The 22. day.

PSALMS. The 23. day.

16 His delight was in curving, and it shall happen unto him; he loved not blessing, therefore shall it be far from him.
17 He clothed himself with curving like as with a raiment: and it shall come into his bowels like water, and like oil into his bones.
18 Let it be unto him as the cleft that he hath upon him: and as the girdle that he is always girded withal.
19 Let it thus happen from the Lord unto mine enemies: and to those that speak evil against my soul.
20 But deal thou with me, O Lord God, according unto thy Name: for sweet is thy mercy.
21 O deliver me, for I am helpless and poor: and my heart is wounded within me.
22 I go hence like the shadow that departeth: and am driven away as the grasshopper.
23 My knees are weak through fasting: my flesh is dried up for want of fatness.
24 I became also a reproach unto them: they that looked upon me shake their heads.
25 Help me, O Lord my God: O save me according to thy mercy.
26 And they shall know how that this is thy hand: and that thou, Lord, hast done it.
27 Though they curse, yet bless thou: and let them be confounded that rise up against me; but let thy servant rejoice.
28 Let mine adversaries be clothed with shame: and let them cover themselves with their own confusion as with a cleft.
29 As for me, I will give great thanks unto the Lord with my mouth: and praise him among the multitude.
30 For he shall stand at the right hand of the poor: to save his soul from unrighteous judges.

MORNING PRAYER.

PSAL. 110. Dixit Dominus.

The Lord said unto my Lord: Sit thou on my right hand, until I make thine enemies thy footstool.
2 The Lord shall send the rod of thy power out of Sion: be thou ruler even in the midst among thine enemies.
3 In the day of thy power shall the people offer thee free-will-offerings with an holy worship: the dew of thy birth is of the womb of the morning.
4 The Lord sware, and will not repent: Thou art a priest for ever after the order of Melchisedech.
5 The Lord upon thy right hand: shall wound even kings in the day of his wrath.
6 He shall judge among the heathen, he shall fill the places with the dead bodies: and smite in sundry heads over divers countries.
7 He shall drink of the brook in the way: therefore shall he lift up his head.

PSAL. 111. Confitebor tibi.

I will give thanks unto the Lord with my whole heart: secretly among the faithful, and in the congregation.
2 The works of the Lord are great: fought out of all them that have pleasure therein.
3 His work is worthy to be praised and had in honour: and his righteousness endureth for ever.
4 The merciful and gracious Lord hath so done his marvellous works: that they ought to be had in remembrance.
5 He hath given meat unto them that fear him: he shall ever be mindful of his covenant.
6 He hath shewed his people the power of his works: that he may give them the heritage of the heathen.
7 The works of his hands are verity and judgement: all his commandments are true.
8 They stand fast for ever and ever: and are done in truth and equity.
9 He sent redemption unto his people: he hath commanded his covenant for ever: holy and reverend is his Name.
10 The fear of the Lord is the beginning of wisdom: a good understanding have all they that do, thereafter; the praise of it endureth for ever.

PSAL. 112. Beatus vir.

BLESSED is the man that feareth the Lord: he hath great delight in his commandments.
2 His seed shall be mighty upon earth: the generation of the faithful shall be blessed.
3 Riches and plenteousness shall be in his house: and his righteousness endureth for ever.
4 Unto the godly there ariseth up light in the darkness: he is merciful, loving, and righteous.
5 A good man is merciful, and lendeth: and will guide his words with discretion.
6 For he shall never be moved: and the righteous shall be had in everlasting remembrance.
7 He will not be afraid of any evil tidings: for his heart standeth fast, and believeth in the Lord.
8 His heart is established, and will not shrink: until he see his desire upon his enemies.
9 He hath dispersed abroad, and given to the poor: and his righteousness remaineth for ever; his horn shall be exalted with honour.
10 The ungodly shall see it, and it shall grieve him: he shall gnash with his teeth, and consume away; the desire of the ungodly shall perish.

PSAL. 113. Laudate, pueri. Praeife the Lord, ye servants: O praise the Name of the Lord.
2 Blessed be the Name of the Lord: from this time forth for evermore.
3 The Lord's Name is praised: from the rising up of the sun unto the going down of the same.
4 The Lord is high above all heathen: and his glory above the heavens.
5 Who is like unto the Lord our God, that hath his dwelling so high: and yet humbleth him-