

# Praying the Psalms

From the Prayer of the Third Hour<sup>1</sup>

## INTRODUCTORY PRAYER

In the name of the Father, and the Son, and the Holy Spirit, one God. **Amen.**

Lord have mercy, Lord have mercy, Lord bless us. **Amen.**

Glory be to the Father, and to the Son, and to the Holy Spirit, now and forever and ever. **Amen.**

## THE LORD'S PRAYER

Our Father, who art in heaven,  
hallowed be Thy Name.  
Thy Kingdom come.  
Thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil,  
through Jesus Christ, our Lord,  
for Thine is the Kingdom, the Power, and the Glory forever.  
**Amen.**

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<sup>1</sup> Scripture taken from the New King James Version. Copyright © 1982 by Thomas Nelson Inc. Used by permission. All rights reserved.

## PSALM 20 (19)

May the LORD answer you in the day of trouble; May the name of the God of Jacob defend you;

May He send you help from the sanctuary, And strengthen you out of Zion; May He remember all your offerings, And accept your burnt sacrifice. May He grant you according to your heart's desire, And fulfil all your purpose.

We will rejoice in your salvation, And in the name of our God we will set up our banners! May the LORD fulfil all your petitions.

Now I know that the LORD saves His anointed; He will answer him from His holy heaven With the saving strength of His right hand.

Some trust in chariots, and some in horses; But we will remember the name of the LORD our God.

They have bowed down and fallen; But we have risen and stand upright.

Save, LORD! May the King answer us when we call. **Alleluia.**

## PSALM 23 (22)

The LORD is my shepherd; I shall not want.

He makes me to lie down in green pastures; He leads me beside the still waters.

He restores my soul; He leads me in the paths of righteousness For His name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.

Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever. **Alleluia.**

## PSALM 24 (23)

The earth is the Lord's, and all its fullness, The world and those who dwell therein.

For He has founded it upon the seas, And established it upon the waters. Who may ascend into the hill of the LORD? Or who may stand in His holy place?

He who has clean hands and a pure heart, Who has not lifted up his soul to an idol, Nor sworn deceitfully.

He shall receive blessing from the LORD, And righteousness from the God of his salvation.

This is Jacob, the generation of those who seek Him, Who seek Your face.

Lift up your heads, O you gates! And be lifted up, you everlasting doors! And the King of glory shall come in.

Who is this King of glory? The LORD strong and mighty, The LORD mighty in battle.

Lift up your heads, O you gates! And lift them up, you everlasting doors! And the King of glory shall come in.

Who is this King of glory? The LORD of hosts, He is the King of glory. **Alleluia.**

## PSALM 34 (33)

I will bless the LORD at all times; His praise shall continually be in my mouth.

My soul shall make its boast in the LORD; The humble shall hear of it and be glad.

Oh, magnify the LORD with me, And let us exalt His name together. I sought the LORD, and He heard me, And delivered me from all my fears.

They looked to Him and were radiant, And their faces were not ashamed. This poor man cried out, and the LORD heard him, And saved him out of all his troubles.

The angel of the LORD encamps all around those who fear Him, And delivers them.

Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him!

Oh, fear the LORD, you His saints! There is no want to those who fear Him.

The young lions lack and suffer hunger; But those who seek the LORD shall not lack any good thing.

Come, you children, listen to me; I will teach you the fear of the LORD. Who is the man who desires life, And loves many days, that he may see good?

Keep your tongue from evil, And your lips from speaking guile.

Depart from evil, and do good; Seek peace, and pursue it.

The eyes of the LORD are on the righteous, And His ears are open to their cry.

The face of the LORD is against those who do evil, To cut off the remembrance of them from the earth.

The righteous cry out, and the LORD hears, And delivers them out of all their troubles.

The LORD is near to those who have a broken heart, And saves such as have a contrite spirit.

Many are the afflictions of the righteous, But the LORD delivers him out of them all.

He guards all his bones; Not one of them is broken.

Evil shall slay the wicked, And those who hate the righteous shall be condemned.

The LORD redeems the soul of His servants, And none of those who trust in Him shall be condemned. **Alleluia.**

## PSALM 46 (45)

God is our refuge and strength, A very present help in trouble.

Therefore we will not fear, Though the earth be removed, And though the mountains be carried into the midst of the sea;

Though its waters roar and be troubled, Though the mountains shake with its swelling.

There is a river whose streams shall make glad the city of God, The holy place of the tabernacle of the Most High.

God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn.

The nations raged, the kingdoms were moved; He uttered His voice, the earth melted.

The LORD of hosts is with us; The God of Jacob is our refuge.

Come, behold the works of the LORD, Who has made desolations in the earth.

He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire.

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!

The LORD of hosts is with us; The God of Jacob is our refuge. **Alleluia.**

## THE GOSPEL (John 14:26-15:4)

But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. “You have heard Me say to you, „I am going away and coming back to you. If you loved Me, you would rejoice because I said, „I am going to the Father, for My Father is greater than I. “And now I have told you before it comes, that when it does come to pass, you may believe. “I will no longer talk much with you, for the ruler of this world is coming, and he has nothing in Me. “But that the world may know that I love the Father, and as the Father gave Me commandment, so I do. Arise, let us go from here. “I am the true vine, and My Father is the vinedresser. “Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. “You are already clean because of the word which I have spoken to you. “Abide in me, and I in you. **Glory be to God forever. Amen.**

## Litany

O' Lord, who sent Your Holy Spirit upon the holy disciples and honourable apostles at the third hour, do not take this away from us, O righteous Lord. We ask You our Lord Jesus Christ, the Son of God the Logos, renew within us a right and life-giving spirit, a filial spirit of chastity, holiness, justice and authority. Our Almighty God, the light of our souls, illuminating every person who comes into this world, have mercy upon us. **Now and forever and ever. Amen.**

## THE LORD'S PRAYER

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hallowed be Thy Name.  
Thy Kingdom come.  
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on earth as it is in heaven.  
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and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil,  
through Jesus Christ, our Lord,  
for Thine is the Kingdom, the Power, and the Glory forever.  
**Amen.**