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 <u>lift up</u> my <u>soul</u>.

2 O my God, I trust in You;

Let me not be a-shamed;

Let not my enemies <u>tri-umph</u> over <u>me</u>.

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 <u>lov-ing</u>-kindness-<u>es</u>, 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 <u>sin-ners</u> in the <u>way</u>.

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 <u>and af-flict-ed</u>.

17 The troubles of my <u>heart have</u> enlarged;



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 <u>cru-el</u> hat-<u>red</u>.

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 6



Antiphon:

Share your bread with the hun-gry.

Bring to your house the poor who are cast out;

When you see the <u>na-ked</u>, cover <u>him</u>,

Do not hide yourself **from your** own **flesh**.

Then your light shall break forth <u>like the</u> morn-<u>ing</u>,

Your healing shall spring forth speedi-ly,

And your righteousness shall go be-fore you;

The glory of the Lord shall be your rear guard. (Isaiah 58:7-8)

1 O Lord, do not rebuke me in Your an-ger,

Nor chasten me in Your hot dis-pleas-ure.

2 Have mercy on me, O Lord, for I am weak;

O Lord, heal me, for my bones are trou-bled.

3 My soul also is great-ly trou-bled;

But You, O Lord—how long?

4 Return, O Lord, de-liver me!

Oh, save me for Your mercies' sake!

5 For in death there is no re-mem-brance of You;

In the grave who will give You thanks?

6 I am weary with my groan-ing;

All night I make my bed swim; I drench my couch with my tears.

7 My eye wastes a-way be-cause of grief;

It grows old because of <u>all my</u> ene-<u>mies</u>.

8 Depart from me, all you workers of in-iqui-ty;

For the Lord has heard the voice of my weep-ing.

9 The Lord has heard my sup-pli-ca-tion;

The Lord will re-ceive my prayer.

10 Let all my enemies be ashamed and great-ly trou-bled;

Let them turn back and be <u>a-shamed</u> sudden-<u>ly</u>.

Glory be to the <u>Fa-ther</u> and to the <u>Son</u>,

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-<u>il</u>-<u>ous</u> pesti-<u>lence</u>.

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 <u>is my</u> ref-<u>uge</u>,

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 <u>foot</u> <u>a</u>-gainst a <u>stone</u>.

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 <u>he has</u> known My <u>name</u>.

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 <u>sat-is-fy him</u>, And show him <u>My sal-va-tion</u>."

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

As it was in the be-gin-ning,

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

Repeat antiphon