

THE SIX PSALMS FROM ORTHROS

Glory to God in the highest, and on earth peace, good will among men. (3x)

O Lord, You shall open my lips, and my mouth will declare Your praise. (2x)

Psalm 3

O Lord, why do those who afflict me multiply? Many are those who rise up against me. Many are those who say to my soul, “There is no salvation for him in his God.” But You, O Lord, are my protector, my glory and the One who lifts up my head. I cried to the Lord with my voice, and He heard me from His holy hill. I lay down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people who set themselves against me all around. Arise, O Lord, and save me, O my God, for You struck all those who were foolishly at enmity with me; You broke the teeth of sinners. Salvation is of the Lord, and Your blessing is upon Your people.

I lay down and slept; I awoke, for the Lord will help me.

Psalm 37 (38)

O Lord, do not rebuke me in Your wrath, nor chasten me in Your anger. For Your arrows are fixed in me, and Your hand rests on me; there is no healing in my flesh because of Your wrath; there is no peace in my bones because of my sins. For my transgressions rise up over my head; like a heavy burden they are heavy on me. My wounds grow foul and fester because of my folly. I suffer misery, and I am utterly bowed down; I go all the day long with a sad face. For my loins are filled with mockeries, and there is no healing in my flesh. I am afflicted and greatly humbled; I roar because of the groaning of my heart. O Lord, all my desire is before You, and my groaning is not hidden from You. My heart is troubled; my strength fails me, and the light of my eyes, even this is not with me. My friends and neighbors

draw near and stand against me, and my near of kin stand far off; and those who seek my soul use violence, and those who seek evil for me speak folly; and they meditate on deceit all the day long. But I like a deaf man do not hear, and I am like a mute who does not open his mouth. I am like a man who does not hear, and who has no reproofs in his mouth. For in You, O Lord, I hope; You will hear, O Lord my God. For I said, "Let not my enemies rejoice over me, for when my foot was shaken, they boasted against me." For I am ready for wounds, and my pain is continually with me. For I will declare my transgression, and I will be anxious about my sin. But my enemies live, and are become stronger than I; and those who hate me unjustly are multiplied; those who repaid me evil for good slandered me, because I pursue righteousness; and they threw away my love as though it were a stinking corpse.

Do not forsake me, O Lord; O my God, do not depart from me; give heed to help me, O Lord of my salvation (2).

Psalm 62 (63)

O God, my God, I rise early to be with You; my soul thirsts for You. How often my flesh thirsts for You in a desolate, impassable, Matins 8 and waterless land. So in the holy place I appear before You, to see Your power and Your glory. Because Your mercy is better than life, my lips shall praise You. Thus I will bless You in my life; I will lift up my hands in Your name. May my soul be filled, as if with marrow and fatness, and my mouth shall sing praise to You with lips filled with rejoicing. If I remembered You on my bed, I meditated on You at daybreak; for You are my helper, and in the shelter of Your wings I will greatly rejoice. My soul follows close behind You; Your right hand takes hold of me. But they seek for my soul in vain; they shall go into the lowest parts of the earth. They shall be given over to the edge of the sword; they shall be a portion for foxes. But the king shall be glad in God; all who swear by Him shall be praised, for the mouth that speaks unrighteous things is stopped. I meditated on You at daybreak. For You are my helper, and in the shelter of Your wings I will greatly rejoice. My soul follows close behind You; Your right hand takes hold of me.

Glory to the Father and the Son and the Holy Spirit. Now and forever, and to the ages of ages. Amen.

Alleluia. Alleluia. Alleluia. Glory to You, O God (3)

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father and the Son and the Holy Spirit. Now and forever, and to the ages of ages. Amen.

Psalm 87 (88)

O Lord God of my salvation, I cry day and night before You. Let my prayer come before You; incline Your ear to my supplication, O Lord. For my soul is filled with sorrows, and my soul draws near to Hades; I am counted among those who go down into the pit; I am like a helpless man, free among the dead, like slain men thrown down and sleeping in a grave, whom You remember no more, but they are removed from Your hand. They laid me in the lowest pit, in dark places and in the shadow of death. Your wrath rested upon me, and You brought all Your billows over me. You removed my acquaintances far from me; they made me an abomination among themselves; I was betrayed, and did not go forth. My eyes weakened from poverty; O Lord, I cry to You the whole day long; I spread out my hands to You. Will You work wonders for the dead? Or will physicians raise them up, and acknowledge You? Shall anyone in the grave describe Your mercy and Your truth in destruction? Shall Your wonders be known in darkness, and Your righteousness in a forgotten land? But I cry to You, O Lord, and in the morning my prayer shall come near to You. Why, O Lord, do You reject my soul, and turn away Your face from me? I am poor and in troubles from my youth; but having been exalted, I was humbled and brought into despair. Your fierce anger passed over me, and Your terrors greatly troubled me; they compassed me like water all the day long; they surrounded me at once. You removed far from me neighbor and friend, and my acquaintances because of my misery.

O Lord God of my salvation, I cry day and night before You. Let my prayer come before You; incline Your ear to my supplication, O Lord.

Psalm 102 (103)

Bless the Lord, O my soul, and everything within me, bless His holy name. Bless the Lord, O my soul, and forget not all His rewards: who is merciful to all your transgressions, who heals all your diseases, who redeems your life from corruption, who crowns you with mercy and compassion, who satisfies your desire with good things; and your youth is renewed like the eagle's. The Lord shows mercies and judgment to all who are wronged. He made known His ways to Moses, the things He willed to the sons of Israel. The Lord is compassionate and merciful, slow to anger, and abounding in mercy. He will not become angry to the end, nor will He be wrathful forever; He did not deal with us according to our sins, nor reward us according to our transgressions; for according to the height of heaven from earth, so the Lord reigns in mercy over those who fear Him; as far as the east is from the west, so He removes our transgressions from us. As a father has compassion on his children, so the Lord has compassion on those who fear Him, for He knows how He formed us; He remembers we are dust. As for man, his days are like grass, as a flower of the field, so he flourishes; for the wind passes through it, and it shall not remain; and it shall no longer know its place. But the mercy of the Lord is from age to age upon those who fear Him, and His righteousness upon children's children, to such as keep His covenant and remember His commandments, to do them. The Lord prepared His throne in heaven, and His Kingdom rules over all. Bless the Lord, all you His angels, mighty in strength, who do His word, so as to hear the voice of His words. Bless the Lord, all you His hosts, His ministers who do His will; bless the Lord, all His works, in all places of His dominion; bless the Lord, O my soul.

In all places of His dominion; Bless the Lord, O my soul.

Psalm 142 (143)

O Lord, hear my prayer; give ear to my supplication in Your truth; answer me in Your righteousness; do not enter into judgment with Your servant, for no one living shall become righteous in Your sight. For the enemy persecuted my soul; he humbled my life to the ground; he caused me to dwell in dark places as one long dead, and my spirit was in anguish within me; my heart was troubled within me. I remembered the days of old, and I meditated on all Your works; I meditated on the works of Your hands. I spread out my hands to You; my soul thirsts for You like a waterless land. Hear me speedily, O Lord; my spirit faints within me; turn not Your face from me, lest I become like those who go down into the pit. Cause me to hear Your mercy in the morning, for I hope in You; make me know, O Lord, the way wherein I should walk, for I lift up my soul to You. Deliver me from my enemies, O Lord, for to You I flee for refuge. Teach me to do Your Matins 10 will, for You are my God; Your good Spirit shall guide me in the land of uprightness. For Your name's sake, O Lord, give me life; in Your righteousness You shall bring my soul out of affliction. In Your mercy You shall destroy my enemies; You shall utterly destroy all who afflict my soul, for I am Your servant.

Answer me in Your righteousness. Do not enter into judgment with Your servant
(2)

Your good Spirit shall guide me in the land of uprightness.

Glory to the Father and the Son and the Holy Spirit. Now and forever, and to the ages of ages. Amen.

Alleluia. Alleluia. Alleluia. Glory to You, O God. (2)

Intoned: Alleluia. Alleluia. Alleluia. Glory to You, O God. Our hope, O Lord, glory to You.

PSALM 50

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.

Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me.

Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged.

For behold, I was conceived in transgressions, and in sins my mother bore me.

Behold, You love truth; You showed me the unknown and secret things of Your wisdom.

You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow.

You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice.

Turn Your face from my sins, and blot out all my transgressions.

Create in me a clean heart, O God, and renew a right spirit within me.

Do not cast me away from Your presence, and do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit.

I will teach transgressors Your ways, and the ungodly shall turn back to You.

Deliver me from blood-guiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness.

O Lord, You shall open my lips, and my mouth will declare Your praise.

For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings.

A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise.

Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built.

Then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings.

Then shall they offer young bulls on Your altar, and have mercy on me, O God.