Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins.

With men that work iniquity; and I will not join with their chosen.

The righteous man will chasten me with mercy and reprove me; as for the oil of the sinner
let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto Hades.

For unto Thee, O Lord, O Lord, are mine eyes,
in Thee have I hoped; take not my soul a-way.

Keep me from the snare which they have laid for me, and from the stumbling-blocks of them that work iniquity.

The sinners shall fall into their own net; I am alone until I pass by.

With my voice unto the Lord have I cried, with my voice unto the Lord have I made supplication.

I will pour out before Him my supplication, mine

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When my spirit was fainting within me, then thou knewest my paths. In this way wherein I have walked they hid for me a snare. I looked upon my right hand, and beheld, and there was none that did know me. Flight hath failed me, and there is none that watcheth out for my soul.
I have cried unto Thee, O Lord; I said: Thou art my hope, my portion art Thou in the land of the living.

Attend unto my supplication, for I am brought very low.

Deliver me from them that persecute me, for they are stronger than I.

Bring my soul out of prison that I may confess Thy name.

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The righteous shall wait patiently for me until Thou shalt reward me.

Out of the depths have I cried unto Thee, O Lord; O Lord, hear my voice.

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

But if there be ten (or eight) stichera for the Lord, I have cried, the precentor should take heed that the chanting of the psalmic verses stop at the appropriate place, as indicated by a (10) or an (8) in the left margin of the preceding page. The psalmic verses are chanted as follows when there are ten (or eight, or six) stichera for the Lord, I have cried.

For heirmologic melodies based on Sol (G), we begin as follows:
Bring my soul out of prison that I may confess Thy name.

The righteous shall wait patiently for me until Thou shalt reward me.

Out of the depths have I cried unto Thee, O Lord; O Lord, hear my voice.

Let Thine ears be attentive to the voice of my supplication.
If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand?

for with Thee there is forgiveness.

For Thy name’s sake have I patiently waited for Thee, O Lord, my soul hath waited patiently for Thy word, my soul hath hoped in the Lord.

From the morning watch until night, from the morning watch let Israel hope in the Lord.

For with the Lord there is mercy, and with Him is plenteous redemption and He shall redeem Israel out of all his iniquities.
O praise the Lord, all ye nations; praise Him all ye peoples.

For He hath made His mercy to prevail over us, and the truth of the Lord abideth forever.

For heirmologic melodies based on Re (D), we begin as follows:

For Ten Verses:

Bring my soul out of prison that I may confess Thy name.

The righteous shall wait patiently for me until Thou shalt reward me.

For Eight Verses:

Out of the depths have I cried unto Thee, O Lord, O Lord, hear my voice.

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

If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand, for with Thee there is forgiveness.

For Thy name’s sake have I waited patiently for Thee, O Lord, my soul hath waited patiently for Thy word, my soul hath hoped in the Lord.

From the morning watch until night, from the morning watch let Israel hope in the Lord.
For with the Lord there is mercy and with Him is plenteous redemption and He shall redeem Israel out of all his iniquities.

O praise the Lord all ye nations, praise Him all ye peoples.

For He hath made His mercy to prevail over us and the truth of the Lord abideth for ever.