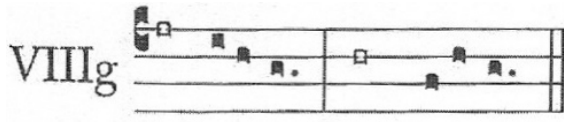




THE COMMUNITY OF THE
TREE OF LIFE

Psalms for Lent

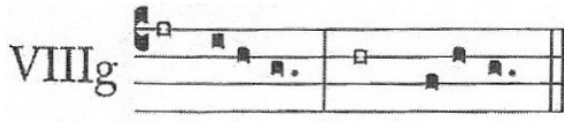


Psalm 3 (Ash Wednesday – Saturday before Lent 1)

- 1 Lord, how many are my adversaries; ♦
many are they who rise up against me.
- 2 Many are they who say to my soul, ♦
'There is no help for you in your God.' [R]
- 3 But you, Lord, are a shield about me; ♦
you are my glory, and the lifter up of my head.
- 4 When I cry aloud to the Lord, ♦
he will answer me from his holy hill;
- 5 I lie down and sleep and rise again, ♦
because the Lord sustains me.
- 6 I will not be afraid of hordes of the peoples ♦
that have set themselves against me all around. [R]
- 7 Rise up, O Lord, and deliver me, O my God, ♦
for you strike all my enemies on the cheek
and break the teeth of the wicked.
- 8 Salvation belongs to the Lord: ♦
may your blessing be upon your people.

Glory to the Father and to the Son,
and to the Holy Spirit:

As it was in the beginning is now,
and shall be for ever. Amen.



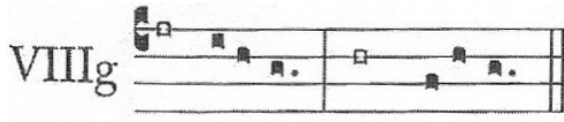
Psalm 42 (Lent 1 – Saturday before Lent 2)

- 1 As the deer longs for the water brooks, ♦
so longs my soul for you, O God.
- 2 My soul is athirst for God,
even for the living God; ♦
when shall I come before the presence of God?
- 3 My tears have been my bread
day and night, ♦
while all day long they say to me,
'Where is now your God?'
- 4 Now when I think on these things,
I pour out my soul: ♦
how I went with the multitude
and led the procession to the house of God,
- 5 With the voice of praise and thanksgiving, ♦
among those who kept holy day.
- 6 Why are you so full of heaviness, O my soul, ♦
and why are you so disquieted within me?
- 7 O put your trust in God; ♦
for I will yet give him thanks,
who is the help of my countenance,
and my God.
- 8 My soul is heavy within me; ♦
therefore I will remember you
from the land of Jordan,
and from Hermon and the hill of Mizar.

- 9 Deep calls to deep in the thunder
of your waterfalls; ♦
all your breakers and waves have gone over me.
- 10 The Lord will grant his loving-kindness
in the daytime; ♦
through the night his song will be with me,
a prayer to the God of my life.
- 11 I say to God my rock,
'Why have you forgotten me, ♦
and why go I so heavily,
while the enemy oppresses me?'
- 12 As they crush my bones,
my enmies mock me; ♦
while all day long they say to me,
'Where is now your God?'
- 13 Why are you so full of heaviness, O my soul, ♦
and why are you so disquieted within me?
- 14 O put your trust in God; ♦
for I will yet give him thanks,
who is the help of my countenance,
and my God.

Glory to the Father and to the Son,
and to the Holy Spirit:

As it was in the beginning is now,
and shall be for ever. Amen.

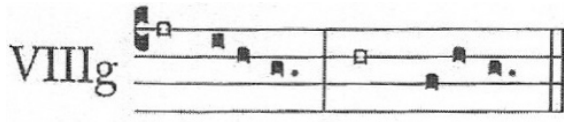


Psalm 61 (Lent 2 – Saturday before Lent 3)

- 1 Hear my crying, O God, ♦
and listen to my prayer.
- 2 From the end of the earth I call to you with fainting
heart; ♦
O set me on the rock that is higher than I.
- 3 For you are my refuge, ♦
a strong tower against the enemy.
- 4 Let me dwell in your tent for ever ♦
and take refuge under the cover of your wings. [R]
- 5 For you, O God, will hear my vows; ♦
you will grant the request of those who fear your name.
- 6 You will add length of days to the life of the king, ♦
that his years may endure throughout all generations.
- 7 May he sit enthroned before God for ever; ♦
may steadfast love and truth watch over him.
- 8 So will I always sing praise to your name, ♦
and day by day fulfil my vows.



Glory to the Father and to the Son,
and to the Holy Spirit:

As it was in the beginning is now,
and shall be for everer. Amen.



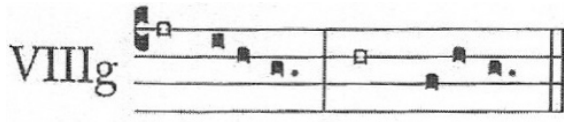
Psalm 62 (Lent 3 – Saturday before Lent 4)

- 1 On God alone my soul in stillness waits; ♦
from him comes my salvation.
- 2 He alone is my rock and my salvation, ♦
my stronghold, so that I shall never be shaken.
- 3 How long will all of you assail me to destroy me, ♦
as you would a tottering wall or a leaning fence?
- 4 They plot only to thrust me down from my place of
honour; lies are their chief delight; ♦
they bless with their mouth, but in their heart they
curse.
- 5 Wait on God alone in stillness, O my soul; ♦
for in him is my hope.
- 6 He alone is my rock and my salvation, ♦
my stronghold, so that I shall not be shaken. [R]
- 7 In God is my strength and my glory; ♦
God is my strong rock; in him is my refuge.
- 8 Put your trust in him always, my people; ♦
pour out your hearts before him, for God is our refuge.
- 9 The peoples are but a breath,
the whole human race a deceit; ♦
on the scales they are altogether lighter than air.
- 10 Put no trust in oppression; in robbery take no empty
pride; ♦
though wealth increase, set not your heart upon it.

- 11 God spoke once, and twice have I heard the same, 
that power belongs to God.
- 12 Steadfast love belongs to you, O Lord, 
for you repay everyone according to their deeds.


Glory to the Father and to the Son,
and to the Holy Spirit:

As it was in the beginning is now,
and shall be for everer. Amen.



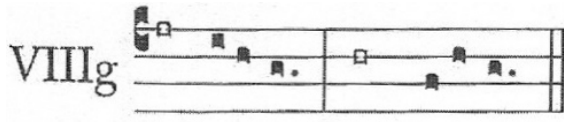
Psalm 63 (Lent 4– Saturday before Lent 5)

- 1 O God, you are my God; eagerly I seek you; ◆
my soul is thirst for you.
- 2 My flesh also faints for you, ◆
as in a dry and thirsty land where there is no water.
- 3 So would I gaze upon you in your holy place, ◆
that I might behold your power and your glory.
- 4 Your loving-kindness is better than life itself ◆
and so my lips shall praise you.
- 5 I will bless you as long as I live ◆
and lift up my hands in your name. [R]
- 6 My soul shall be satisfied, as with marrow and
fatness, ◆
and my mouth shall praise you with joyful lips,
- 7 When I remember you upon my bed ◆
and meditate on you in the watches of the night.
- 8 For you have been my helper ◆
and under the shadow of your wings will I rejoice.
- 9 My soul clings to you; ◆
your right hand shall hold me fast. [R]
- 10 But those who seek my soul to destroy it ◆
shall go down to the depths of the earth;
- 11 Let them fall by the edge of the sword ◆
and become a portion for jackals.

12 But the king shall rejoice in God;
all those who swear by him shall be glad, 
for the mouth of those who speak lies shall be stopped.

Glory to the Father and to the Son,
and to the Holy Spirit:

As it was in the beginning is now,
and shall be for everer. Amen.



Psalm 51 (Passion Week and Holy Week)

- 1 Have mercy on me, O God, in your great goodness; ♦
according to the abundance of your compassion
blot out my offences.
- 2 Wash me thoroughly from my wickedness ♦
and cleanse me from my sin.
- 3 For I acknowledge my faults ♦
and my sin is ever before me.
- 4 Against you only have I sinned ♦
and done what is evil in your sight,
- 5 So that you are justified in your sentence ♦
and righteous in your judgement. [R]
- 6 I have been wicked even from my birth, ♦
a sinner when my mother conceived me.
- 7 Behold, you desire truth deep within me ♦
and shall make me understand wisdom
in the depths of my heart.
- 8 Purge me with hyssop and I shall be clean; ♦
wash me and I shall be whiterer than snow.
- 9 Make me hear of joy and gladness, ♦
that the bones you have broken may rejoice. [R]
- 10 Turn your face from my sins ♦
and blot out all my misdeeds.
- 11 Make me a clean heart, O God, ♦
and renew a right spirit within me.

- 12 Cast me not away from your presence ♦
and take not your holy spirit from me.
- 13 Give me again the joy of your salvation ♦
and sustain me with your gracious spirit;
- 14 Then shall I teach your ways to the wicked ♦
and sinners shall return to you. [R]
- 15 Deliver me from my guilt, O God,
the God of my salvation, ♦
and my tongue shall sing of your righteousness.
- 16 O Lord, open my lips ♦
and my mouth shall proclaim your praise.
- 17 For you desire no sacrifice, else I would give it; ♦
you take no delight in burnt offerings.
- 18 The sacrifice of God is a broken spirit; ♦
a broken and contrite heart, O God,
you will not despise. [R]
- 19 O be favourable and gracious to Zion; ♦
build up the walls of Jerusalem.
- 20 Then you will accept sacrifices offered in righteousness,
the burnt offerings and oblations; ♦
then shall they offer up bulls on your altar.

Glory to the Father and to the Son,
and to the Holy Spirit:

As it was in the beginning is now,
and shall be for ever. Amen.