and in heaviness: thy help, O God, shall lift me up. 31. I will praise the Name of God with a song: and magnify it with thanksgiving.

This also shall please the Lord: better than a bullock that hath horns and hoofs. The humble shall consider this, and be glad; seek ye after God, and your soul shall live.

34. For the Lord heareth: the poor: and despiseth not his prisoners.

35. Let heaven and earth praise him; the sea, and all that moveth therein.

36. For God will save Sion, and build the cities of Judah: that men may dwell there, and have it in possession.

The posterity also of his servants shall inherit it: and they that love his Name shall dwell therein.

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 69

Salvum me fac
tone IV

1. SAVE me, O God: for the waters are come in, even unto my soul. 2. I stick fast in the deep mire, where no ground is: I am come into deep waters, so that the floods run over me. 3. I am weary of crying: my throat is dry: my sight faileth: me for waiting so long upon my God.

4. They that hate me without a cause are more than: the hairs of my head: they that are mine enemies, and would destroy me guiltless, are mighty.

5. I paid them the things that I never took: God, thou knowest my simplicity, and my faults are not hid from thee.

6. Let not them that trust in thee, O Lord God of hosts, be ashamed for my cause: let not those that seek thee be confounded through me, O Lord God of Israel.

7. And why? for thy sake have I suffered reproach: shame hath covered my face. 8. I am become a stranger unto my brethren: even an alien unto my mother's children. 9. For the zeal of thine house hath eaten me: and the rebukes of them that rebuked thee are fallen upon...
me. 10. I wept, and chastened myself with fasting: and that was turned to my
reproof. 11. I put on sackcloth also: and they jeered upon me. 12. They that sit
in the gate speak against me: and the drunkards make songs upon me.

God, in the multitude of thy mercy: even in the truth of thy salvation.

15. Take me out of the mire, that I sink not: O let me be delivered from them
that hate me, and out of the deep waters. 15. Let not the water-flood drown
me, neither let the deep swallow me up: and let not the pit shut her mouth
upon me. 17. Hear me, O Lord, for thy loving-kindness is comfortable: turn
thee unto me according to the multitude of thy mercies. 18. And hide
not thy face from thy servant, for I am in trouble: O haste thee, and hear
me. 19. Draw nigh unto my soul, and save it: O deliver me, because of mine
enemies. 20. Thou hast known: my reproach, my shame, and my dishonour:
mine adversaries are all in thy sight. 21. Thy rebuke hath broken my heart; "I
am full of heaviness: I looked for some to have pity on me, but there was
no man, "neither found I any to comfort me. 22. They gave me gall to eat: and
when I was thirsty they gave me vinegar to drink. 23. Let their table be made a
snare to take themselves withal: and let the things that should have been for
their wealth be unto them an occasion of falling. 24. Let their eyes be blinded,
that they see not: and ever bow thou down their backs. Pour out thine indig-
nation upon them: and let thy wrathful displeasure take hold of them. 25. Let
their habitation be void: and no man to dwell in their tents. 27. For they perse-
cute him whom thou hast smitten: and they talk low they may vex them whom
thou hast wounded. 28. Let them fall from one wickedness to another: and
not come into thy righteousness. 29. Let them be wiped out of the book of the
living: and not be written among the righteous. 30. As for me, when I am poor