

### Psalm 137

- 1 By the waters of Babylon we sat down and wept, \*  
when we remembered Zion.
- 2 As for our lyres, we hung them up \*  
on the willows that grow in that land.
- 3 For there our captors asked for a song, our tormentors called for mirth: \*  
'Sing us one of the songs of Zion.'
- 4 How shall we sing the Lord's song \*  
in a strange land?
- 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 set not Jerusalem above my highest joy
- [ 7 Remember, O Lord, against the people of Edom the day of Jerusalem, \*  
how they said, 'Down with it, down with it, even to the ground.'
- 8 O daughter of Babylon, doomed to destruction, \*  
happy the one who repays you for all you have done to us;
- 9 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 will I sing praise to you.
- 2 I will bow down towards your holy temple and praise your name,  
because of your love and faithfulness; \*  
for you have glorified your name and your word above all things.
- 3 In the day that I called to you, you answered me; \*  
you put new strength in my soul.
- 4 All the kings of the earth shall praise you, O Lord, \*  
for they have heard the words of your mouth.
- 5 They shall sing of the ways of the Lord, \*  
that great is the glory of the Lord.
- 6 Though the Lord be high, he watches over the lowly; \*  
as for the proud, he regards them from afar.
- 7 Though I walk in the midst of trouble, you will preserve me; \*  
you will stretch forth your hand against the fury of my enemies;  
your right hand will save me.
- 8 The Lord shall make good his purpose for me; \*  
your loving-kindness, O Lord, endures for ever; forsake not the work of your hands.

## Psalm 139

- 1 O 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 mark out my journeys and my resting place \*  
and are acquainted with all my ways.
- 3 For there is not a word on my tongue, \*  
but you, O Lord, know it altogether.
- 4 You encompass me behind and before \*  
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me, \*  
so high that I cannot attain it.
- 6 Where can I go then from your spirit? \*  
Or where can I flee from your presence?
- 7 If I climb up to heav'n, 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 shall lead me, \*  
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 Even darkness is no darkness with you; the night is as clear 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 thank you, for I am fearfully and wonderfully made; \*  
marvellous are your works, my soul knows well.
- 14 My frame was not hidden from you, \*  
when I was made in secret and woven in the depths of the earth.
- 15 Your eyes beheld my form, as yet unfinished; \*  
already in your book were all my members written,
- 16 As day by day they were fashioned \*  
when as yet there was none of them.
- 17 How deep are your counsels to me, O God! \*  
How great is the sum of them!
- 18 If I count them, they are more in number than the sand, \*  
and at the end, I am still in your presence.
- [19 O that you would slay the wicked, O God, \*  
that the bloodthirsty might depart from me!
- 20 They speak against you with wicked intent; \*  
your enemies take up your name for evil.

### [Psalm 139]

- 21 Do I not oppose those, O Lord, who oppose you? \*  
Do I not abhor those who rise up against you?
- 22 I hate them with a perfect hatred; \*  
they have become my own enemies also. ]
- 23 Search me out, O God, and know my heart; \*  
try me and examine my thoughts.
- 24 See if there is any way of wickedness in me  
and lead me in the way everlasting.

### Psalm 140

- 1 Deliver me, O Lord, from evildoers \*  
and protect me from the violent,
- 2 Who devise evil in their hearts \*  
and stir up strife all the day long.
- 3 They have sharpened their tongues like a serpent; \*  
adder's poison is under their lips.
- 4 Keep me, O Lord, from the hands of the wicked; \*  
protect me from the violent who seek to make me stumble.
- 5 The proud have laid a snare for me and spread out a net of cords; \*  
they have set traps along my path.
- 6 I have said to the Lord, 'You are my God; \*  
listen, O Lord, to the voice of my supplication.
- 7 'O Lord God, the strength of my salvation, \*  
you have covered my head in the day of battle.
- 8 'Do not grant the desires of the wicked, O Lord, \*  
do not prosper their wicked plans.
- [9 'Let not those who surround me lift up their heads; \*  
let the evil of their own lips fall upon them.
- 10 'Let hot burning coals rain upon them; \*  
let them be cast into the depths, that they rise not again.'
- 11 No slanderer shall prosper on the earth, \*  
and evil shall hunt down the violent to overthrow them. ]
- 12 I know that the Lord will bring justice for the oppressed \*  
and maintain the cause of the needy.
- 13 Surely, the righteous will give thanks to your name, \*  
and the upright shall dwell in your presence.

## Psalm 141

- 1 O Lord, I call to you; come to me quickly; \*  
hear my voice when I cry to you.
- 2 Let my prayer rise before you as incense, \*  
the lifting up of my hands as the evening sacrifice.
- 3 Set a watch before my mouth, O Lord, \*  
and guard the door of my lips;
- 4 Let not my heart incline to any evil thing; \*  
let me not be occupied in wickedness with evildoers,  
nor taste the pleasures of their table.
- 5 Let the righteous smite me in friendly rebuke;  
but let not the oil of the unrighteous anoint my head; \*  
for my prayer is continually against their wicked deeds.
- [6 Let their rulers be overthrown in stony places; \*  
that they may know that my words are sweet.
- 7 As when a plough turns over the earth in furrows, \*  
let their bones be scattered at the mouth of the Pit.]
- 8 But my eyes are turned to you, Lord God; \*  
in you I take refuge; do not leave me defenceless.
- 9 Protect me from the snare which they have laid for me \*  
and from the traps of the evildoers.
- 10 Let the wicked fall into their own nets, \*  
while I pass by in safety.

## Psalm 142

- 1 I cry aloud to the Lord; \*  
to the Lord I make my supplication.
- 2 I pour out my complaint before him \*  
and tell him of my trouble.
- 3 When my spirit faints within me, you know my path; \*  
in the way wherein I walk have they laid a snare for me.
- 4 I look to my right hand, and find no one who knows me; \*  
I have no place to flee to, and no one cares for my soul.
- 5 I cry out to you, O Lord, and say: \*  
'You are my refuge, my portion in the land of the living.
- 6 'Listen to my cry, for I am brought very low; \*  
save me from my persecutors, for they are too strong for me.
- 7 'Bring my soul out of prison, that I may give thanks to your name; \*  
when you have dealt bountifully with me, then shall the righteous gather around me.'

## Psalm 143

- 1 Hear my prayer, O Lord, and in your faithfulness give ear to my supplications; \*  
answer me in your righteousness.
- 2 Enter not into judgement with your servant, \*  
for in your sight shall no one living be justified.
- 3 For the enemy has pursued me, crushing my life to the ground, \*  
making me sit in darkness like those long dead.
- 4 My spirit faints within me; \*  
my heart within me is desolate.
- 5 I remember the time past; I muse upon all your deeds; \*  
I consider the works of your hands.
- 6 I stretch out my hands to you; \*  
my soul gasps for you like a thirsty land.
- 7 O Lord, make haste to answer me; my spirit fails me; \*  
hide not your face from me lest I be like those who go down to the Pit.
- 8 Let me hear of your loving-kindness in the morning, for in you I put my trust; \*  
show me the way I should walk in, for I lift up my soul to you.
- 9 Deliver me, O Lord, from my enemies, \*  
for I flee to you for refuge.
- 10 Teach me to do what pleases you, for you are my God; \*  
let your kindly spirit lead me on a level path.
- 11 Revive me, O Lord, for your name's sake; \*  
for your righteousness' sake, bring me out of trouble.
- [12 In your faithfulness, slay my enemies, and destroy all the adversaries of my soul,  
for truly I am your servant. ]

## Psalm 144

- 1 Blessed be the Lórd my rók, \*  
who teaches my hands for war and my fingers for báttle;
- 2 My steadfast help and my fortress, my stronghold and my deliverer,  
my shield in whom I trúst, \*  
who subdues the peóplés únder me.
- 3 O Lord, what are mortals that you should cónsider them; \*  
mere human beings, that you should take thóught for them?
- 4 They are like a bréath of wínd; \*  
their days pass away like a shádw.
- 5 Bow your heav'ns, O Lord, and còme dówn; \*  
touch the mountains and they shall smóke.
- 6 Cast down your lightnings and scáttter them; \*  
shoot out your arrows and let thúnder róar.
- 7 Reach down your hand fróm òn hígh; \*  
deliver me and take me out of the great waters, from the hand of fóreign énemies,
- 8 Whose mouth spëaks wíckedness \*  
and their right hand is the hánd of fálsehood.
- 9 O God, I will sing to you a nëw sóng; \*  
I will play to you on a tén-stringed hárp,
- 10 You that give salvation to kíngs \*  
and have delivered David yóur sérvant.
- 11 Save me from the peril of the swórd \*  
and deliver me from the hand of fóreign énemies,
- 12 Whose mouth spëaks wíckedness \*  
and whose right hand is the hánd of fálsehood;
- 13 So that our sons in their youth may be like well-núrtured plánts, \*  
and our daughters like pillars carved for the corners of the témples;
- 14 Our barns be filled with all mannér of stóre; \*  
our flocks bearing thousands, and ten thousands in óur fíelds;
- 15 Our cattle be heavý with yóung; \*  
may there be no miscarriage or untimely birth, no cry of distress in óur stréets.
- 16 Happy are the people whose blessing this ís.  
Happy are the people who have the Lórd for their Gód.

## Psalm 145

- 1 I will exalt you, O God my King, \*  
and bless your name for ever and ever.
- 2 Every day will I bless you \*  
and praise your name for ever and ever.
- 3 Great is the Lord and highly to be praised; \*  
his greatness is beyond all searching out.
- 4 One generation shall praise your works to another \*  
and declare your mighty acts.
- 5 They shall speak of the majesty of your glory, \*  
and I will tell of all your wonderful deeds.
- 6 They shall speak of the might of your marvellous acts, \*  
and I will also tell of your greatness.
- 7 They shall pour forth the story of your abundant kindness \*  
and joyfully sing of your righteousness.
- 8 The Lord is gracious and merciful, \*  
long-suffering and of great goodness.
- 9 The Lord is loving to everyone \*  
and his mercy is over all his creatures.
- 10 All your works praise you, O Lord, \*  
and your faithful servants bless you.
- 11 They tell of the glory of your kingdom \*  
and speak of your mighty power,
- 12 To make known to all peoples your mighty acts \*  
and the glorious splendour of your kingdom.
- 13 Your kingdom is an everlasting kingdom; \*  
your dominion endures throughout all ages.
- 14 The Lord is sure in all his words \*  
and faithful in all his deeds.
- 15 The Lord upholds all those who fall \*  
and lifts up all 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 fill all things living with plenty.
- 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 fulfils the desire of those who fear him; \*  
he hears their cry and saves them.

## [Psalm 145]

- 21 The Lord watches over those who love him, \*  
but all the wicked shall he destroy.
- 22 My mouth shall speak the praise of the Lord, \*  
and let all flesh bless his holy name for ever and ever.

## Psalm 146

- 1 Alleluia. Praise the Lord, O my soul: while I live will I praise the Lord; \*  
as long as I have any being, I will sing praises to my God.
- 2 Put not your trust in princes, nor in any human power,  
for there is no help in them.
- 3 When their breath goes forth, they return to the earth; \*  
on that day all their thoughts perish.
- 4 Happy are those who have the God of Jacob for their help, \*  
whose hope is in the Lord their God;
- 5 Who made heav'n and earth, the sea and all that is in them; \*  
who keeps his promise for ever;
- 6 Who gives justice to those that suffer wrong \*  
and bread to those who hunger.
- 7 The Lord looses those that are bound; \*  
the Lord opens the eyes of the blind;
- 8 The Lord lifts up those who are bowed down; \*  
the Lord loves the righteous;
- 9 The Lord watches over the stranger in the land; he upholds the orphan and widow; \*  
but the way of the wicked he turns upside down.
- 10 The Lord shall reign for ever, \*  
your God, O Zion, throughout all generations. Alleluia.  
[your God, O Zion, throughout all generations.]

## Psalm 147

### Part 1

- 1 Alleluia. How good it is to make music for our God, \*  
how joyful to honour him with praise.
- 2 The Lord builds up Jerusalem \*  
and gathers together the outcasts of Israel.
- 3 He heals the brokenhearted \*  
and binds up all 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; \*  
his wisdom is beyond all telling.
- 6 The Lord lifts up the poor, \*  
but casts down the wicked to the ground.
- 7 Sing to the Lord with thanksgiving; \*  
make music to our God upon the lyre;
- 8 Who covers the heavens with clouds \*  
and prepares rain for the earth;
- 9 Who makes grass to grow upon the mountains \*  
and green plants to serve our needs.
- 10 He gives the beasts their food \*  
and the young ravens when they cry.
- 11 He takes no pleasure in the power of a horse, \*  
no delight in human strength;
- 12 But the Lord delights in those who fear him, \*  
who put their trust in his steadfast love.

### Part 2

- 13 Sing praise to the Lord, O Jerusalem; \*  
praise your God, O Zion;
- 14 For he has strengthened the bars of your gates \*  
and has blest your children within you.
- 15 He has established peace in your borders \*  
and satisfies you with the finest wheat.
- 16 He sends forth his command to the earth \*  
and his word runs very swiftly.
- 17 He gives snow like wool \*  
and scatters the hoarfrost like ashes.
- 18 He casts down his hailstones like morsels of bread; \*  
who can endure his frost?

### [Psalm 147]

- 19 He sends forth his wòrd and mélts them; \*  
he blows with his wind and the wátters flów.
- 20 He declares his wòrd tò Jácob, \*  
his statutes and judgements tò Ísrael.
- 21 He has not dealt so with any òther nàtion; \*  
they do not know his laws. Àllèlúia. [they do not knòw his láws.]

### Psalm 148

- 1 Alleluia. Praise the Lord fròm the héav'ns; \*  
praise him in the héights.
- 2 Praise him, all yòu his ángels; \*  
praise him, àll his hóst.
- 3 Praise him, sun and móon; \*  
praise him, all you stárs of líght.
- 4 Praise him, héav'n of héav'ns, \*  
and you waters abòve the héav'ns.
- 5 Let them praise the name of the Lórd, \*  
for he commanded and they wère cré-áted.
- 6 He made them fast for evèr and éver; \*  
he gave them a law which shall not pass áwáy.
- 7 Praise the Lord fròm the éárrth, \*  
you sea monsters and àll déeps;
- 8 Fire and hail, snòw and míst, \*  
tempestuous wind, fulfilling his wòrd;
- 9 Mountains and àll hílls, \*  
fruit trees and àll cé-dars;
- 10 Wild beasts and àll cáttle, \*  
creeping things and birds on the wíng;
- 11 Kings of the earth and àll péoples, \*  
princes and all rulers of the wórd;
- 12 Young men and women, old and yóung tògéther; \*  
let them praise the name of the Lórd.
- 13 For his name only is exálted, \*  
his splendour above éárrth and héav'n.
- 14 He has raised up the horn of his people  
and praise for all his fáithful sérvants, \*  
the children of Israel, a people who are near him. Àllèlúia.  
[the children of Israel, a people who àre néar him.]

## Psalm 149

- 1 Alleluia. O sing to the Lord a new song; \*  
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in their maker; \*  
let the children of Zion be joyful in their king.
- 3 Let them praise his name in the dance; \*  
let them sing praise to him with timbrel and lyre.
- 4 For the Lord has pleasure in his people \*  
and adorns the poor with salvation.
- 5 Let the faithful be joyful in glory; \*  
let them rejoice in their ranks,
- 6 With the praises of God in their mouths \*  
and a two-edged sword in their hands;
- [7 To execute vengeance on the nations \*  
and punishment on the peoples;
- 8 To bind their kings in chains \*  
and their nobles with fetters of iron;
- 9 To execute on them the judgement decreed: \*  
such honour have all his faithful servants ]. Allélúia.  
[such honour have all his faithful servants.]

## Psalm 150

- 1 Alleluia. O praise God in his holiness; \*  
praise him in the firmament of his power.
- 2 Praise him for his mighty acts; \*  
praise him according to his excellent greatness.
- 3 Praise him with the blast of the trumpet; \*  
praise him upon the harp and lyre.
- 4 Praise him with timbrel and dances; \*  
praise him upon the strings and pipe.
- 5 Praise him with ringing cymbals; \*  
praise him upon the clashing cymbals.
- 6 Let everything that has breath \*  
praise the Lord. Allélúia. [--- praise the Lord.]