

The Sixth Day at Morning Prayer

PSALM 30 *Exaltabo te, Domine*

Tone I B 10



- I WILL magnify thee, O Lord; for / thou hast set me up, * and not
made my foes to / triumph over me.
2. O Lord my God, I / cried unto thee; * and / thou hast healed me.
 3. Thou, Lord, hast brought my / soul out of hell: * thou hast kept my
life, that I should not go / down into the pit.
 4. Sing praises unto the Lord, / O ye saints of his; * and give thanks
unto him, for a remembrance / of his holiness.
 5. For his wrath endureth but the twinkling of an eye, and in his /
pleasure is life; * heaviness may endure for a night, but joy
cometh / in the morning.
 6. And in my prosperity I said, I shall / never be removed: * thou,
Lord, of thy goodness, hast / made my hill so strong.
 7. Thou didst / turn thy face from me, * and / I was troubled.
 8. Then cried I / unto thee, O Lord; * and gat me to my / Lord right
humbly.
 9. What profit / is there in my blood, * when I go / down into the pit?
 10. Shall the dust give / thanks unto thee? * or shall / it declare
thy truth?
 11. Hear, O Lord, and have / mercy upon me; * Lord, be / thou my
helper.
 12. Thou hast turned my / heaviness into joy; * thou hast put off my
sackcloth, and girded / me with gladness:
 13. Therefore shall every good man sing of thy / praise without
ceasing. * O my God, I will give thanks unto / thee for 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 31 *In te, Domine, speravi*

Tone VIII 1



- IN THEE, O Lord, have I put my trust; let me never be put to
 con/fusion; * deliver me / in thy righteousness.
2. Bow down thine / ear to me; * make haste / to deliver me.
 3. And be thou my strong rock, and house of de/fense, * that thou /
 mayest save me.
 4. For thou art my strong rock, and my / castle: * be thou also my
 guide, and lead me / for thy Name's sake.
 5. Draw me out of the net that they have laid privily for / me; * for /
 thou art my strength.
 6. Into thy hands I commend my / spirit; * for thou hast redeemed me,
 O / Lord, thou God of truth.
 7. I have hated them that hold of lying / vanities, * and my trust hath /
 been in the Lord.
 8. I will be glad and rejoice in thy / mercy; * for thou hast considered
 my trouble, and hast known my soul / in adversities.
 9. Thou hast not shut me up into the hand of the / enemy; * but hast
 set my feet / in a large room.
 10. Have mercy upon me, O Lord, for I am in / trouble, * and mine
 eye is consumed for very heaviness; yea, my soul / and my body.
 11. For my life is waxen old with / heaviness, * and my / years with
 mourning.
 12. My strength faileth me, because of mine in/iquity, * and my /
 bones are consumed.
 13. I became a reproach among all mine enemies, † but especially
 among my / neighbors; * and they of mine acquaintance were
 afraid of me; and they that did see me without, conveyed /
 themselves from me.
 14. I am clean forgotten as a dead man out of / mind; * I am become
 like a / broken vessel.
 15. For I have heard the blasphemy of the multitude, † and fear is on
 every / side; * while they conspire together against me, and take
 their counsel to / take away my life.
 16. But my hope hath been in thee, O / Lord; * I have said, / Thou art
 my God.

