



## Penitential Psalms

### Psalm 6

**Invitatory:** In our suffering, in persecutions, illness and death, let us ask the Lord, who suffered for his Church, to end our hardships and heal our ills.

*O LORD, do not rebuke me in your anger,  
or discipline me in your wrath.*

*<sup>2</sup> Be gracious to me, O LORD, for I am languishing;  
O LORD, heal me, for my bones are shaking with terror.*

*<sup>3</sup> My soul also is struck with terror,  
while you, O LORD—how long?*

*<sup>4</sup> Turn, O LORD, save my life;  
deliver me for the sake of your steadfast love.*

*<sup>5</sup> For in death there is no remembrance of you;  
in Sheol who can give you praise?*

*<sup>6</sup> I am weary with my moaning;  
every night I flood my bed with tears;  
I drench my couch with my weeping.*

*<sup>7</sup> My eyes waste away because of grief;  
they grow weak because of all my foes.*

*<sup>8</sup> Depart from me, all you workers of evil,  
for the LORD has heard the sound of my weeping.*

*<sup>9</sup> The LORD has heard my supplication;  
the LORD accepts my prayer.*

*<sup>10</sup> All my enemies shall be ashamed and struck with terror;  
they shall turn back, and in a moment be put to shame.*

*Glory be to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be forever. Amen.*

Lord, God of tenderness and love,  
Receive the pleas of your Church:  
Deliver us from every evil,  
Heal us from every wound.  
We ask this with confidence  
in the name of your beloved Son Jesus,  
whom you delivered from evil and death,  
so that he live in your glory,  
forever.

God of mercy and pity,  
you are the Master of life and the Lord of death.  
Remember the suffering of your Son  
and look at the suffering of your Church.  
Come and heal us, save our lives,  
so that we may praise you forevermore. Amen.

## Psalm 32

**Invitatory:** Remorse for our sins, overwhelms us. Let us confess our sins to the Lord so that he forgives us and returns to us the joy of his salvation.

*Happy are those whose transgression is forgiven,  
whose sin is covered.*

<sup>2</sup> *Happy are those to whom the LORD imputes no iniquity,  
and in whose spirit there is no deceit.*

<sup>3</sup> *While I kept silence, my body wasted away  
through my groaning all day long.*

<sup>4</sup> *For day and night your hand was heavy upon me;  
my strength was dried up as by the heat of summer. Selah*

<sup>5</sup> *Then I acknowledged my sin to you,  
and I did not hide my iniquity;  
I said, "I will confess my transgressions to the LORD,"  
and you forgave the guilt of my sin. Selah*

<sup>6</sup> *Therefore let all who are faithful  
offer prayer to you;  
at a time of distress, the rush of mighty waters  
shall not reach them.*

<sup>7</sup> *You are a hiding place for me;  
you preserve me from trouble;  
you surround me with glad cries of deliverance. Selah*

<sup>8</sup> *I will instruct you and teach you the way you should go;  
I will counsel you with my eye upon you.*

<sup>9</sup> *Do not be like a horse or a mule, without understanding,  
whose temper must be curbed with bit and bridle,  
else it will not stay near you.*

<sup>10</sup> *Many are the torments of the wicked,  
but steadfast love surrounds those who trust in the LORD.*

<sup>11</sup> *Be glad in the LORD and rejoice, O righteous,  
and shout for joy, all you upright in heart.*

*Glory be to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.*

Lord, God of mercy.  
Receive the prayer of your Church,  
and give to each one of us the joy of your salvation.  
We pray for this with confidence  
through Jesus, your holy and innocent Son,  
who took away the sins of the world,  
and who intercedes for us with you.  
Forever and ever.

God of mercy,  
your innocent Son carried the burden of our sins,  
by accepting his sacrifice you made us righteous in him:  
Welcome your prodigal children who are returning to their Father  
and who acknowledge their sins before you,  
so that, forgiven for our sins and surrounded by your grace,  
we joyfully exulted our forgiveness in Jesus Christ.

### **Psalm 38**

**Invitatory:** With Christ, under the weight of our illnesses and our sins, let us implore God the Father, our only hope.

*O LORD, do not rebuke me in your anger,  
or discipline me in your wrath.*

<sup>2</sup> *For your arrows have sunk into me,  
and your hand has come down on me.*

- <sup>3</sup> *There is no soundness in my flesh  
because of your indignation;  
there is no health in my bones  
because of my sin.*
- <sup>4</sup> *For my iniquities have gone over my head;  
they weigh like a burden too heavy for me.*
- <sup>5</sup> *My wounds grow foul and fester  
because of my foolishness;*
- <sup>6</sup> *I am utterly bowed down and prostrate;  
all day long I go around mourning.*
- <sup>7</sup> *For my loins are filled with burning,  
and there is no soundness in my flesh.*
- <sup>8</sup> *I am utterly spent and crushed;  
I groan because of the tumult of my heart.*
- <sup>9</sup> *O Lord, all my longing is known to you;  
my sighing is not hidden from you.*
- <sup>10</sup> *My heart throbs, my strength fails me;  
as for the light of my eyes—it also has gone from me.*
- <sup>11</sup> *My friends and companions stand aloof from my affliction,  
and my neighbors stand far off.*
- <sup>12</sup> *Those who seek my life lay their snares;  
those who seek to hurt me speak of ruin,  
and meditate treachery all day long.*
- <sup>13</sup> *But I am like the deaf, I do not hear;  
like the mute, who cannot speak.*
- <sup>14</sup> *Truly, I am like one who does not hear,  
and in whose mouth is no retort.*
- <sup>15</sup> *But it is for you, O LORD, that I wait;  
it is you, O Lord my God, who will answer.*
- <sup>16</sup> *For I pray, “Only do not let them rejoice over me,  
those who boast against me when my foot slips.”*
- <sup>17</sup> *For I am ready to fall,  
and my pain is ever with me.*
- <sup>18</sup> *I confess my iniquity;  
I am sorry for my sin.*
- <sup>19</sup> *Those who are my foes without cause are mighty,  
and many are those who hate me wrongfully.*
- <sup>20</sup> *Those who render me evil for good  
are my adversaries because I follow after good.*

<sup>21</sup> *Do not forsake me, O LORD;  
O my God, do not be far from me;*  
<sup>22</sup> *make haste to help me,  
O Lord, my salvation.*

*Glory be to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.*

Lord, Saviour God,  
your Church returns to the plea of your Son  
in his blessed passion.  
Jesus, the holy and innocent Lamb,  
bore the sins of all humanity  
to deliver us from them forever.  
Broken, crushed, at the end of his strength,  
in the midst of shouts of hatred from his enemies  
and abandoned by his friends,  
he hoped in you and you did not abandon him.  
You came to his aid,  
you saved him from death.  
Glory to you almighty Father,  
who made him the Living One,  
forever and ever.

Lord God, our Master and our Saviour,  
You did not abandon your Son  
in his broken flesh and his despised love:  
Grant that your children, crushed by the weight of their suffering,  
and ravaged by the folly of their sins,  
take hope in your help and believe in your forgiveness. Amen.

## **Psalm 51**

**Invitatory:** Let us beseech the Lord in his mercy that he cleanse us from our sins, that he be pleased to renew us internally and give us back his joy so that in turn we would bring sinners back to him.

*Have mercy on me, O God,  
according to your steadfast love;  
according to your abundant mercy  
blot out my transgressions.*

<sup>2</sup> Wash me thoroughly from my iniquity,  
and cleanse me from my sin.

<sup>3</sup> For I know my transgressions,  
and my sin is ever before me.

<sup>4</sup> Against you, you alone, have I sinned,  
and done what is evil in your sight,  
so that you are justified in your sentence  
and blameless when you pass judgment.

<sup>5</sup> Indeed, I was born guilty,  
a sinner when my mother conceived me.

<sup>6</sup> You desire truth in the inward being;  
therefore teach me wisdom in my secret heart.

<sup>7</sup> Purge me with hyssop, and I shall be clean;  
wash me, and I shall be whiter than snow.

<sup>8</sup> Let me hear joy and gladness;  
let the bones that you have crushed rejoice.

<sup>9</sup> Hide your face from my sins,  
and blot out all my iniquities.

<sup>10</sup> Create in me a clean heart, O God,  
and put a new and right spirit within me.

<sup>11</sup> Do not cast me away from your presence,  
and do not take your holy spirit from me.

<sup>12</sup> Restore to me the joy of your salvation,  
and sustain in me a willing spirit.

<sup>13</sup> Then I will teach transgressors your ways,  
and sinners will return to you.

<sup>14</sup> Deliver me from bloodshed, O God,  
O God of my salvation,  
and my tongue will sing aloud of your deliverance.

<sup>15</sup> O Lord, open my lips,  
and my mouth will declare your praise.

<sup>16</sup> For you have no delight in sacrifice;  
if I were to give a burnt offering, you would not be pleased.

<sup>17</sup> The sacrifice acceptable to God is a broken spirit;  
a broken and contrite heart, O God, you will not despise.

<sup>18</sup> Do good to Zion in your good pleasure;  
rebuild the walls of Jerusalem,

<sup>19</sup> then you will delight in right sacrifices,  
in burnt offerings and whole burnt offerings;  
then bulls will be offered on your altar.

*Glory be to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.*

God of tenderness and pity,  
full of love for the sinners that we are,  
arouse in us a true desire for conversion;  
Through your holy and generous Spirit,  
revive in us the living strength of your grace;  
Make us constantly the joy of your salvation  
in Jesus, your beloved Son, our Brother;  
Open our lips,  
so that we can bless you, praise you and give you thanks today and forevermore.

God of tenderness and pity,  
in contemplating your Son on the Cross,  
we understand that you only want to forgive, you only want to sanctify:  
see our broken spirits and our hearts destroyed by repentance;  
In your goodness, cleanse us completely of our sins,  
and renew us in the joy and strength of your Holy Spirit  
so that we sing of your justice and proclaim your praise forever.  
Amen.

### **Psalm 102**

**Invitatory:** To the complaint of a poor sick man, whose strength was declining and who was abandoned to his own fate, is mixed the national prayer of the people of God: before the ruins of Zion, he pleads for the restoration of his religious capital. Let us unite our voices to that of Jesus who prays to his Father in his passion and to the one of his penitent and missionary Church that begs, in the name of fidelity and witness to his Lord, that she must return before the world.

*Hear my prayer, O LORD;  
let my cry come to you.*

<sup>2</sup> *Do not hide your face from me  
in the day of my distress.*

*Incline your ear to me;  
answer me speedily in the day when I call.*

<sup>3</sup> *For my days pass away like smoke,  
and my bones burn like a furnace.*

<sup>4</sup> *My heart is stricken and withered like grass;  
I am too wasted to eat my bread.*

<sup>5</sup> *Because of my loud groaning  
my bones cling to my skin.*

<sup>6</sup> *I am like an owl of the wilderness,  
like a little owl of the waste places.*

<sup>7</sup> *I lie awake;  
I am like a lonely bird on the housetop.*

<sup>8</sup> *All day long my enemies taunt me;  
those who deride me use my name for a curse.*

<sup>9</sup> *For I eat ashes like bread,  
and mingle tears with my drink,*

<sup>10</sup> *because of your indignation and anger;  
for you have lifted me up and thrown me aside.*

<sup>11</sup> *My days are like an evening shadow;  
I wither away like grass.*

<sup>12</sup> *But you, O LORD, are enthroned forever;  
your name endures to all generations.*

<sup>13</sup> *You will rise up and have compassion on Zion,  
for it is time to favor it;  
the appointed time has come.*

<sup>14</sup> *For your servants hold its stones dear,  
and have pity on its dust.*

<sup>15</sup> *The nations will fear the name of the LORD,  
and all the kings of the earth your glory.*

<sup>16</sup> *For the LORD will build up Zion;  
he will appear in his glory.*

<sup>17</sup> *He will regard the prayer of the destitute,  
and will not despise their prayer.*

<sup>18</sup> *Let this be recorded for a generation to come,  
so that a people yet unborn may praise the LORD:*

<sup>19</sup> *that he looked down from his holy height,  
from heaven the LORD looked at the earth,*

<sup>20</sup> *to hear the groans of the prisoners,  
to set free those who were doomed to die;*

<sup>21</sup> *so that the name of the LORD may be declared in Zion,  
and his praise in Jerusalem,*

<sup>22</sup> *when peoples gather together,  
and kingdoms, to worship the LORD.*

<sup>23</sup> *He has broken my strength in midcourse;  
he has shortened my days.*

<sup>24</sup> *“O my God,” I say, “do not take me away  
at the midpoint of my life,  
you whose years endure  
throughout all generations.”*

<sup>25</sup> *Long ago you laid the foundation of the earth,  
and the heavens are the work of your hands.*

<sup>26</sup> *They will perish, but you endure;  
they will all wear out like a garment.*

*You change them like clothing, and they pass away;*

<sup>27</sup> *but you are the same, and your years have no end.*

<sup>28</sup> *The children of your servants shall live secure;  
their offspring shall be established in your presence.*

*Glory be to the Father, and to the Son, \**  
*and to the Holy Spirit:*  
*as it was in the beginning, is now, \**  
*and will be for ever. Amen.*

Lord, God of goodness,  
You heard the cry of the poor man and  
in the midst of his distress,  
you comforted him.  
God, creator of heaven and earth,  
You took pity on  
the poor among your people.  
Father of all times,  
as you welcomed the prayer of Jesus, your Son,  
listen today to the cry of Christians humiliated and persecuted in so many countries.  
Be their consolation and their support in this battle,  
that they may enter into Jerusalem joyful in glory,  
to sing with all the people,  
the praise of your name.  
Forever and ever.

God, when our lives wither like the grass  
and our cities wear out like clothing,  
you lifted up the Risen Christ so that he reign forevermore  
and you built your Church for unending centuries.  
Give your children entry to your eternal home,  
So that with all kingdoms and all peoples we may behold your glory forever and ever.

## **Psalm 130**

**Invitatory:** Prisoners of the abyss of our sins, let us cry to God, our Saviour. He promised us deliverance and forgiveness. His Word is surer than the rising of the day in the east after the night. With the whole Church that awaits the return of Christ, let us sing the certainty of our Redemption.

*Out of the depths I cry to you, O LORD.*

<sup>2</sup> *Lord, hear my voice!*

*Let your ears be attentive  
to the voice of my supplications!*

<sup>3</sup> *If you, O LORD, should mark iniquities,  
Lord, who could stand?*

<sup>4</sup> *But there is forgiveness with you,  
so that you may be revered.*

<sup>5</sup> *I wait for the LORD, my soul waits,  
and in his word I hope;*

<sup>6</sup> *my soul waits for the Lord  
more than those who watch for the morning,  
more than those who watch for the morning.*

<sup>7</sup> *O Israel, hope in the LORD!  
For with the LORD there is steadfast love,  
and with him is great power to redeem.*

<sup>8</sup> *It is he who will redeem Israel  
from all its iniquities.*

*Glory be to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be forever. Amen.*

God of love and forgiveness,  
according to your will,  
your Son Jesus, in his mystery of Easter,  
redeemed humanity for all of its sins.  
Receive the prayer of your Church:  
We confess the misery of our sins  
and also the immovable strength of our hope.  
More than a watchman waiting for dawn,  
we await the coming of your kingdom  
and the glorious manifestation of our salvation.  
Forever and ever.

God of grace and forgiveness,  
You made the dawn of salvation rise for your people,  
By sending your Word to humanity, your Word became flesh;  
Do not abandon us into the depths  
where our sins have plunged us;  
But listen to the cry of your suffering Church,  
and fulfill her expectation through the abundance of your salvation.  
Amen

### Psalm 143

**Invitatory:** While death approaches and our breath is extinguished, let us remember all that God has done and can do. With Jesus, freed from bodily death and saved from eternal death, let us call on the Lord that his judgment not condemn but invigorate us.

*Hear my prayer, O LORD;  
give ear to my supplications in your faithfulness;  
answer me in your righteousness.*

<sup>2</sup> *Do not enter into judgment with your servant,  
for no one living is righteous before you.*

<sup>3</sup> *For the enemy has pursued me,  
crushing my life to the ground,  
making me sit in darkness like those long dead.*

<sup>4</sup> *Therefore my spirit faints within me;  
my heart within me is appalled.*

<sup>5</sup> *I remember the days of old,  
I think about all your deeds,  
I meditate on the works of your hands.*

<sup>6</sup> *I stretch out my hands to you;  
my soul thirsts for you like a parched land. Selah*

<sup>7</sup> *Answer me quickly, O LORD;  
my spirit fails.*

*Do not hide your face from me,  
or I shall be like those who go down to the Pit.*

<sup>8</sup> *Let me hear of your steadfast love in the morning,  
for in you I put my trust.*

*Teach me the way I should go,  
for to you I lift up my soul.*

<sup>9</sup> *Save me, O LORD, from my enemies;  
I have fled to you for refuge.*

<sup>10</sup> *Teach me to do your will,  
for you are my God.*

*Let your good spirit lead me  
on a level path.*

<sup>11</sup> *For your name's sake, O LORD, preserve my life.  
In your righteousness bring me out of trouble.*

<sup>12</sup> *In your steadfast love cut off my enemies,  
and destroy all my adversaries,  
for I am your servant.*

*Glory be to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.*

Lord, God of justice and fidelity,  
listen to the prayer of your Church,  
in the anguish of the persecutions she is enduring;  
Be for us,  
the only shelter and protection,  
as you were for Jesus your Son.  
Keep us on the path of your will,  
and lead us,  
through the nurturing breath of your Spirit,  
to countries of peace and joy.  
Forever and ever.

Our Lord and Our God,  
You made us hear your love on the morning of the resurrection,  
when you came back from the kingdom of the dead  
and brought joy to the earth;  
Do not condemn your servants  
when their breath is extinguished,  
but may your Breath of Life, the Spirit of goodness,  
guide us to the path of eternity.