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Seven Penitential Psalms

*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, * 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.

(The Litany of Saints follows)