

The Thirtieth Day at Morning Prayer

Note that these psalms are repeated on the 31st Day.

PSALM 144 *Benedictus Dominus*

Tone I B 2



- BLESSED be / the Lord my strength, * who teacheth my hands to war, and my / fingers to fight:
2. My hope and my fortress, † my castle and deliverer, my de/fender in whom I trust; * who subdueth my people / that is under me.
 3. Lord, what is man, that thou hast such re/spect unto him: * or the son of man, that thou / so regardest him?
 4. Man is / like a thing of nought; * his time passeth away / like a shadow.
 5. Bow thy heavens, O / Lord, and come down; * touch the moun/tains, and they shall smoke.
 6. Cast forth thy / lightning, and tear them; * shoot out thine arrows, / and consume them.
 7. Send down thine / hand from above; * deliver me, and take me out of the great waters, from the / hand of strangers;
 8. Whose mouth / talketh of vanity, * and their right hand is a right / hand of wickedness.
 9. I will sing a new / song unto thee, O God; * and sing praises unto thee up/on a ten-stringed lute.
 10. Thou hast given / victory unto kings, * and hast delivered David thy servant from the / peril of the sword.
 11. Save me, and deliver me from the / hand of strangers, * whose mouth talketh of vanity, and their right hand is a right hand / of iniquity:
 12. That our sons may grow / up as the young plants, * and that our daughters may be as the polished corners / of the temple;
 13. That our garners may be full and plenteous with all / manner of store; * that our sheep may bring forth thousands, and ten / thousands in our fields;
 14. That our oxen may be strong to labor; † that there / be no decay, * no leading into captivity, and no com/plaining in our streets.



15. Happy are the people that are / in such a case; * yea, blessed are
the people who have the / Lord for their God.
Glory be to the / Father, and to the Son, * and / to the Holy Ghost:
As it was in the beginning, † is now, and / ever shall be, * world /
without end. Amen.

PSALM 145 *Exaltabo te, Deus*

Tone V 1



- I WILL magnify thee, O God, my / King; * and I will praise thy Name
for / ever and ever.
2. Every day will I give thanks unto / thee; * and praise thy Name for /
ever and ever.
 3. Great is the Lord, and marvelous worthy to be / praised; * there is
no / end of his greatness.
 4. One generation shall praise thy works unto an/other, * and de/clare
thy power.
 5. As for me, I will be talking of thy / worship, * thy glory, thy /
praise, and wondrous works;
 6. So that men shall speak of the might of thy marvelous / acts; * and I
will also / tell of thy greatness.
 7. The memorial of thine abundant kindness shall be / showed; * and
men shall / sing of thy righteousness.
 8. The Lord is gracious and / merciful; * long-suffering, / and of great
goodness.
 9. The Lord is loving unto every / man; * and his mercy is / over all
his works.
 10. All thy works praise thee, O / Lord; * and thy saints give / thanks
unto thee.
 11. They show the glory of thy / kingdom, * and / talk of thy power;
 12. That thy power, thy glory, and mightiness of thy / kingdom, *
might be / known unto men.



13. Thy kingdom is an everlasting / kingdom, * and thy dominion
endureth through/out all ages.
14. The Lord upholdeth all such as / fall, * and lifteth up all / those
that are down.
15. The eyes of all wait upon thee, O / Lord; * and thou givest them
their / meat in due season.
16. Thou openest thine / hand, * and fillest all things / living with
plenteousness.
17. The Lord is righteous in all his / ways, * and / holy in all his
works.
18. The Lord is nigh unto all them that call up/on him; * yea, all such
as call up/on him faithfully.
19. He will fulfill the desire of them that / fear him; * he also will hear
their / cry, and will help them.
20. The Lord preserveth all them that / love him; * but scattereth
abroad / all the ungodly.
21. My mouth shall speak the praise of the / Lord; * and let all flesh
give thanks unto his holy Name for / ever and ever.
- Glory be to the Father, and to the / Son, * and / to the Holy Ghost:
As it was in the beginning, † is now, and ever / shall be, * - / world
without end. Amen.

PSALM 146 *Lauda, anima mea*

Tone IV 6



- PRAISE THE Lord, O my soul: while I live, will I / praise the
Lord; * yea, as long as I have any being, I will sing praises unto
my / God.
2. O put not your trust in princes, nor in any / child of man; * for there
is no help / in them.
3. For when the breath of man goeth forth, he shall turn again / to his
earth, * and then all his thoughts per/ish.

