.
- 3 Enter his gates with thanksgiving;
go into his courts with praise; *
give thanks to him and call upon his Name.
- 4 For the Lord is good;
his mercy is everlasting; *
and his faithfulness endures from age to age.

Psalm 101

- 1 I will sing of mercy and justice; *
to you, O Lord, will I sing praises.
- 2 I will strive to follow a blameless course;
oh, when will you come to me? *
I will walk with sincerity of heart within my house.
- 3 I will set no worthless thing before my eyes; *
I hate the doers of evil deeds;
they shall not remain with me.
- 4 A crooked heart shall be far from me; *
I will not know evil.
- 5 Those who in secret slander their neighbors I will destroy; *
those who have a haughty look and a proud
heart I cannot abide.
- 6 My eyes are upon the faithful in the land, that they may
dwell with me, *
and only those who lead a blameless life shall
be my servants.
- 7 Those who act deceitfully shall not dwell in my house, *
and those who tell lies shall not continue in my sight.
- 8 I will soon destroy all the wicked in the land, *
that I may root out all evildoers from the city of the Lord.

Psalm 108

- 1 My heart is firmly fixed, O God, my heart is fixed; *
I will sing and make melody.
- 2 Wake up, my spirit;
awake, lute and harp; *
I myself will waken the dawn.
- 3 I will confess you among the peoples, O Lord; *
I will sing praises to you among the nations.
- 4 For your loving-kindness is greater than the heavens, *
and your faithfulness reaches to the clouds.
- 5 Exalt yourself above the heavens, O God, *
and your glory over all the earth.
- 6 So that those who are dear to you may be delivered, *
save with your right hand and answer me.
- 7 God spoke from his holy place and said, *
“I will exult and parcel out Shechem;
I will divide the valley of Succoth.
- 8 Gilead is mine and Manasseh is mine; *
Ephraim is my helmet and Judah my scepter.
- 9 Moab is my washbasin,
on Edom I throw down my sandal to claim it, *
and over Philistia will I shout in triumph.”
- 10 Who will lead me into the strong city? *
who will bring me into Edom?
- 11 Have you not cast us off, O God? *
you no longer go out, O God, with our armies.
- 12 Grant us your help against the enemy, *
for vain is the help of man.
- 13 With God we will do valiant deeds, *
and he shall tread our enemies under foot.

Psalm 110

- 1 The Lord said to my Lord, “Sit at my right hand, *
until I make your enemies your footstool.”
- 2 The Lord will send the scepter of your power out of Zion, *
saying, “Rule over your enemies round about you.
- 3 Princely state has been yours from the day of your birth; *
in the beauty of holiness have I begotten you,
like dew from the womb of the morning.”
- 4 The Lord has sworn and he will not recant: *
“You are a priest for ever after the order of Melchizedek.”
- 5 The Lord who is at your right hand
will smite kings in the day of his wrath; *
he will rule over the nations.
- 6 He will heap high the corpses; *
he will smash heads over the wide earth.
- 7 He will drink from the brook beside the road; *
therefore he will lift high his head.

Psalm 112

- 1 Hallelujah!
Happy are they who fear the Lord *
and have great delight in his commandments!
- 2 Their descendants will be mighty in the land; *
the generation of the upright will be blessed.
- 3 Wealth and riches will be in their house, *
and their righteousness will last for ever.
- 4 Light shines in the darkness for the upright; *
the righteous are merciful and full of compassion.
- 5 It is good for them to be generous in lending *
and to manage their affairs with justice.
- 6 For they will never be shaken; *
the righteous will be kept in everlasting remembrance.
- 7 They will not be afraid of any evil rumors; *
their heart is right;
they put their trust in the Lord.
- 8 Their heart is established and will not shrink, *
until they see their desire upon their enemies.
- 9 They have given freely to the poor, *
and their righteousness stands fast for ever;
they will hold up their head with honor.
- 10 The wicked will see it and be angry;
they will gnash their teeth and pine away; *
the desires of the wicked will perish.

Psalm 114

- 1 Hallelujah!
When Israel came out of Egypt, *
the house of Jacob from a people of strange speech,
- 2 Judah became God's sanctuary *
and Israel his dominion.
- 3 The sea beheld it and fled; *
Jordan turned and went back.
- 4 The mountains skipped like rams, *
and the little hills like young sheep.
- 5 What ailed you, O sea, that you fled? *
O Jordan, that you turned back?
- 6 You mountains, that you skipped like rams? *
you little hills like young sheep?
- 7 Tremble, O earth, at the presence of the Lord, *
at the presence of the God of Jacob,
- 8 Who turned the hard rock into a pool of water *
and flint-stone into a flowing spring.

Psalm 120

- 1 When I was in trouble, I called to the Lord; *
I called to the Lord, and he answered me.
- 2 Deliver me, O Lord, from lying lips *
and from the deceitful tongue.
- 3 What shall be done to you, and what more besides, *
O you deceitful tongue?
- 4 The sharpened arrows of a warrior, *
along with hot glowing coals.
- 5 How hateful it is that I must lodge in Meshech *
and dwell among the tents of Kedar!
- 6 Too long have I had to live; *
among the enemies of peace.
- 7 I am on the side of peace, *
but when I speak of it, they are for war.

Psalm 123

- 1 To you I lift up my eyes, *
to you enthroned in the heavens.
- 2 As the eyes of servants look to the hand of their masters, *
and the eyes of a maid to the hand of her mistress,
- 3 So our eyes look to the Lord our God, *
until he show us his mercy.
- 4 Have mercy upon us, O Lord, have mercy, *
for we have had more than enough of contempt,
- 5 Too much of the scorn of the indolent rich, *
and of the derision of the proud.

Psalm 125

- 1 Those who trust in the Lord are like Mount Zion, *
which cannot be moved, but stands fast for ever.
- 2 The hills stand about Jerusalem; *
so does the Lord stand round about his people,
from this time forth for evermore.
- 3 The scepter of the wicked shall not hold sway over the
land allotted to the just, *
so that the just shall not put their hands to evil.
- 4 Show your goodness, O Lord, to those who are good *
and to those who are true of heart.
- 5 As for those who turn aside to crooked ways,
the Lord will lead them away with the evildoers; *
but peace be upon Israel.

Psalm 128

- 1 Happy are they all who fear the Lord, *
and who follow in his ways!
- 2 You shall eat the fruit of your labor; *
happiness and prosperity shall be yours.
- 3 Your wife shall be like a fruitful vine within your house, *
your children like olive shoots round about your table.
- 4 The man who fears the Lord *
shall thus indeed be blessed.
- 5 The Lord bless you from Zion, *
and may you see the prosperity of Jerusalem all the days
of your life.
- 6 May you live to see your children's children; *
may peace be upon Israel.

Psalm 137

- 1 By the waters of Babylon we sat down and wept, *
when we remembered you, O Zion.
- 2 As for our harps, we hung them up *
on the trees in the midst of that land.
- 3 For those who led us away captive asked us for a song,
and our oppressors called for mirth: *
“Sing us one of the songs of Zion.”
- 4 How shall we sing the Lord’s song *
upon an alien soil?
- 5 If I forget you, O Jerusalem, *
let my right hand forget its skill.
- 6 Let my tongue cleave to the roof of my mouth
if I do not remember you, *
if I do not set Jerusalem above my highest joy.
- 7 Remember the day of Jerusalem, O Lord,
against the people of Edom, *
who said, “Down with it! down with it!
even to the ground!”
- 8 O Daughter of Babylon, doomed to destruction, *
happy the one who pays you back
for what you have done to us!
- 9 Happy shall he be who takes your little ones, *
and dashes them against the rock!

Psalm 138

- 1 I will give thanks to you, O Lord, with my whole heart; *
before the gods I will sing your praise.
- 2 I will bow down toward your holy temple
and praise your Name, *
because of your love and faithfulness;
- 3 For you have glorified your Name *
and your word above all things.
- 4 When I called, you answered me; *
you increased my strength within me.
- 5 All the kings of the earth will praise you, O Lord, *
when they have heard the words of your mouth.
- 6 They will sing of the ways of the Lord, *
that great is the glory of the Lord.
- 7 Though the Lord be high, he cares for the lowly; *
he perceives the haughty from afar.
- 8 Though I walk in the midst of trouble, you keep me safe; *
you stretch forth your hand against the fury of my enemies;
your right hand shall save me.
- 9 The Lord will make good his purpose for me; *
O Lord, your love endures for ever;
do not abandon the works of your hands.

Psalm 139:1-11

- 1 Lord, you have searched me out and known me; *
you know my sitting down and my rising up;
you discern my thoughts from afar.
- 2 You trace my journeys and my resting-places *
and are acquainted with all my ways.
- 3 Indeed, there is not a word on my lips, *
but you, O Lord, know it altogether.
- 4 You press upon me behind and before *
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me; *
it is so high that I cannot attain to it.
- 6 Where can I go then from your Spirit? *
where can I flee from your presence?
- 7 If I climb up to heaven, you are there; *
if I make the grave my bed, you are there also.
- 8 If I take the wings of the morning *
and dwell in the uttermost parts of the sea,
- 9 Even there your hand will lead me *
and your right hand hold me fast.
- 10 If I say, "Surely the darkness will cover me, *
and the light around me turn to night,"
- 11 Darkness is not dark to you;
the night is as bright as the day; *
darkness and light to you are both alike.

Psalm 146

- 1 Hallelujah!
Praise the Lord, O my soul! *
I will praise the Lord as long as I live;
I will sing praises to my God while I have my being.
- 2 Put not your trust in rulers, nor in any child of earth, *
for there is no help in them.
- 3 When they breathe their last, they return to earth, *
and in that day their thoughts perish.
- 4 Happy are they who have the God of Jacob for their help! *
whose hope is in the Lord their God;
- 5 Who made heaven and earth, the seas, and all that is in them; *
who keeps his promise for ever;
- 6 Who gives justice to those who are oppressed, *
and food to those who hunger.
- 7 The Lord sets the prisoners free;
the Lord opens the eyes of the blind; *
the Lord lifts up those who are bowed down;
- 8 The Lord loves the righteous;
the Lord cares for the stranger; *
he sustains the orphan and widow,
but frustrates the way of the wicked.
- 9 The Lord shall reign for ever, *
your God, O Zion, throughout all generations.
Hallelujah!

Psalm 150

- 1 Hallelujah!
Praise God in his holy temple; *
praise him in the firmament of his power.
- 2 Praise him for his mighty acts; *
praise him for his excellent greatness.
- 3 Praise him with the blast of the ram's-horn; *
praise him with lyre and harp.
- 4 Praise him with timbrel and dance; *
praise him with strings and pipe.
- 5 Praise him with resounding cymbals; *
praise him with loud-clanging cymbals.
- 6 Let everything that has breath *
praise the Lord.
Hallelujah!

Index of Psalms & Psalm Types*

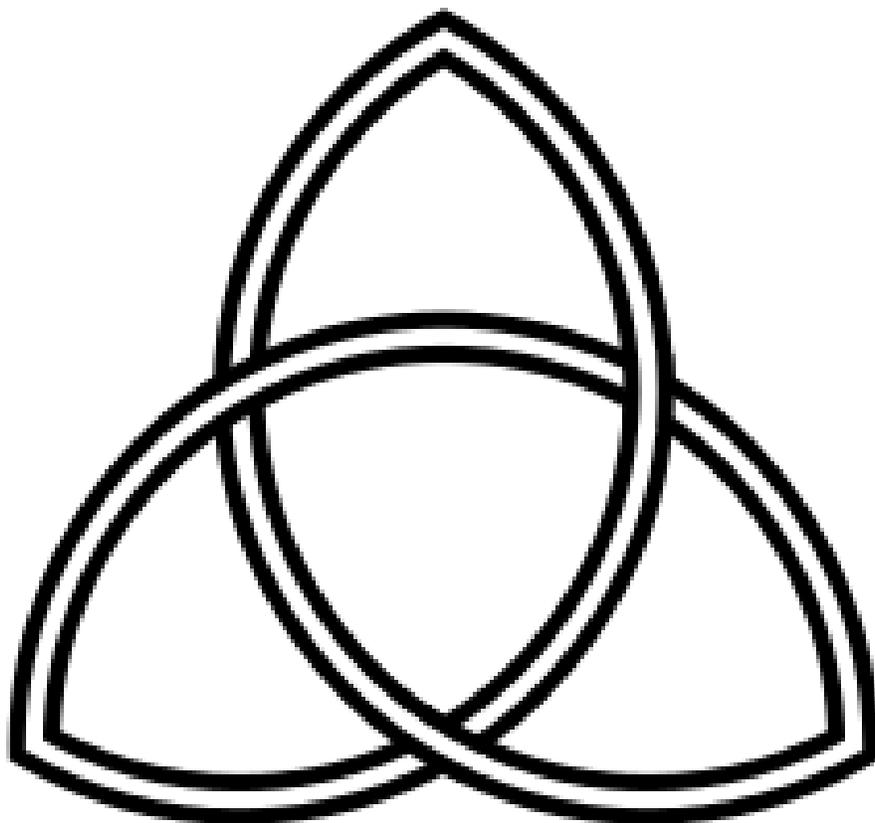
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* "Psalms" by Walter Brueggemann & Wm. H. Bellinger, Jr.

Prayer for Discernment

O God of love, you are the true Sun of the world, evermore risen and never going Down: We pray you to shine in our hearts and drive away the darkness of sin and the mist of error. We pray that we may, in this season of Lent and all our lives long, walk without stumbling in the way you have prepared for us, which is Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God in glory everlasting. Amen.

-Prayer attributed to Erasmus of Rotterdam



A Celtic Christian Triquetra

The Triquetra is a symbol for the Trinity – Father, Son & Holy Spirit – in a continuous three part arc that represents eternity.