

## Night Prayer in the Anna Benefice Weekly Schedule of Psalms

Monday, Psalm 4

Tuesday, Psalm 143

Wednesday, Psalm 31:1-5, [19-end]

Thursday, Psalm 16

Friday, Psalm 139:1-18

Saturday, Psalm 104

### Monday - *Psalm 4*

- 1 Answer me when I call, O God of my righteousness; ♦ you set me at liberty when I was in trouble; have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory; ♦ how long will you love vain things and seek after falsehood?
- 3 But know that the Lord has shown me his marvellous kindness; ♦ when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not; ♦ commune with your own heart upon your bed, and be still.
- 5 Offer the sacrifices of righteousness ♦ and put your trust in the Lord.
- 6 There are many that say, 'Who will show us any good?' ♦ Lord, lift up the light of your countenance upon us.
- 7 You have put gladness in my heart, ♦ more than when their corn and wine and oil increase.
- 8 In peace I will lie down and sleep, ♦ for it is you Lord, only, who make me dwell in safety.

### Tuesday - *Psalm 143*

- 1 Hear my prayer, O Lord, and in your faithfulness give ear to my supplications; ♦ answer me in your righteousness.
- 2 Enter not into judgement with your servant, ♦ for in your sight shall no one living be justified.
- 3 For the enemy has pursued me,  
crushing my life to the ground, ♦ making me sit in darkness like those long dead.
- 4 My spirit faints within me; ♦ my heart within me is desolate.
- 5 I remember the time past; I muse upon all your deeds; ♦ I consider the works of your hands.
- 6 I stretch out my hands to you; ♦ my soul gasps for you like a thirsty land.
- 7 O Lord, make haste to answer me; my spirit fails me; ♦ hide not your face from me lest I be like those who go down to the Pit.

8 Let me hear of your loving-kindness in the morning, for in you I put my trust; ♦ show me the way I should walk in, for I lift up my soul to you.

9 Deliver me, O Lord, from my enemies, ♦ for I flee to you for refuge.

10 Teach me to do what pleases you, for you are my God; ♦ let your kindly spirit lead me on a level path.

11 Revive me, O Lord, for your name's sake; ♦ for your righteousness' sake, bring me out of trouble.

12 In your faithfulness, slay my enemies, and destroy all the adversaries of my soul, ♦ for truly I am your servant.

### **Wednesday - Psalm 31:1-5, [19-end]**

1 In you, O Lord, have I taken refuge; let me never be put to shame; ♦ deliver me in your righteousness.

2 Incline your ear to me; ♦ make haste to deliver me.

3 Be my strong rock, a fortress to save me, for you are my rock and my stronghold; ♦ guide me, and lead me for your name's sake.

4 Take me out of the net that they have laid secretly for me, ♦ for you are my strength.

5 Into your hands I commend my spirit, ♦ for you have redeemed me, O Lord God of truth.

19 How abundant is your goodness, O Lord, which you have laid up for those who fear you; ♦ which you have prepared in the sight of all for those who put their trust in you.

20 You hide them in the shelter of your presence from those who slander them; ♦ you keep them safe in your refuge from the strife of tongues.

21 Blessed be the Lord! ♦ For he has shown me his steadfast love when I was as a city besieged.

22 I had said in my alarm, 'I have been cut off from the sight of your eyes.' ♦ Nevertheless, you heard the voice of my prayer when I cried out to you.

23 Love the Lord, all you his servants; ♦ for the Lord protects the faithful, but repays to the full the proud.

24 Be strong and let your heart take courage, ♦ all you who wait in hope for the Lord.

### **Thursday - Psalm 16**

1 Preserve me, O God, for in you have I taken refuge; ♦ I have said to the Lord, 'You are my lord, all my good depends on you.'

- 2 All my delight is upon the godly that are in the land, ◆ upon those who are noble in heart.
- 3 Though the idols are legion that many run after, ◆ their drink offerings of blood I will not offer, neither make mention of their names upon my lips.
- 4 The Lord himself is my portion and my cup; ◆ in your hands alone is my fortune.
- 5 My share has fallen in a fair land; ◆ indeed, I have a goodly heritage.
- 6 I will bless the Lord who has given me counsel, ◆ and in the night watches he instructs my heart.
- 7 I have set the Lord always before me; ◆ he is at my right hand; I shall not fall.
- 8 Wherefore my heart is glad and my spirit rejoices; ◆ my flesh also shall rest secure.
- 9 For you will not abandon my soul to Death, ◆ nor suffer your faithful one to see the Pit.
- 10 You will show me the path of life; in your presence is the fullness of joy ◆ and in your right hand are pleasures for evermore.

**Friday - Psalm 139:1-18**

- 1 O Lord, you have searched me out and known me; ◆ you know my sitting down and my rising up; you discern my thoughts from afar.
- 2 You mark out my journeys and my resting place ◆ and are acquainted with all my ways.
- 3 For there is not a word on my tongue, ◆ but you, O Lord, know it altogether.
- 4 You encompass me behind and before ◆ and lay your hand upon me.
- 5 Such knowledge is too wonderful for me, ◆ so high that I cannot attain it.
- 6 Where can I go then from your spirit? ◆ Or where can I flee from your presence?
- 7 If I climb up to heaven, you are there; ◆ if I make the grave my bed, you are there also.
- 8 If I take the wings of the morning ◆ and dwell in the uttermost parts of the sea,
- 9 Even there your hand shall lead me, ◆ your right hand hold me fast.
- 10 If I say, 'Surely the darkness will cover me ◆ and the light around me turn to night,'
- 11 Even darkness is no darkness with you; the night is as clear as the day; ◆ darkness and light to you are both alike.
- 12 For you yourself created my inmost parts; ◆ you knit me together in my mother's womb.
- 13 I thank you, for I am fearfully and wonderfully made; ◆ marvellous are your works, my soul knows well.
- 14 My frame was not hidden from you, ◆ when I was made in secret and woven in the depths of the earth.

15 Your eyes beheld my form, as yet unfinished; ♦ already in your book were all my members written,

16 As day by day they were fashioned ♦ when as yet there was none of them.

17 How deep are your counsels to me, O God! ♦ How great is the sum of them!

18 If I count them, they are more in number than the sand, ♦ and at the end, I am still in your presence.

#### **Saturday - From Psalm 104**

1 Bless the Lord, O my soul. ♦ O Lord my God, how excellent is your greatness!

2 You lay the beams of your dwelling place in the waters above, ♦ you make the clouds your chariot; You ride on the wings of the wind.

3 You make the winds your messengers ♦ and flames of fire your servants.

4 You send the springs into the brooks, ♦ which run among the hills.

5 They give drink to every beast of the field, ♦ and the wild asses quench their thirst.

6 Beside them the birds of the air make their nests ♦ and sing among the branches.

7 You water the hills from your dwelling on high; ♦ the earth is filled with the fruit of your works.

8 You make grass to grow for the cattle ♦ and plants to meet our needs,

9 There is the sea, spread far and wide, ♦ and there move creatures beyond number, both small and great.

10 All of these look to you ♦ to give them their food in due season.

11 When you give it them, they gather it; ♦ you open your hand and they are filled with good.

12 May the glory of the Lord endure for ever; ♦ may the Lord rejoice in his works;