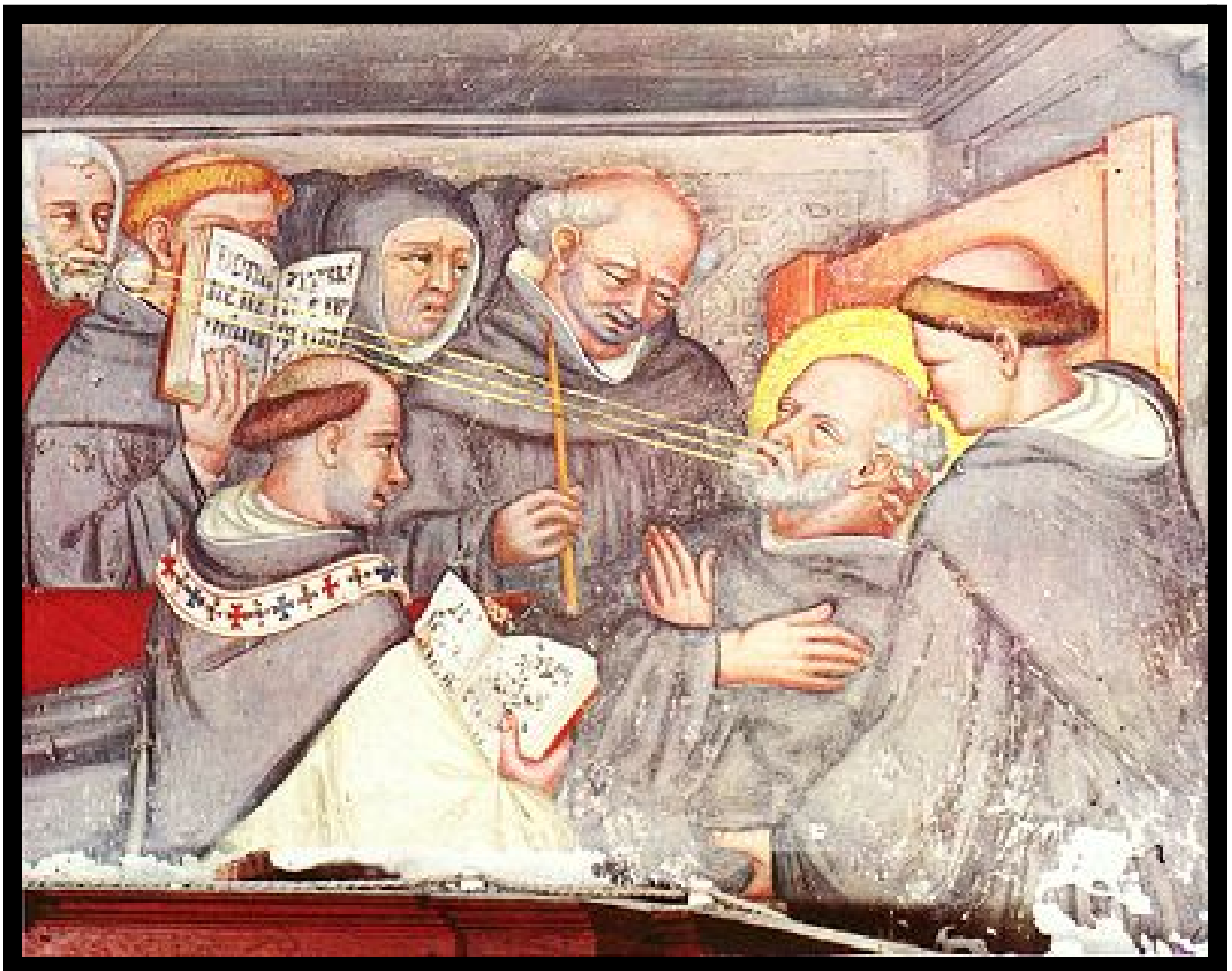


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J.M.J.

St. Augustine Prayer Book of the Seven Penitential Psalms



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1**Psalm 6****4****Psalm 31****11****Psalm 37****21****Psalm 50****35****Psalm 101****48****Psalm 129****66****Psalm 142****71**

Antiphon:

**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.**