



**ORTHODOX
PRAYERS
OF OLD ENGLAND**

A Western Rite
Prayer-Book
for Orthodox Christians



Third Edition

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HOLY SYNOD OF MILAN
The Autonomous Orthodox Metropolia
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Psalms from 'The Psalter According to the Seventy,'
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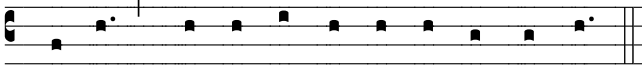
VESPERS



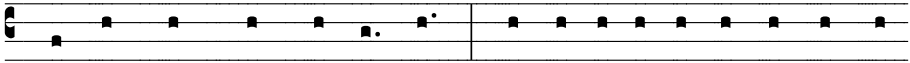
The bells are rung in the festive manner, after which the Priest begins quietly:

○ In the name... Our Father... Rejoice, Mary... (p. 1)

The Priest sings in a loud voice, signing his forehead:



O God, O be at-ten-tive un-to help-ing me. (Ps. 69:1) *All sing:*



O Lord, make haste to help me. O Glo-ry be to the Fa-ther and to



the Son and to the Ho-ly Spi-rit, as it was in the be-gin-ning both



now and ev-er, and un-to the ag-es of ag-es. A-men. Al-le-lu-ya.

(From Septuagesima to Pascha, in lieu of ‘alleluya’ is sung, ‘Praise be to Thee, O Lord, King of eternal glory.’)

APPOINTED PSALMS

Sunday evenings	Psalms 109-113, p. 33.
Monday evenings	Psalms 114-116, 119, & 120, p. 36.
Tuesday evenings	Psalms 121-125, p. 38.
Wednesday evenings	Psalms 126-130, p. 40.
Thursday evenings	Psalms 131-136, p. 42.
Friday evenings	Psalms 137-141, p. 46
Nativity Psalms	First Vespers, p. 49; Second, p. 52
Apostles’ Feast	Second Vespers, p. 55
Saturday evenings	Psalms 143-147, as follows:

PSALM 143

Blessed is the Lord my God ☩ Who teacheth my hands for battle and my fingers for war.

My mercy and my refuge ☩ my helper and my deliverer,

My defender is He, and in Him have I hoped ☩ Who subjected my people under me.

O Lord, what is man, that Thou art made known unto him ∴ or the
son of man, that Thou takest account of him?

Man is like unto vanity ∴ his days like a shadow pass away.

O Lord, bow down the heavens and come down ∴ touch the mountains,
and they shall smoke.

Flash forth lightning, and Thou shalt scatter them ∴ send forth Thine
arrows, and Thou shalt trouble them.

Send forth Thy hand from on high ∴ rescue and deliver me from many
waters, from the hand of the sons of aliens,

Whose mouth hath spoken vanity ∴ and their right hand is the right
hand of unrighteousness.

O God, a new song shall I sing unto Thee ∴ with the psalter of ten
strings shall I chant unto Thee,

Who givest salvation unto kings, Who redeemest David Thy servant ∴
from the evil sword deliver me.

And rescue me from the hand of the sons of aliens ∴ whose mouth hath
spoken vanity, and their right hand is the right hand of
unrighteousness,

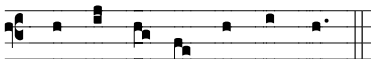
Whose sons are like new plants ∴ strongly planted in their youth,
Their daughters prettified ∴ and lavishly adorned like unto a temple.
Their garners are full ∴ bursting forth with all manner of store.
Their sheep are abundant in young, multiplying in their gateways ∴-
their oxen are fat.

There is no breach of wall ∴ nor any passage, nor any outcry in their
streets.

They have called the people blessed which fareth thus ∴ but blessed is
the people whose God is the Lord.

At each Glory Be, everyone turns east & makes a deep bow:

O Glory be to the Father and to the Son ∴ and to the Holy Spirit. *rise:*
As it was in the beginning, and now and always ∴ and unto the ages of
ages. Amen.



Bles-sed is the Lord my God.

PSALM 144

I will exalt Thee, O my God, my king, and I will bless Thy name for
ever ∴ yea, for ever and ever.

Every day will I bless Thee ∴ and I will praise Thy name for ever, yea,
for ever and ever.

Great is the Lord and exceedingly to be praised ∴ and of His greatness

there is no end.

Generation and generation shall praise Thy works and Thy power shall they declare.

Of the majesty of the glory of Thy holiness shall they speak and they shall tell of Thy wonders.

And the power of Thine awesome deeds shall they relate and they shall tell of Thy majesty.

The memory of the multitude of Thy goodness shall they pour forth and in Thy righteousness shall they rejoice.

Compassionate and merciful is the Lord long-suffering and plenteous in mercy.

The Lord is good to all and His compassions are over all His works.

Let all Thy works, O Lord, give praise to Thee and let Thy righteous ones bless Thee.

Of the glory of Thy kingdom shall they speak and shall tell of Thy dominion,

To make Thy dominion known to the sons of men and the glory of the majesty of Thy kingdom.

Thy kingdom is the kingdom of all the ages and Thy sovereignty is in every generation and generation.

Faithful is the Lord in all His words and holy in all His works.

The Lord upholdeth all that are falling and setteth up all that are broken down.

The eyes of all look to Thee with hope and Thou gavest them their food in due season.

Thou openest Thy hand and fillest every living thing with Thy favour.

Righteous is the Lord in all His ways and holy in all His works.

The Lord is nigh unto all that call upon Him to all that call on Him in truth.

The will of them that fear Him shall He do and their supplication shall He hear, and He shall save them.

The Lord preserveth all that love Him but all the sinners shall He utterly destroy.

My mouth shall speak the praise of the Lord and let all flesh bless His holy name for ever, yea, for ever and ever.

○ Glory be to the Father and to the Son and to the Holy Spirit.

As it was in the beginning, and now and always and unto the ages of ages. Amen.



For ev-er, and un- to the ag-es of ag-es.

PSALM 145

Praise the Lord, O my soul; I will praise the Lord in my life: I will
chant unto my God for as long as I have my being.

Trust ye not in princes: in the sons of men, in whom there is no
salvation.

His spirit shall go forth, and he shall return unto his earth: in that
day all his thoughts shall perish.

Blessed is he of whom the God of Jacob is his help, whose hope is in
the Lord his God: Who hath made heaven and the earth, the sea
and all that is therein,

Who keepeth truth unto eternity: Who executeth judgment for the
wronged, Who giveth food unto the hungry.

The Lord looseth the fettered: the Lord maketh wise the blind.

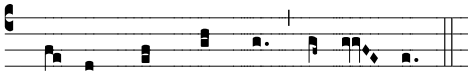
The Lord setteth aright the fallen: the Lord loveth the righteous.

The Lord preserveth the proselytes; He shall adopt for His own the
orphan and widow: and the way of sinners shall He destroy.

The Lord shall be king unto eternity: thy God, O Sion, unto
generation and generation.

O Glory be to the Father and to the Son: and to the Holy Spirit.

As it was in the beginning, and now and always: and unto the ages of
ages. Amen.



I will praise my God in my life.

PSALM 146

Praise ye the Lord, for a psalm is a good thing: let praise be sweet
unto our God.

The Lord buildeth up Jerusalem: He shall gather together the
dispersed of Israël.

He healeth the broken in heart: and bindeth their fractures together.

He numbereth the multitude of the stars: and calleth them all by
name.

Great is our Lord, and great is His strength: and of His
understanding there is no measure.

The Lord lifteth up the meek: but humbleth sinners to the earth.

Begin your song to the Lord with thanksgiving: chant unto God with
the harp,

To Him that covereth heaven with clouds: Who prepareth rain for the
earth,

Who maketh grass to grow on the mountains: and green herb for the
service of man,

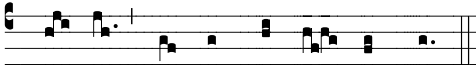
Who giveth to the beasts their food ⁊ and to the younglings of the ravens which call upon Him.

He shall not delight in the strength of a horse ⁊ nor in the legs of man is He well pleased.

The Lord is well pleased in them that fear Him ⁊ and in them that hope in His mercy.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.



Let praise be sweet un-to our God.

PSALM 147

Praise the Lord, O Jerusalem ⁊ praise thy God, O Sion.

For He hath strengthened the bars of thy gates ⁊ He hath blessed thy sons within thee.

He bringeth peace upon thy borders ⁊ and with the fatness of the wheat He filleth thee.

He sendeth His saying unto the earth ⁊ right swiftly runneth His word.

He giveth His snow like wool ⁊ the mist He sprinkleth like ashes.

He hurleth His ice like morsels ⁊ who shall stand before His cold?

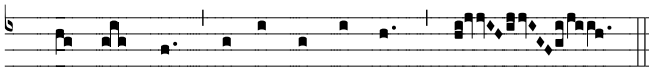
He shall send forth His word and melt them ⁊ His wind shall blow and the waters shall flow.

He declareth His word unto Jacob ⁊ His statutes and judgments to Israël.

He hath not dealt so with every nation ⁊ nor hath He shown His judgments unto them.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.



Praise the Lord, O Je-ru-sa-lem.

varies

CHAPTER



Priest: Blessed be the God & Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort, Who comforteth us in all our tribulation. (2 Cor. 1:3,4)



℞ Thanks be to God!

*varies**RESPONSORY*

↪ *Chanters:* I alone have compassed the circuit of heaven, and have walked in the waves of the sea. In every people and in every nation I have had the chief rule. | By My power I have trodden under My feet the hearts of all the high and low. | |
 ¶ I dwelt in the highest places, and My throne is in a pillar of cloud. | By My power ... | O Glory be ... Holy Spirit. | By My power... (Ecclus. 24:8-11, 7)

*HYMN OF ST. AMBROSE — Varies**Choir 1:*

O Light, O blessèd Trinity,
 O first and royal Unity,
 The fiery sun now withdraweth;
 Pour forth Thy light within our hearts.

Choir 2: At morning, let our hymns
 praise Thee,
 At evening, let us pray to Thee,
 In our lowly exaltation,
 Let all the ages give Thee praise.

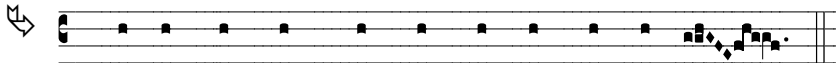
Choir 1: Now night-time draweth
 nigh to us;
 Grant us a calm and peaceful night,
 And in the morning gaze on us
 From heaven, O All-Merciful.

Choir 2: O Christ, release us
 from our bonds,
 From sinful habits wash us clean,
 Before all else, absolve our sins,
 Forgive the evils we have done.

Choir 1: We pray Thee to give
 ear to us,
 We beseech Thee to rescue us;
 Christ Jesus, Who art almighty,
 Deliv'r us from the evil one.

Both choirs, with a deep bow:

O To God the Father, glory be,
 And glory to His only Son,
 With the Spirit, the Paraclete,
 Both now and for eternity. Amen.

*VERSICLE**One of the servers sings:**varies*

¶ Let our eve-ning prayer as-cend to Thee, O Lord.

Meanwhile we say softly: ¶ And may Thy mercy descend upon us.

CENSING

Server: Benedicite. *Priest:* Dóminus. May this incense be blessed by Him in Whose honour it shall be burnt. In the name of Father and Son and Holy Spirit. Amen.

CANTICLE OF THE MOTHER OF GOD

called the Magnificat — Luke 1:46-55

My soul doth magnify the Lord ∴ and my spirit hath rejoiced
 in God my Saviour.
 For He hath looked upon the lowliness of His handmaiden ∴ for behold,
 from henceforth all generations shall call me blessed.
 For the Mighty One hath done great things to me ∴ and holy is His name.

And His mercy is on them that fear Him ⁊ unto generation and generation.

He hath showed strength with His arm ⁊ He hath scattered the proud in the imagination of their heart.

He hath put down the mighty from their seat ⁊ and exalted them of low degree.

He hath filled the hungry with good things ⁊ and the rich He hath sent empty away.

He hath holpen His servant Israëġ ⁊ in remembrance of His mercy, As He spake to our fathers ⁊ to Abraham and his seed for ever.

On very great Feasts, the antiphon is repeated here.

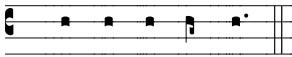
○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit. As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

ANTIPHON OF THE DAY

varies ⇨ *Choir:* May my soul rejoice in the Lord God my Saviour.

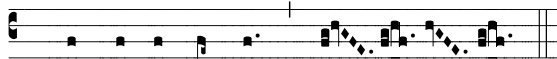
[KYRIELEYSON

(Lord, have mercy; Christ, have mercy; Lord, have mercy.)



Choir 1: Ky-ri-e-léy-son.
Choir 2: Kyrieléyson.
Choir 1: Kyrieléyson.

Choir 2: Xristeléyson.
Choir 1: Xristeléyson.
Choir 2: Xristeléyson.
Choir 1: Kyrieléyson.
Choir 2: Kyrieléyson.

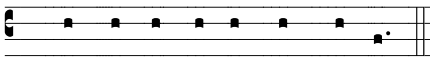


Both choirs: Ky-ri-e-léy-son.

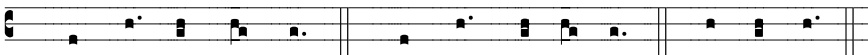
LORD'S PRAYER

The Priest sings:

Our Father, Who art in heaven, hallowed be Thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts as we forgive our debtors. And lead us not into temptation, (*all:*)



℞. But de-liv-er us from ev-il. Mt. 6:9-13; Lk. 11:2-4]



℣. The Lord be with you. ℞. And with thy spi-rit. ℣. Let us pray.

varies

Priest: **COLLECT OF THE DAY, OR:**

Give ear, O Lord, unto Thy family rendering the offerings of evening unto Thy name, and deign to protect throughout the quietness of the night those whom Thou hast preserved throughout each moment of the day. O Through our Lord Jesus Christ Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Spirit, God through all the ages of ages.

℟. Amen.

Priest: **℣. The Lord be with you. ℟. And with thy spirit.**

Server: **℣. Let us bless the Lord. ℟. Thanks be to God.**

BISHOP'S BLESSING

Deacon: **O Prince of the Church, shepherd to the sheep, may it please thee to bless the people entrusted to thy care. (He turns to the people:) With meekness and with charity, bow down yourselves for a blessing. ℟. Thanks be to God. The Bishop sings the proper blessings over the people; each time we answer: ℟. Amen.**

COMMEMORATION OF THE HOLY TRINITY

Choir: Our hope art Thou, our salvation, our great glory, O most blessed Trinity!

℣. Let us bless the O Father and the Son, with the Holy Spirit.

℟. Let us praise Him and supremely exalt Him unto the ages.

Priest: Let us pray. O almighty, everlasting God, Who hast given us Thy servants grace by confessing the true Faith, to acknowledge the glory of the eternal Trinity, and in the might of Thy majesty to worship the Unity: we beseech Thee that by our steadfastness in this Faith we may be defended for ever from all adversities. O In which Trinity Thou livest and reignest, one God through all the ages of ages. **℟. Amen.**

COMMEMORATION OF OUR LADY

Choir: By thy Child a mother, in childbirth a Virgin: be glad and rejoice, O sacred Mother of the Lord!

℣. Holy Theotókos, Ever-Virgin Mary.

℟. Intercede for us with the Lord our God. Priest:

Let us pray. O almighty, everlasting God, protect us Thy servants by the right hand of Thy might from all dangers: and by the intercession of the blessed Ever-Virgin Mary, cause us to rejoice in well-being, present and to come. O Through our Lord Jesus Christ Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Spirit, God through all the ages of ages. **℟. Amen.**

SAINT OF THE DAY—As Appointed

varies ⇨ *The Saint's antiphon, versicle, & collect are sung; or:*

Choir: Holy and wonderful is the true Light, bestowing light upon them that have persevered in the contest of their struggle. They shall receive from Christ an everlasting radiance, in which they exult unceasingly with joy.

℣. Wondrous is God in His Saints, the God of Israël.

℟. He will give power and strength unto His people. (Ps. 67:38)

Let us pray. O almighty, everlasting God, Who didst enkindle the flame of Thy love in the hearts of Thy holy (martyr(s) or confessor(s), etc.) N. (and N.), bestow upon our minds the same strength of faith and charity, that we may profit by the example of (him, her, them) in whose victories we rejoice. O Through our Lord Jesus Christ Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Spirit, God through all the ages of ages. **℟. Amen.**

COMMEMORATION OF ALL SAINTS

Choir: By the prayers of all Thy Saints, bestow salvation of body and of soul, O Christ, to Thy servants.

℣. Let the righteous rejoice in the presence of God.

℟. Let them delight in gladness. (Ps. 67:3)

Let us pray. Behold our weaknesses, O Lord, and with all Thy Saints interceding, Especially our most pure Lady, the Mother of God and Ever-Virgin Mary, the holy and chosen Archangels Michael, Raphael, and Gabriel, Thy holy Baptist and Forerunner John, and Saints N. and N.,

...the Deacon sings the names of today's Saints ...

help us with Thy swift mercy. O Through our Lord Jesus Christ Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Spirit, God through all the ages of ages. **℟. Amen.**

COMM. OF ST. JOHN OF SAN FRANCISCO

Choir: Be joyful, O our mother, Jerusalem, for that thy King, the most high and most humble God, hath exalted unto the joy of the heavenly kingdom, in union with the Saints, the holy hierarch John the wonder-worker.

℣. Pray for us, blessed John.

℟. That we may be made worthy of the promises of Christ.

Let us pray. O almighty and merciful God, inspirer of every good deed and lover of holiness, grant unto us Thy servants, who keep with piety the holy memory of Thy blessed confessor and hierarch John: that by the prayers of him whose righteous life we reverence, we may be united to the company of the heavenly citizens. O Through our Lord Jesus Christ Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Spirit, God through all the ages of ages. **℟. Amen.**

PROCESSION—From Trinity to Advent

Choir: O glorious Cross, O venerable Cross, O wood of great price and sign of wonderment, through which both the Devil is defeated and the world is redeemed by the blood of Christ, alleluya.

℣. We worship Thee, O Christ, and we bless Thee.

℟. For by Thy holy Cross Thou hast redeemed the world.

Let us pray. O God, Who didst will to sanctify the banner of the life-creating Cross with the precious blood of Thine only-begotten Son, our Lord Jesus Christ: grant, we beseech Thee, that they who rejoice in the glory of this holy Cross may also rejoice for Thy protection everywhere. O Through the same Christ our Lord. **℟. Amen.**

COMMEMORATION OF OUR LADY

Choir: O sweet Mother of our Redeemer, who as heaven's portal remainest open, and art Star of the Sea: assist the people that, falling, strive to rise again. Thou that gavest birth, as Nature stood in awe, to thy holy Begetter. Virgin before and afterwards, thou taking that 'ave' from the mouth of Gabriel, on us who sin have mercy. *Priest, in the chancel:*

∿ Holy Theotókos, Ever-Virgin Mary.

℟: Intercede for us with the Lord our God. Priest: Let us pray.

Grant, we beseech Thee, O merciful God, bulwark of our frailty, that we who keep the remembrance of the holy Theotokos & Virgin Mary may, by the help of her intercession, rise again from our iniquities. O Through our Lord Jesus Christ Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Spirit, God through all the ages of ages. **℟ Amen.**



DISMISSAL

Priest: ∿ **The Lord be with you. ℟: And with thy spirit.**

Server: ∿ **Let us bless the Lord. ℟: Thanks be to God.**

FOR A BISHOP:

∿ Our help is in the name of the Lord. ℟: Who hath made heaven & the earth. ∿ Blessed be the name of the Lord. ℟: From henceforth and for evermore. ∿ The Lord be with you. ℟: And with thy spirit.

Bishop: Let us pray. May the blessing of God, the Father and the Son and the Holy Spirit, come down upon you and remain for ever. **℟ Amen.**

Priest, softly: O In the name... Our Father... Rejoice Mary... (p. 1)

Last Bow: *The people bow deeply to the east, then to one another.*

SERMON—IF ANY

VENERATION OF ICON

Holding candles, we process to St. Mary's icon, singing:

Choir: Rejoice, O Queen of the heavens; rejoice, O Lady of the Angels; rejoice, O holy root, from which the Light hath dawned forth upon the world. Rejoice, O glorious woman, and beautiful above all women: Hail, thou that art exceedingly comely, and for ever pray for us to Christ.

∿ Holy Theotókos, Ever-Virgin Mary.

℟: Intercede for us with the Lord our God. Priest: Let us pray.

Grant us Thy servants, we beseech Thee, O Lord God, to rejoice in perpetual health of mind and body, and by the glorious intercession of blessed Mary, Ever-Virgin, that we may be delivered from present sorrow, and have the fruition of eternal joy. O Through our Lord Jesus Christ Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Spirit, God through all the ages of ages. **℟ Amen.** (*All venerate & kiss the icon.*)

The three Lesser Vespers (of Our Lady, the Dead, & All Saints) are sung here.

VESPERS PSALMS



Sunday Evening

PSALM 109

The Lord said unto my Lord ∴ Sit Thou at My right hand,
 Until I make Thine enemies ∴ the footstool of Thy feet.
 A sceptre of power shall the Lord send unto Thee out of Sion ∴ rule
 Thou in the midst of Thine enemies.
 With Thee is dominion in the day of Thy power, in the splendour of
 Thy saints ∴ from the womb before the morning star have I
 begotten thee.
 The Lord hath sworn and will not repent ∴ Thou art a priest for ever,
 after the order of Melchisedek.
 The Lord at Thy right hand ∴ hath broken kings in the day of His
 wrath.
 He shall judge among the nations, He shall fill them with dead
 bodies ∴ He shall crush the heads of many upon the earth.
 He shall drink of the brook in the way ∴ therefore shall He lift up His
 head.
 O Glory be to the Father and to the Son ∴ and to the Holy Spirit.
 As it was in the beginning, and now and always ∴ and unto the ages of
 ages. Amen.

PSALM 110

I will confess Thee, O Lord, with my whole heart ∴ in the council of the
 upright and in the congregation.
 Great are the works of the Lord ∴ sought out in all the things that He
 hath willed.
 Confession and majesty are His work ∴ and His righteousness abideth
 unto ages of ages.
 He made a remembrance of His wondrous deeds; merciful and
 compassionate is the Lord ∴ He hath given food to them that fear
 Him.
 He will be mindful for ever of His covenant ∴ the power of His works
 hath He declared unto His people,
 That He may give them the inheritance of the nations ∴ the works of
 His hands are truth and judgment.
 Faithful are all His commandments, confirmed unto ages of ages ∴
 made in truth and uprightness.
 He hath sent redemption unto His people ∴ He hath enjoined His
 covenant for ever.

Holy and terrible is His name ⁊ the fear of the Lord is the beginning of wisdom.

And all they that foster this have a good understanding ⁊ His praise abideth unto ages of ages.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 111

Blessed is the man that feareth the Lord ⁊ in His commandments shall he greatly delight.

His seed shall be mighty upon the earth ⁊ the generation of the upright shall be blessed.

Glory and riches shall be in his house ⁊ and his righteousness abideth unto ages of ages.

There hath risen up in darkness a light for the upright ⁊ he is merciful and compassionate and righteous.

A good man is he that is compassionate and lendeth; he shall order his words with judgment ⁊ for he shall remain unshaken for ever.

In everlasting remembrance shall the righteous be ⁊ he shall not be afraid of evil tidings.

His heart is ready to hope in the Lord; his heart is established ⁊ he shall not be afraid, until he look down upon his enemies.

He hath dispersed, he hath given to the poor, his righteousness abideth unto ages of ages ⁊ his horn shall be exalted with glory.

The sinner shall see and be angered, he shall gnash with his teeth and melt away ⁊ the desire of the sinner shall perish.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 112

Praise the Lord, O ye servants ⁊ praise ye the name of the Lord.

Blessed be the name of the Lord ⁊ from henceforth and for evermore. From the rising of the sun unto the going down of the same ⁊ the name of the Lord is to be praised.

High above all the nations is the Lord ⁊ above the heavens is His glory.

Who is like unto the Lord our God, Who dwelleth on high ⁊ and

looketh down on things that are lowly, in heaven and on the earth?

Who raiseth up the poor man from the earth ⁊ and from the dunghill lifteth up the pauper,

That He may seat him with princes ⁊ with the princes of His people,

Who maketh the barren woman to dwell in a house ⁊ and be a mother rejoicing over children.

O Glory be to the Father and to the Son ⁊ and to the Holy Spirit.
As it was in the beginning, and now and always ⁊ and unto the ages of
ages. Amen.

PSALM 113

When Israël went out of Egypt ⁊ and the house of Jacob from
among a barbarous people,
Judea became His sanctuary ⁊ Israël His dominion.
The sea beheld and fled ⁊ Jordan turned back.
The mountains skipped like rams ⁊ and the hills like lambs of flocks.
What aileth thee, O sea, that thou fleddest ⁊ and thou Jordan, that
thou didst turn back?
Ye mountains, that ye skipped like rams ⁊ and ye hills like lambs of
flocks?
At the presence of the Lord the earth was shaken ⁊ at the presence of
the God of Jacob,
Who turneth the rock into pools of waters ⁊ and the precipice into
fountains of waters.
Not unto us, O Lord, not unto us ⁊ but unto Thy name give glory.
For Thy mercy and Thy truth ⁊ lest haply the heathen say: Where is
their God?
But our God is in heaven and on earth ⁊ all things soever He hath
willed, He hath done.
The idols of the nations are of silver and gold ⁊ the works of the hands
of men.
They have a mouth, but shall not speak ⁊ eyes have they, and shall not
see.
Ears have they, and shall not hear ⁊ noses have they, and shall not
smell.
Hands they have, and shall not feel; feet have they, and shall not
walk ⁊ they shall make no sound in their throat.
Let those that make them become like unto them ⁊ and all that put
their trust in them.
The house of Israël hath hoped in the Lord ⁊ their helper and defender
is He.
The house of Aaron hath hoped in the Lord ⁊ their helper and
defender is He.
They that fear the Lord have hoped in the Lord ⁊ their helper and
defender is He.
The Lord, being mindful of us ⁊ hath blessed us.
He hath blessed the house of Israël ⁊ He hath blessed the house of
Aaron.
He hath blessed them that fear the Lord ⁊ the little with the great.

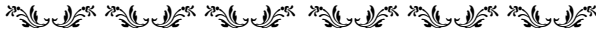
The Lord grant you increase ∴ to you and to your children.
 Ye are blessed of the Lord ∴ Who made heaven and the earth.
 The heaven of heaven belongeth to the Lord ∴ but the earth He gave
 unto the sons of men.

Not the dead shall praise Thee, O Lord ∴ nor any that go down to
 hades.

But we the living will bless the Lord ∴ from henceforth and for
 evermore.

○ Glory be to the Father and to the Son ∴ and to the Holy Spirit.
 As it was in the beginning, and now and always ∴ and unto the ages of
 ages. Amen.

Vespers continues with the Chapter—p. 21.



Monday Evening

PSALM 114

I am filled with love ∴ for the Lord will hear the voice of my
 supplication.

For He hath inclined His ear unto me ∴ and in my days will I call upon
 Him.

The pangs of death have encompassed me ∴ the perils of hades have
 found me.

Tribulation and sorrow have I found ∴ and I called upon the name of
 the Lord.

O Lord, deliver my soul; merciful is the Lord and righteous ∴ and our
 God hath mercy.

The Lord preserveth the infants ∴ I was brought low and He saved me.
 Return, O my soul, unto thy rest ∴ for the Lord hath dealt bountifully
 with thee.

For He hath delivered my soul from death, mine eyes from tears ∴ and
 my feet from sliding.

I will be well-pleasing before the Lord ∴ in the land of the living.

○ Glory be to the Father and to the Son ∴ and to the Holy Spirit.

As it was in the beginning, and now and always ∴ and unto the ages of
 ages. Amen.

PSALM 115

I believed, wherefore I spake ∴ I was humbled exceedingly.

As for me, I said in mine ecstasy ∴ Every man is a liar.

What shall I render unto the Lord ∴ for all that He hath rendered unto
 me?

I will take the cup of salvation ⁊ and I will call upon the name of the Lord.

My vows unto the Lord will I pay in the presence of all His people ⁊ precious in the sight of the Lord is the death of His saints.

O Lord, I am Thy servant ⁊ I am Thy servant and the son of Thy handmaid.

Thou hast broken my bonds asunder ⁊ I will sacrifice a sacrifice of praise unto Thee, and I will call upon the name of the Lord.

My vows unto the Lord will I pay in the presence of all His people ⁊ in the courts of the house of the Lord, in the midst of thee, O Jerusalem.

O Glory be to the Father and to the Son ⁊ and to the Holy Spirit. As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 116

O praise the Lord, all ye nations ⁊ praise Him, all ye peoples. For He hath made His mercy to prevail over us ⁊ and the truth of the Lord abideth for ever.

O Glory be to the Father and to the Son ⁊ and to the Holy Spirit. As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 119

Unto the Lord in mine affliction have I cried ⁊ and He heard me. O Lord, deliver my soul from unrighteous lips ⁊ and from a crafty tongue.

What shall be given unto thee ⁊ and what shall be added unto thee for thy crafty tongue?

The arrows of the mighty one ⁊ sharpened with coals of the desert.

Woe is me, for my sojourning is prolonged ⁊ I have tented with the tentings of Kedar; my soul hath long been a sojourner.

With them that hate peace I was peaceable ⁊ when I spake unto them, they warred against me without a cause.

O Glory be to the Father and to the Son ⁊ and to the Holy Spirit. As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 120

I have lifted up mine eyes to the mountains ⁊ from whence cometh my help.

My help cometh from the Lord ⁊ Who hath made heaven and the earth.

Give not thy foot unto moving ⁊ and may He not slumber that keepeth thee.

**Behold, He shall not slumber nor shall He sleep ∴ He that keepeth
Israël.**

The Lord shall keep thee ∴ the Lord is thy shelter at thy right hand.

The sun shall not burn thee by day ∴ nor the moon by night.

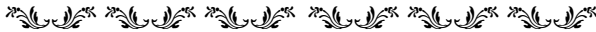
The Lord shall keep thee from all evil ∴ the Lord shall guard thy soul.

**The Lord shall keep thy coming in and thy going out ∴
from henceforth and for evermore.**

○ Glory be to the Father and to the Son ∴ and to the Holy Spirit.

**As it was in the beginning, and now and always ∴ and unto the ages of
ages. Amen.**

Vespers continues with the Chapter—p. 21.



Tuesday Evening

PSALM 121

I was glad because of them that said unto me ∴ Let us go into the house
of the Lord.

Our feet have stood ∴ in thy courts, O Jerusalem.

Jerusalem is builded as a city ∴ which its dwellers share in concord.

**For there the tribes went up, the tribes of the Lord ∴ as a testimony
for Israël, to give thanks to the name of the Lord.**

**For there are set thrones unto judgment ∴ thrones over the house of
David.**

**Ask now for the things which are for the peace of Jerusalem ∴ and for
the prosperity of them that love thee.**

Let peace be now in thy strength ∴ and prosperity in thy palaces.

**For the sake of my brethren and my neighbours ∴ I spake peace
concerning thee.**

**Because of the house of the Lord our God ∴ I have sought good things
for thee.**

○ Glory be to the Father and to the Son ∴ and to the Holy Spirit.

**As it was in the beginning, and now and always ∴ and unto the ages of
ages. Amen.**

PSALM 122

Unto Thee have I lifted up mine eyes ∴ unto Thee that dwellest in
heaven.

Behold, as the eyes of servants ∴ look unto the hands of their masters.

**As the eyes of the handmaid look unto the hands of her mistress ∴ so
do our eyes look unto the Lord our God, until He take pity on us.**

Have mercy on us, O Lord, have mercy on us ∴ for greatly are we

filled with abasement.

Greatly hath our soul been filled therewith ⁊ let reproach come upon them that prosper, and abasement on the proud.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 123

Had it not been that the Lord was with us, let Israel now say ⁊ had it not been that the Lord was with us,
When men rose up against us ⁊ then had they swallowed us up alive.
When their wrath raged against us ⁊ then had the water overwhelmed us.

Our soul hath passed through a torrent ⁊ then had our soul passed through the water that is irresistible.

Blessed be the Lord Who hath not given us ⁊ to be a prey to their teeth.

Our soul like a sparrow was delivered ⁊ out of the snare of the hunters.

The snare is broken ⁊ and we are delivered.

Our help is in the name of the Lord ⁊ Who hath made heaven and the earth.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 124

They that trust in the Lord shall be as Mount Sion ⁊ he that dwelleth at Jerusalem, nevermore shall he be shaken.

Mountains are round about her, and the Lord is round about His people ⁊ from henceforth and for evermore.

For the Lord will not permit the rod of sinners to be upon the lot of the righteous ⁊ lest the righteous stretch forth their hands unto iniquities.

Do good, O Lord, unto them that are good ⁊ and unto the upright of heart.

But them that turn aside unto crooked ways shall the Lord lead away with the workers of iniquity ⁊ peace be upon Israël.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 125

When the Lord turned again the captivity of Sion ⁊ we became as men that are comforted.

Then was our mouth filled with joy ⁊ our tongue with rejoicing.
Then shall they say among the nations ⁊ The Lord hath done great things unto them.

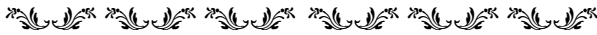
The Lord hath done great things among us ⁊ and we are become glad.
Turn again, O Lord, our captivity ⁊ like streams in the south.

They that sow with tears ⁊ shall reap with rejoicing.

In their going they went, and they wept ⁊ as they cast their seeds.
But in their coming shall they come with rejoicing ⁊ bearing their sheaves.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.
As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

Vespers continues with the Chapter—p. 21.



Wednesday Evening

PSALM 126

Except the Lord build the house ⁊ in vain do they labour that build it.
Except the Lord guard the city ⁊ in vain doth he watch that guardeth her.

It is vain for you to rise at dawn ⁊ Ye that eat the bread of sorrow,
rouse yourselves after resting,

When He hath given sleep to His beloved ⁊ lo, sons are the heritage of
the Lord, the reward of the fruit of the womb.

Like arrows in the hand of a mighty man ⁊ so are the sons of them
that were outcasts.

Blessed is he that shall fulfil his desires with them ⁊ they shall not be
put to shame when they speak to their enemies in the gates.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.
As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 127

Blessed are all they that fear the Lord ⁊ that walk in His ways.
Thou shalt eat the fruit of thy labours ⁊ blessed art thou, and well shall it be with thee.

Thy wife shall be as a fruitful vine ⁊ on the sides of thy house,

Thy sons like young olive trees ⁊ round about thy table.

Behold, so shall the man be blessed ⁊ that feareth the Lord.

The Lord bless thee out of Sion ⁊ and mayest thou see the good things
of Jerusalem all the days of thy life.

And mayest thou see thy children's children & peace be upon Israël.
 O Glory be to the Father and to the Son & and to the Holy Spirit.
 As it was in the beginning, and now and always & and unto the ages of
 ages. Amen.

PSALM 128

Many a time have they warred against me from my youth & let
 Israël now say,
 Many a time have they warred against me from my youth & and yet
 they have not prevailed against me.
 The sinners wrought upon my back & they lengthened out their
 iniquity.
 The Lord is righteous; He hath cut asunder the necks of sinners & let
 them be put to shame and turned back, all they that hate Sion.
 Let them be as the grass upon the housetops & which before it is
 plucked up is withered away.
 Wherefore the reaper filleth not his hand & nor he that gathereth
 sheaves his bosom.
 Nor have they that passed by said: The blessing of the Lord come
 upon you & we have blessed you in the name of the Lord.
 O Glory be to the Father and to the Son & and to the Holy Spirit.
 As it was in the beginning, and now and always & and unto the ages of
 ages. Amen.

PSALM 129

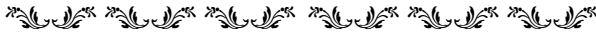
Out of the depths have I cried unto Thee, O Lord & O Lord, hear
 my voice.
 Let Thine ears be attentive & to the voice of my supplication.
 If Thou shouldest mark iniquities, O Lord & O Lord, who shall stand?
 For with Thee there is forgiveness & for Thy name's sake have I
 patiently waited for Thee, O Lord.
 My soul hath waited patiently for Thy word & my soul hath hoped in
 the Lord.
 From the morning watch until night & from the morning watch let
 Israël hope in the Lord.
 For with the Lord there is mercy & and with Him is plenteous
 redemption.
 And He shall redeem Israël & out of all his iniquities.
 O Glory be to the Father and to the Son & and to the Holy Spirit.
 As it was in the beginning, and now and always & and unto the ages of
 ages. Amen.

PSALM 130

O Lord, my heart is not exalted & nor are mine eyes become lofty.
 Nor have I walked in things too great & or too marvellous for me.

If I were not humble-minded ⁊ but exalted my soul,
 As one weaned from his mother ⁊ so wouldst Thou requite my soul.
 Let Israël hope in the Lord ⁊ from henceforth and for evermore.
 O Glory be to the Father and to the Son ⁊ and to the Holy Spirit.
 As it was in the beginning, and now and always ⁊ and unto the ages of
 ages. Amen.

Vespers continues with the Chapter—p. 21.



Thursday Evening

PSALM 131

Remember, O Lord, David ⁊ and all his meekness.
 How he made an oath unto the Lord ⁊ and vowed unto the God of
 Jacob:
 I shall not go into the dwelling of my house ⁊ I shall not ascend upon
 the bed of my couch,
 I shall not give sleep to mine eyes ⁊ nor slumber to mine eyelids,
 Nor rest to my temples, until I find a place for the Lord ⁊ a habitation
 for the God of Jacob.
 Lo, we have heard of it in Ephratha ⁊ we have found it in the plains of
 the wood.
 Let us go forth into His tabernacles ⁊ let us worship at the place where
 His feet have stood.
 Arise, O Lord, into Thy rest ⁊ Thou and the ark of Thy holiness.
 Thy priests shall be clothed with righteousness ⁊ and Thy righteous
 shall rejoice.
 For the sake of David Thy servant ⁊ turn not Thy face away from
 Thine anointed one.
 The Lord hath sworn in truth unto David, and He will not annul it ⁊
 Of the fruit of thy loins will I set upon thy throne.
 If thy sons keep My covenant ⁊ and these testimonies which I will teach
 them,
 Their sons also ⁊ shall sit for ever on thy throne.
 For the Lord hath elected Sion ⁊ He hath chosen her to be a habitation
 for Himself.
 This is My rest for ever and ever ⁊ here will I dwell, for I have chosen
 her.
 Blessing, I will bless her pursuit ⁊ her beggars will I satisfy with bread.
 Her priests will I clothe with salvation ⁊ and her saints with rejoicing
 shall rejoice.
 There will I make to spring forth a horn for David ⁊ I have prepared a

lamp for My Christ.

His enemies will I clothe with shame ∴ but upon Him shall My sanctification flourish.

○ Glory be to the Father and to the Son ∴ and to the Holy Spirit.

As it was in the beginning, and now and always ∴ and unto the ages of ages. Amen.

PSALM 132

Behold now, what is so good or so joyous ∴ as for brethren to dwell together in unity?

It is like the oil of myrrh upon the head ∴ which runneth down upon the beard, upon the beard of Aaron,

Which runneth down to the fringe of his raiment ∴ it is like the dew of Aermom, which cometh down upon the mountains of Sion.

For there the Lord commanded the blessing ∴ life for evermore.

○ Glory be to the Father and to the Son ∴ and to the Holy Spirit.

As it was in the beginning, and now and always ∴ and unto the ages of ages. Amen.

PSALM 134

Praise ye the name of the Lord ∴ O ye servants, praise the Lord.

Ye that stand in the house of the Lord ∴ in the courts of the house of our God,

Praise ye the Lord, for the Lord is good ∴ chant unto His name, for it is good.

For the Lord hath chosen Jacob unto Himself ∴ Israël for His own possession.

For I know that the Lord is great ∴ and that our Lord is above all gods.

All that the Lord hath willed He hath done, in heaven and on the earth ∴ in the seas and in all the abysses.

Bringing clouds up from the uttermost parts of the earth ∴ lightnings for the rain hath He made.

He bringeth winds out of His treasures ∴ He smote the firstborn of Egypt, from man unto beast.

He sent forth signs and marvels in the midst of thee, O Egypt ∴ on Pharaoh and on all his servants.

He smote many nations ∴ and slew mighty kings.

Seon, king of the Amorites, and Og, king of the land of Basan ∴ and all the kingdoms of Canaan.

And He gave their land for an inheritance ∴ an inheritance for Israël His people.

○ Lord, Thy name endureth for ever ∴ and Thy memorial unto generation and generation.

For the Lord will judge His people ⁊ and because of His servants shall
He be comforted.

The idols of the nations are of silver and gold ⁊ the works of the hands
of men.

They have a mouth but shall not speak ⁊ eyes have they and shall not
see.

Ears have they and shall not hear ⁊ nor is there any breath in their
mouth.

Let those that make them become like unto them ⁊ and all they that
put their trust in them.

O house of Israëġ, bless ye the Lord ⁊ O house of Aaron, bless ye the
Lord.

O house of Levi, bless ye the Lord ⁊ ye that fear the Lord, bless ye the
Lord.

Blessed is the Lord out of Sion ⁊ Who dwelleth in Jerusalem.

O Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of
ages. Amen.

PSALM 135

O give thanks unto the Lord, for He is good ⁊ for His mercy
endureth for ever.

O give thanks unto the God of gods ⁊ for His mercy endureth for ever.

O give thanks unto the Lord of lords ⁊ for His mercy endureth for
ever.

To Him Who alone hath wrought great wonders ⁊ for His mercy
endureth for ever.

To Him that made the heavens with understanding ⁊ for His mercy
endureth for ever.

To Him that established the earth upon the waters ⁊ for His mercy
endureth for ever.

To Him Who alone hath made great lights ⁊ for His mercy endureth
for ever.

The sun for dominion of the day ⁊ for His mercy endureth for ever.

The moon and the stars for dominion of the night ⁊ for His mercy
endureth for ever.

To Him that smote Egypt with their firstborn ⁊ for His mercy
endureth for ever.

With a strong hand and a lofty arm ⁊ for His mercy endureth for ever.

To Him that divided the Red Sea into parts ⁊ for His mercy endureth
for ever.

And led Israëġ through the midst thereof ⁊ for His mercy endureth for
ever.

And overthrew Pharaoh and his host in the Red Sea ∴ for His mercy endureth for ever.

To Him that led His people through the wilderness ∴ for His mercy endureth for ever.

To Him that smote great kings ∴ for His mercy endureth for ever.

And slew mighty kings ∴ for His mercy endureth for ever.

Seon, king of the Amorites ∴ for His mercy endureth for ever.

And Og, king of the land of Basan ∴ for His mercy endureth for ever.

And gave their land for an inheritance ∴ for His mercy endureth for ever.

An inheritance for Israël His servant ∴ for His mercy endureth for ever.

For in our humiliation the Lord remembered us ∴ for His mercy endureth for ever.

And redeemed us from our enemies ∴ for His mercy endureth for ever.

He that giveth food to all flesh ∴ for His mercy endureth for ever.

O give thanks unto the God of heaven ∴ for His mercy endureth for ever.

○ Glory be to the Father and to the Son ∴ and to the Holy Spirit.

As it was in the beginning, and now and always ∴ and unto the ages of ages. Amen.

PSALM 136

By the waters of Babylon, there we sat down and we wept ∴ when we remembered Sion.

Upon the willows in the midst thereof ∴ did we hang our instruments.

For there, they that had taken us captive ∴ asked us for words of song.

And they that had led us away asked us for a hymn, saying ∴ Sing us one of the songs of Sion.

How shall we sing the Lord's song ∴ in a strange land?

If I forget thee, O Jerusalem ∴ let my right hand be forgotten.

Let my tongue cleave to my throat ∴ if I remember thee not,

If I set not Jerusalem above all other ∴ as at the head of my joy.

Remember, O Lord, the sons of Edom ∴ in the day of Jerusalem.

Who said: Lay waste, lay waste to her ∴ even to the foundations thereof.

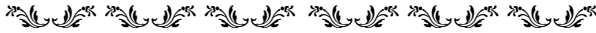
O daughter of Babylon, thou wretched one ∴ blessed shall he be who shall reward thee wherewith thou hast rewarded us.

Blessed shall he be who shall seize ∴ and dash thine infants against the rock.

○ Glory be to the Father and to the Son ∴ and to the Holy Spirit.

As it was in the beginning, and now and always ∴ and unto the ages of ages. Amen.

Vespers continues with the Chapter—p. 21.



Friday Evening

PSALM 137

I will confess Thee, O Lord, with my whole heart ∴ and before angels will I chant unto Thee.

For Thou hast heard all the words of my mouth ∴ I will worship towards Thy holy temple and confess Thy name.

For Thy mercy and for Thy truth ∴ for Thou hast magnified Thy holy name above all that is.

In whatsoever day I call upon Thee, quickly hearken unto me ∴ Thou shalt abundantly endow my soul with Thy strength.

Let all the kings of the earth, O Lord, confess Thee ∴ for they have heard all the words of Thy mouth.

And let them sing in the ways of the Lord ∴ for great is the glory of the Lord.

For the Lord is exalted, yet on lowly things He looketh ∴ and things haughty He knoweth from afar.

Though I should walk in the midst of affliction, Thou shalt quicken me ∴ against the wrath of mine enemies hast thou stretched forth Thy hands, and Thy right hand hath saved me.

The Lord shall give recompense in my behalf; O Lord, Thy mercy endureth for ever ∴ disdain not the work of Thy hands.

O Glory be to the Father and to the Son ∴ and to the Holy Spirit.

As it was in the beginning, and now and always ∴ and unto the ages of ages. Amen.

PSALM 138

O Lord, Thou hast proved me and Thou knowest me ∴ Thou knowest my down-sitting and mine uprising.

Thou hast discerned my thoughts from afar ∴ my path and my lot hast Thou traced out,

And hast foreseen all my ways ∴ for there is no guile in my tongue.

Behold, Lord, Thou knowest all things, the last and the first ∴ Thou hast fashioned me and hast laid Thy hand upon me.

Thy knowledge is too wonderful for me ∴ it is mighty; I cannot attain unto it.

Whither shall I go from Thy Spirit ∴ and from Thy presence whither shall I flee?

If I go up into heaven, Thou art there ∴ if I go down into hades, Thou art present there.

If I take up my wings toward the dawn ⁊ and make mine abode in the uttermost parts of the sea,

Even there shall Thy hand guide me ⁊ and Thy right hand shall hold me.

And I said: Surely darkness shall tread me down ⁊ and the night shall be turned into light in my delight.

For darkness will not be darkness with Thee, and night shall be bright as the day ⁊ as is the darkness thereof, even so shall the light thereof be.

For Thou hast possessed my reins, O Lord ⁊ Thou hast holpen me from my mother's womb.

I will confess Thee, for awesomely art thou wondrous ⁊ marvellous are Thy works, and my soul knoweth it right well.

My bone is not hid from Thee, which Thou madest in secret ⁊ nor my substance in the nethermost parts of the earth.

My being while it was still unformed Thine eyes did see, and in Thy book shall all men be written ⁊ day by day they are formed, when as yet there be none of them.

But to me, exceedingly honourable are Thy friends, O Lord ⁊ their principalities are made exceeding strong.

I will count them, and they shall be multiplied more than the sand ⁊ I awoke and I am still with Thee.

Surely Thou wilt slay the sinners, O God ⁊ ye men of blood, depart from me.

For Thou wilt say concerning their thoughts ⁊ that in vain shall they take Thy cities.

As for them that hate Thee, O Lord, have I not hated them ⁊ and because of Thine enemies have I not pined away?

With perfect hatred have I hated them ⁊ they are reckoned enemies with me.

Prove me, O God, and know my heart ⁊ examine me and know my paths.

And see if the way of iniquity be in me ⁊ and guide me in the way everlasting.

O Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 139

Rescue me, O Lord, from the evil man ⁊ from the unjust man
deliver me.

Who have devised injustice in their heart ⁊ all the day long have they arrayed themselves for wars.

They have whetted their tongue like that of a serpent ∴ the venom of
asps is under their lips.

Keep me, O Lord, from the hand of the sinner ∴ rescue me from
unjust men,

Who have devised to undermine my steps ∴ the proud have hid a snare
for me.

And with cords have they spread a snare for my feet ∴ stumbling-
blocks near the paths have they set for me.

I said unto the Lord: Thou art my God ∴ give ear, O Lord, unto the
voice of my supplication.

Lord, O Lord, Thou strength of my salvation ∴ Thou hast
overshadowed my head in the day of battle.

Because of my desire, O Lord, give me not up unto the sinner ∴ they
have taken counsel against me; forsake me not, lest they should be
exalted.

As for the head of those that encircle me ∴ the mischief of their lips
shall cover them.

Coals shall fall upon them; in fire shalt Thou cast them down ∴ and
they shall not stand in afflictions.

A babbling man shall not prosper on the earth ∴ evils shall hunt an
unjust man to his destruction.

I know that the Lord will maintain the cause of the poor ∴ and the
justice of the paupers.

Surely the righteous shall confess Thy name ∴ and the upright shall
dwell in Thy presence.

○ Glory be to the Father and to the Son ∴ and to the Holy Spirit.

As it was in the beginning, and now and always ∴ and unto the ages of
ages. Amen.

PSALM 140

Lord, I have cried unto Thee, hearken unto me ∴ attend to the voice
of my supplication when I cry unto Thee.

Let my prayer be set forth as incense before Thee ∴ the lifting up of
my hands as an evening sacrifice.

Set, O Lord, a watch before my mouth ∴ and a door of enclosure
round about my lips.

Incline not my heart unto words of evil ∴ to make excuse with excuses
in sins,

With men that work iniquity ∴ and I will not join with their chosen.
The righteous man will chasten me with mercy and reprove me ∴ as
for the oil of the sinner, let it not anoint my head.

For yet more is my prayer in the presence of their pleasures ∴
swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened ⁊ as a clod of earth is broken upon the earth,

So have their bones been scattered nigh unto hades ⁊ for unto Thee, O Lord, O Lord, are mine eyes; in Thee have I hoped; take not my soul away.

Keep me from the snare which they have laid for me ⁊ and from the stumbling-blocks of them that work iniquity.

The sinners shall fall into their own net ⁊ I am alone until I pass by.

O Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 141

With my voice unto the Lord have I cried ⁊ with my voice unto the Lord have I made supplication.

I will pour out before Him my supplication ⁊ mine affliction before Him will I declare.

When my spirit was fainting within me ⁊ then Thou knewest my paths.

In this way wherein I have walked ⁊ they hid for me a snare.

I looked upon my right hand, and beheld ⁊ and there was none that did know me.

Flight hath failed me ⁊ and there is none that watcheth out for my soul.

I have cried unto Thee, O Lord; I said: Thou art my hope ⁊ my portion art Thou in the land of the living.

Attend unto my supplication ⁊ for I am brought very low.

Deliver me from them that persecute me ⁊ for they are stronger than I.

Bring my soul out of prison that I may confess Thy name ⁊ the righteous shall wait patiently for me until Thou shalt reward me.

O Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

Vespers continues with the Chapter—p. 21.



Nativity Psalms—First Vespers

The Nativity Psalms are sung at Vespers on many of the greater Feasts throughout the year.

PSALM 112

Praise the Lord, O ye servants ⁊ praise ye the name of the Lord.

Blessed be the name of the Lord ⁊ from henceforth and for evermore.

From the rising of the sun unto the going down of the same ⁊ the name of the Lord is to be praised.

High above all the nations is the Lord ⁊ above the heavens is His glory.
 Who is like unto the Lord our God, Who dwelleth on high ⁊ and
 looketh down on things that are lowly, in heaven and on the earth?
 Who raiseth up the poor man from the earth ⁊ and from the dunghill
 lifteth up the pauper,
 That He may seat him with princes ⁊ with the princes of His people,
 Who maketh the barren woman to dwell in a house ⁊ and be a mother
 rejoicing over children.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.
 As it was in the beginning, and now and always ⁊ and unto the ages of
 ages. Amen.

PSALM 116

○ Praise the Lord, all ye nations ⁊ praise Him, all ye peoples.
 For He hath made His mercy to prevail over us ⁊ and the truth of the
 Lord abideth for ever.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.
 As it was in the beginning, and now and always ⁊ and unto the ages of
 ages. Amen.

PSALM 145

Praise the Lord, O my soul; I will praise the Lord in my life ⁊ I will
 chant unto my God for as long as I have my being.
 Trust ye not in princes ⁊ in the sons of men, in whom there is no
 salvation.

His spirit shall go forth, and he shall return unto his earth ⁊ in that
 day all his thoughts shall perish.

Blessed is he of whom the God of Jacob is his help, whose hope is in
 the Lord his God ⁊ Who hath made heaven and the earth, the sea
 and all that is therein,

Who keepeth truth unto eternity ⁊ Who executeth judgment for the
 wronged, Who giveth food unto the hungry.

The Lord looseth the fettered ⁊ the Lord maketh wise the blind.

The Lord setteth aright the fallen ⁊ the Lord loveth the righteous.

The Lord preserveth the proselytes; He shall adopt for His own the
 orphan and widow ⁊ and the way of sinners shall He destroy.

The Lord shall be king unto eternity ⁊ thy God, O Sion, unto
 generation and generation.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.
 As it was in the beginning, and now and always ⁊ and unto the ages of
 ages. Amen.

PSALM 146

Praise ye the Lord, for a psalm is a good thing ⁊ let praise be sweet
 unto our God.

The Lord buildeth up Jerusalem ⁊ He shall gather together the dispersed of Israël.
 He healeth the broken in heart ⁊ and bindeth their fractures together.
 He numbereth the multitude of the stars ⁊ and calleth them all by name.
 Great is our Lord, and great is His strength ⁊ and of His understanding there is no measure.
 The Lord lifteth up the meek ⁊ but humbleth sinners to the earth.
 Begin your song to the Lord with thanksgiving ⁊ chant unto God with the harp,
 To Him that covereth heaven with clouds ⁊ Who prepareth rain for the earth,
 Who maketh grass to grow on the mountains ⁊ and green herb for the service of man,
 Who giveth to the beasts their food ⁊ and to the younglings of the ravens which call upon Him.
 He shall not delight in the strength of a horse ⁊ nor in the legs of man is He well pleased.
 The Lord is well pleased in them that fear Him ⁊ and in them that hope in His mercy.
 O Glory be to the Father and to the Son ⁊ and to the Holy Spirit.
 As it was in the beginning, and now and always ⁊ and unto the ages of ages. Amen.

PSALM 147

Praise the Lord, O Jerusalem ⁊ praise thy God, O Sion.
 For He hath strengthened the bars of thy gates ⁊ He hath blessed thy sons within thee.
 He bringeth peace upon thy borders ⁊ and with the fatness of the wheat He filleth thee.
 He sendeth His saying unto the earth ⁊ right swiftly runneth His word.
 He giveth His snow like wool ⁊ the mist He sprinkleth like ashes.
 He hurleth His ice like morsels ⁊ who shall stand before His cold?
 He shall send forth His word and melt them ⁊ His wind shall blow and the waters shall flow.
 He declareth His word unto Jacob ⁊ His statutes and judgments to Israël.
 He hath not dealt so with every nation ⁊ nor hath He shown His judgments unto them.
 O Glory be... | As it was...

Vespers continues with the Chapter—p. 21.



Nativity Psalms—Second Vespers

The Nativity Psalms are sung at Vespers on many of the greater Feasts throughout the year.

PSALM 109

The Lord said unto my Lord ∴ Sit Thou at My right hand,
 Until I make Thine enemies ∴ the footstool of Thy feet.
 A sceptre of power shall the Lord send unto Thee out of Sion ∴ rule
 Thou in the midst of Thine enemies.
 With Thee is dominion in the day of Thy power, in the splendour of
 Thy saints ∴ from the womb before the morning star have I
 begotten thee.
 The Lord hath sworn and will not repent ∴ Thou art a priest for ever,
 after the order of Melchisedek.
 The Lord at Thy right hand ∴ hath broken kings in the day of His
 wrath.
 He shall judge among the nations, He shall fill them with dead
 bodies ∴ He shall crush the heads of many upon the earth.
 He shall drink of the brook in the way ∴ therefore shall He lift up His
 head.
 O Glory be to the Father and to the Son ∴ and to the Holy Spirit.
 As it was in the beginning, and now and always ∴ and unto the ages of
 ages. Amen.

PSALM 110

I will confess Thee, O Lord, with my whole heart ∴ in the council of the
 upright and in the congregation.
 Great are the works of the Lord ∴ sought out in all the things that He
 hath willed.
 Confession and majesty are His work ∴ and His righteousness abideth
 unto ages of ages.
 He made a remembrance of His wondrous deeds; merciful and
 compassionate is the Lord ∴ He hath given food to them that fear
 Him.
 He will be mindful for ever of His covenant ∴ the power of His works
 hath He declared unto His people,
 That He may give them the inheritance of the nations ∴ the works of
 His hands are truth and judgment.
 Faithful are all His commandments, confirmed unto ages of ages ∴
 made in truth and uprightness.
 He hath sent redemption unto His people ∴ He hath enjoined His
 covenant for ever.
 Holy and terrible is His name ∴ the fear of the Lord is the beginning of
 wisdom.

And all they that foster this have a good understanding ⁊ His praise
abideth unto ages of ages.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.
As it was in the beginning, and now and always ⁊ and unto the ages of
ages. Amen.

PSALM 111

Blessed is the man that feareth the Lord ⁊ in His commandments shall
he greatly delight.

His seed shall be mighty upon the earth ⁊ the generation of the upright
shall be blessed.

Glory and riches shall be in his house ⁊ and his righteousness abideth
unto ages of ages.

There hath risen up in darkness a light for the upright ⁊ he is merciful
and compassionate and righteous.

A good man is he that is compassionate and lendeth; he shall order his
words with judgment ⁊ for he shall remain unshaken for ever.

In everlasting remembrance shall the righteous be ⁊ he shall not be
afraid of evil tidings.

His heart is ready to hope in the Lord; his heart is established ⁊ he
shall not be afraid, until he look down upon his enemies.

He hath dispersed, he hath given to the poor, his righteousness
abideth unto ages of ages ⁊ his horn shall be exalted with glory.

The sinner shall see and be angered, he shall gnash with his teeth and
melt away ⁊ the desire of the sinner shall perish.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.
As it was in the beginning, and now and always ⁊ and unto the ages of
ages. Amen.

PSALM 129

Out of the depths have I cried unto Thee, O Lord ⁊ O Lord, hear
my voice.

Let Thine ears be attentive ⁊ to the voice of my supplication.

If Thou shouldest mark iniquities, O Lord ⁊ O Lord, who shall stand?

For with Thee there is forgiveness ⁊ for Thy name's sake have I
patiently waited for Thee, O Lord.

My soul hath waited patiently for Thy word ⁊ my soul hath hoped in
the Lord.

From the morning watch until night ⁊ from the morning watch let
Israël hope in the Lord.

For with the Lord there is mercy ⁊ and with Him is plenteous
redemption.

And He shall redeem Israël ⁊ out of all his iniquities.

○ Glory be to the Father and to the Son ⁊ and to the Holy Spirit.

As it was in the beginning, and now and always ☩ and unto the ages of ages. Amen.

PSALM 131

Remember, O Lord, David ☩ and all his meekness.

How he made an oath unto the Lord ☩ and vowed unto the God of Jacob:

I shall not go into the dwelling of my house ☩ I shall not ascend upon the bed of my couch,

I shall not give sleep to mine eyes ☩ nor slumber to mine eyelids,
Nor rest to my temples, until I find a place for the Lord ☩ a habitation for the God of Jacob.

Lo, we have heard of it in Ephratha ☩ we have found it in the plains of the wood.

Let us go forth into His tabernacles ☩ let us worship at the place where His feet have stood.

Arise, O Lord, into Thy rest ☩ Thou and the ark of Thy holiness.

Thy priests shall be clothed with righteousness ☩ and Thy righteous shall rejoice.

For the sake of David Thy servant ☩ turn not Thy face away from Thine anointed one.

The Lord hath sworn in truth unto David, and He will not annul it ☩
Of the fruit of thy loins will I set upon thy throne.

If thy sons keep My covenant ☩ and these testimonies which I will teach them,

Their sons also ☩ shall sit for ever on thy throne.

For the Lord hath elected Sion ☩ He hath chosen her to be a habitation for Himself.

This is My rest for ever and ever ☩ here will I dwell, for I have chosen her.
Blessing, I will bless her pursuit ☩ her beggars will I satisfy with bread.
Her priests will I clothe with salvation ☩ and her saints with rejoicing shall rejoice.

There will I make to spring forth a horn for David ☩ I have prepared a lamp for My Christ.

His enemies will I clothe with shame ☩ but upon Him shall My sanctification flourish.

O Glory be to the Father and to the Son ☩ and to the Holy Spirit.

As it was in the beginning, and now and always ☩ and unto the ages of ages. Amen.

Vespers continues with the Chapter—p. 21.



Psalms for Apostles' Feasts—Second Vespers

PSALM 109

The Lord said unto my Lord ∴ Sit Thou at My right hand,
 Until I make Thine enemies ∴ the footstool of Thy feet.
 A sceptre of power shall the Lord send unto Thee out of Sion ∴ rule
 Thou in the midst of Thine enemies.
 With Thee is dominion in the day of Thy power, in the splendour of
 Thy saints ∴ from the womb before the morning star have I
 begotten thee.
 The Lord hath sworn and will not repent ∴ Thou art a priest for ever,
 after the order of Melchisedek.
 The Lord at Thy right hand ∴ hath broken kings in the day of His
 wrath.
 He shall judge among the nations, He shall fill them with dead
 bodies ∴ He shall crush the heads of many upon the earth.
 He shall drink of the brook in the way ∴ therefore shall He lift up His
 head.
 O Glory be to the Father and to the Son ∴ and to the Holy Spirit.
 As it was in the beginning, and now and always ∴ and unto the ages of
 ages. Amen.

PSALM 112

Praise the Lord, O ye servants ∴ praise ye the name of the Lord.
 Blessed be the name of the Lord ∴ from henceforth and for evermore.
 From the rising of the sun unto the going down of the same ∴ the name
 of the Lord is to be praised.
 High above all the nations is the Lord ∴ above the heavens is His glory.
 Who is like unto the Lord our God, Who dwelleth on high ∴ and
 looketh down on things that are lowly, in heaven and on the earth?
 Who raiseth up the poor man from the earth ∴ and from the dunghill
 lifteth up the pauper,
 That He may seat him with princes ∴ with the princes of His people,
 Who maketh the barren woman to dwell in a house ∴ and be a mother
 rejoicing over children.
 O Glory be... | As it was...

PSALM 115

I believed, wherefore I spake ∴ I was humbled exceedingly.
 As for me, I said in mine ecstasy ∴ Every man is a liar.
 What shall I render unto the Lord ∴ for all that He hath rendered unto
 me?
 I will take the cup of salvation ∴ and I will call upon the name of the
 Lord.

My vows unto the Lord will I pay in the presence of all His people ∴
precious in the sight of the Lord is the death of His saints.

O Lord, I am Thy servant ∴ I am Thy servant and the son of Thy
handmaid.

Thou hast broken my bonds asunder ∴ I will sacrifice a sacrifice of
praise unto Thee, and I will call upon the name of the Lord.

My vows unto the Lord will I pay in the presence of all His people ∴ in
the courts of the house of the Lord, in the midst of thee, O
Jerusalem.

O Glory be to the Father and to the Son ∴ and to the Holy Spirit.
As it was in the beginning, and now and always ∴ and unto the ages of
ages. Amen.

PSALM 125

When the Lord turned again the captivity of Sion ∴ we became as men
that are comforted.

Then was our mouth filled with joy ∴ and our tongue with rejoicing.
Then shall they say among the nations ∴ The Lord hath done great
things unto them.

The Lord hath done great things among us ∴ and we are become glad.

Turn again, O Lord, our captivity ∴ like streams in the south.

They that sow with tears ∴ shall reap with rejoicing.

In their going they went, and they wept ∴ as they cast their seeds.

But in their coming shall they come with rejoicing ∴ bearing their
sheaves.

O Glory be to the Father and to the Son ∴ and to the Holy Spirit.

As it was in the beginning, and now and always ∴ and unto the ages of
ages. Amen.

PSALM 138

O Lord, Thou hast proved me and Thou knowest me ∴ Thou
knowest my down-sitting and mine uprising.

Thou hast discerned my thoughts from afar ∴ my path and my lot hast
Thou traced out,

And hast foreseen all my ways ∴ for there is no guile in my tongue.

Behold, Lord, Thou knowest all things, the last and the first ∴ Thou
hast fashioned me and hast laid Thy hand upon me.

Thy knowledge is too wonderful for me ∴ it is mighty; I cannot attain
unto it.

Whither shall I go from Thy Spirit ∴ and from Thy presence whither
shall I flee?

If I go up into heaven, Thou art there ∴ if I go down into hades, Thou
art present there.

If I take up my wings toward the dawn ∴ and make mine abode in the

uttermost parts of the sea,
 Even there shall Thy hand guide me ✓ and Thy right hand shall hold
 me.
 And I said: Surely darkness shall tread me down ✓ and the night shall
 be turned into light in my delight.
 For darkness will not be darkness with Thee, and night shall be bright
 as the day ✓ as is the darkness thereof, even so shall the light
 thereof be.
 For Thou hast possessed my reins, O Lord ✓ Thou hast holpen me
 from my mother's womb.
 I will confess Thee, for awesomely art thou wondrous ✓ marvellous are
 Thy works, and my soul knoweth it right well.
 My bone is not hid from Thee, which Thou madest in secret ✓ nor my
 substance in the nethermost parts of the earth.
 My being while it was still unformed Thine eyes did see, and in Thy
 book shall all men be written ✓ day by day they are formed, when
 as yet there be none of them.
 But to me, exceedingly honourable are Thy friends, O Lord ✓ their
 principalities are made exceeding strong.
 I will count them, and they shall be multiplied more than the sand ✓ I
 awoke and I am still with Thee.
 Surely Thou wilt slay the sinners, O God ✓ ye men of blood, depart
 from me.
 For Thou wilt say concerning their thoughts ✓ that in vain shall they
 take Thy cities.
 As for them that hate Thee, O Lord, have I not hated them ✓ and
 because of Thine enemies have I not pined away?
 With perfect hatred have I hated them ✓ they are reckoned enemies
 with me.
 Prove me, O God, and know my heart ✓ examine me and know my
 paths.
 And see if the way of iniquity be in me ✓ and guide me in the way
 everlasting.
 O Glory be to the Father and to the Son ✓ and to the Holy Spirit.
 As it was in the beginning, and now and always ✓ and unto the ages of
 ages. Amen.

Vespers continues with the Chapter—p. 21.



Note

There are also Vespers—e.g., on special Feasts—which have unique Psalms.