

Psalms for Ember Days in Lent

Psalm 25—Ad te, Domine, levavi



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 unrighteous 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 ashamed; Let not my enemies triumph | o- | ver | me.

 \parallel 3 Indeed, let no one who waits on You be a- \mid shamed; \mid - *

Let those be ashamed who deal treacherously | 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 loving- | *kind-ness-* · | 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 goodness' | sake, | O | Lord.
- || 8 Good and upright is the | Lord; | *
 Therefore He teaches sinners | in | the | way.

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|| 9 The humble He guides in | just- | ice, *
      And the humble He teach- | es | His | way.
|| 10 All the paths of the Lord are mercy and | truth, | - *
      To such as keep His covenant and His tes- | ti- | mo- | nies.
|| 11 For Your name's sake, O Lord, pardon my in- | i-qui- · | 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- | per-i- · | ty, *
      And his descendants shall inher- | it | the | earth.
| 14 The secret of the Lord is with those who | fear | Him, *
      And He will show them | His | cov-e- · | nant.
| 15 My eyes are ever toward the | Lord, | - *
      For He shall pluck my feet out | of | the | net.
| 16 Turn Yourself to me, and have mercy | 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 affliction and my | pain, | - *
      And forgive | all | my | sins.
| 19 Consider my enemies, for they are | ma- | ny; *
       And they hate me with cru- | el | hat- | red.
|| 20 Keep my soul, and de- | liv-er · | me; *
      Let me not be ashamed, for I put my | trust | in | You.
|| 21 Let integrity and uprightness pre- | serve | me, *
      For I | wait | for | You.
|| 22 Redeem Israel, O | God, | - *
      Out of all | their | trou- | bles!
GLO-RY || be to the Father, and to the | Son: | - *
      and to the | Ho- | ly | Ghost;
AS IT || was in the begin -ning, (+) is now, and ever | shall | be: *
      world without | end. | A- | men.
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 unrighteous man his | thoughts; | --*
      Let him return to the Lord, And He will have mer |-cy | on | him;
       (Joel 2:13, Isaiah 55:7)
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Psalm 6—Domine, ne in furore

Psalm Tone V



Antiphon: SHARE YOUR || bread with the | hun- | gry. *

Bring to your house the poor | who | are | cast | out;

|| When you see the naked, | cov-er | him, *

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

|| Then your light shall break forth like the | morn- | ing, *

Your healing shall spring | forth | spee-| di-| 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 greatly | trou- | bled; *

But You, | O | Lord | —how | long?

|| 4 Return, O Lord, de- | liv-er · | me! *

Oh, save me for | Your | mer- | cies' | sake!

|| 5 For in death there is no remembrance 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 away because of | grief; | - *

It grows old because of all | my | en- | e- | mies.

|| 8 Depart from me, all you workers of in- | i-qui- • | ty; *

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

|| 9 The Lord has heard my suppli- | ca- | tion; *

The Lord will | re- | ceive | my | pray-er. •

|| 10 Let all my enemies be ashamed and greatly | trou- | bled; *

Let them turn back and be | a- | shamed | *sudden-* | ly.

GLO-RY || be to the Father, and to the | Son: | - *

and to | the | Ho- | ly | Ghost;

AS IT || was in the begin -ning, (+) is now, and ever | shall | be: * world with- | out | end. | A- | men.

Antiphon: SHARE YOUR || bread with the | hun- | gry. *

Bring to your house the poor | who | are | cast | out;

|| When you see the naked, | cov-er | him, *

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

|| Then your light shall break forth like the | morn- | ing, *

Your healing shall spring | forth | spee-| di-| ly,

|| And your righteousness shall go be-| fore | you; *

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

Psalm 91—Qui habitat

Psalm Tone VI



Antiphon:

BUT RA-THER || 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 heavens that | does | not | fail, *

where no thief approaches | nor | **moth** | de-| stroys.

For where your | trea- | sure | 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 | fort- | ress; *

My God, in | Him | I - | will | trust.|

 \parallel 3 Surely He shall deliver you from the snare of \mid the \mid fowl- \mid er *

And from the peril- | ous | **pest**- - | i- | lence.

|| 4 He shall cover you with His feath -ers, (+) and under His wings you shall | take | re- | fuge; *

His truth shall be your | shield | and - | buck- | ler.

|| 5 You shall not be afraid of the ter- | ror | by | night, *

Nor of the arrow | 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.

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|| 9 Because you have made the Lord, who is | my | re- | fuge, *
      Even the Most High, | your | dwell- - | ing | place,
|| 10 No evil shall | be- | fall | you, *
      Nor shall any plague come | near | your - | dwell- | ing;
|| 11 For He shall give His angels charge | o- | ver | 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 | un- - | der- | foot.
| 14 —Because he has set his love upon Me, therefore I will de- | liv- | er | him; *
      I will set him on high, because he | has | known - | My | name.
| 15 He shall call upon Me, and I will | ans- | wer | him; *
      I will be with him in trouble; I will deliver him | and | hon-- | or | him.
| 16 With long life I will sat- | is- | fy | him, *
       And show him | My | sal- - | va- | tion.
GLO- RY - || be to the Father, and | to | the | Son, *
       And to | the | Ho-- | ly | Ghost;
AS IT - || was in the begin -ning, (+) is now, and ev- | er | shall | be *
      world with- | out | end. - | A- | men.
Antiphon:
BUT RA-THER || give alms of such things | as | you | have; *
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Sell what you have | and | give | alms; *
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a treasure in the heavens that | does | not | fail, *
      where no thief approaches | nor | moth | de-| stroys.
For where your | trea- | sure | is, *
      there your heart | will | be | al- | so. (Luke 11:41, 12:33-34)
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