

Psalms for Ember Days in Lent

Psalm 25



Antiphon:

So rend your heart, and not your garments; Return to the Lord your God,
For He is gracious and merciful, Slow to anger, and of great kind-ness;
Let the wicked forsake his way, And the un-right-eous man his thoughts;
Let him return to the Lord, And He will have mer-cy on him;
(Joel 2:13, Isaiah 55:7)

1 To you, O Lord, I lift up my soul.

2 O my God, I trust in You;

Let me not be a-shamed;

Let not my enemies tri-umph over me.

3 Indeed, let no one who waits on You be a-shamed;

Let those be ashamed who deal treacherous-ly with-out cause.

4 Show me Your ways, O Lord;

Teach me Your paths.

5 Lead me in Your truth and teach me,

For You are the God of my salvation; On You I wait all the day.

6 Remember, O Lord, Your tender mercies and Your lov-ing-kindness-es,

For they are from of old.

7 Do not remember the sins of my youth, nor my trans-gres-sions;

According to Your mercy remember me,

For Your good-ness' sake, O Lord.

8 Good and up-right is the Lord;

Therefore He teaches sin-ners in the way.

9 The humble He guides in jus-tice,

And the humble He teach-es His way.

10 All the paths of the Lord are mer-cy and truth,

To such as keep His covenant and His tes-ti-mo-nies.

11 For Your name's sake, O Lord,

Pardon my iniqui-ty, for it is great.

12 Who is the man that fears the Lord?

Him shall He teach in the way He choos-es.

13 He himself shall dwell in pros-peri-ty,

And his descendants shall in-her-it the earth.

14 The secret of the Lord is with those who fear Him,

And He will show them His cove-nant.

15 My eyes are ev-er toward the Lord,

For He shall pluck my feet out of the net.

16 Turn Yourself to me, and have mer-cy on me,

For I am desolate and af-flict-ed.

17 The troubles of my heart have en-
larged;



Bring me out of my dis-tress-es!

18 Look on my af-flic-tion and my pain,
And for-give all my sins.

19 Consider my enemies, for they are man-y;
And they hate me with cru-el hat-red.

20 Keep my soul, and de-liver me;

Let me not be ashamed, for I put my trust in You.

21 Let integrity and uprightness preserve me, For I wait for You.

22 Redeem Israel, O God, Out of all their trou-bles!

Glory be to the Fa-ther and to the Son,
And to the Ho-ly Spir-it.

As it was in the be-gin-ning,

Is now, and will be for-ev-er. A-men.

Antiphon Repeated

Psalm 91



Antiphon:

But rather give alms of such things as you have;
then indeed all things are clean to you.

Sell what you have and give alms;
provide yourselves money bags which do not grow old,
a treasure in the heav-ens that does not fail,
where no thief approaches nor moth de-stroys.

For where your treasure is,
there your heart will be al-so.

(Luke 11:41, 12:33-34)

1 He who dwells in the secret place of the Most High
Shall abide under the shadow of the Al-might-y.

2 I will say of the Lord, “He is my refuge and my for-tress;
My God, in Him I will trust.”

3 Surely He shall deliver you from the snare of the fowl-er
And from the per-il-ous pesti-lence.

4 He shall cover you with His feathers, And under His wings you shall take
ref-uge;

His truth shall be your shield and buck-ler.

5 You shall not be afraid of the ter-ror by night,
Nor of the ar-row that flies by day,

6 Nor of the pestilence that walks in dark-ness,
Nor of the destruction that lays waste at noon-day.

7 A thousand may fall at your side,
And ten thousand at your right hand;
But it shall not come near you.

8 Only with your eyes shall you look,
And see the reward of the wick-ed.

9 Because you have made the Lord, who is my ref-uge,
Even the Most High, your dwelling place,

10 No evil shall be-fall you,
Nor shall any plague come near your dwell-ing;

11 For He shall give His an-gels charge over you,
To keep you in all your ways.

12 In their hands they shall bear you up,
Lest you dash your foot a-gainst a stone.

13 You shall tread upon the lion and the co-bra,
The young lion and the serpent you shall tram-ple under-foot.

14 “Because he has set his love upon Me, therefore I will de-liver him;
I will set him on high, because he has known My name.

15 He shall call upon Me, and I will answer him; I will be with him in trou-ble;
I will deliver him and honor him.

16 With long life I will sat-is-fy him,

And show him My sal-va-tion.”

Glory be to the Fa-ther and to the Son,

And to the Ho-ly Spir-it.

As it was in the be-gin-ning,

Is now, and will be for-ev-er. A-men.

Repeat antiphon