- 1 Hear my crying, O God, * and listen to my prayer.
- From the end of the earth I call to you with fainting héart; * O set me on the rock that is higher than Í.
- For you are my réfuge, * a strong tower against the énemy.
- 4 Let me dwell in your tent for éver * and take refuge under the cover of your wings.
- 5 For you, O God, will hear my vóws; * you will grant the request of those who fear your name.
- 6 You will add length of days to the life of the king, * that his years may endure throughout all generations.
- 7 May he sit enthroned before God for éver; * may steadfast love and truth watch over him.
- 8 So will I always sing praise to your name, * and day by day fulfil my vows.

- On God alone my soul in stillness waits; * from him comes my salvation.
- He alone is my rock and my salvation, * my stronghold, so that I shall never be shaken.
- How long will all of you assail me to destroy me, * as you would a tottering wall or a leaning fence?
- They plot only to thrust me down from my place of honour; lies are their chief delight; * they bless with their mouth, but in their heart they curse.
- Wait on God alone in stillness, O my soul; * for in him is my hope.
- 6 He alone is my rock and my salvation, * my stronghold, so that I shall not be shaken.
- 7 In God is my strength and my glóry; *
 God is my strong rock; in him is my réfuge.
- 8 Put your trust in him always, my péople; * pour out your hearts before him, for God is our réfuge.
- The peoples are but a breath, the whole human race a deceit; * on the scales they are altogether lighter than air.
- 10 Put no trust in oppression; in robbery take no empty pride; * though wealth increase, set not your heart upon it.
- God spoke once, and twice have I heard the same, * that power belongs to God.
- 12 Steadfast love belongs to you, O Lord, * for you repay everyone according to their deeds.

- O God, you are my God; eagerly I seek you; * my soul is athirst for you.
- 2 My flesh also faints for you, * as in a dry and thirsty land where there is no water.
- 3 So would I gaze upon you in your holy place, * that I might behold your power and your glory.
- 4 Your loving-kindness is better than life itsélf * and so my lips shall práise you.
- 5 I will bless you as long as I live * and lift up my hands in your name.
- 6 My soul shall be satisfied, as with marrow and fatness, * and my mouth shall praise you with joyful lips,
- When I remember you upon my béd * and meditate on you in the watches of the night.
- 8 For you have been my helper * and under the shadow of your wings will I rejoice.
- 9 My soul clings to you; * your right hand shall hold me fast.
- But those who seek my soul to destroy it * shall go down to the depths of the earth;
- 11 Let them fall by the edge of the sword * and become a portion for jackals.
- But the king shall rejoice in God; all those who swear by him shall be glad, * for the mouth of those who speak lies shall be stopped.

- Hear my voice, O God, in my complaint; * preserve my life from fear of the énemy.
- 2 Hide me from the conspiracy of the wicked, * from the gathering of evildoers.
- They sharpen their tongue like a sword * and aim their bitter words like arrows,
- That they may shoot at the blameless from hiding places; * suddenly they shoot, and are not seen.
- They hold fast to their evil course; * they talk of laying snares, saying, 'Who will see us?'
- They search out wickedness and lay a cunning trap, * for deep are the inward thoughts of the heart.
- 7 But God will shoot at them with his swift arrow, * and suddenly they shall be wounded.
- 8 Their own tongues shall make them fall, * and all who see them shall wag their heads in scorn.
- 9 All peoples shall fear and tell what God has done, * and they will ponder all his works.
- The righteous shall rejoice in the Lord and put their trust in him, * and all that are true of heart shall exult.

- Praise is due to you, O God, in Zion; * to you that answer prayer shall vows be paid.
- To you shall all flesh come to confess their sins; * when our misdeeds prevail against us, you will purge them away.
- Happy are they whom you choose and draw to your courts to dwell there. *
 We shall be satisfied with the blessings of your house, even of your holy temple.
- With wonders you will answer us in your righteousness, O God of our salvation, * O hope of all the ends of the earth and of the farthest seas.
- In your strength you set fast the mountains * and are girded about with might.
- 6 You still the raging of the séas, * the roaring of their waves and the clamour of the péoples.
- 7 Those who dwell at the ends of the earth tremble at your marvels; * the gates of the morning and evening sing your praise.
- 8 You visit the earth and water it; * you make it very plenteous.
- 9 The river of God is full of water; * you prepare grain for your people, for so you provide for the earth.
- 10 You drench the furrows and smooth out the ridges; * you soften the ground with showers and bless its increase.
- 11 You crown the year with your goodness, * and your paths overflow with plenty.
- May the pastures of the wilderness flow with goodness * and the hills be girded with joy.
- May the meadows be clothed with flocks of sheep * and the valleys stand so thick with corn that they shall laugh and sing.

- Be joyful in God, all the earth; * sing the glory of his name; sing the glory of his praise.
- 2 Say to God, 'How awesome are your déeds! *
 Because of your great strength your enemies shall bow before you.
- 3 'All the earth shall worship you, * sing to you, sing praise to your name.'
- 4 Come now and behold the works of God, * how wonderful he is in his dealings with humankind.
- He turned the sea into dry land; the river they passed through on foot; * there we rejoiced in him.
- In his might he rules for ever; his eyes keep watch over the nations; * let no rebel rise up against him.
- 7 Bless our God, O you péoples; * make the voice of his praise to be héard,
- 8 Who holds our souls in life * and suffers not our feet to slip.
- 9 For you, O God, have proved us; * you have tried us as silver is tried.
- 10 You brought us into the snare; * you laid heavy burdens upon our backs.
- You let enemies ride over our heads; we went through fire and water; * but you brought us out into a place of liberty.
- I will come into your house with burnt offerings and will pay you my vows, * which my lips uttered and my mouth promised when I was in trouble.
- I will offer you fat burnt sacrifices with the smoke of rams; * I will sacrifice oxen and goats.
- Come and listen, all you who fear God, * and I will tell you what he has done for my soul.
- 15 I called out to him with my mouth * and his praise was on my tongue.
- 16 If I had nursed evil in my heart, * the Lord would not have heard me,
- 17 But in truth God has heard me; * he has heeded the voice of my prayer.

[Psalm 66]

Blessed be God, who has not rejected my prayer, * nor withheld his loving mercy from mé.

- God be gracious to us and bléss us * and make his face to shine upon us,
- 2 That your way may be known upon earth, * your saving power among all nations.
- 3 Let the peoples praise you, O Gód; * let all the peoples práise you.
- O let the nations rejoice and be glad, * for you will judge the peoples righteously and govern the nations upon earth.
- 5 Let the peoples praise you, O Gód; * let all the peoples práise you.
- Then shall the earth bring forth her increase, * and God, our own God, will bless us.
- 7 --- God will bléss us, * and all the ends of the earth shall féar him.

- 1 Let God arise and let his enemies be scattered; * let those that hate him flee before him.
- As the smoke vanishes, so may they vanish away; * as wax melts at the fire, so let the wicked perish at the presence of Gód.
- But let the righteous be glad and rejoice before God; * let them make merry with gladness.
- 4 Sing to God, sing praises to his name; exalt him who rides on the clouds. * The Lord is his name; rejoice before him.
- 5 Father of the fatherless, defender of widows, * God in his holy habitation!
- God gives the solitary a home and brings forth prisoners to songs of welcome, * but the rebellious inhabit a burning desert.
- O God, when you went forth before your people, * when you marched through the wilderness,
- 8 The earth shook and the heav'ns dropped down rain, at the presence of God, the Lord of Sinai, * at the presence of God, the God of Israel.
- 9 You sent down a gracious rain, O God; * you refreshed your inheritance when it was weary.
- 10 Your people came to dwell there; * in your goodness, O God, you provide for the poor.
- The Lord gave the word; great was the company of women who bore the tidings: *

 'Kings and their armies they flee, they flee!'

 and women at home are dividing the spoil.
- Though you stayed among the sheepfolds, * see now a dove's wings covered with silver and its feathers with green gold.
- When the Almighty scattered the kings, * it was like snow flakes falling on Zalmon.
- 14 You mighty mountain, great mountain of Bashan! * You towering mountain, great mountain of Bashan!
- Why look with envy, you towering mountains, at the mount which God has desired for his dwelling, * the place where the Lord will dwell for ever?
- The chariots of God are twice ten thousand, even thousands upon thousands; * the Lord is among them, the Lord of Sinai in holy power.

[Psalm 68]

- 17 You have gone up on high and led captivity captive; * you have received tribute, even from those who rebelled, that you may reign as Lord and God.
- Blessed be the Lord who bears our burdens day by day, * for God is our salvation.
- 19 God is for us the God of our salvation; *
 God is the Lord who can deliver from death.
- [20 God will smite the head of his enemies, * the hairy scalp of those who walk in wickedness.
- The Lord has said, 'From the heights of Bashan, * from the depths of the sea will I bring them back,
- 22 'Till you dip your foot in blood * and the tongue of your dogs has a taste of your énemies.'
- We see your solemn processions, O God, * your processions into the sanctuary, my God and my King.]
- The singers go before, the musicians follow after, * in the midst of maidens playing on timbrels.
- In your companies, bless your God; * bless the Lord, you that are of the fount of Ísrael.
- At the head there is Benjamin, least of the tribes, the princes of Judah in joyful company, * the princes of Zebulun and Naphtali.
- 27 Send forth your strength, O God; * establish, O God, what you have wrought in us.
- 28 For your temple's sake in Jerusalem * kings shall bring their gifts to you.
- 29 Drive back with your word the wild beast of the reeds, * the herd of the bull-like, the brutish hordes.
- Trample down those who lust after silver; * scatter the peoples that delight in war.
- Vessels of bronze shall be brought from Égypt; * Ethiopia will stretch out her hands to Gód.
- 32 Sing to God, you kingdoms of the earth; * make music in praise of the Lord;

[Psalm 68]

- He rides on the ancient heav'n of heav'ns * and sends forth his voice, a mighty voice.
- Ascribe power to God, whose splendour is over Ísrael, * whose power is above the clouds.
- How terrible is God in his holy sanctuary, * the God of Israel, who gives power and strength to his people! Blessed be Gód.

- Save me, O God, * for the waters have come up, even to my neck.
- I sink in deep mire where there is no foothold; *
 I have come into deep waters and the flood sweeps over me.
- I have grown weary with crying; my throat is raw; * my eyes have failed from looking so long for my Gód.
- Those who hate me without any cause * are more than the hairs of my head;
- Those who would destroy me are mighty; *
 my enemies accuse me falsely: must I now give back what I never stole?
- 6 O God, you know my foolishness, * and my faults are not hidden from you.
- Let not those who hope in you be put to shame through me, Lord God of hosts; * let not those who seek you be disgraced because of me, O God of Israel.
- 8 For your sake have I suffered reproach; * shame has covered my face.
- 9 I have become a stranger to my kindred, * an alien to my mother's children.
- Zeal for your house has eaten me up; * the scorn of those who scorn you has fallen upon mé.
- I humbled myself with fasting, * but that was turned to my reproach.
- 12 I put on sackcloth also * and became a byword among them.
- 13 Those who sit at the gate murmur against me, * and the drunkards make songs about me.

[Psalm 69]

- But as for me, I make my prayer to you, O Lord; * at an acceptable time, O God.
- Answer me, O God, in the abundance of your mercy * and with your sure salvation.
- Draw me out of the mire, that I sink not; * let me be rescued from those who hate me and out of the deep waters.
- 17 Let not the water flood drown me, neither the deep swallow me up; * let not the Pit shut its mouth upon me.
- Answer me, Lord, for your loving-kindness is good; * turn to me in the multitude of your mercies.
- 19 Hide not your face from your servant; * be swift to answer me, for I am in trouble.
- 20 Draw near to my soul and redéem me; * deliver me because of my énemies.
- You know my reproach, my shame and my dishonour; * my adversaries are all in your sight.
- Reproach has broken my heart; I am full of heaviness *. I looked for some to have pity, but there was no one, neither found I any to comfort me.
- They gave me gall to eat, * and when I was thirsty, they gave me vinegar to drink.
- [24 Let the table before them be a trap * and their sacred feasts a snare.
- 25 Let their eyes be darkened, that they cannot sée, * and give them continual trembling in their loins.
- 26 Pour out your indignation upon them, * and let the heat of your anger overtake them.
- 27 Let their camp be désolate, * and let there be no one to dwell in their tents.
- For they persecute the one whom you have stricken, * and increase the sorrows of him whom you have pierced.
- 29 Lay to their charge guilt upon guilt, * and let them not receive your vindication.
- 30 Let them be wiped out of the book of the living * and not be written among the righteous.]

[Psalm 69]

- 31 As for me, I am poor and in misery; * your saving help, O God, will lift me up.
- I will praise the name of God with a song; *
 I will proclaim his greatness with thanksgiving.
- This will please the Lord more than an offering of oxen, * more than bulls with horns and hooves.
- 34 The humble shall see and be glad; * you who seek God, your heart shall live.
- For the Lord listens to the needy, * and his own who are imprisoned he does not despise.
- Let the heav'ns and the earth praise him, * the seas and all that moves in them:
- For God will save Zion and rebuild the cities of Júdah; * they shall live there and have it in possession.
- The children of his servants shall inherit it, * and they that love his name shall dwell therein.

- O God, make speed to save me; * O Lord, make haste to help me.
- 2 Let those who seek my life be put to shame and confusion; * let them be turned back and disgraced who wish me evil.
- 3 Let those who mock and deride me * turn back because of their shame.
- But let all who seek you rejoice and be glad in you; * let those who love your salvation say always, 'Great is the Lord!'
- 5 As for me, I am poor and needy; * come to me quickly, O God.
- 6 You are my help and my deliverer; * O Lord, do not delay.

- In you, O Lord, do I seek réfuge; * let me never be put to shame.
- In your righteousness, deliver me and set me frée; * incline your ear to me and save me.
- Be for me a stronghold to which I may ever resort; * send out to save me, for you are my rock and my fortress.
- 4 Deliver me, my God, from the hand of the wicked, * from the grasp of the evildoer and the oppressor.
- 5 For you are my hope, O Lord God, * my confidence, even from my youth.
- 6 Upon you have I leaned from my birth, when you drew me from my mother's womb; * 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 away in the time of 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; pursue him and take him, * because there is none to deliver him.'
- O God, be not far from me; * come quickly to help me, O my Gód.
- Let those who are against me be put to shame and disgrace; * let those who seek to do me evil be covered with scorn and reproach.
- But as for me I will hope continually * and will praise you more and more.
- 15 My mouth shall tell of your righteousness and salvation all the day long, * for I know no end of the telling.
- I will begin with the mighty works of the Lord God; * I will recall your righteousness, yours alone.
- O God, you have taught me since I was young, * and to this day I tell of your wonderful works.

[Psalm 71]

- Forsake me not, O God, when I am old and grey-headed, * till I make known your deeds to the next generation and your power to all that are to come.
- 19 Your righteousness, O God, reaches to the heav'ns; * in the great things you have done, who is like you, O God?
- What troubles and adversities you have shown me, * and yet you will turn and refresh me and bring me from the deep of the earth again.
- 21 Increase my hónour; * turn again and cómfort me.
- Therefore will I praise you upon the harp for your faithfulness, O my God; * I will sing to you with the lyre, O Holy One of Israel.
- 23 My lips will sing out as I play to you, * and so will my soul, which you have redeemed.
- 24 My tongue also will tell of your righteousness all the day long, * for they shall be shamed and disgraced who sought to do me evil.

- 1 Give the king your judgements, O God, * and your righteousness to the son of a king.
- 2 Then shall he judge your people righteously * and your poor with justice.
- May the mountains bring forth péace, * and the little hills righteousness for the péople.
- 4 May he defend the poor among the people, * deliver the children of the needy and crush the oppressor.
- May he live as long as the sun and moon endure from one generation to another.
- 6 May he come down like rain upon the mown grass, * like the showers that water the earth.
- 7 In his time shall righteousness flourish, * and abundance of peace till the moon shall be no more.
- 8 May his dominion extend from sea to sea * and from the River to the ends of the earth.
- 9 May his foes kneel before him * and his enemies lick the dust.
- 10 The kings of Tarshish and of the isles shall pay tribute; * the kings of Sheba and Seba shall bring gifts.
- 11 All kings shall fall down before him; * all nations shall do him sérvice
- 12 For he shall deliver the poor that cry out, * the needy and those who have no helper.
- He shall have pity on the weak and poor; * he shall preserve the lives of the needy.
- 14 He shall redeem their lives from oppression and violence, * and dear shall their blood be in his sight.
- Long may he live; unto him may be given gold from Shéba; * may prayer be made for him continually and may they bless him all the day long.
- May there be abundance of grain on the earth, standing thick upon the hilltops; * may its fruit flourish like Lebanon and its grain grow like the grass of the field.
- 17 May his name remain for ever and be established as long as the sun endures; * may all nations be blest in him and call him blessed.

[Psalm 72]

- 18 Blessed be the Lord, the God of Ísrael, * who alone does wonderful things.
- 19 And blessed be his glorious name for éver. *
 May all the earth be filled with his glory. Amén. Åmén.

- 1 Truly, God is loving to Ísrael, * to those who are pure in héart.
- 2 Nevertheless, my feet were almost gone; * my steps had well-nigh slipped.
- For I was envious of the proud; *
 I saw the wicked in such prosperity;
- 4 For they suffer no pains * and their bodies are sleek and sound;
- They come to no misfortune like other folk; * nor are they plagued as others are;
- 6 Therefore pride is their nécklace * and violence wraps them like a clóak.
- 7 Their iniquity comes from within; * the conceits of their hearts overflow.
- 8 They scoff, and speak only of évil; * they talk of oppression from on high.
- 9 They set their mouth against the heav'ns, * and their tongue ranges round the earth;
- And so the people turn to them * and find in them no fault.
- 11 They say, 'How should God know? *
 Is there knowledge in the Most High?'
- Behold, these are the wicked; * ever at ease, they increase their wealth.
- 13 Is it in vain that I cleansed my heart * and washed my hands in innocence?
- 14 All day long have **İ** been stricken * and chastened every morning.

[Psalm 73]

- 15 If I had said, 'I will speak as they do,' *
 I should have betrayed the generation of your children.
- Then thought I to understand this, * but it was too hard for me,
- 17 Until I entered the sanctuary of God * and understood the end of the wicked:
- 18 How you set them in slippery places; * you cast them down to destruction.
- 19 How suddenly do they come to destruction, * perish and come to a fearful end!
- As with a dream when one awakes, * so, Lord, when you arise you will despise their image.
- When my heart became embittered * and I was pierced to the quick,
- I was but foolish and ignorant; *
 I was like a brute beast in your présence.
- 23 Yet I am always with you; * you hold me by my right hand.
- 24 You will guide me with your counsel * and afterwards receive me with glory.
- Whom have I in heav'n but you? *
 And there is nothing upon earth that I desire in comparison with you.
- Though my flesh and my heart fail me, *
 God is the strength of my heart and my portion for ever.
- 27 Truly, those who forsake you will pérish; * you will put to silence the faithless who betráy you.
- But it is good for me to draw near to God; * in the Lord God have I made my refuge, that I may tell of all your works.

- O God, why have you utterly disowned us? *
 Why does your anger burn against the sheep of your pasture?
- 2 Remember your congregation that you purchased of old, * the tribe you redeemed for your own possession, and Mount Zion where you dwelt.
- Hasten your steps towards the endless ruins, * where the enemy has laid waste all your sanctuary.
- 4 Your adversaries roared in the place of your worship; * they set up their banners as tokens of victory.
- 5 Like men brandishing axes on high in a thicket of trees, * all her carved work they smashed down with hatchet and hammer.
- They set fire to your holy place; * they defiled the dwelling place of your name and razed it to the ground.
- 7 They said in their heart, 'Let us make havoc of them altogether,' * and they burned down all the sanctuaries of God in the land.
- 8 There are no signs to see, not one prophet left, * not one among us who knows how long.
- 9 How long, O God, will the adversary scoff? * Shall the enemy blaspheme your name for ever?
- Why have you withheld your hand * and hidden your right hand in your bosom?
- 11 Yet God is my king from of old, * who did deeds of salvation in the midst of the earth.
- 12 It was you that divided the sea by your might * and shattered the heads of the dragons on the waters;
- You alone crushed the heads of Leviathan * and gave him to the beasts of the desert for food.
- 14 You cleft the rock for fountain and flood; * you dried up ever-flowing rivers.
- 15 Yours is the day, yours also the night; * you established the moon and the sun.
- 16 You set all the bounds of the earth; * you fashioned both summer and winter.
- 17 Remember now, Lord, how the enemy scoffed, * how a foolish people despised your name.

[Psalm 74]

- Do not give to wild beasts the soul of your turtle dove; * forget not the lives of your poor for ever.
- 19 Look upon your creation, for the earth is full of darkness, * full of the haunts of violence.
- 20 Let not the oppressed turn away ashamed, * but let the poor and needy praise your name.
- Arise, O God, maintain your own cause; * remember how fools revile you all the day long.
- Forget not the clamour of your adversaries, * the tumult of your enemies that ascends continually.

- We give you thanks, O God, we give you thanks, * for your name is near, as your wonderful deeds declare.
- 2 'I will seize the appointed time; * I, the Lord, will judge with equity.
- 3 'Though the earth reels and all that dwell in her, * it is I that hold her pillars steady.
- 4 'To the boasters I say, "Boast no longer," * and to the wicked, "Do not lift up your horn.
- 5 '"Do not lift up your horn on high; * do not speak with a stiff neck."
- 6 For neither from the east nor from the west, * nor yet from the wilderness comes exaltation.
- 7 But God alone is júdge; * he puts down one and raises up another.
- For in the hand of the Lord there is a cup, * well mixed and full of foaming wine.
- 9 He pours it out for all the wicked of the earth; * they shall drink it, and drain the dregs.
- But I will rejoice for éver * and make music to the God of Jácob.
- All the horns of the wicked will I break, * but the horns of the righteous shall be exalted.

- 1 In Judah God is knówn; * his name is great in Ísrael.
- 2 At Salem is his tabernacle, * and his dwelling place in Zion
- There broke he the flashing arrows of the bow, * the shield, the sword and the weapons of war.
- 4 In the light of splendour you appéared, * glorious from the eternal mountains.
- 5 The boastful were plundered; they have slept their sleep; * none of the warriors can lift their hand.
- 6 At your rebuke, O God of Jacob, * both horse and chariot fell stunned.
- 7 Terrible are you in majesty: * who can stand before your face when you are angry?
- 8 You caused your judgement to be heard from heav'n; * the earth trembled and was still,
- 9 When God arose to judgement, * to save all the meek upon earth.
- 10 You crushed the wrath of the peoples * and bridled the wrathful remnant.
- 11 Make a vow to the Lord your God and keep it; * let all who are round about him bring gifts to him that is worthy to be feared.
- He breaks down the spirit of princes * and strikes terror in the kings of the earth.

- I cry aloud to Gód;*
 I cry aloud to God and he will héar me.
- In the day of my trouble I have sought the Lord; * by night my hand is stretched out and does not tire; my soul refuses comfort.
- I think upon God and I groan; * I ponder, and my spirit faints.
- 4 You will not let my eyelids close; * I am so troubled that I cannot speak.

[Psalm 77]

- 5 I consider the days of old; *
 I remember the years long past;
- 6 I commune with my heart in the night; * my spirit searches for understanding.
- Will the Lord cast us off for ever? *
 Will he no more show us his favour?
- 8 Has his loving mercy clean gone for éver? *
 Has his promise come to an end for évermóre?
- 9 Has God forgotten to be grácious? *
 Has he shut up his compassion in displéasure?
- And I said, 'My grief is this: * that the right hand of the Most High has lost its strength.'
- 11 I will remember the works of the Lord * and call to mind your wonders of old time.
- 12 I will meditate on all your works * and ponder your mighty deeds.
- 13 Your way, O God, is holy; * who is so great a god as our God?
- 14 You are the God who worked wonders * and declared your power among the peoples.
- With a mighty arm you redeemed your people, * the children of Jacob and Joseph.
- The waters saw you, O God; the waters saw you and we're afraid; * the depths also we're troubled.
- 17 The clouds poured out water; the skies thundered; * your arrows flashed on every side;
- The voice of your thunder was in the whirlwind; your lightnings lit up the ground; * the earth trembled and shook.
- 19 Your way was in the sea, and your paths in the great waters, * but your footsteps were not known.
- 20 You led your people like sheep * by the hand of Moses and Áaron.

Part 1

- Hear my teaching, O my péople; * incline your ears to the words of my mouth.
- I will open my mouth in a parable; *
 I will pour forth mysteries from of old,
- 3 Such as we have heard and known, * which our forebears have told us.
- We will not hide from their children, but will recount to generations to come, * the praises of the Lord and his power and the wonderful works he has done.
- He laid a solemn charge on Jacob and made it a law in Ísrael, * which he commanded them to teach their children,
- That the generations to come might know, and the children yet unborn, * that they in turn might tell it to their children;
- 7 So that they might put their trust in God * and not forget the deeds of God, but keep his commandments,
- And not be like their forebears, a stubborn and rebellious generation, * a generation whose heart was not steadfast, and whose spirit was not faithful to God.
- 9 The people of Ephraim, armed with the bow, * turned back in the day of battle;
- They did not keep the covenant of God * and refused to walk in his law;
- 11 They forgot what he had done * and the wonders he had shown them.
- For he did marvellous things in the sight of their forebears, * in the land of Egypt, in the field of Zó-an.
- He divided the sea and let them pass through; * he made the waters stand still in a heap.
- He led them with a cloud by day * and all the night through with a blaze of fire.
- He split the hard rocks in the wilderness * and gave them drink as from the great deep.
- He brought streams out of the rock * and made water gush out like rivers.

- 17 Yet for all this they sinned more against him * and defied the Most High in the wilderness.
- 18 They tested God in their hearts * and demanded food for their craving.
- 19 They spoke against God and said, *
 'Can God prepare a table in the wilderness?
- 20 'He struck the rock indeed, so that the waters gushed out and the streams overflowed, * but can he give bread or provide meat for his péople?'
- When the Lord heard this, he was full of wrath; * a fire was kindled against Jacob and his anger went out against Israel,
- 22 For they had no faith in God * and put no trust in his saving help.
- 23 So he commanded the clouds above * and opened the doors of heav'n.
- 24 He rained down upon them manna to eat * and gave them the grain of heav'n.
- 25 So mortals ate the bread of angels; * he sent them food in plenty.
- 26 He caused the east wind to blow in the heav'ns * and led out the south wind by his might.
- 27 He rained flesh upon them as thick as dust * and winged fowl like the sand of the sea.
- 28 He let it fall in the midst of their camp * and round about their tents.
- 29 So they ate and were well filled, * for he gave them what they desired.
- 30 But they did not stop their craving; * their food was still in their mouths,
- When the anger of God rose against them, * and slew their strongest men and felled the flower of Ísrael.
- 32 But for all this, they sinned yet more * and put no faith in his wonderful works.
- 33 So he brought their days to an end like a bréath * and their years in sudden terror.

- Whenever he slew them, they would seek him; * they would repent and earnestly search for God.
- 35 They remembered that God was their rock * and the Most High God their redeemer.
- 36 Yet they did but flatter him with their mouth * and dissembled with their tongue.
- 37 Their heart was not steadfast towards him, * neither were they faithful to his covenant.
- But he was so merciful that he forgave their misdeeds and did not destroy them; * many a time he turned back his wrath and did not suffer his whole displeasure to be roused.
- For he remembered that they were but flesh, * a wind that passes by and does not return.

Part 2

- 40 How often they rebelled against him in the wilderness * and grieved him in the desert!
- 41 Again and again they tempted God * and provoked the Holy One of Israel.
- They did not remember his power * in the day when he redeemed them from the enemy;
- 43 How he had wrought his signs in Égypt * and his wonders in the field of Zó-an.
- He turned their rivers into blood, * so that they could not drink of their stréams.
- He sent swarms of flies among them, which devoured them, * and frogs which brought them ruin.
- He gave their produce to the caterpillar, * the fruit of their toil to the locust.
- 47 He destroyed their vines with hailstones * and their sycamore trees with the frost.
- 48 He delivered their cattle to hailstones * and their flocks to thunderbolts.
- 49 He set loose on them his blazing anger: * fury, displeasure and trouble, a troop of destroying angels.

- He made a way for his anger and spared not their souls from death, * but gave their life over to the pestilence.
- He smote the first born of Égypt, * the first fruits of their strength in the tents of Ham.
- But he led out his people like sheep * and guided them in the wilderness like a flock.
- He led them to safety and they were not afraid, * but the sea overwhelmed their énemies.
- He brought them to his holy place * the mountain which his right hand took in possession.
- He drove out the nations before them and shared out to them their inheritance; * he settled the tribes of Israel in their tents.
- 56 Yet still they tested God Most High and rebelled against him, * and would not keep his commandments.
- 57 They turned back and fell away like their fórebears, * starting aside like an unstrung bów.
- They grieved him with their hill altars * and provoked him to displeasure with their idols.
- 59 God heard and was greatly angered, * and utterly rejected Israel.
- 60 He forsook the tabernacle at Shiloh, * the tent of his presence on earth.
- He gave the ark of his strength into captivity, * his splendour into the adversary's hand.
- He delivered his people to the sword * and raged against his inheritance.
- The fire consumed their young mén; * there was no one to lament their maidens.
- Their priests fell by the sword, * and their widows made no lamentation.
- Then the Lord woke as out of sleep, * like a warrior who had been overcome with wine.
- He struck his enemies from behind * and put them to perpetual shame.

- 67 He rejected the tent of Joseph * and chose not the tribe of Ephraim,
- But he chose the tribe of Judah * and the hill of Zion, which he loved.
- And there he built his sanctuary like the heights of heav'n, * like the earth which he founded for ever.
- 70 He chose David also, his sérvant, * and took him away from the shéepfolds.
- 71 From following the ewes with their lambs he took him, * that he might shepherd Jacob his people and Israel his inheritance.
- 72 So he shepherded them with a devoted heart * and with skilful hands he guided them.

- O God, the heathen have come into your héritage; * your holy temple have they defiled and made Jerusalem a heap of stones.
- The dead bodies of your servants they have given to be food for the birds of the air, * and the flesh of your faithful to the beasts of the field.
- Their blood have they shed like water on every side of Jerusalem, * and there was no one to bury them.
- We have become the taunt of our neighbours, * the scorn and derision of those that are round about us.
- 5 Lord, how long will you be angry, for ever? *
 How long will your jealous fury blaze like fire?
- Pour out your wrath upon the nations that have not known you, * and upon the kingdoms that have not called upon your name.
- 7 For they have devoured Jácob * and laid waste his dwelling place.
- Remember not against us our former sins; * let your compassion make haste to meet us, for we are brought very low.
- 9 Help us, O God of our salvation, for the glory of your name; * deliver us, and wipe away our sins for your name's sake.
- [10 Why should the heathen say, * 'Where is now their God?'
- 11 Let vengeance for your servants' blood that is shed * be known among the nations in our sight.]
- Let the sorrowful sighing of the prisoners come before you, * and by your mighty arm preserve those who are condemned to die.
- [13 May the taunts with which our neighbours taunted you, Lord, * return sevenfold into their bosom.]
- But we that are your people and the sheep of your pasture will give you thanks for ever, * and tell of your praise from generation to generation.

- 1 Hear, O Shepherd of Ísrael, * you that led Joseph like a flóck;
- 2 Shine forth, you that are enthroned upon the cherubim, * before Ephraim, Benjamin and Manasseh.
- 3 Stir up your mighty strength * and come to our salvation.
- 4 Turn us again, O Gód; * show the light of your countenance, and we shall be saved.
- O Lord God of hosts, * how long will you be angry at your people's prayer?
- 6 You feed them with the bread of tears; * you give them abundance of tears to drink.
- You have made us the derision of our neighbours, * and our enemies laugh us to scorn.
- 8 Turn us again, O God of hósts; * show the light of your countenance, and we shall be saved.
- 9 You brought a vine out of Égypt; * you drove out the nations and planted it.
- 10 You made room around it, * and when it had taken root, it filled the land.
- 11 The hills were covered with its shadow * and the cedars of God by its boughs.
- 12 It stretched out its branches to the Séa * and its tendrils to the River.
- Why then have you broken down its wall, * so that all who pass by pluck off its grapes?
- 14 The wild boar out of the wood tears it off, * and all the insects of the field devour it.
- Turn again, O God of hosts, * look down from heav'n and behold;
- 16 Cherish this vine which your right hand has planted, * and the branch that you made so strong for yourself.
- 17 Let those who burnt it with fire, who cut it dówn, * perish at the rebuke of your countenance.

[Psalm 80]

- Let your hand be upon the man at your right hand, * the son of man you made so strong for yourself.
- And so will we not go báck from you; * give us life, and we shall call upon your name.
- 20 Turn us again, O Lord God of hósts; * show the light of your countenance, and we shall be saved.