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 

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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 affliction before Him will I declare.

When my spirit was fainting within me,
then Thou knowest my paths.

In this way wherein I have walked they hid for me a snare.

I looked up on 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.

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 Ten Verses, 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.

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.

For Six Verses

If Thou should-est mark ini-qui-ties, O Lord, O Lord, who shall stand? for with Thee there is forgive-ness.

For Thy name’s sake have I pa-tient-ly wait-ed for Thee, O Lord,

my soul hath wait-ed pa-tient-ly for Thy word, my soul hath hoped

in the Lord.

For Four Verses

From the morn-ing watch un-til night, from the morn-ing watch

let Is-ra-el hope in the Lord.

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For with the Lord there is mercy, and with Him is plentiful 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.