

# Prime

## *A dedication of the day*

*[After the jubilant praise of Lauds, the office of Prime is a quiet, centred dedication to God of oneself and the day in recognition of our need for constant awareness and presence...]*

**The Companions  
of Augustine of  
Canterbury**





## *Silent prayer and Introduction*

✠ In the name of the Father, and of the Son,  
and of the Holy Spirit. **Amen.**

O God, draw near and know me.

**O Lord, stay close and help me.**

**Glory to God, source of all being,  
eternal Word and Holy Spirit;  
as it was in the beginning,  
is now and shall be forever. Amen.**

## *Hymn*



**Now in the light of your new day,  
with humble hearts, our God we pray,  
help us to keep our actions free  
from causing harm or injury.**



**Help us to temper all we say;  
through conflict cause no misery,  
but centred, present and aware  
to mediate your loving care.**

**May mindfulness disarm our pride  
and your deep wisdom be our guide  
that, present to the Other's need,  
we gladly share our daily bread.**



**And as this day draws to its close,  
as night renews and brings repose,  
restore us to your centredness,  
our lips to praise, our hearts to bless.**

**We honour you, our father God;  
your Son, our ever-living Lord;  
your sacred Spirit we embrace,  
both now and to the end of days. Amen.**

### ***The Psalms***

♦ = the space of a full breath

\* = the space of two full breaths

### ***Lectio Divina***

*This may be done silently or in discussion.*

*A brief passage is read three times:*

- *At the first reading, listen for a word or phrase that attracts you. Repeat it silently, or share it.*
- *At the second reading, ponder how it is developing or challenging your understanding.*
- *At the third reading, ask what action it invites you to take.*

## *Prayer*

Let us pray.

*Pray silently or aloud*

Our Father... [*silently until:*]

Lead us not into temptation,  
**but deliver us from evil.**

O God, sustain our awareness  
**and may we stay mindful of your presence.**

Loving God, our strength and protector,  
thank you for bringing us safely to the beginning of this day.  
Sustain us through your empowerment  
that all our words, thoughts and deeds  
may be directed towards enacting your righteousness,  
through Jesus, our Saviour and Lord. **Amen.**

## *Sending*

The Lord be with you.  
**And also with you.**

Let us bless the Lord.  
**Thanks be to God.**

Lord, be with me;  
and with my Companions.

I bless you, my God;  
and I give you my thanks.

May the souls of the departed, in the mercy of God, rest in peace  
 **and rise in glory.**

May God's help be always with us/me.  
**[And with our/my absent Companions.] Amen.**

**SUNDAY**

**Psalm 119: 1-32**

Teach me, O Lord, **the way of your statutes.**

- 1 Happy are they whose way is blameless, ♦  
who walk in the law of the Lord!
  - 2 Happy are they who observe his decrees ♦  
and seek him with all their hearts!
  - 3 Who never do any wrong, ♦  
but always walk in his ways.
  - 4 You laid down your commandments, ♦  
that we should fully keep them.
  - 5 Oh, that my ways were made so direct ♦  
that I might keep your statutes!
  - 6 Then I should not be put to shame, ♦  
when I regard all your commandments.
  - 7 I will thank you with an unfeigned heart, ♦  
when I have learned your righteous judgments.
  - 8 I will keep your statutes; ♦  
do not utterly forsake me.
- \*
- 9 How shall a young man cleanse his way? ♦  
By keeping to your words.
  - 10 With my whole heart I seek you; ♦  
let me not stray from your commandments.

- 11 I treasure your promise in my heart, ♦  
that I may not sin against you.
- 12 Blessed are you, O Lord; ♦  
instruct me in your statutes.
- 13 With my lips will I recite ♦  
all the judgments of your mouth.
- 14 I have taken greater delight in the way of your decrees ♦  
than in all manner of riches.
- 15 I will meditate on your commandments ♦  
and give attention to your ways.
- 16 My delight is in your statutes; ♦  
I will not forget your word.
- \*
- 17 Deal bountifully with your servant, ♦  
that I may live and keep your word.
- 18 Open my eyes, that I may see ♦  
the wonders of your law.
- 19 I am a stranger here on earth; ♦  
do not hide your commandments from me.
- 20 My soul is consumed at all times ♦  
with longing for your judgments.
- 21 You have rebuked the insolent; ♦  
cursed are they who stray from your commandments!
- 22 Turn from me shame and rebuke, ♦  
for I have kept your decrees.

- 23 Even though rulers sit and plot against me, ♦  
I will meditate on your statutes.
- 24 For your decrees are my delight, ♦  
and they are my counsellors.
- \*
- 25 My soul cleaves to the dust; ♦  
give me life according to your word.
- 26 I have confessed my ways, and you answered me; ♦  
instruct me in your statutes.
- 27 Make me understand the way of your commandments, ♦  
that I may meditate on your marvellous works.
- 28 My soul melts away for sorrow; ♦  
strengthen me according to your word.
- 29 Take from me the way of lying; ♦  
let me find grace through your law.
- 30 I have chosen the way of faithfulness; ♦  
I have set your judgments before me.
- 31 I hold fast to your decrees; ♦  
O Lord, let me not be put to shame.
- 32 I will run the way of your commandments, ♦  
for you have set my heart at liberty.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**Teach me, O Lord, the way of your statutes.**

## **MONDAY**

### **Psalm 1**

Happy are they **whose delight is in the law of the Lord.**

- 1 Happy are they who have not walked  
in the counsel of the wicked, ♦  
nor lingered in the way of sinners,  
nor sat in the seats of the scornful!
- 2 Their delight is in the law of the Lord, ♦  
and they meditate on his law day and night.
- 3 They are like trees planted by streams of water,  
bearing fruit in due season, with leaves that do not wither; ♦  
everything they do shall prosper.
- 4 It is not so with the wicked; ♦  
they are like chaff which the wind blows away.
- 5 Therefore the wicked shall not stand upright  
when judgment comes, ♦  
nor the sinner in the council of the righteous.
- 6 For the Lord knows the way of the righteous, ♦  
but the way of the wicked is doomed.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**Happy are they whose delight is in the law of the Lord.**

\*

## *Psalm 2*

I myself have set my king **upon my holy hill of Zion.**

- 1 Why are the nations in an uproar? ♦  
Why do the peoples mutter empty threats?
- 2 Why do the kings of the earth rise up in revolt,  
and the princes plot together, ♦  
against the Lord and against his Anointed?
- 3 “Let us break their yoke,” they say; ♦  
“let us cast off their bonds from us.”
- 4 He whose throne is in heaven is laughing; ♦  
the Lord has them in derision.
- 5 Then he speaks to them in his wrath, ♦  
and his rage fills them with terror.
- 6 “I myself have set my king ♦  
upon my holy hill of Zion.”
- 7 Let me announce the decree of the Lord: ♦  
he said to me, “You are my Son; this day have I begotten you.
- 8 Ask of me, and I will give you the nations for your inheritance ♦  
and the ends of the earth for your possession.
- 9 You shall crush them with an iron rod ♦  
and shatter them like a piece of pottery.”
- 10 And now, you kings, be wise; ♦  
be warned, you rulers of the earth.

- 11 Submit to the Lord with fear, ♦  
and with trembling bow before him;
- 12 Lest he be angry and you perish; ♦  
for his wrath is quickly kindled.
- 13 Happy are they all ♦  
who take refuge in him!

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**I myself have set my king upon my holy hill of Zion.**

\*

### *Psalm 6*

Save me, O Lord, **for your mercy's sake.**

- 1 LORD, do not rebuke me in your anger; ♦  
do not punish me in your wrath.
- 2 Have pity on me, LORD, for I am weak; ♦  
heal me, LORD, for my bones are racked.
- 3 My spirit shakes with terror; ♦  
how long, O LORD, how long?
- 4 Turn, O LORD, and deliver me; ♦  
save me for your mercy's sake.
- 5 For in death no one remembers you; ♦  
and who will give you thanks in the grave?
- 6 I grow weary because of my groaning; ♦  
every night I drench my bed and flood my couch with tears.

- 7 My eyes are wasted with grief ♦  
and worn away because of all my enemies.
- 8 Depart from me, all evildoers, ♦  
for the LORD has heard the sound of my weeping.
- 9 The LORD has heard my supplication; ♦  
the LORD accepts my prayer.
- 10 All my enemies shall be confounded and quake with fear; ♦  
they shall turn back and suddenly be put to shame.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**Save me, O Lord, for your mercy's sake.**

***TUESDAY***

***Psalm 7***

God is a righteous judge; **he is the saviour of the true at heart.**

- 1 O Lord my God, I take refuge in you; ♦  
save and deliver me from all who pursue me ♦
- 2 Lest like a lion they tear me in pieces ♦  
and snatch me away with none to deliver me.
- 3 O Lord my God, if I have done these things: ♦  
if there is any wickedness in my hands,
- 4 If I have repaid my friend with evil, ♦  
or plundered him who without cause is my enemy;
- 5 Then let my enemy pursue and overtake me, ♦  
trample my life into the ground, and lay my honour in the dust.

- 6 Stand up, O Lord, in your wrath; ♦  
rise up against the fury of my enemies.
- 7 Awake, O my God, decree justice; ♦  
let the assembly of the peoples gather round you.
- 8 Be seated on your lofty throne, O Most High; ♦  
O Lord, judge the nations.
- 9 Give judgment for me according to my righteousness, O Lord, ♦  
and according to my innocence, O Most High.
- 10 Let the malice of the wicked come to an end,  
but establish the righteous; ♦  
for you test the mind and heart, O righteous God.
- 11 God is my shield and defence; ♦  
he is the saviour of the true in heart.
- 12 God is a righteous judge; ♦  
God sits in judgment every day.
- 13 If they will not repent, God will whet his sword; ♦  
he will bend his bow and make it ready.
- 14 He has prepared his weapons of death; ♦  
he makes his arrows shafts of fire.
- 15 Look at those who are in labour with wickedness, ♦  
who conceive evil, and give birth to a lie.
- 16 They dig a pit and make it deep ♦  
and fall into the hole that they have made.
- 17 Their malice turns back upon their own head; ♦  
their violence falls on their own scalp.

- 18 I will bear witness that the Lord is righteous; ♦  
I will praise the Name of the Lord Most High.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**God is a righteous judge; he is the saviour of the true at heart.**

\*

### *Psalm 8*

How exalted is your Name, O Lord, **in all the world.**

- 1 O Lord our Governor, ♦  
how exalted is your Name in all the world!
- 2 Out of the mouths of infants and children ♦  
your majesty is praised above the heavens.
- 3 You have set up a stronghold against your adversaries, ♦  
to quell the enemy and the avenger.
- 4 When I consider your heavens, the work of your fingers, ♦  
the moon and the stars you have set in their courses,
- 5 What is man that you should be mindful of him? ♦  
the son of man that you should seek him out?
- 6 You have made him but little lower than the angels; ♦  
you adorn him with glory and honour;
- 7 You give him mastery over the works of your hands; ♦  
you put all things under his feet:
- 8 All sheep and oxen, ♦  
even the wild beasts of the field,

- 9 The birds of the air, the fish of the sea, ♦  
and whatsoever walks in the paths of the sea.
- 10 O Lord our Governor, ♦  
how exalted is your Name in all the world!

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**How exalted is your Name, O Lord, in all the world.**

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### *Psalm 9*

The Lord is a refuge for the oppressed; **a refuge in time of trouble.**

- 1 I will give thanks to you, O Lord, with my whole heart; ♦  
I will tell of all your marvellous works.
- 2 I will be glad and rejoice in you; ♦  
I will sing to your Name, O Most High.
- 3 When my enemies are driven back, ♦  
they will stumble and perish at your presence.
- 4 For you have maintained my right and my cause; ♦  
you sit upon your throne judging right.
- 5 You have rebuked the ungodly and destroyed the wicked; ♦  
you have blotted out their name for ever and ever.
- 6 As for the enemy, they are finished, in perpetual ruin, ♦  
their cities ploughed under, the memory of them perished;
- 7 But the Lord is enthroned for ever; ♦  
he has set up his throne for judgment.

- 8 It is he who rules the world with righteousness; ♦  
he judges the peoples with equity.
- 9 The Lord will be a refuge for the oppressed, ♦  
a refuge in time of trouble.
- 10 Those who know your Name will put their trust in you, ♦  
for you never forsake those who seek you, O Lord.
- 11 Sing praise to the Lord who dwells in Zion; ♦  
proclaim to the peoples the things he has done.
- 12 The Avenger of blood will remember them; ♦  
he will not forget the cry of the afflicted.
- 13 Have pity on me, O Lord; ♦  
see the misery I suffer from those who hate me,  
O you who lift me up from the gate of death;
- 14 So that I may tell of all your praises  
and rejoice in your salvation ♦  
in the gates of the city of Zion.
- 15 The ungodly have fallen into the pit they dug, ♦  
and in the snare they set is their own foot caught.
- 16 The Lord is known by his acts of justice; ♦  
the wicked are trapped in the works of their own hands.
- 17 The wicked shall be given over to the grave, ♦  
and also all the peoples that forget God.
- 18 For the needy shall not always be forgotten, ♦  
and the hope of the poor shall not perish for ever.

- 19 Rise up, O Lord, let not the ungodly have the upper hand; ♦  
let them be judged before you.
- 20 Put fear upon them, O Lord; ♦  
let the ungodly know they are but mortal.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**The Lord is a refuge for the oppressed; a refuge in time of  
trouble.**

### *WEDNESDAY*

#### *Psalm 10*

Rise up, O Lord; **do not forget the afflicted.**

- 1 Why do you stand so far off, O Lord, ♦  
and hide yourself in time of trouble?
- 2 The wicked arrogantly persecute the poor, ♦  
but they are trapped in the schemes they have devised.
- 3 The wicked boast of their heart's desire; ♦  
the covetous curse and revile the Lord.
- 4 The wicked are so proud that they care not for God; ♦  
their only thought is, "God does not matter."
- 5 Their ways are devious at all times;  
your judgments are far above out of their sight; ♦  
they defy all their enemies.
- 6 They say in their heart, "I shall not be shaken; ♦  
no harm shall happen to me ever."

- 7 Their mouth is full of cursing, deceit, and oppression; ♦  
under their tongue are mischief and wrong.
- 8 They lurk in ambush in public squares  
and in secret places they murder the innocent; ♦  
they spy out the helpless.
- 9 They lie in wait, like a lion in a covert;  
they lie in wait to seize upon the lowly; ♦  
they seize the lowly and drag them away in their net.
- 10 The innocent are broken and humbled before them; ♦  
the helpless fall before their power.
- 11 They say in their heart, "God has forgotten; ♦  
he hides his face; he will never notice."
- 12 Rise up, O Lord; lift up your hand, O God; ♦  
do not forget the afflicted.
- 13 Why should the wicked revile God? ♦  
why should they say in their heart, "You do not care"?
- 14 Surely, you behold trouble and misery; ♦  
you see it and take it into your own hand.
- 15 The helpless commit themselves to you, ♦  
for you are the helper of orphans.
- 16 Break the power of the wicked and evil; ♦  
search out their wickedness until you find none.
- 17 The Lord is King for ever and ever; ♦  
the ungodly shall perish from his land.

- 18 The Lord will hear the desire of the humble; ♦  
you will strengthen their heart and your ears shall hear;
- 19 To give justice to the orphan and oppressed, ♦  
so that mere mortals may strike terror no more.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**Rise up, O Lord; do not forget the afflicted.**

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### *Psalm 11*

The Lord is righteous; **he delights in righteous deeds.**

- 1 In the Lord have I taken refuge; ♦  
how then can you say to me, “Fly away like a bird to the hilltop;
- 2 For see how the wicked bend the bow  
and fit their arrows to the string, ♦  
to shoot from ambush at the true of heart.
- 3 When the foundations are being destroyed, ♦  
what can the righteous do?”
- 4 The Lord is in his holy temple; ♦  
the Lord’s throne is in heaven.
- 5 His eyes behold the inhabited world; ♦  
his piercing eye weighs our worth.
- 6 The Lord weighs the righteous as well as the wicked, ♦  
but those who delight in violence he abhors.

- 7 Upon the wicked he shall rain coals of fire  
and burning sulphur; ♦  
a scorching wind shall be their lot.
- 8 For the Lord is righteous; he delights in righteous deeds; ♦  
and the just shall see his face.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**The Lord is righteous; he delights in righteous deeds.**

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### *Psalm 12*

The words of the Lord are pure words, **like silver refined from ore.**

- 1 Help me, Lord, for there is no godly one left; ♦  
the faithful have vanished from among us.
- 2 Everyone speaks falsely with his neighbour; ♦  
with a smooth tongue they speak from a double heart.
- 3 Oh, that the Lord would cut off all smooth tongues, ♦  
and close the lips that utter proud boasts!
- 4 Those who say, “With our tongue will we prevail; ♦  
our lips are our own; who is lord over us?”
- 5 “Because the needy are oppressed,  
and the poor cry out in misery, ♦  
I will rise up”, says the Lord,  
“and give them the help they long for.”

- 6 The words of the Lord are pure words, ♦  
like silver refined from ore and purified seven times in the fire.
- 7 O Lord, watch over us ♦  
and save us from this generation for ever.
- 8 The wicked prowl on every side, ♦  
and that which is worthless is highly prized by everyone.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**The words of the Lord are pure words, like silver refined from  
ore.**

### **THURSDAY**

#### **Psalm 13**

I will put my trust **in your mercy.**

- 1 How long, O Lord? Will you forget me for ever? ♦  
how long will you hide your face from me?
- 2 How long shall I have perplexity in my mind,  
and grief in my heart, day after day? ♦  
how long shall my enemy triumph over me?
- 3 Look upon me and answer me, O Lord my God; ♦  
give light to my eyes, lest I sleep in death;
- 4 Lest my enemy say, "I have prevailed over him," ♦  
and my foes rejoice that I have fallen.
- 5 But I put my trust in your mercy; ♦  
my heart is joyful because of your saving help.

- 6 I will sing to the Lord, for he has dealt with me richly; ♦  
I will praise the Name of the Lord Most High.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**I will put my trust in your mercy.**

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### *Psalm 14*

God is in the company **of those who seek him.**

- 1 The fool has said in his heart, "There is no God." ♦  
All are corrupt and commit abominable acts;  
there is none who does any good.
- 2 The Lord looks down from heaven upon us all, ♦  
to see if there is any who is wise,  
if there is one who seeks after God.
- 3 Every one has proved faithless; all alike have turned bad; ♦  
there is none who does good; no, not one.
- 4 Have they no knowledge, all those evildoers ♦  
who eat up my people like bread and do not call upon the Lord?
- 5 See how they tremble with fear, ♦  
because God is in the company of those who seek him.
- 6 Their aim is to confound the plans of the afflicted, ♦  
but the Lord is their refuge.
- 7 Oh, that Israel's deliverance would come out of Zion! ♦  
when the Lord restores the fortunes of his people,  
Jacob will rejoice and Israel be glad.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**God is in the company of those who seek him.**

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*Psalm 15*

**Blessed are the pure in heart, for they shall see God.**

- 1 Lord, who may dwell in your tabernacle? ♦  
who may abide upon your holy hill?
- 2 Whoever leads a blameless life and does what is right, ♦  
who speaks the truth from his heart.
- 3 There is no guile upon his tongue; he does no evil to his friend; ♦  
he does not heap contempt upon his neighbour.
- 4 In his sight the wicked is rejected, ♦  
but he honours those who fear the Lord.
- 5 He has sworn to do no wrong ♦  
and does not take back his word.
- 6 He does not give his money in hope of gain, ♦  
nor does he take a bribe against the innocent.
- 7 Whoever does these things ♦  
shall never be overthrown.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**Blessed are the pure in heart, for they shall see God.**

## *FRIDAY*

### *Psalm 16*

My body shall rest in hope, **for you will not abandon me to the grave.**

- 1 Protect me, O God, for I take refuge in you; ♦  
I have said to the Lord, “You are my Lord,  
my good above all other.”
- 2 All my delight is upon the godly that are in the land, ♦  
upon those who are noble among the people.
- 3 But those who run after other gods ♦  
shall have their troubles multiplied.
- 4 Their libations of blood I will not offer, ♦  
nor take the names of their gods upon my lips.
- 5 O Lord, you are my portion and my cup; ♦  
it is you who uphold my lot.
- 6 My boundaries enclose a pleasant land; ♦  
indeed, I have a goodly heritage.
- 7 I will bless the Lord who gives me counsel; ♦  
my heart teaches me, night after night.
- 8 I have set the Lord always before me; ♦  
because he is at my right hand I shall not fall.
- 9 My heart, therefore, is glad, and my spirit rejoices; ♦  
my body also shall rest in hope.

10 For you will not abandon me to the grave, ♦  
nor let your holy one see the Pit.

11 You will show me the path of life; ♦  
in your presence there is fullness of joy,  
and in your right hand are pleasures for evermore.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**My body shall rest in hope, for you will not abandon me to the  
grave.**

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### *Psalm 17*

Keep me, O Lord, as the apple of your eye; **hide me under the  
shadow of your wings.**

1 Hear my plea of innocence, O Lord; give heed to my cry; ♦  
listen to my prayer, which does not come from lying lips.

2 Let my vindication come forth from your presence; ♦  
let your eyes be fixed on justice.

3 Weigh my heart, summon me by night, ♦  
melt me down; you will find no impurity in me.

4 I give no offence with my mouth as others do; ♦  
I have heeded the words of your lips.

5 My footsteps hold fast to the ways of your law; ♦  
in your paths my feet shall not stumble.

6 I call upon you, O God, for you will answer me; ♦  
incline your ear to me and hear my words.

- 7 Show me your marvellous loving-kindness, ♦  
O Saviour of those who take refuge at your right hand  
from those who rise up against them.
- 8 Keep me as the apple of your eye; ♦  
hide me under the shadow of your wings.
- 9 From the wicked who assault me, ♦  
from my deadly enemies who surround me.
- 10 They have closed their heart to pity, ♦  
and their mouth speaks proud things.
- 11 They press me hard, now they surround me, ♦  
watching how they may cast me to the ground,
- 12 Like a lion, greedy for its prey, ♦  
and like a young lion lurking in secret places.
- 13 Arise, O Lord; confront them and bring them down; ♦  
deliver me from the wicked by your sword.
- 14 Deliver me, O Lord, by your hand ♦  
from those whose portion in life is this world;
- 15 Whose bellies you fill with your treasure, ♦  
who are well supplied with children  
and leave their wealth to their little ones.
- 16 But at my vindication I shall see your face; ♦  
when I awake, I shall be satisfied, beholding your likeness.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**Keep me, O Lord, as the apple of your eye; hide me under the shadow of your wings.**

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***Psalm 18: Part 1***

The Lord has delivered me **from my strong enemies.**

- 1 I love you, O Lord my strength, ♦  
O Lord my stronghold, my crag, and my haven.
- 2 My God, my rock in whom I put my trust, ♦  
my shield, the horn of my salvation, and my refuge;  
you are worthy of praise.
- 3 I will call upon the Lord, ♦  
and so shall I be saved from my enemies.
- 4 The breakers of death rolled over me, ♦  
and the torrents of oblivion made me afraid.
- 5 The cords of hell entangled me, ♦  
and the snares of death were set for me.
- 6 I called upon the Lord in my distress ♦  
and cried out to my God for help.
- 7 He heard my voice from his heavenly dwelling; ♦  
my cry of anguish came to his ears.
- 8 The earth reeled and rocked; ♦  
the roots of the mountains shook;  
they reeled because of his anger.

- 9 Smoke rose from his nostrils  
and a consuming fire out of his mouth; ♦  
hot burning coals blazed forth from him.
- 10 He parted the heavens and came down ♦  
with a storm cloud under his feet.
- 11 He mounted on cherubim and flew; ♦  
he swooped on the wings of the wind.
- 12 He wrapped darkness about him; ♦  
he made dark waters and thick clouds his pavilion.
- 13 From the brightness of his presence, through the clouds, ♦  
burst hailstones and coals of fire.
- 14 The Lord thundered out of heaven; ♦  
the Most High uttered his voice.
- 15 He loosed his arrows and scattered them; ♦  
he hurled thunderbolts and routed them.
- 16 The beds of the seas were uncovered,  
and the foundations of the world laid bare, ♦  
at your battle cry, O Lord,  
at the blast of the breath of your nostrils.
- 17 He reached down from on high and grasped me; ♦  
he drew me out of great waters.
- 18 He delivered me from my strong enemies  
and from those who hated me; ♦  
for they were too mighty for me.

19 They confronted me in the day of my disaster; ♦  
but the Lord was my support.

20 He brought me out into an open place; ♦  
he rescued me because he delighted in me.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**The Lord has delivered me from my strong enemies.**

### *SATURDAY*

#### *Psalm 18: Part 2*

You, O Lord, are my lamp; **my God, you make my darkness  
bright.**

21 The Lord rewarded me because of my righteous dealing; ♦  
because my hands were clean he rewarded me;

22 For I have kept the ways of the Lord ♦  
and have not offended against my God;

23 For all his judgments are before my eyes, ♦  
and his decrees I have not put away from me;

24 For I have been blameless with him ♦  
and have kept myself from iniquity;

25 Therefore the Lord rewarded me  
according to my righteous dealing, ♦  
because of the cleanness of my hands in his sight.

26 With the faithful you show yourself faithful, O God; ♦  
with the forthright you show yourself forthright.

- 27 With the pure you show yourself pure, ♦  
but with the crooked you are wily.
- 28 You will save a lowly people, ♦  
but you will humble the haughty eyes.
- 29 You, O Lord, are my lamp; ♦  
my God, you make my darkness bright.
- 30 With you I will break down an enclosure; ♦  
with the help of my God I will scale any wall.
- 31 As for God, his ways are perfect;  
the words of the Lord are tried in the fire; ♦  
he is a shield to all who trust in him.
- 32 For who is God, but the Lord? ♦  
who is the Rock, except our God?
- 33 It is God who girds me about with strength ♦  
and makes my way secure.
- 34 He makes me sure-footed like a deer ♦  
and lets me stand firm on the heights.
- 35 He trains my hands for battle ♦  
and my arms for bending even a bow of bronze.
- 36 You have given me your shield of victory; ♦  
your right hand also sustains me;  
your loving care makes me great.
- 37 You lengthen my stride beneath me, ♦  
and my ankles do not give way.

- 38 I pursue my enemies and overtake them; ♦  
I will not turn back till I have destroyed them.
- 39 I strike them down, and they cannot rise; ♦  
they fall defeated at my feet.
- 40 You have girded me with strength for the battle; ♦  
you have cast down my adversaries beneath me;  
you have put my enemies to flight.
- 41 I destroy those who hate me;  
they cry out, but there is none to help them; ♦  
they cry to the Lord, but he does not answer.
- 42 I beat them small like dust before the wind; ♦  
I trample them like mud in the streets.
- 43 You deliver me from the strife of the peoples; ♦  
you put me at the head of the nations.
- 44 A people I have not known shall serve me;  
no sooner shall they hear than they shall obey me; ♦  
strangers will cringe before me.
- 45 The foreign peoples will lose heart; ♦  
they shall come trembling out of their strongholds.
- 46 The Lord lives! Blessed is my Rock! ♦  
Exalted is the God of my salvation!
- 47 He is the God who gave me victory ♦  
and cast down the peoples beneath me.

- 48 You rescued me from the fury of my enemies;  
you exalted me above those who rose against me; ♦  
you saved me from my deadly foe.
- 49 Therefore will I extol you among the nations, O Lord, ♦  
and sing praises to your Name.
- 50 He multiplies the victories of his king; ♦  
he shows loving-kindness to his anointed,  
to David and his descendants for ever.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**You, O Lord, are my lamp; my God, you make my darkness  
bright.**

\*

### *Psalm 19*

The heavens declare the glory of God, **and the firmament shows  
his handiwork.**

- 1 The heavens declare the glory of God, ♦  
and the firmament shows his handiwork.
- 2 One day tells its tale to another, ♦  
and one night imparts knowledge to another.
- 3 Although they have no words or language, ♦  
and their voices are not heard,
- 4 Their sound has gone out into all lands, ♦  
and their message to the ends of the world.

- 5 In the deep has he set a pavilion for the sun; ♦  
it comes forth like a bridegroom out of his chamber;  
it rejoices like a champion to run its course.
- 6 It goes forth from the uttermost edge of the heavens  
and runs about to the end of it again; ♦  
nothing is hidden from its burning heat.
- 7 The law of the Lord is perfect and revives the soul; ♦  
the testimony of the Lord is sure  
and gives wisdom to the innocent.
- 8 The statutes of the Lord are just and rejoice the heart; ♦  
the commandment of the Lord is clear  
and gives light to the eyes.
- 9 The fear of the Lord is clean and endures for ever; ♦  
the judgments of the Lord are true and righteous altogether.
- 10 More to be desired are they than gold,  
more than much fine gold, ♦  
sweeter far than honey, than honey in the comb.
- 11 By them also is your servant enlightened, ♦  
and in keeping them there is great reward.
- 12 Who can tell how often he offends? ♦  
cleans me from my secret faults.
- 13 Above all, keep your servant from presumptuous sins;  
let them not get dominion over me; ♦  
then shall I be whole and sound, and innocent of a great offence.

- 14 Let the words of my mouth and the meditation of my heart  
be acceptable in your sight, ♦  
O Lord, my strength and my redeemer.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**The heavens declare the glory of God, and the firmament  
shows his handiwork.**

\*

### *Psalm 20*

The Lord has given victory **to his anointed.**

- 1 May the Lord answer you in the day of trouble, ♦  
the Name of the God of Jacob defend you;
- 2 Send you help from his holy place ♦  
and strengthen you out of Zion;
- 3 Remember all your offerings ♦  
and accept your burnt sacrifice;
- 4 Grant you your heart's desire ♦  
and prosper all your plans.
- 5 We will shout for joy at your victory  
and triumph in the Name of our God; ♦  
may the Lord grant all your requests.
- 6 Now I know that the Lord gives victory to his anointed; ♦  
he will answer him out of his holy heaven,  
with the victorious strength of his right hand.

- 7 Some put their trust in chariots and some in horses, ♦  
but we will call upon the Name of the Lord our God.
- 8 They collapse and fall down, ♦  
but we will arise and stand upright.
- 9 O Lord, give victory to the king ♦  
and answer us when we call.

**Glory to the Father and to the Son and to the Holy Spirit;  
As it was in the beginning is now and shall be forever. Amen.**

**The Lord has given victory to his anointed.**

04.02.17

**The Companions  
of Augustine of  
Canterbury**

