

The First Antiphon

Psalms 120-124

In my distress I cry to the Lord,
that He may answer me.

Deliver me, O Lord, from lying lips,
from a deceitful tongue.

What shall be given to you,
*and what more shall be done to you, you deceitful
tongue!*

A warrior's sharp arrows,
with glowing coals of the broom tree.

Woe is me, that I sojourn in Meshech,
that I dwell among the tents of Kedar.

Too long have I had my dwelling among those
who hate peace.
*I am for peace; but when I speak, they are for
war.*

I lift up mine eyes to the hills.
From whence does my help come?

My help comes from the Lord,
who made heaven and earth.

He will not let your foot be moved.
He who keeps you will not slumber.

Behold, He who keeps Israel.
will neither slumber nor sleep.

The Lord is your keeper.
The Lord is your shade on your right hand.

The sun shall not smite you by day
nor the moon by night.

The Lord will keep you from all evil.
He will keep your life.

The Lord will keep your going out and your
coming in
from this time forth and forever more.

I was glad when they said to me, let us go to the
house of the Lord.
*Our feet have been standing within your gates, O
Jerusalem,*

Jerusalem, built as a city bound firmly together,
to which the tribes go up,

The tribes of the Lord, as was decreed for Israel,
to give thanks to the name of the Lord.

Their thrones for judgement were set,
the thrones of the house of David.

Pray for the peace of Jerusalem! May they
prosper who love you!
*Peace be within your walls and security within
your towers!*

For my brethren and companions' sake
I will say, peace be within you.

For the sake of the house of the Lord our God
I will seek your good.

To Thee, I lift up mine eyes,
O Thou who art enthroned in the heavens.

Behold, as the eyes of a servant look to the hand
of their master,
as the eyes of a maid to the hand of her mistress,

So our eyes look to the Lord our God
till He have mercy upon us.

Have mercy upon us, O Lord, have mercy upon us,
for we have had more than enough of contempt.

Too long our soul has been sated with the scorn
of those who are at ease,
the contempt of the proud.

If it had not been the Lord who was on our side,
let Israel now say:
*If it had not been the Lord who was on our side,
when men rose up against us,*

Then they would have swallowed us alive,
when their anger was kindled against us.

Then the flood would have swept us away,
The torrent would have gone over us, the raging waters.

Blessed be the Lord,
who has not given us as prey to their teeth.

We have escaped as a bird from the snare of the fowlers.
The snare is broken and we have escaped.

Our help is in the name of the Lord,
who made heaven and earth.

The Second Antiphon
Psalms 125-129

Those who trust in the Lord are like Mount Zion,
which cannot be moved but abides forever.

As the mountains are round about Jerusalem,
so the Lord is round about His people from this time and forever more.

For the scepter of wickedness shall not rest
upon the land allotted to the righteous.

lest the righteous put forth their hands to do wrong.
Do good, O Lord, to those who are good,

and to those who are upright in the hearts!
But those who turn aside their crooked ways,

The Lord will lead away with evildoers.
Peace be in Israel!

When the Lord brought back those who returned to Zion,
we were like those who dream.

Then our mouth was filled with laughter,
and our tongue with shouts of joy.

then they said among the nations, the Lord has done great things for them.
The Lord has done great things for us, we are glad.

Restore our fortunes, O Lord,
like the watercourses in the Negeb.

May those who sow in tears reap with shouts of joy!
He that goes forth weeping, bearing the seeds for sowing,

shall come home with shouts of joy,
bringing his sheaves with him.

Unless the Lord builds the house
those who build it labor in vain.

Unless the Lord watches over the city
the watchman stays awake in vain.

It is in vain that you rise up early and go late to rest,
eating the bread of anxious toil, so he gives to his beloved sleep.

Lo, sons are a heritage from the Lord, the fruit of the womb a reward.
Like arrows in the hand of a warrior are the sons of one's youth.

Happy is the man who has his quiver full of them!
He shall not be put to shame when he speaks to his enemies in the gate.

Blessed is everyone who fears the Lord,
who walks in His ways.

You shall eat the fruit of the labor of your hands,
You shall be happy and it shall be well with you.

Your wife will be like a fruitful vine within your house.
Your children will be like olive shoots around your table.

Lo, thus shall the man be blest
who fears the Lord!

The Lord bless you from Zion!
*May you see the prosperity of Jerusalem all the
days of your life!*

May you see your children's children!
Peace be upon Israel!

Sorely have they afflicted me from my youth,
let Israel now say:

Sorely have they afflicted me from my youth,
yet they have not prevailed against me.

The plowers plowed upon my back.
They made long their furrows.

The Lord is righteous:
He has cut the cords of the wicked.

May all who hate Zion
be put to shame and turned backward!

Let them be like the grass on the house tops,
which withers before it grows up,

With which the reaper does not fill his hand
or the binder of sheaves his bosom,

While those who pass by do not say:
The blessing of the Lord be upon you!

We bless you
in the Name of the Lord.

The Third Antiphon
Psalms 130-134

Out of the depths I cry to Thee, O Lord,
Lord, hear my voice.

Let Thine ears be attentive
to the voice of my supplications.

If Thou, O Lord, shouldst mark iniquities,
Lord, who could stand!

But there is forgiveness with Thee,
that Thou mayest be feared.

I wait for the Lord
My soul waits, and in His word, I hope.

My soul waits for the Lord more than the
watchman for the morning:
More that the watchman for the morning.

O Israel, hope in the Lord,
for with the Lord there is mercy,

And with Him is plenteous redemption,
and He will redeem Israel from all his iniquities.

O Lord, my heart is not lifted up.
Mine eyes are not raised too high.

I do not occupy myself with things
too great and too marvelous for me.

But I have calmed and quieted my soul
like a child quieted at its mother's breast.

O Israel, hope in the Lord
from this time forth and forever more!

Remember, O Lord, in David's favor
all the hardships he endured:

How he swore to the Lord
and vowed to the Might One of Jacob:

I will not enter my house or get into my bed;
*I will not give sleep to mine eyes or slumber to
mine eyelids*

until I find a place for the Lord,
a dwelling for the Might One of Jacob.

Lo, we heard of it in Ephrathah,
we found it in the fields of Jaar,

Let us go to His dwelling place!
Let us worship at His footstool!

Arise, O Lord, and go to Thy resting place,
Thou and the ark of Thy might.

Let Thy priests be clothed with righteousness,
and let Thy saints shout for joy!

For Thy servant David's sake,
Do not turn away the face of Thine anointed one!

The Lord swore to David a sure oath
from which he will not turn back:

One of the sons of your body
I will set on your throne.

If your sons keep my covenant
and my testimonies which I shall teach them,

their sons also for ever
shall sit upon your throne,

for the Lord has chosen Zion,
He has desired it for His habitation.

This is my resting place forever.
Here I will dwell, for I have desired it.

I will abundantly bless her provisions.
I will satisfy her poor with bread.

Her priests I will cloth with salvation,
and her saints will shout for joy.

There I will make a horn to sprout for David.
I have prepared a lamp for mine anointed.

His enemies I will cloth with shame,
but upon himself his crown will shed its luster.

Behold, how good and pleasant it is
when brothers dwell in unity!

It is like the precious oil upon the head
running down upon the beard,

The beard of Aaron,
running down on the collar of his robes.

It is like the dew of Hermon,
which falls on the mountains of Zion.

For the Lord has commanded the blessing:
Life forevermore!

Come, bless the Lord, you servants of the Lord,
who stand by night in the house of the Lord.

Lift up your hands to the holy place
and bless the Lord!

may the Lord bless you from Zion,
He who made heaven and earth.