

PSALMS

Psalms in a six week cycle (as read in the Iona Abbey morning services)

Weeks	I	II	III	IV	V	VI
Monday (Justice & Peace)	10	37	72	82	98	146
Tuesday (Healing)	30	42	46	63	130	142
Wednesday (Commitment)	22	34	40	51	119	145
Thursday (Communion)	84	91	96	111	133	138
Friday (Leaving)	16	18	23	121	126	139
Saturday (Creation & Welcome)	8	19	29	65	104	148

The translation of the following psalms seeks to be faithful to the texts. Clarity, inclusive language, and appropriateness for worship and the daily themes, are aided by selection of verses and occasional paraphrasing.

Source: Iona Abbey Worship Book (Glasgow: Wild Goose Publications, 2001), p 211-257

NOTES: A few corrections have been made by me [Martin Grashoff].

- 1. Where the Hebrew has 'Shaddas' as a name for God, the erroneous translation 'Almighty' is removed.*
- 2. The four letter Name is represented by (HOLY) ONE, MAKER or ETERNAL, in capitals.*
- 3. Psalm 65:2 has been corrected to avoid reading an unsolicited doctrine of original sin into the psalm.*
- 4. In Psalm 98:3 and 6 'house of the faithful' has been replaced with 'house of Israel', and 'the mighty God' with 'the kingship of God', both more in accordance with the Hebrew.*

Psalm 8

ALL: WONDERFUL GOD, CREATOR,
THE WHOLE EARTH DECLARES YOUR GREATNESS.

A: Your glory glows in the heavens.
It is babbled by babies and sung by children.

B: You are safe from all your enemies:
those who oppose you are silenced.

A: When I look at the sky which you have made,
the moon and the stars that you set in place:

B: Where do human beings fit in the pattern?
What are we, that you care for us?

A: You have made us only a little lower than yourself;
and crowned us with glory and honour.

B: You share with us responsibility
to care for sheep and cattle, wild things, birds and fish,
everything that lives in the sea:
to work with you, within creation.

ALL: WONDERFUL GOD, CREATOR,
THE WHOLE EARTH DECLARES YOUR GREATNESS.

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Psalm 10

A: Why do you stand aloof, O God?
Why hide when troubles come?

B: In arrogance the wicked oppress the poor,
and catch them in schemes they devise.

A: Proudly they boast of their desires;
greedy for profit, they curse you.
Contemptuous of all your ways,
they say, 'There is no God!'

B: They scoff at whoever opposes them;
they think they cannot fail.

A: They lie in wait among the reeds
to bring down the innocent by stealth.

B: Their eyes watch out for the helpless;
they lurk like lions in their den.

A: They lurk in hiding to seize the poor,
to seize and drag them away.

B: They think you will forget.
They think you do not see.

A: Arise, O God! Lift up your hand!
Do not forget the oppressed.
Why should the wicked spurn you
and imagine you will not act?

B: You do see! This misery and suffering
you take into your hands.
The helpless entrust themselves to you;
you come to the aid of the poor.

A: Break the strength of the evildoer;
search out wickedness till you find none.
Give strength, instead, to the hearts of the poor
as you listen to their laments.

B: Give a hearing to the orphaned and the oppressed;
restore their rights, O God,
so that those who live upon the earth
may strike terror in them no more.

ALL: AMEN.
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Psalm 16

A: Protect me, O God; in you I am safe.
I say to you, 'You are my God;
only from you comes the good I enjoy.'

B: How excellent are your faithful people!
It is my greatest pleasure to be with them.

A: Those who idolise lesser things bring trouble upon themselves.

I will not take part in their practices, nor worship their gods.

B: You, O God, are all I have, and you give me all I need;
my future is in your hands.

A: I praise you, for you are my guide;
and by night you speak to my conscience.

B: I am always aware of your presence:
so near that nothing can shake me.

A: So my heart is glad, and my soul delights;
my body can rest secure.

B: You will not leave me to the world of the dead,
nor banish to the abyss one whom you love.

A: You will show me the path to life.
Your presence will be my unbounded joy,
my delight for ever more.

ALL: AMEN.

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Psalm 18

A: How I love you, God, my strength,
my rock, my fortress, my champion.

B: You are the rock where I take refuge;
my shield, my sure defender;
my stronghold and my shelter.

A: In the anguish of my heart, O God,
I called to you for help.
From your sanctuary you heard my voice;
my cry came to your ears.

B: You reached down from the heights
and took hold of me, O God;
you drew me from the flood waters,
from all that overpowered me.

A: You brought me into a broad land;
you saved me because you loved me.

B: You will make my lamp burn bright, O God;
you will lighten my darkness.

A: With you I can break through any barrier;
with your help I can scale any wall.

B: How perfect are your ways, O God,
how dependable your words;
a shield to all who make you their refuge.

A: You alone are God,
you alone our defence,
girding me with strength,
making the path safe for me.

B: You have given me a shield of salvation;
have upheld me and trained me with care.
You have given me freedom for my steps;
my feet have never slipped.

ALL: GOD LIVES! BLESSED BE MY ROCK.
PRAISE TO YOU, MY GOD AND SAVIOUR.
I WILL PRAISE YOU AMONG THE NATIONS.
I WILL SING PRAISES TO YOUR NAME.
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Psalm 19

ALL: THE HEAVENS PROCLAIM THE GLORY OF GOD
AND THE FIRMAMENT DECLARES YOUR HANDIWORK.

A: Day speaks to day of your story;
night unto night makes it known.

B: No speech, no word,
no voice is heard.

A: Yet their message fills the world,
their news reaches the ends of the earth.

B: High above, you pitched your tent
for the sun to rest and rise.

A: Like a bridegroom coming out of his chamber,

like an athlete eager to race:

B: it springs from the edge of the earth
and runs its course across the sky
till it reaches the far horizon;
nothing escapes its heat.

A: Your Law, O God, is perfect,
refreshing the soul.
Your rule is sure,
making wise the simple.

B: Your precepts, O God, are right,
gladdening the heart.
Your command is clear,
giving light to the eyes.

A: Fear of you, O God, is holy,
enduring for ever.
Your decrees are faithful,
and all of them just.

B: They are more to be desired than gold,
than the purest gold,
and sweeter than honey
dripping from the comb.

A: In them is your servant taught;
observing them brings great reward.

B: But who can discern all their failings?
From hidden faults forgive me.

A: Restrain me, too, from wilful sins,
lest they take me over.

ALL: MAY THE WORDS OF MY MOUTH
AND THE THOUGHTS OF MY HEART
BE ACCEPTABLE TO YOU,
O GOD, MY ROCK, MY REDEEMER.

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Psalm 22

A: My God, my God, why have you forsaken me?

Why are you so far from me,
from my desperate cries for help?

B: I call you by day, O my God,
but you do not answer me;
by night, but I find no rest.

A: Yet you are the holy One,
praised by the people
and enthroned in the sanctuary.

B: In you our ancestors put their trust.
They trusted, and you set them free;
they cried and were delivered;
they trusted you, and were not disappointed.

A: But I am a worm, hardly human,
despised by all, mocked by the crowd.
All who see me jeer at me.
They sneer at me, shaking their heads:

B: 'You relied on God; let God help you!
If God loves you, let God save you!'

A: Yet it was you who drew me from the womb
and soothed me at my mother's breast.
I have belonged to you from my birth;
from my mother's womb you have been my God.

B: I will tell out your Name to my people;
I will praise you where they are assembled.

A: For you did not despise or disregard
the poverty of the poor;
you did not hide your face from me
but heard when I cried to you.

B: You inspire my praise in the great assembly.
I will make good my promise before your faithful people.

A: All the ends of the earth will remember
and turn again to you.
Families of all races will worship you,
for you hold dominion over the nations.

B: Even those who sleep in the earth

will bow before you;
but how can these, our ancestors,
serve you from the grave?

A: It is I who must live for you, O God!
It is my descendants who will serve you;
the coming generation will be told of you.

B: And they will proclaim your deliverance
to people yet unborn,
saying, 'These things God has done.'

ALL: AMEN.

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Psalm 23

A: You are my shepherd, O God;
I need nothing more.

B: You let me lie down in green pastures;
you lead me beside still waters
where you revive my spirit.

A: You guide me in the right paths,
for you are true to your Name.

B: Even if I walked through a valley as dark as death
I would fear no harm;
for you are at my side.
Your staff and crook give me courage.

A: You spread a table for me
under the eyes of my enemies.
You anoint my head with oil;
my cup brims over.

B: Goodness and kindness unfailing
will follow me all my days.
I shall make my home in the house of God
as long as I shall live.

ALL: AMEN.

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Psalm 29

A: Give God glory, you powers of heaven!
Give glory! Honour God's might!
Honour the glorious Name of God;
worship in splendour and holiness.

B: The voice of God sounds in the seas,
echoing over the oceans.
The powerful voice of God is heard
in all its splendour and majesty.

A: The voice of God shatters the cedars,
shatters the cedars of Lebanon;
makes their mountains skip like calves,
Mount Hermon like young oxen.

B: The voice of God makes lightening flash,
and whirls the sand in the desert.
The desert of Kadesh shudders and writhes
like a hind giving birth to her calf.

A: The voice of God rends the oak trees
and strips the forests bare.
Everyone in the temple
cries, 'Glory!'

B: Enthroned above the flood waters,
God reigns over all and for ever.
Give strength to your people, ETERNAL God,
and give them your blessing of peace.

ALL: AMEN.

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Psalm 30

ALL: SING PRAISE TO GOD, ALL YOU FAITHFUL PEOPLE!
GIVE THANKS TO THE HOLY NAME OF GOD!

A: I cried to you for help, O God,
and you, my God, have healed me.

B: I was on my way to the depths below,

but you have restored my life.

A: The moment of anger
becomes a lifetime of goodness.

B: The tears of night
turn to joy with the dawn.

A: You have changed my sadness
to a joyful dance.

B: You have taken away my sorrow
and surrounded me with joy.

ALL: MY SOUL WILL SING YOUR PRAISE
AND NEVER BE SILENT.
O GOD, MY GOD,
I WILL GIVE YOU THANKS FOREVER.
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Psalm 34

A: I will keep on thanking God
with constant words of prayer.

B: I will glory in the living God.
The humble will hear and be glad.

A: Raise your voice with me in praise of God!
Let all of us together tell out God's holy Name!

B: God answers when I pray for help,
and frees me from my fears.

A: God hears when this poor wretch cries,
and saves me from my troubles.

B: Gaze upon God
and your face will grow bright with joy;
your head will no longer hang in shame.

A: Taste and see that God is good;
happy are those who seek such refuge.

B: Tremble before God, you saints;

those who do so lack nothing.

A: Keep your tongue from evil
and your lips from telling lies.

B: Turn from evil and do what is good;
seek and strive for peace.

A: Your eyes are on those who are just, O God;
your ears are open to their cry.

B: You set your face against those who oppose you;
you wipe their memory from the earth.

A: When the troubled cry out, you hear
and save them from their distress.

B: You stay with the broken-hearted;
you heal the wounded spirit.

A: Good people have to endure great trials,
but you come to their rescue, O God.

B: You redeem the lives of those who serve you,
and of all who take refuge in you.

ALL: AMEN.

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Psalm 37

A: Do not be anxious because of the wicked
or envious of those who do wrong,
for they will wither as quickly as grass
and fade like the green of the fields.

B: Trust in God and do what is good;
settle down and be at peace.
Let your God be your delight
and grant your heart's desire.

A: Give your life over to God
to act on your behalf,
to make your integrity shine forth
and your justice as bright as noon.

B: Be still before God; wait patiently,
not envying those who prosper,
nor fretting at those whose malicious plans
bring down the needy and poor.

A: Stop your ranting and calm your rage,
for anger creates further trouble.
The reign of the wicked will be short-lived;
the land will belong to the humble.

B: Depart from evil and do what is good:
live for ever in peace;
for God is the lover of justice
and will never abandon the faithful.

A: I have seen the oppressors triumph,
towering like cedars of Lebanon.
When I passed by again, they were gone;
I searched, but they could not be found.

B: So look for the honest, and look to the righteous;
the future belongs to the peacemakers.
God is their help, their deliverer,
their refuge in times of distress.

ALL: AMEN.

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Psalm 40

ALL: I WAITED AND WAITED FOR YOU, O GOD!
NOW AT LAST YOU HAVE BENT DOWN AND HEARD MY CRY.

A: You have lifted me out of the deadly pit,
out of the mud of the marsh.

B: You have set my feet on a rock
and steadied my steps.

A: You have put a new song in my mouth, O God:
a song of praise.
Many will look on in awe, and put their trust in you.

B: Happy are those who put their trust in God,

and do not look to the arrogant and the treacherous.

A: God, our God, what wonders you have done for us!
What plans you have made for us; you have no equal!

B: I would proclaim and speak of all your deeds,
but they are more than I can count.

A: You do not ask for sacrifices and offerings,
but an open ear.

B: You do not ask for holocaust or victim.
Instead, here am I! I have come!

A: In the scroll of the book it stands written
that I should obey your will.

B: I delight to do your will, O my God;
your Law is within my heart.

A: I have always proclaimed your justice in the great assembly.
I will not hold back my words, as you know well, O God.

B: I have never kept your justice hidden within my heart,
but have declared your faithfulness and saving help.

A: I have made no secret of your love and truth
in the great assembly.

**ALL: DO NOT WITHHOLD YOUR MERCY FROM ME!
MAY YOUR LOVE AND FAITHFULNESS
KEEP ME SAFE FOR EVER.**

Psalm 42

A: As a deer longs for streams of cool water,
so I long for you, O God.

B: I thirst for you, the living God.
When can I enter your presence?

A: My tears have been my food day and night,
as people keep asking me, 'Where is your God?'

B: My heart breaks when I remember
how I went with the crowd to the house of God,
leading the joyous procession,
singing and shouting God's praises.

ALL: WHY SHOULD I BE SAD? WHY SHOULD I BE TROUBLED?
I WILL PUT MY HOPE IN GOD,
AND ONCE AGAIN I WILL PRAISE
MY SAVIOUR AND MY GOD.

A: In exile, sunk in despair,
I shall remember you from the springs of Jordan,
from the Hermons, from the hill of Mizar.

B: Deep calls to deep in the roar of the waters.
Your waters of sorrow have swept over me.

A: By day show me your loving-kindness,
so that by night your song may be with me:
a prayer to the God of my life.

B: I will say to God, my rock:
Why have you forgotten me?
Why must I walk about like a mourner,
taunted all day long
as they ask me, 'Where is your God?'

ALL: WHY SHOULD I BE SAD? WHY SHOULD I BE TROUBLED?
I WILL PUT MY HOPE IN GOD,
AND ONCE AGAIN I WILL PRAISE
MY SAVIOUR AND MY GOD.
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Psalm 46

ALL: GOD IS OUR REFUGE AND STRENGTH,
OUR EVER-PRESENT HELP IN DISTRESS.

A: Though the earth trembles,
and mountains slide into the sea,
we have no fear.

B: Waters foam and roar,
and mountains shake at their surging;
but the God of hosts is with us –

our stronghold, the God of the faithful people.

A: There is a river
whose streams give joy to the city of God,
the holy dwelling of the Most High.

B: God is in its midst; it stands firm.
God will aid it at the break of day.

A: Even if nations are in chaos, and kingdoms fall,
God's voice resounds; the earth melts away.

B: God is with us;
the God of the faithful people is our stronghold.

A: Come! See the deeds of the Most High,
the marvellous things God has done on earth;

B: All over the world, God has stopped wars –
breaking bows, splintering spears,
burning the shields with fire.

A: 'Be still! And know that I am God,
exalted among the nations, exalted upon the earth.'

**ALL: THE MOST HIGH IS WITH US;
OUR STRONGHOLD
IS THE GOD OF THE FAITHFUL PEOPLE.

Psalm 51

A: Have mercy on me, O God, in your faithful love;
in your great mercy wipe out my offences.

B: Wash me clean from my guilt
and purify me from my sin.
I am well aware of my misdeeds;
my sin is ever before me.

A: Against you, you alone, have I sinned.
I have done what is evil
before your very eyes.

B: You are right to accuse me,

justified in passing sentence;
for the causes of my sinfulness
go back to my earliest years.

A: In my birth and my beginnings
were the seeds of my distress.
In the womb, from my conception,
my brokenness began.

B: You desire deep and inner truth;
teach me your hidden wisdom.
Purge me with hyssop till I am clean;
wash me till I am bright as snow.

A: Create a pure heart in me, O God;
put a new and right spirit within me.
Do not drive me away from your presence,
or remove your spirit of holiness.

B: Restore to me your joyous salvation;
support me, strengthen my will.
Then I will teach other sinners your ways,
that they, too, may turn back to you.

A: Open my lips, O God,
that my mouth may proclaim your praise.

B: Sacrifices give you no pleasure.
If I were to bring you a burnt offering
you would not accept it.

ALL: THE SACRIFICE ACCEPTABLE TO GOD
IS A BROKEN SPIRIT.
A BROKEN AND CONTRITE HEART, O GOD,
YOU WILL NOT DESPISE.

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Psalm 63

ALL: O GOD, YOU ARE MY GOD:
HOW I LONG FOR YOU!

A: My soul thirsts for you, my body pines for you
like a dry, weary land without water.

B: I gaze upon you in the sanctuary
to behold your power and glory.

A: Your unchanging love is better than life:
my lips will speak your praise.

B: And so I will praise you with all of my life:
I will lift up my hands and call on your Name.

A: My soul will feast and be satisfied,
and my mouth will praise you with joy.

B: For I will call you to mind as I lie in bed,
and meditate upon you in the watches of the night.

A: My soul clings to you,
and your right hand upholds me.

ALL: YOU HAVE BEEN MY HELPER, MY JOY:
I AM SAFE IN THE SHADOW OF YOUR WINGS.
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Psalm 65

A: It is right, O God of Zion, that we should praise you,
that we should keep our promises
to the one who hears our prayer.

B: Deeds of iniquity overwhelmed us,
and our faults – you wipe it all away!

A: Happy are those you invite and welcome to your courts.
Fill us with the blessings of your house,
of your holy temple.

B: With awesome deeds, with saving justice,
you have answered us, O God our saviour.

A: You are the hope of all the world,
even the distant isles.

B: By your strength you established the mountains,
for you are clothed in power.

A: You still the roaring seas,

the roaring of the waves,
the uproar of the nations.

B: The ends of the earth tremble
at the sight of your wonders.
The gateways of morning and evening shout for joy.

A: You care for the earth and water it;
you fill it with riches, its streams with water;
you prepare the earth to give grain to its people.

B: You soak the furrows and level the ridges;
you soften the ground with rain
and bless the land with growth.

A: You crown the year with riches,
and all that you touch comes alive:
the untilled pastures yield crops,
the hills are wreathed in joy.

B: The meadows are clothed with sheep
and the valleys decked with grain,
so that with shouts of delight
everything breaks into song.

ALL: AMEN.

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Psalm 72

ALL: GIVE TO YOUR LEADERS GOOD JUDGEMENT, O GOD,
AND A SENSE OF WHAT IS RIGHT.

A: May they govern your people with justice
and do right for those who are powerless.

B: May the mountains bring peace for the people,
and the hills bring forth justice.

A: May they defend the poor among the people,
save the children of those who are needy,
and crush the oppressor.

B: May they endure as long as the sun,
like the moon through all generations.

A: like the rains that fall on the early crops,
like showers that water the earth.

B: May justice flower in their days,
and peace till the moon is no more.

A: May they rule from sea to sea,
and from the river to the ends of the earth.

B: May they rescue the needy when they cry out
and the poor who have no one to help them.

A: May they have pity for the weak and the powerless;
may they save the lives of the poor.

B: May they redeem them from oppression and violence,
and regard their blood as precious.

A: To them, long life and continuous prayers
as, day by day, they are blessed.

B: Let grain be abundant throughout the land,
and wave on the tops of the mountains.

A: Let the crops blossom like Lebanon,
and the people flourish in the cities
like the grass of the fields.

B: Blessed be their name for ever;
may their names last as long as the sun.
In them let all the nations be blessed;
and proclaim their happiness.

ALL: BLESSED BE GOD, THE GOD OF THE FAITHFUL PEOPLE,
WHO ALONE DOES WONDROUS DEEDS.
BLESSED FOR EVER BE THE GLORIOUS NAME OF GOD;
MAY THE WHOLE EARTH BE FILLED WITH GOD'S GLORY!
AMEN! AMEN!

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Psalm 82

A: God stands up in the divine assembly
and gives judgement in the midst of the gods:

B: 'How long will you defend the unjust,
and favour the cause of the wicked?

A: Defend the poor and the orphaned!
Render justice to the afflicted and oppressed!

B: Rescue the weak and the poor!
Set them free from the clutches of the wicked!

A: But the gods know nothing, understand nothing.
They wander about in the darkness
while the world is falling apart.

B: I said, 'I thought of you as gods,
born of highest heaven;

A: but you will die as any creature,
and fall like any prince!

ALL: ARISE, O GOD; JUDGE THE EARTH:
FOR ALL THE NATIONS ARE YOURS.
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Psalm 84

ALL: HOW LOVELY IS YOUR DWELLING PLACE,
O GOD OF THE MIGHT OF HEAVEN!

A: I pine and faint with longing
for the courts of the temple of God.

B: My whole being cries out with joy
to God, the living God.

A: Even the sparrow finds a home
and the swallow a nest for her brood.

B: She lays her young by your altars,
O God of heaven, my God.

A: Happy are they who live in your house,
ever singing your praise.

B: Happy are they whose strength is in you,

whose hearts are set on pilgrimage.

A: Better to spend a day in your courts
than a thousand days elsewhere;

B: to stand at the threshold of God's house
than to live in the homes of the wicked.

A: God is our sun and our shield,
the giver of glory and grace.

B: No good thing will God withhold
from those who walk without blame.

ALL: HAPPY ARE THEY WHO TRUST IN YOU,
O GOD OF THE MIGHT OF HEAVEN!
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Psalm 91

A: You who dwell in the shelter of the Most High,
who live in the shadow of Shaddai:

B: you can say to God: 'My refuge, my fortress,
my God in whom I trust.'

A: God will rescue you from the hunters' snare
and save you from deadly plague.

B: God will cover you like a nesting bird
whose pinions conceal you,
whose wings give you refuge,
shielding you, protecting you.

A: You will not fear the terrors of night
nor the arrow that flies by day;
the scourges of darkness and noontime.

B: A thousand may fall at your side,
ten thousand close at hand;
but you will be safe from harm.

A: God will put angels in charge of you
to protect you wherever you go.

B: With their hands they will support you
so your feet will not strike any stone.

A: You will tread on asp and cobra;
you will trample on serpent and snake.

B: Says God:
'Those who love I shall deliver;
I shall raise those who know my Name.

A: Those who call on me I shall answer;
I shall be with them in times of trouble.

B: I shall rescue and give them honour,
fulfil the years of their lives,
and show them my salvation.'

ALL: AMEN.

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Psalm 96

ALL: SING A NEW SONG TO THE MAKER!
SING TO THE MAKER, YOU LANDS!

A: Sing out to God; bless God's Name;
proclaim God's salvation each day.

B: Tell God's glory among the nations,
God's marvellous deeds to the peoples.

A: Great is God, deserving of praise,
the dread of all other gods.

B: Gods of nations are as nothing;
but the Maker created the heavens.

A: God is surrounded by splendour and might;
beauty and strength fill the sanctuary.

B: Give to the Maker, you families of nations,
give to the Maker glory and power,
the glory of God's holy Name.

A: Bring your gifts to offer to God;

come to the courts of the temple.

B: Bow down in the splendour of God's holy presence;
tremble before God, all the earth.

A: Tell the nations that God rules;
that the earth is firmly established
and cannot be moved.

B: Tell them that the judgements of God
are sound, and fair for all.

A: Let the heavens be glad and the earth rejoice!

B: Let the sea and its creatures resound!

A: Let the fields and all that is in them exult!

B: Let the trees of the forest shout for joy
at the presence and coming of God!

ALL: GOD IS COMING TO RULE THE WORLD;
TO RENEW THE EARTH;
TO BRING JUSTICE TO THE NATIONS;
TO JUDGE THE PEOPLES WITH TRUTH.
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Psalm 98

ALL: SING A NEW SONG TO GOD,
WHO HAS DONE WONDERFUL THINGS,
WHOSE RIGHT HAND AND HOLY ARM
HAVE BROUGHT SALVATION.

A: God has made salvation known,
shown justice to the nations,
and remembered the house of Israel
in truth and love.

B: All the ends of the earth have seen
the saving power of our God.

A: Sing praise to God, all the earth;
ring out your joy.

B: Sing psalms to God with the harp,
with the harp and the sound of music.

A: With trumpets and the sound of the horn
acclaim the kingship of God.

B: Let the sea and all within it thunder;
the world and all its peoples.

A: Let the rivers clap their hands
and the mountains ring out their joy
at the presence of the ONE who comes,
who comes to rule the earth.

B: God will rule the world with justice
and the peoples with fairness.

ALL: AMEN.

*

Psalm 104

ALL: BLESS THE CREATOR, MY SOUL!

A: God my creator, how great you are,
clothed in glory and majesty,
wrapped in a robe of light.

B: You have spread out the sky like a tent,
built your dwelling above the rains.

A: You have made the clouds your chariot,
you walk on the wings of the wind;
the storm becomes your herald
and your servants are bolts of light.

B: You have set the earth in its place
so that it cannot be moved.
Like a cloak you wrapped the oceans round it,
with waters higher than mountains.

A: At your rebuke the seas took flight,
at the voice of your thunder they fled,
flowing from mountains and valleys
to places decreed by you.

B: There you set limits they might not pass,
lest they return to cover the earth.

A: In the gullies you opened up springs,
to stream between the hills,
where wild animals drink from them,
where wild asses quench their thirst;

B: where birds of the air nest on the banks
and sing among the leaves.

A: From your dwelling you water the hills
and the earth drinks its fill of your gift.

B: For cattle you make the grass grow,
and for people, the plants they need
to bring forth food from the earth
and wine to gladden their hearts.

A: How countless are your works, O God;
all of them made so wisely;
a world teeming with creatures!

B: All of them look to you
to give them food in due season.
You give and they gather;
you open your hand and they have their fill.

A: Hide your face and they panic,
withdraw your spirit and they die;
they return to the dust from which they came.

B: Send forth your spirit and life returns
renewing the face of the earth.

ALL: GLORY TO GOD FOR EVER!
MAY GOD REJOICE IN CREATION!
I WILL SING TO GOD ALL MY LIFE,
MAKE MUSIC TO GOD AS LONG AS I LIVE!
BLESS THE CREATOR, MY SOUL!
*

Psalm 111

ALL: ALLELUIA! PRAISE BE TO GOD!

A: I will thank God with all my heart
in the company of good people
and in their congregation.

B: How great are the wonders that God performs:
a delight to contemplate.

A: How majestic and glorious the work of God,
whose goodness stands for ever.

B: How good to remember God's marvellous deeds,
God's acts of mercy and kindness:

A: providing food for the faithful;
upholding the covenant;
establishing their heritage amongst the nations.

B: How faithful, how just, are the works of God's hands;
how trustworthy all God's commands:

A: each law in its place, valid for ever,
accomplished with faith and with truth.

B: With an eternal covenant
God has redeemed the people.

A: With an unbreakable promise and bond
God has restored their freedom.

B: Holy is God's Name,
to be feared and held in awe.

A: The fear of God is the beginning of wisdom,
the pathway to true understanding.

ALL: PRAISE BE TO GOD FOR EVER.

*

Psalm 119

A: Though the powerful oppress me without any cause,
my heart bows to your words alone.

B: I take delight in your promise, O God,
like someone who gathers rich treasure.

A: Falsehood I hate and detest,
but I love your Law.

B: Seven times a day
I praise you for your just decrees.

A: Peace is the reward of those who love your Law;
nothing can make them stumble.

B: I keep your precepts and commands,
for my whole life is open before you.

A: Let my cry reach you, O God;
that I may understand your Word.

B: Let my pleading reach you;
that I may be saved by your promise.

A: Let my lips proclaim your praise,
because you teach me your statutes.

B: Let my tongue sing your praises,
for your commandments are justice itself.

A: Let your hand be ready to help me,
for I have chosen your precepts.

B: I long for your salvation, O God:
your Law is my delight.

A: Let me live to praise you;
let your decrees be my help.

B: I have strayed like a lost sheep,
but I have not forgotten your commands.
Come, seek out your servant.

ALL: AMEN.

*

Psalm 121

A: I lift my eyes to the hills;
from where will my help come?

B: My help comes from the ETERNAL
who made heaven and earth.

A: God will not let you fall:
the one who watches over you is wide awake.

B: The protector of God's people never sleeps.

A: God has you in safe keeping
and stays by your side.

B: The sun shall not strike you by day,
nor the moon harm you by night.

A: God will protect you from all evil
and will cherish your life.

B: God will keep watch over your going out
and your coming in,
now and for ever.

ALL: AMEN.

*

Psalm 126

A: When God restored us to freedom
it was like a dream!

B: Our mouths were filled with laughter,
our tongues sang out our joy.

A: Then they said among the nations,
'God has done great things for them!'

B: Yes, God has done great things for us,
and we are overjoyed.

A: Lead us back to our home, O God,
like streams to a thirsty land.
Let those who wept as they sowed their seed
gather a harvest of joy.

B: Those who went out weeping
carrying seed to be sown
will go back home full of song,
holding their harvest high.

ALL: AMEN.

*

Psalm 130

A: Out of the depths I cry to you, O God.
Hear my voice!

B: Let your ears be attentive
to my cry for mercy.

A: If you, O God, mark our guilt,
who can stand?

B: But with you is forgiveness;
and for this we revere you.

A: I trust in you, O God,
my soul trusts in your Word.

B: My soul waits for you, O God,
more than sentinels wait for the morning.
Like those who wait for the morning,
let your people wait for you.

A: For with you is unfailing love
and plentiful redemption.

B: You will redeem your people
from all their iniquities.

ALL: AMEN.

*

Psalm 133

ALL: HOW GOOD IT IS, HOW PLEASANT,
FOR GOD'S PEOPLE TO LIVE IN UNITY.

A: It is like the precious oil
running down from Aaron's head and beard,
down to the collar of his robes.

B: It is like the dew on Mount Hermon
falling on the hills of Zion.
For there God has promised a blessing:
life that never ends.

ALL: AMEN.

*

Psalm 138

A: I will thank you, O God, with all my heart;
I will sing praise to you before the angels.
I will worship at your holy temple.

B: I will give thanks to your Name
because of your love and faithfulness,
for you have made your Name and your Word
supreme over all things.

A: You answered me when I called to you;
you built up strength within me.

B: All the rulers of the earth will praise you, O God,
because they have heard your promises.

A: They will sing about your ways,
for great is your glory, O God.

B: Even though you are exalted,
you care for the lowly;
the proud cannot hide from you.

A: Even when I am surrounded by troubles,
you keep me safe;
you protect from the rage of my enemies
and save me by your power.

B: You will fulfil your purpose for me;
your faithful love endures for ever, O God.
Complete the work that you have begun.

ALL: AMEN.

*

Psalm 139

A: O God, you search me and know me.
You know my being and my doing.
From far off, you read my inmost thoughts.

B: You know the journeys that I take
and the places where I rest.
You know the meaning of my words before I speak.

A: You are familiar with all my ways;
you are around, on every side,
holding and protecting with your power.

B: Your knowledge of me is too wonderful,
too high for me to reach.

A: Where could I escape from you?
Where could I flee your presence?

B: If I climb to the heavens, you are there.
You are there if I lie in the grave.

A: If I fly off into the sunrise,
or dwell beyond the western sea,
even there your hand will lead me,
even there you hold me fast.

B: If I ask the darkness to hide me,
and the daylight to turn into night,
the darkness is not dark to you,
for night is as clear as day.

A: Search me, O God, and know my heart,
test me, and know my thoughts.

B: See that I do not follow wrong paths,
and guide me in the everlasting way.

ALL: AMEN.

*

Psalm 142

A: With all my voice I cry to you, God;
with all my voice I entreat you.

B: I pour out my complaint before you;
I tell you all my distress.

A: When my spirit faints within me,
you, O God, know my path.
On the way where I shall walk
they have hidden a snare to trap me.

B: I look on my right and see:
there is no one who takes my part.
I have lost all means of escape,
there is no one who cares for my life.

A: I cry to you, O God,
I have said: 'You are my refuge,
all I have in the land of the living.'

B: Listen, then, to my cry,
for I am in the depths of distress.
Rescue me from those who pursue me,
for they are too strong for me.

A: Bring my soul out of this prison,
and then I shall praise your Name.
Around me the just will gather
because of your goodness to me.

ALL: AMEN.

*

Psalm 145

ALL: O GOD, MY GOD,
MIGHTY AND MAJESTIC.
I WILL PRAISE YOU TO THE HEIGHTS,
I WILL BLESS YOUR NAME FOR EVER.

A: I will bless you every day
and praise your Name for ever.

B: Great are you, O God, and greatly to be praised;
your greatness is beyond all measure.

A: Age to age will praise your works
and proclaim your mighty deeds.

B: I will meditate on your splendour and glory;
I will ponder the story of your wonders.

A: People will speak of your awesome power,
and I shall tell of your greatness.

B: They will recall your abundant goodness;
age to age will ring out your justice.

A: You are gracious and compassionate,
patient and ever faithful.

B: Your compassion rests on every creature;
how good you are to all.

A: Let your creatures thank you, God,
and your loyal servants bless you.

B: Let them speak of your glorious reign,
and declare your power, O God.

A: Let them make known to the whole human race
the glory and might of your reign.

B: Yours is an everlasting dominion;
your rule lasts for all generations.

A: You are just in all your ways;
and gracious in all your deeds.

B: You are close to all who call on you,
who call on you from their heart.

**ALL: LET MY MOUTH SPEAK OUT YOUR PRAISE, O GOD;
LET ALL PEOPLE, ALL CREATURES
BLESS YOUR HOLY NAME
NOW AND FOR EVER.**

Psalm 146

ALL: ALLELUIA!

GIVE PRAISE TO THE HOLY ONE!

PRAISE GOD, O MY SOUL.

I WILL PRAISE THE MAKER AS LONG AS I LIVE;

I WILL SING TO GOD ALL MY LIFE.

A: Put no trust in earthly rulers;
human beings cannot save you.
They breathe their last and return to dust,
and their plans come to nothing.

B: Happy those whose help is the God of Jacob,
whose hope is in the MAKER, their God,
the God of heaven and earth and sea
and all that is in them.

A: It is God who keeps faith forever,
who secures justice for the oppressed
and feeds the hungry.

B: It is God who sets the captives free,
who restores the sight of the blind,
who raises up those that were bowed down,
and loves the just.

A: It is God who protects the stranger,
who sustains the widow and orphan,
and thwarts the wicked.

ALL: THE MAKER WILL REIGN FOREVER,
OUR GOD THROUGH ALL GENERATIONS.

GIVE PRAISE TO THE HOLY ONE.

ALLELUIA!

*

Psalm 148

ALL: PRAISE GOD!

SHOUT YOUR PRAISES FROM THE HEAVENS.

SHOUT THEM FROM THE HEIGHTS.

A: Sing praises, all you angels,

all you heavenly beings.

B: Sing praises, sun and moon,
and all you glittering stars.

A: Praise God, you highest heavens,
you waters above the heavens.

B: Praise the holy Name
of the God who called you forth,
who established you for ever and ever
by a decree that will never change.

A: Shout your praises, all the earth,
you sea monsters and all depths.

B: Fire and hail, snow and frost,
storm winds, fulfilling God's word.

A: You mountains and all you hills,
you orchards and every cedar.

B: You beasts, both wild and tame;
creeping reptiles, flying birds.

A: Monarchs of earth and all people
rulers and judges of every land.

B: Women and men alike,
young and old together.

A: Praise the holy Name,
the Name beyond all names.

B: God's splendour above the earth,
above the heavens,
giving strength and hope to the people.

**ALL: GOD BE PRAISED BY ALL THE FAITHFUL PEOPLE,
BY PEOPLE CLOSE TO GOD!
ALLELUIA!**
