

# Psalms and Canticles



## Psalm 13

- 1 How long, O LORD? Will you forget me for ever? \*  
how long will you hide your face from me?
- 2 How long shall I have perplexity in my mind,  
and grief in my heart, day after day? \*  
how long shall my enemy triumph over me?
- 3 Look upon me and answer me, O LORD my God; \*  
give light to my eyes, lest I sleep in death;
- 4 Lest my enemy say, "I have prevailed over him," \*  
and my foes rejoice that I have fallen.
- 5 But I put my trust in your mercy; \*  
my heart is joyful because of your saving help.
- 6 I will sing to the LORD, for he has dealt with me richly; \*  
I will praise the Name of the Lord Most High.

## Psalm 22: 1-11

- 1 My God, my God, why have you forsaken me? \*  
and are so far from my cry and from the words of my distress?
- 2 My God, I cry in the daytime, but you do not answer; \*  
by night as well, but I find no rest.
- 3 Yet you are the Holy One, \*  
enthroned upon the praises of Israel.
- 4 Our forefathers put their trust in you; \*  
they trusted, and you delivered them.
- 5 They cried out to you and were delivered; \*  
they trusted in you and were not put to shame.
- 6 But as for me, I am a worm and no man, \*  
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; \*  
they curl their lips and wag their heads, saying,
- 8 "He trusted in the Lord; let him deliver him; \*  
let him rescue him, if he delights in him."
- 9 Yet you are he who took me out of the womb, \*  
and kept me safe upon my mother's breast.
- 10 I have been entrusted to you ever since I was born; \*  
you were my God when I was still in my mother's womb.
- 11 Be not far from me, for trouble is near, \*  
and there is none to help.

## 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 25:15-21

- 15 Turn to me and have pity on me, \*  
for I am left alone and in misery.
- 16 The sorrows of my heart have increased; \*  
bring me out of my troubles.
- 17 Look upon my adversity and misery \*  
and forgive me all my sin.
- 18 Look upon my enemies, for they are many, \*  
and they bear a violent hatred against me.
- 19 Protect my life and deliver me; \*  
let me not be put to shame, for I have trusted in you.
- 20 Let integrity and uprightness preserve me, \*  
for my hope has been in you.
- 21 Deliver Israel, O God, \*  
out of all his troubles.

## Psalm 30

- 1 I will exalt you, O LORD, because you have lifted me up \*  
and have not let my enemies triumph over me.
- 2 O LORD my God, I cried out to you, \*  
and you restored me to health.
- 3 You brought me up, O LORD, from the dead; \*  
you restored my life as I was going down to the grave.
- 4 Sing to the LORD, you servants of his; \*  
give thanks for the remembrance of his holiness.
- 5 For his wrath endures but the twinkling of an eye, \*  
his favor for a lifetime.

- 6 Weeping may spend the night, \*  
but joy comes in the morning.
- 7 While I felt secure, I said, I shall never be disturbed. \*  
You, LORD, with your favor, made me as strong as the mountains."
- 8 Then you hid your face, \*  
and I was filled with fear.
- 9 I cried to you, O LORD; \*  
I pleaded with the Lord, saying,
- 10 "What profit is there in my blood, if I go down to the Pit? \*  
will the dust praise you or declare your faithfulness?
- 11 Hear, O LORD, and have mercy upon me; \*  
O LORD, be my helper."
- 12 You have turned my wailing into dancing; \*  
you have put off my sack-cloth and clothed me with joy.
- 13 Therefore my heart sings to you without ceasing; \*  
O LORD my God, I will give you thanks for ever.



## 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 69:31-38

- 31 As for me, I am afflicted and in pain; \*  
your help, O God, will lift me up on high.
- 32 I will praise the Name of God in song; \*  
I will proclaim his greatness with thanksgiving.
- 33 This will please the Lord more than an offering of oxen, \*  
more than bullocks with horns and hoofs.
- 34 The afflicted shall see and be glad; \*  
you who seek God, your heart shall live.
- 35 For the Lord listens to the needy, \*  
and his prisoners he does not despise.
- 36 Let the heavens and the earth praise him, \*  
the seas and all that moves in them;
- 37 For God will save Zion and rebuild the cities of Judah; \*  
they shall live there and have it in possession.
- 38 The children of his servants will inherit it, \*  
and those who love his Name will dwell therein.



## Psalm 71

- 1 In you, O LORD, have I taken refuge; \*  
let me never be ashamed.
- 2 In your righteousness, deliver me and set me free; \*  
incline your ear to me and save me.
- 3 Be my strong rock, a castle to keep me safe; \*  
you are my crag and my stronghold.
- 4 Deliver me, my God, from the hand of the wicked, \*  
from the clutches of the evildoer and the oppressor.
- 5 For you are my hope, O LORD God, \*  
my confidence since I was young.
- 6 I have been sustained by you ever since I was born;  
from my mother's womb you have been my strength; \*  
my praise shall be always of you.
- 7 I have become a portent to many; \*  
but you are my refuge and my strength.
- 8 Let my mouth be full of your praise \*  
and your glory all the day long.
- 9 Do not cast me off in my old age; \*  
forsake me not when my strength fails.
- 10 For my enemies are talking against me, \*  
and those who lie in wait for my life take counsel together.



- 11 They say, "God has forsaken him;  
go after him and seize him; \*  
because there is none who will save."
- 12 O God, be not far from me; \*  
come quickly to help me, O my God.
- 13 Let those who set themselves against me be put to shame  
and be disgraced; \*  
let those who seek to do me evil  
be covered with scorn and reproach.
- 14 But I shall always wait in patience, \*  
and shall praise you more and more.
- 15 My mouth shall recount your mighty acts  
and saving deeds all day long; \*  
though I cannot know the number of them.
- 16 I will begin with the mighty works of the Lord GOD; \*  
I will recall your righteousness, yours alone.
- 17 O God, you have taught me since I was young, \*  
and to this day I tell of your wonderful works.
- 18 And now that I am old and gray-headed,  
O God, do not forsake me, \*  
till I make known your strength to this generation  
and your power to all who are to come.
- 19 Your righteousness, O God,  
reaches to the heavens; \*  
you have done great things;  
who is like you, O God?
- 20 You have showed me great troubles and adversities, \*  
but you will restore my life and bring me up again  
from the deep places of the earth.
- 21 You strengthen me more and more; \*  
you enfold and comfort me,
- 22 Therefore I will praise you upon the lyre  
for your faithfulness, O my God; \*  
I will sing to you with the harp,  
O Holy One of Israel.
- 23 My lips will sing with joy when I play to you, \*  
and so will my soul, which you have redeemed.
- 24 My tongue will proclaim your righteousness all day long, \*  
for they are ashamed and disgraced  
who sought to do me harm.



### Psalm 86:1-7

- 1 Bow down your ear, O LORD, and answer me, \*  
for I am poor and in misery.
- 2 Keep watch over my life, for I am faithful; \*  
save your servant who puts his trust in you.
- 3 Be merciful to me, O LORD, for you are my God; \*  
I call upon you all the day long.
- 4 Gladden the soul of your servant, \*  
for to you, O LORD, I lift up my soul.
- 5 For you, O LORD, are good and forgiving, \*  
and great is your love toward all who call upon you.
- 6 Give ear, O LORD, to my prayer, \*  
and attend to the voice of my supplications.
- 7 In the time of my trouble I will call upon you, \*  
for you will answer me.

### Psalm 91: 1-11

- 1 He who dwells in the shelter of the Most High, \*  
abides under the shadow of the Almighty.
- 2 He shall say to the LORD, "You are my refuge and my stronghold, \*  
my God in whom I put my trust."
- 3 He shall deliver you from the snare of the hunter \*  
and from the deadly pestilence.
- 4 He shall cover you with his pinions, and you shall find refuge under his wings; \*  
his faithfulness shall be a shield and buckler.
- 5 You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;
- 6 Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.
- 7 A thousand shall fall at your side and ten thousand at your right hand, \*  
but it shall not come near you.
- 8 Your eyes have only to behold \*  
to see the reward of the wicked.
- 9 Because you have made the LORD your refuge, \*  
and the Most High your habitation,
- 10 There shall no evil happen to you, \*  
neither shall any plague come near your dwelling.
- 11 For he shall give his angels charge over you, \*  
to keep you in all your ways.

## Psalm 121

- 1 I lift up my eyes to the hills;\*  
from where is my help to come?
- 2 My help comes from the LORD, \*  
the maker of heaven and earth.
- 3 He will not let your foot be moved \*  
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel \*  
shall neither slumber nor sleep;
- 5 The LORD himself watches over you; \*  
the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, \*  
nor the moon by night.
- 7 The LORD shall preserve you from all evil; \*  
it is he who shall keep you safe.
- 8 The LORD shall watch over your going out and your coming in, \*  
from this time forth for evermore.



## Psalm 139: 1-17

- 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.
- 12 For you yourself created my inmost parts; \*  
you knit me together in my mother's womb.
- 13 I will thank you because I am marvelously made; \*  
your works are wonderful, and I know it well.
- 14 My body was not hidden from you, \*  
while I was being made in secret and woven in the depths of the earth.
- 15 Your eyes beheld my limbs, yet unfinished in the womb;  
all of them were written in your book; \*  
they were fashioned day by day, when as yet there was none of them.
- 16 How deep I find your thoughts, O God! \*  
how great is the sum of them!
- 17 If I were to count them, they would be more in number than the sand; \*  
to count them all, my life span would need to be like yours.

**Psalm 145: 14-22**

- 14 The LORD is faithful in all his words \*  
and merciful in all his deeds.
- 15 The LORD upholds all those who fall; \*  
he lifts up those who are bowed down.
- 16 The eyes of all wait upon you, O LORD, \*  
and you give them their food in due season.
- 17 You open wide your hand \*  
and satisfy the needs of every living creature.



- 18 The LORD is righteous in all his ways \*  
and loving in all his works.
- 19 The LORD is near to those who call upon him, \*  
to all who call upon him faithfully.
- 20 He fulfills the desire of those who fear him; \*  
he hears their cry and helps them.
- 21 The LORD preserves all those who love him, \*  
but he destroys all the wicked.
- 22 My mouth shall speak the praise of the LORD; \*  
let all flesh bless his holy Name for ever and ever.

**Psalm 147:1-7**

- 1 Hallelujah! How good it is to sing praises to our God! \*  
how pleasant it is to honor him with praise!
- 2 The LORD rebuilds Jerusalem; \*  
he gathers the exiles of Israel.
- 3 He heals the brokenhearted \*  
and binds up their wounds.
- 4 He counts the number of the stars \*  
and calls them all by their names.
- 5 Great is our LORD and mighty in power; \*  
there is no limit to his wisdom.
- 6 The LORD lifts up the lowly, \*  
but casts the wicked to the ground.
- 7 Sing to the LORD with thanksgiving; \*  
make music to our God upon the harp.



**Canticle I, A Song of Jonah, *Jonah 2:2-7, 9***

I called to you, O God, out of my distress, and you answered me; \*  
out of the belly of Sheol I cried, and you heard my voice.

You cast me into the deep, into the heart of the seas, \*  
and the flood surrounded me; all your waves and billows  
passed over me.

Then I said, "I am driven away from your sight; \*  
how shall I ever look again upon your holy temple?"

The waters closed in over me, the deep was round about me; \*  
weeds were wrapped around my head at the roots of the mountains.

I went down to the land beneath the earth, \*  
yet you brought up my life from the depths, O God.

As my life was ebbing away, I remembered you, O God, \*  
and my prayer came to you, into your holy temple.

With the voice of thanksgiving, I will sacrifice to you; \*  
what I have vowed I will pay, for deliverance belongs to the Lord!



**Canticle Q, A Song of Christ's Goodness, *Anselm of Canterbury***

Jesus, as a mother you gather your people to you; \*  
you are gentle with us as a mother with her children.

Often you weep over our sins and our pride, \*  
tenderly you draw us from hatred and judgment.

You comfort us in sorrow and bind up our wounds, \*  
in sickness you nurse us and with pure milk you feed us.

Jesus, by your dying, we are born to new life; \*  
by your anguish and labor we come forth in joy.

Despair turns to hope through your sweet goodness; \*  
through your gentleness, we find comfort in fear.

Your warmth gives life to the dead, \*  
your touch makes sinners righteous.

Lord Jesus, in your mercy, heal us; \*  
in your love and tenderness, remake us.

In your compassion, bring grace and forgiveness, \*  
for the beauty of heaven, may your love prepare us.