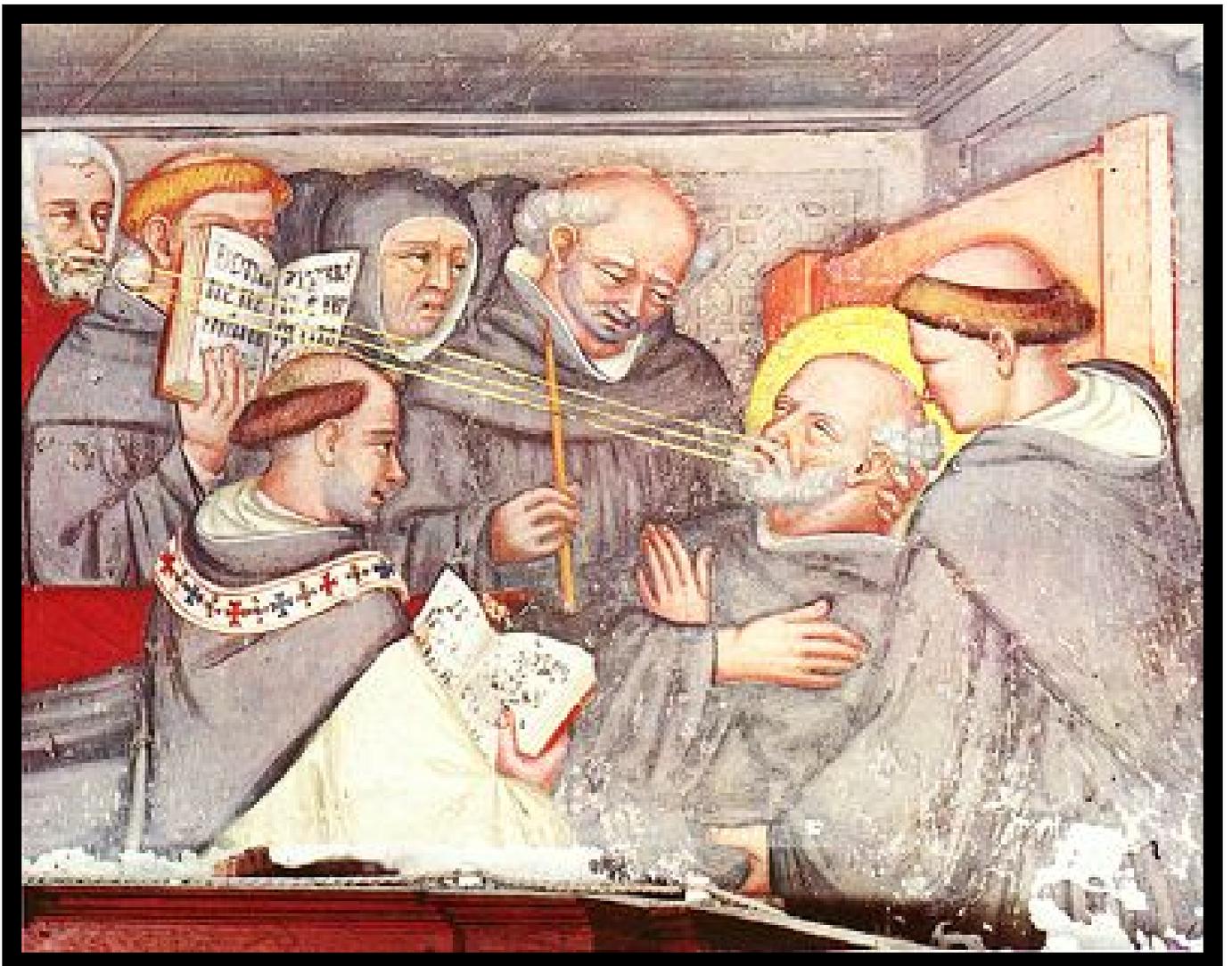


# St. Augustine Prayer Book of the Seven Penitential Psalms



# **St. Augustine Prayer Book of the Seven**

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***Ant.* Remember  
not, \* Lord, our  
offences, nor the  
offences of our  
forefathers; neither  
take Thou  
vengeance of our  
sins.**

# **Psalm 6**

**6:1 Lord, rebuke  
me not in thy  
indignation, \* nor  
chastise me in thy  
wrath.**

**6:2 Have mercy on  
me, O Lord, for I  
am weak: \* heal**

**me, O Lord, for my  
bones are troubled.**

**6:3 And my soul is  
troubled**

**exceedingly: \* but  
thou, O Lord, how  
long?**

**6:4 Turn to me, O  
Lord, and deliver  
my soul: \* O save**

**me for thy mercy's sake.**

**6:5 For there is no one in death, that is mindful of thee:**

**\* and who shall confess to thee in hell?**

**6:6 I have laboured in my groanings,**

**every night I will  
wash my bed: \* I  
will water my  
couch with my  
tears.**

**6:7 My eye is  
troubled through  
indignation: \* I  
have grown old**

**amongst all my  
enemies.**

**6:8 Depart from  
me, all ye workers  
of iniquity: \* for  
the Lord hath heard  
the voice of my  
weeping.**

**6:9 The Lord hath  
heard my**

**supplication: \* the  
Lord hath received  
my prayer.**

**6:10 Let all my  
enemies be  
ashamed, and be  
very much  
troubled: \* let them  
be turned back, and**

**be ashamed very  
speedily.**

**V. Glory be to the  
Father, and to the  
Son, \* and to the  
Holy Spirit.**

**R. As it was in the  
beginning, is now,  
and ever shall be, \*  
world without end.  
Amen.**

# **Psalm 31**

**31:1 Blessed are those whose iniquities are forgiven \* and whose sins are covered.**

**31:2 Blessed is the man to whom the Lord hath not**

**imputed sin, \* and  
in whose spirit  
there is no guile.**

**31:3 Because I was  
silent my bones  
grew old; \* whilst I  
cried out all the day  
long.**

**31:4 For day and  
night thy hand was**

**heavy upon me: \* I  
am turned in my  
anguish, whilst the  
thorn is fastened.**

**31:5 I have  
acknowledged my  
sin to thee, \* and  
my injustice I have  
not concealed.**

**31:6 I said I will  
confess against  
myself my injustice  
to the Lord: \* and  
thou hast forgiven  
the wickedness of  
my sin.**

**31:7 For this shall  
every one that is  
holy pray to thee \***

**in a seasonable  
time.**

**31:8 And yet in a  
flood of many  
waters, \* they shall  
not come nigh unto  
him.**

**31:9 Thou art my  
refuge from the  
trouble which hath**

**encompassed me: \*  
my joy, deliver me  
from them that  
surround me.**

**31:10 I will give  
thee**

**understanding, and  
I will instruct thee  
in this way, in  
which thou shalt**

**go: \* I will fix my  
eyes upon thee.**

**31:11 Do not  
become like the  
horse and the mule,  
\* who have no  
understanding.**

**31:12 With bit and  
bridle bind fast  
their jaws, \* who**

**come not near unto thee.**

**31:13 Many are the scourges of the sinner, \* but mercy shall encompass him that hopeth in the Lord.**

**31:14 Be glad in the Lord, and**

**rejoice, ye just, \*  
and glory, all ye  
right of heart.**

**V. Glory be to the  
Father, and to the  
Son, \* and to the  
Holy Spirit.**

**R. As it was in the  
beginning, is now,  
and ever shall be, \***

20

**world without end.**

**Amen.**

# Psalm 37

**37:1 Rebuke me not, O Lord, in thy indignation; \* nor chastise me in thy wrath.**

**37:2 For thy arrows are fastened in me: \* and thy hand**

**hath been strong  
upon me.**

**37:3 There is no  
health in my flesh,  
because of thy  
wrath: \* there is no  
peace for my  
bones, because of  
my sins.**

**37:4 For my  
iniquities are gone  
over my head: \*  
and as a heavy  
burden are become  
heavy upon me.**

**37:5 My sores are  
putrified and  
corrupted, \***

**because of my  
foolishness.**

**37:6 I am become  
miserable, and am  
bowed down even  
to the end: \* I  
walked sorrowful  
all the day long.**

**37:7 For my loins  
are filled with**

**illusions; \* and  
there is no health  
in my flesh.**

**37:8 I am afflicted  
and humbled  
exceedingly: \* I  
roared with the  
groaning of my  
heart.**

**37:9 Lord, all my  
desire is before  
thee, \* and my  
groaning is not  
hidden from thee.**

**37:10 My heart is  
troubled, my  
strength hath left  
me, \* and the light**

**of my eyes itself is  
not with me.**

**37:12 My friends  
and my neighbours  
\* have drawn near,  
and stood against  
me.**

**37:13 And they that  
were near me stood  
afar off: \* and they**

**that sought my soul  
used violence.**

**37:14 And they that  
sought evils to me  
spoke vain things,  
\* and studied  
deceits all the day  
long.**

**37:15 But I, as a  
deaf man, heard**

**not: \* and as a  
dumb man not  
opening his mouth.**

**37:16 And I  
became as a man  
that heareth not: \*  
and that hath no  
reproofs in his  
mouth.**

**37:17 For in thee, O  
Lord, have I hoped:  
\* thou wilt hear  
me, O Lord my God.**

**37:18 For I said:  
Lest at any time my  
enemies rejoice  
over me: \* and  
whilst my feet are  
moved, they speak**

**great things  
against me.**

**37:19 For I am  
ready for scourges:  
\* and my sorrow is  
continually before  
me.**

**37:20 For I will  
declare my iniquity:**

**\* and I will think  
for my sin.**

**37:21 But my  
enemies live, and  
are stronger than I:**

**\* and they that  
hate me wrongfully  
are multiplied.**

**37:22 They that  
render evil for**

**good, have  
detracted me, \*  
because I followed  
goodness.**

**37:23 Forsake me  
not, O Lord my  
God: \* do not thou  
depart from me.**

**37:23 Attend unto  
my help, \* O Lord,**

**the God of my  
salvation.**

**V. Glory be to the  
Father, and to the  
Son, \* and to the  
Holy Spirit.**

**R. As it was in the  
beginning, is now,  
and ever shall be, \*  
world without end.  
Amen.**

# Psalm 50

**50:1 Have mercy on me, O God, \* according to thy great mercy.**

**50:2 And according to the multitude of thy tender mercies \* blot out my iniquity.**

**50:3 Wash me yet  
more from my  
iniquity, \* and  
cleanse me from  
my sin.**

**50:4 For I know my  
iniquity, \* and my  
sin is always before  
me.**

**50:5 To thee only  
have I sinned, and  
have done evil  
before thee: \* that  
thou mayst be  
justified in thy  
words, and mayst  
overcome when  
thou art judged.**

**50:6 For behold I  
was conceived in  
iniquities; \* and in  
sins did my mother  
conceive me.**

**50:7 For behold  
thou hast loved  
truth: \* the  
uncertain and  
hidden things of**

**thy wisdom thou  
hast made manifest  
to me.**

**50:8 Thou shalt  
sprinkle me with  
hyssop, and I shall  
be cleansed: \* thou  
shalt wash me, and  
I shall be made  
whiter than snow.**

**50:9 To my hearing  
thou shalt give joy  
and gladness: \*  
and the bones that  
have been humbled  
shall rejoice.**

**50:10 Turn away  
thy face from my  
sins, \* and blot out  
all my iniquities.**

**50:11 Create a  
clean heart in me,  
O God: \* and renew  
a right spirit within  
my bowels.**

**50:12 Cast me not  
away from thy face;  
\* and take not thy  
holy spirit from me.**

**50:13 Restore unto me the joy of thy salvation, \* and strengthen me with a perfect spirit.**

**50:14 I will teach the unjust thy ways: \* and the wicked shall be converted to thee.**

**50:15 Deliver me  
from blood, O God,  
thou God of my  
salvation: \* and my  
tongue shall extol  
thy justice.**

**50:16 O Lord, thou  
wilt open my lips: \*  
and my mouth shall  
declare thy praise.**

**50:17 For if thou  
hadst desired  
sacrifice, I would  
indeed have given  
it: \* with burnt  
offerings thou wilt  
not be delighted.**

**50:18 A sacrifice to  
God is an afflicted  
spirit: \* a contrite**

**and humbled heart,  
O God, thou wilt  
not despise.**

**50:19 Deal  
favourably, O Lord,  
in thy good will  
with Sion; \* that  
the walls of  
Jerusalem may be  
built up.**

**50:20 Then shalt thou accept the sacrifice of justice, oblations and whole burnt offerings: \* then shall they lay calves upon thy altar.**

**V. Glory be to the  
Father, and to the  
Son, \* and to the  
Holy Spirit.**

**R. As it was in the  
beginning, is now,  
and ever shall be, \*  
world without end.  
Amen.**

# **Psalm 101**

**101:1 Hear, O Lord,  
my prayer: \* and  
let my cry come to  
thee.**

**101:2 Turn not  
away thy face from  
me: \* in the day  
when I am in**

**trouble, incline thy  
ear to me.**

**101:3 In what day  
soever I shall call  
upon thee, \* hear  
me speedily.**

**101:4 For my days  
are vanished like  
smoke: \* and my  
bones are grown**

**dry like fuel for the  
fire.**

**101:5 I am smitten  
as grass, and my  
heart is withered: \*  
because I forgot to  
eat my bread.**

**101:6 Through the  
voice of my  
groaning, \* my**

**bone hath cleaved  
to my flesh.**

**101:7 I am become  
like to a pelican of  
the wilderness: \* I  
am like a night  
raven in the house.**

**101:8 I have  
watched, \* and am  
become as a**

**sparrow all alone  
on the housetop.**

**101:9 All the day  
long my enemies  
reproached me: \***

**and they that  
praised me did  
swear against me.**

**101:10 For I did eat  
ashes like bread, \***

**and mingled my  
drink with weeping.**

**101:11 Because of  
thy anger and  
indignation: \* for  
having lifted me up  
thou hast thrown  
me down.**

**101:12 My days  
have declined like a**

**shadow, \* and I am  
withered like grass.**

**101:13 But thou, O  
Lord, endurest for  
ever: \* and thy  
memorial to all  
generations.**

**101:14 Thou shalt  
arise and have  
mercy on Sion: \***

**for it is time to  
have mercy on it,  
for the time is  
come.**

**101:15 For the  
stones thereof have  
pleased thy  
servants: \* and  
they shall have pity**

**on the earth  
thereof.**

**101:16 And the  
Gentiles shall fear  
thy name, O Lord, \*  
and all the kings of  
the earth thy glory.**

**101:17 For the Lord  
hath built up Sion:**

**\* and he shall be  
seen in his glory.**

**101:18 He hath had  
regard to the  
prayer of the  
humble: \* and he  
hath not despised  
their petition.**

**101:19 Let these  
things be written**

**unto another  
generation: \* and  
the people that  
shall be created  
shall praise the  
Lord:**

**101:20 Because he  
hath looked forth  
from his high  
sanctuary: \* from**

**heaven the Lord  
hath looked upon  
the earth.**

**101:21 That he  
might hear the  
groans of them that  
are in fetters: \*  
that he might  
release the children  
of the slain:**

**101:22 That they  
may declare the  
name of the Lord in  
Sion: \* and his  
praise in  
Jerusalem;**

**101:23 When the  
people assemble  
together, \* and**

**kings, to serve the  
Lord.**

**101:24 He  
answered him in  
the way of his  
strength: \* Declare  
unto me the  
fewness of my  
days.**

**101:25 Call me not  
away in the midst  
of my days: \* thy  
years are unto  
generation and  
generation.**

**101:26 In the  
beginning, O Lord,  
thou foundedst the  
earth: \* and the**

**heavens are the  
works of thy hands.**

**101:27 They shall  
perish but thou  
remainest: \* and all  
of them shall grow  
old like a garment:**

**101:28 And as a  
vesture thou shalt  
change them, and**

**they shall be  
changed. \* But  
thou art always the  
selfsame, and thy  
years shall not fail.**

**101:29 The  
children of thy  
servants shall  
continue: \* and**

**their seed shall be  
directed for ever.**

**V. Glory be to the  
Father, and to the  
Son, \* and to the  
Holy Spirit.**

**R. As it was in the  
beginning, is now,  
and ever shall be, \*  
world without end.  
Amen.**

# **Psalm 129**

**129:1 Out of the depths I have cried to thee, O Lord: \* Lord, hear my voice.**

**129:2 Let thy ears be attentive \* to the voice of my supplication.**

**129:3 If thou, O Lord, wilt mark iniquities: \* Lord, who shall stand it.**

**129:4 For with thee there is merciful forgiveness: \* and by reason of thy law, I have waited for thee, O Lord.**

**129:5 My soul hath  
relied on his word:**

**\* my soul hath  
hoped in the Lord.**

**129:6 From the  
morning watch  
even until night, \*  
let Israel hope in  
the Lord.**

**129:7 Because with  
the Lord there is  
mercy: \* and with  
him plentiful  
redemption.**

**129:8 And he shall  
redeem Israel \*  
from all his  
iniquities.**

**V. Glory be to the  
Father, and to the  
Son, \* and to the  
Holy Spirit.**

**R. As it was in the  
beginning, is now,  
and ever shall be, \*  
world without end.  
Amen.**

# **Psalm 142**

**142:1 Hear, O Lord,  
my prayer: give ear  
to my supplication  
in thy truth: \* hear  
me in thy justice.**

**142:2 And enter  
not into judgment  
with thy servant: \*  
for in thy sight no**

**man living shall be  
justified.**

**142:3 For the  
enemy hath  
persecuted my  
soul: \* he hath  
brought down my  
life to the earth.**

**142:4 He hath  
made me to dwell**

**in darkness as  
those that have  
been dead of old: \*  
and my spirit is in  
anguish within me:  
my heart within me  
is troubled.**

**142:5 I  
remembered the  
days of old, I**

**meditated on all  
thy works: \* I  
meditated upon the  
works of thy hands.**

**142:6 I stretched  
forth my hands to  
thee: \* my soul is  
as earth without  
water unto thee.**

**142:7 Hear me  
speedily, O Lord: \*  
my spirit hath  
fainted away.**

**142:8 Turn not  
away thy face from  
me, \* lest I be like  
unto them that go  
down into the pit.**

**142:9 Cause me to  
hear thy mercy in  
the morning; \* for  
in thee have I  
hoped.**

**142:10 Make the  
way known to me,  
wherein I should  
walk: \* for I have**

**lifted up my soul to  
thee.**

**142:11 Deliver me  
from my enemies,  
O Lord, to thee  
have I fled: \* teach  
me to do thy will,  
for thou art my  
God.**

**142:12 Thy good  
spirit shall lead me  
into the right land:  
\* for thy name's  
sake, O Lord, thou  
wilt quicken me in  
thy justice.**

**142:12 Thou wilt  
bring my soul out  
of trouble: \* and in**

**thy mercy thou wilt  
destroy my  
enemies.**

**142:12 And thou  
wilt cut off all them  
that afflict my soul:  
\* for I am thy  
servant.**

**V. Glory be to the  
Father, and to the**

**Son, \* and to the  
Holy Spirit.**

**R. As it was in the  
beginning, is now,  
and ever shall be, \*  
world without end.  
Amen.**