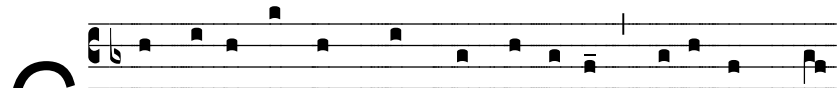
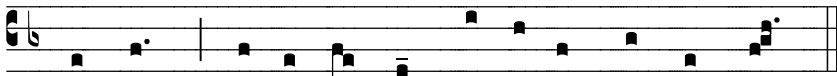


Hymn



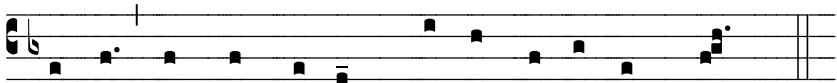
GOD of almighty, changeless en-ergy, cre-a-tion's
se-



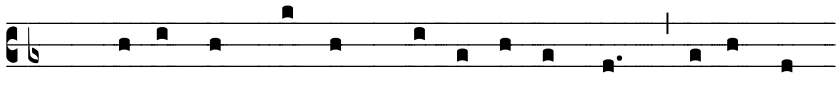
cret source, holding all things in perfect rhythmic dance.



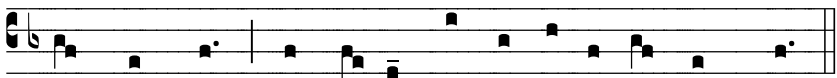
The heavens tell the glo-ry of your work; day moving
on



to day and night to night proclaim its ordered sway.



(Full) Within our changing, swiftly passing lives u-nite all



hearts with yours, that praising we may en-ter hea-ven's
courts.

Psalm 119

(1)

Blessed are those whose way is blameless, * who walk in
the law of the Lord.

Blessed are those who keep his testimonies, who seek him with their whole heart, * who also do no wrong but walk in his ways.

You have commanded your precepts to be kept diligently. * O that my ways may be steadfast in keeping your statutes.

Then I shall not be put to shame, * having my eyes fixed on all your commandments.

I will praise you with an upright heart, when I learn your righteous ordinances. * I will observe your statutes; O forsake me not utterly.

(2)

How can a young man keep his way pure? * By guarding it according to your word.

With my whole heart I seek you, let me not wander from your commandments. * I have laid up your word in my heart that I might not sin against you.

Blessed are you, O Lord; * teach me your statutes.

With my lips I declare all the ordinances of your mouth. * In the way of your testimonies I delight as much as in all riches.

I will meditate on your precepts and fix my eyes on your ways. * I will delight in your statutes, I will not forget your word.

Reading: *proper*

∇ The Lord is my shepherd, I shall not want.

℞ He makes me lie down in green pastures.

Kyrie eleison. The Lord's Prayer, as on page 77

Hymn

C Hangeless, unmoving power of love, guiding, sustain-
ing all, drawing yet leaving free. Constraining, winning
our
hearts to love, image your life in ours, your death our
passing through. (Full) Glo-ry to glo-ry, transformed
through
love, praising Father and Son and the Spi-rit of life.

Psalm 119

(3)

Deal bountifully with your servant that I may live and observe your word. * Open my eyes that I may behold wondrous things out of your law.

I am a sojourner on earth, hide not your commandments from me. * My soul is consumed with longing for your

ordinances at all times.

You rebuke the insolent, accursed ones who wander from your commandments; * take away from me their scorn and contempt for I have kept your testimonies.

Even though princes sit plotting against me your servant will meditate on your statutes. * Your testimonies are my delight, they are my counsellors.

(4)

My soul cleaves to the dust, revive me according to your word. * When I told of my ways you answered me; teach me your statutes.

Make me understand the way of your precepts, * and I will meditate on your wondrous works.

My soul melts away for sorrow, strengthen me according to your word. * Put false ways far from me and graciously teach me your law.

I have chosen the way of faithfulness, * I set your ordinances before me.

I cleave to your testimonies, O Lord, let me not be put to shame. * I will run in the way of your commandments when you enlarge my understanding.

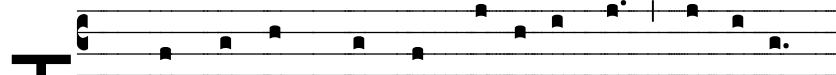
Reading: *proper*

℣. Lead me in your truth and teach me.


℟. For you are the God of my salvation.

Kyrie eleison. **The Lord's Prayer,** *as on page 77*


Hymn



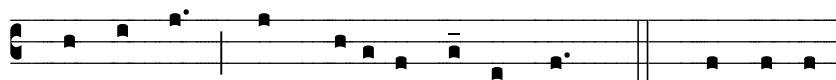
HE earth is filled with the Spi-rit of God, cre- a-tive,



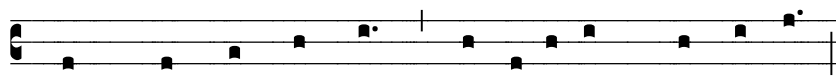
pow-er-ful, free, en-counter as wind unseen. Sweep




through our hearts and renew us in God, life-giving
breath



from on high, love's energy working love. (Full) Sing to his



glo-ry, fling wide his praise, people redeemed and set free,



caught in the shout of heaven's joy!

Psalm 119

(5)

Teach me, O Lord, the way of your statutes and I will keep it to the end. * Give me understanding that I may keep your law and

observe it with my whole heart.

Lead me in the path of your commandments for I delight in

it. * Incline my heart to your testimonies and not to gain.

Turn my eyes from looking at vanities and give me life in your ways. * Confirm to your servant your promise which is for those who fear you.

Turn away the reproach which I dread, for your ordinances are good. * Behold, I long for your precepts, in your righteousness give me life.

(6)

Let your steadfast love come to me, O Lord, your salvation according to your promise; * then shall I have an answer for those who taunt me, for I trust in your word.

And take not the word of truth utterly out of my mouth, * for my hope is in your ordinances.

I will keep your law continually, for ever and ever; * and I shall walk at liberty for I have sought your precepts.

I will also speak of your testimonies before kings and shall not be put to shame; * for I find my delight in your commandments which I love.

I revere your commandments which I love, * and I will meditate on your statutes.

(7)

Remember your word to your servant, in which you have made me hope. * This is my comfort in my affliction that your promise gives me life.

Godless men utterly deride me but I do not turn away from your law. * When I think of your ordinances from of old, I take comfort, O Lord.

Hot indignation seizes me because of the wicked who forsake your law. * Your statutes have been my songs in the

house of my pilgrimage.

I remember your name in the night, O Lord, and keep your law. * This blessing has fallen to me, that I have kept your precepts.

Reading: *proper*

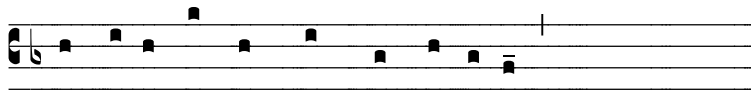
∇ Your word is a lámp to m& fêet.

℞ And a light to m& pàth.

Kyrie eleison. The Lord's Prayer, *as on page 77*

MONDAY SEXT

Hymn

G  A musical staff with a treble clef and a key signature of one flat (B-flat). The melody consists of a series of quarter notes: G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4, C4. The piece ends with a double bar line.

OD of almighty, changeless en-ergy, *as on page 57*

Psalm 119

(8)

The Lord is my portion, I promise to keep your words. * I entreat your favour with all my heart, be gracious to me according to your promise.

When I think of your ways I turn my feet to your testimonies; * I hasten and do not delay to keep your commandments.

Though the cords of the wicked ensnare me I do not forget your law. * At midnight I rise to praise you because of your righteous ordinances.

I am a companion of all who fear you, of those who keep

your precepts. * The earth, O Lord, is full of your steadfast love, teach me your statutes.

(9)

You have dealt well with your servant, O Lord, according to your word. * Teach me good judgement and knowledge for I believe in your commandments.

Before I was afflicted I went astray, but now I keep your word. * You are good and do good, teach me your statutes.

The godless besmear me with lies but with my whole heart I keep your precepts; * their heart is gross like fat but I delight in your law.

It is good for me that I was afflicted that I might learn your statutes. * The law of your mouth is better to me than thousands of gold and silver pieces.

(10)

Your hands have made and fashioned me, give me understanding that I may learn your commandments. * Those who fear you shall see me and rejoice because I have hoped in your word.

I know, O Lord, that your judgements are right and that in faithfulness you have afflicted me. * Let your steadfast love be ready to comfort me according to your promise to your servant.

Let your mercy come to me that I may live; * for your law is my delight.

Let the godless be put to shame because they have subverted me with guile; * as for me, I will meditate on your precepts.

Let those who fear you turn to me that they may know your testimonies. * May my heart be blameless in your statutes, that I may not be put to shame.

Monday

SEXT

69

Reading: *proper*

70

SEXT

Monday

℣ The Lord is my shepherd, I shall not want.
℟ He makes me lie down in green pastures.

Kyrie eleison. The Lord's Prayer, *as on page 77*

MONDAY NONE

Hymn

C HAngeless, unmoving power of love, *as on page 59*

Psalm 119

(11)

My soul languishes for your salvation, I hope in your word. * My eyes fail with watching for your promise; I ask, "When will you comfort me?"

For I have become like a wineskin in the smoke, yet I have not forgotten your statutes. * How long must your servant endure? When will you judge those who persecute me?

Godless men have dug pitfalls for me, men who do not conform to your law. * All your commandments are sure; they persecute me with falsehood, help me.

They have almost made an end of me on earth but I have not forsaken your precepts. * In your steadfast love spare my life that I may keep the testimonies of your mouth.

(12)

For ever, O Lord, * your word is firmly fixed in the heavens.

Your faithfulness endures to all generations, you have established the earth and it stands fast. * By your appointment they stand this day for all things are your servants.

If your law had not been my delight I should have perished in my affliction. * I will never forget your precepts for by them you have given me life.

I am yours, save me, for I have sought your precepts. * The wicked lie in wait to destroy me but I consider your testimonies.

I have seen a limit to all perfection, * but your commandment is exceedingly broad.

(13)

O how I love your law, it is my meditation all the day. * Your commandment makes me wiser than my enemies for it is ever with me.

I have more understanding than all my teachers for your testimonies are my meditation. * I understand more than the aged, for I keep your precepts.

I hold back my feet from every evil way in order to keep your word. * I do not turn aside from your ordinances for you have taught me.

How sweet are your words to my taste, sweeter than honey to my mouth. * Through your precepts I get understanding, therefore I hate every false way.

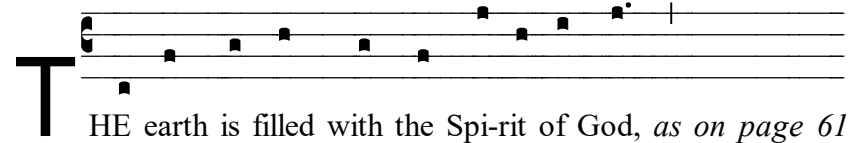
Reading: *proper*

∇. Lead me in your truth and teach me.

℞. For you are the Gód of my sàlvàtion.

Kyrie eleison. The Lord's Prayer, as on page 77

Hymn



Psalm 119

(14)

Your word is a lamp to my feet and a light to my path. * I have sworn an oath and confirmed it, to observe your righteous ordinances.

I am sorely afflicted; give me life, O Lord, according to your word. * Accept my offerings of praise, O Lord, and teach me your ordinances.

I hold my life in my hand continually but I do not forget your law. * The wicked have laid a snare for me, but I do not stray from your precepts.

Your testimonies are my heritage for ever, they are the joy of my heart. * I incline my heart to perform your statutes for ever, to the end.

(15)

I hate double-minded men, but I love your law. * You are my hiding place and my shield, I hope in your word.

Depart from me you evildoers, * that I may keep the commandments of my God.

Uphold me according to your promise that I may live and let me not be put to shame in my hope. * Hold me up that I may be safe and have regard for your statutes continually.

You spurn all who go astray from your statutes, their cunning is in vain; * all the wicked of the earth you count as dross, therefore I love your testimonies.

My flesh trembles for fear of you, * and I am afraid of your judgements.

(16)

I have done what is just and right, do not leave me to my oppressors. * Be surety for your servant for good, let not the godless oppress me.

My eyes fail with watching for your salvation and for the fulfilment of your righteous promise. * Deal with your servant according to your steadfast love and teach me your statutes.

I am your servant, give me understanding that I may know your testimonies. * It is time for the Lord to act for your law has been broken.

Therefore I love your commandments above gold, above fine gold. * Therefore I direct my steps by all your precepts, I hate every false way.

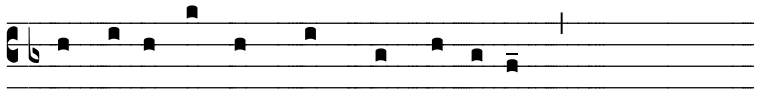
Reading: *proper*

∩ Your word is a lámp to m& fêet.

℞ And a líght to m& pàth.

Kyrie eleison. The Lord's Prayer, *as on page 77*

Hymn

G  **OD** of almighty, changeless en-ergy, *as on page 57*

Psalm 119

(17)

Your testimonies are wonderful, therefore my soul keeps them. * The unfolding of your words gives light, it imparts understanding to the simple.

With open mouth I pant because I long for your commandments. * Turn to me and be gracious to me, as is your wont towards those who love your name.

Keep steady my steps according to your promise and let no iniquity get dominion over me. * Redeem me from man's oppression that I may keep your precepts.

Make your face shine upon your servant and teach me your statutes. * My eyes shed streams of tears because men do not keep your law.

(18)

Righteous are you, O Lord, and right are your judgements. * You have appointed your testimonies in righteousness and in all faithfulness.

My zeal consumes me because my foes forget your words. * Your promise is well tried and your servant loves it.

I am small and despised yet I do not forget your precepts; * your righteousness is righteous for ever, and your law is true.

Trouble and anguish have come upon me but your commandments are my delight. * Your testimonies are righteous for ever, give me understanding that I may live.

(19)

With my whole heart I cry; answer me, O Lord. I will keep your statutes. * I cry to you, save me that I may observe your testimonies.

I rise before dawn and cry for help, I hope in your words. * My eyes are awake before the watches of the night that I may meditate upon your promise.

Hear my voice in your steadfast love, O Lord, in your justice preserve my life. * They draw near who persecute me with evil purpose, they are far from your law.

But you are near, O Lord, and all your commandments are true. * Long have I known from your testimonies that you have founded them for ever.

Reading: *proper*

∇. The Lord is my shepherd, I shall not want.

℞. He makes me lie down in green pastures.

Kyrie eleison. The Lord's Prayer, *as on page 77*

TUESDAY NONE

Hymn



C HAngeless, unmoving power of love, *as on page 59*

Psalm 119

(20)

Look on my affliction and deliver me for I do not forget

your law. * Plead my cause and redeem me, give me life according to your promise.

Salvation is far from the wicked for they do not seek your statutes. * Great is your mercy, O Lord, give me life according to your justice.

Many are my persecutors and my adversaries but I do not swerve from your testimonies. * I look at the faithless with disgust because they do not keep your commands.

Consider how I love your precepts; preserve my life according to your steadfast love. * The sum of your word is truth and every one of your righteous ordinances endures for ever.

(21)

Princes persecute me without cause but my heart stands in awe of your words. * I rejoice at your word like one who finds great spoil.

I hate and abhor falsehood but I love your law. * Seven times a day I praise you for your righteous ordinances.

Great peace have those who love your law, nothing can make them stumble. * I hope for your salvation, O Lord, and I do your commandments.

My soul keeps your testimonies, I love them exceedingly. * I keep your precepts and testimonies for all my ways are before you.

(22)

Let my cry come before you, O Lord, give me understanding according to your word. * Let my supplication come before you, deliver me according to your word.

My lips will pour forth praise that you teach me your statutes. * My tongue will sing of your word for all your com-

Tuesday

NONE

77

mandments are right.

78

TERCE

Wed - Sat

Let your hand be ready to help me for I have chosen your precepts. * I long for your salvation, O Lord, and your law is my delight.

Let me live that I may praise you and let your ordinances help me. * I have gone astray like a lost sheep, seek your servant for I do not forget your commandments.

Reading: *proper*

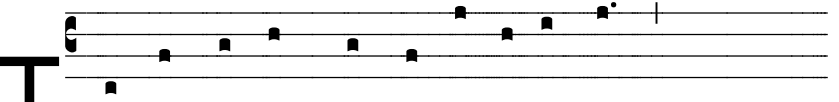
∇. Lead me in your truth and teach me.

℞. For you are the God of my salvation.

Kyrie eleison. The Lord's Prayer, *as on page 77*

WEDNESDAY - SATURDAY TERCE

Hymn



THE earth is filled with the Spirit of God, *as on page 61*

Psalm 120

In my distress I cry to the Lord that he may answer me: * "Deliver me, O Lord, from lying lips, from a deceitful tongue."

What shall be given to you? And what more shall be done to you, you deceitful tongue? * A warrior's sharp arrows with glowing coals of the broom tree.

Woe is me, that I sojourn in Meshech, * that I dwell among the tents of Kedar.

Too long have I had my dwelling among those who hate peace. * I am for peace but when I speak, they are for war.

Psalm 121

I lift up my eyes to the hills. From whence does my help come? * My help comes from the Lord, who made heaven and earth.

He will not let your foot be moved, he who keeps you will not slumber. * Behold, he who keeps Israel will neither slumber nor sleep.

The Lord is your keeper, the Lord is your shade on your right hand. * The sun will not smite you by day nor the moon by night.

The Lord will keep you from all evil, he will keep your life. * The Lord will keep your going out and your coming in from this time forth and for evermore.

Psalm 122

I was glad when they said to me, "Let us go to the house of the Lord." * Our feet have been standing within your gates, O Jerusalem.

Jerusalem, built as a city which is bound firmly together, to which the tribes go up, the tribes of the Lord, * as was decreed for Israel, to give thanks to the name of the Lord.

There thrones for judgement were set, * the thrones of the house of David.

Pray for the peace of Jerusalem. "May they prosper who love you. * Peace be within your walls and security within your towers."

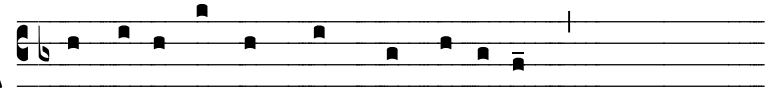
For my brethren and companions' sake I will say, "Peace be within you." * For the sake of the house of the Lord our God, I will seek your good.

Reading: *proper*

∞ Your word is a lámp to m& fêet.

℞ And a líght to m& pàth.

Kyrie eleison. The Lord's Prayer, *as on page 77*

WEDNESDAY - SATURDAY SEXT**Hymn**

G

OD of almighty, changeless en-ergy, *as on page 57*

Psalm 123

To you I lift up my eyes, * O you who are enthroned in the heavens.

Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, * so our eyes look to the Lord our God till he have mercy upon us.

Have mercy upon us, O Lord, have mercy upon us, * for we have had more than enough of contempt.

Too long our soul has been sated with the scorn of those who are at ease, * the contempt of the proud.

Psalm 124

If it had not been the Lord who was on our side, * let Israel now say,

If it had not been the Lord who was on our side, * when men rose up against us,

Then they would have swallowed us up alive, * when their anger was kindled against us;

Then the flood would have swept us away, the torrent would have gone over us; * then over us would have gone the raging waters.

Blessed be the Lord, who has not given us as prey to their teeth. * We have escaped as a bird from the snare of the fowlers; the snare is broken and we have escaped.

Our help is in the name of the Lord, * who made heaven and earth.

Psalm 125

Those who trust in the Lord are like Mount Zion, * which cannot be moved but abides for ever.

As the mountains are round about Jerusalem, * so the Lord is round about his people from this time forth and for evermore.

For the sceptre of wickedness shall not rest upon the land allotted to the righteous, * lest the righteous put forth their hands to do wrong.

Do good, O Lord, to those who are good and to those who are upright in their hearts. * But those who turn aside upon their crooked ways the Lord will lead away with evildoers.

Peace be on Israel.


Reading: *proper*

℣. The Lord is my shepherd, I shall not want.

℟. He makes me lie down in green pastures.

Kyrie eleison. The Lord's Prayer, *as on page 77*

Hymn

C  HAngeless, unmoving power of love, *as on page 59*

Psalm 126

When the Lord restored the fortunes of Zion we were like those who dream. * Then our mouth was filled with laughter and our tongue with shouts of joy.

Then they said among the nations, "The Lord has done great things for them." * The Lord has done great things for us, we are glad.

Restore our fortunes, O Lord, like the water-courses in the Negeb. * May those who sow in tears reap with shouts of joy.

He that goes forth weeping, bearing the seed for sowing, * shall come home with shouts of joy, bringing his sheaves with him.

Psalm 127

Unless the Lord builds the house those who build it labour in vain. * Unless the Lord watches over the city the watchman stays awake in vain.

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; * for he gives to his beloved sleep.

Sons are a heritage from the Lord, the fruit of the womb a reward. * Like arrows in the hand of a warrior are the sons of one's youth.

Happy is the man who has his quiver full of them. * He shall not be put to shame when he speaks with his enemies in the gate.

Psalm 128

Blessed is everyone who fears the Lord, who walks in his ways. * You shall eat the fruit of the labour of your hands, you shall be happy and it shall be well with you.

Your wife will be like a fruitful vine within your house, your children will be like olive shoots around your table. * Thus shall the man be blessed who fears the Lord.

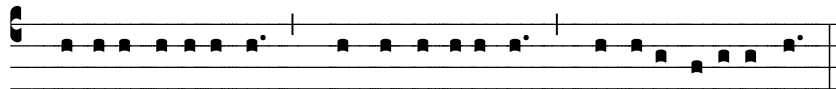
The Lord bless you from Zion, may you see the prosperity of Jerusalem all the days of your life. * May you see your children's children.

Peace be on Israel.

Reading: *proper*

∇. Lead me in your truth and teach me.

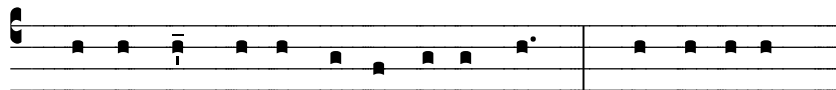
℞. For you are the God of my salvation.



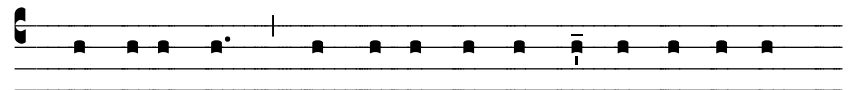
Ky-ri-e e-le-i-son, Christe e-le-i-son, Ky-ri-e e-le-i-son.



Father, hallowed be your name, your kingdom come,
your



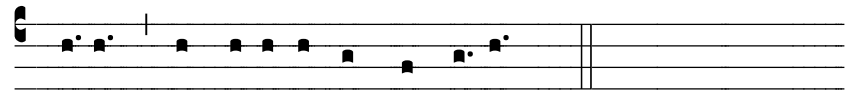
will be done, as in heaven so on earth. Give us today



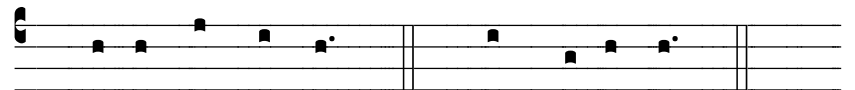
our daily bread, and forgive us our sins as we forgive



those who sin against us, and lead us not in-to temp-



tation but de-li-ver us from e-vil.



∇. Let us bless the Lord. ℞. Thanks be to God.