

# THE SACRAMENT OF PENANCE

## *Commonly Called Confession and Absolution*

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The power and authority of absolution reside in the Apostolic priesthood by virtue of our Lord's express declaration: "Whose soever sins ye remit, they are remitted unto them." The Sacrament of Penance is the method by which this authority is exercised to remit sins committed after Baptism. Sin destroys the union between the soul and God which was effected in Baptism. Thus, just as there is a sacrament (Baptism) to effect the union in the first place, so there is a sacrament (Penance) to restore this union when sin has broken it. The outward and visible sign of the sacrament is the declaration of a Priest of the Apostolic succession: "I absolve thee from all thy sins." Its inward and spiritual grace is the application of the merits of the Cross to the life of the individual for the forgiveness of sin.

The part of the person approaching this sacrament is repentance. True repentance has three elements:

1. CONTRITION or sorrow for sin. This

can be obtained only at the foot of the Cross. We may not have an *emotion* of sorrow, but when we see what our sins have done to Jesus, we shall *be* sorry.

2. **CONFESSION** of all known sin. This involves a careful examination of our conscience. We cannot confess our sins until we see exactly how we look to the all-seeing eye of God.

3. **SATISFACTION** and **AMENDMENT OF LIFE**. We must intend to lead a new or better life. This intention is shown by our acceptance and performance of the penance imposed by the Priest in confession.

### Self-Examination

¶ Before self-examination, say this prayer:

**O** HOLY Spirit, Source of all light, Spirit of wisdom, of understanding and of knowledge, come to my assistance and enable me to make a good confession. Enlighten me, and help me now to know my sins as one day I shall be forced to recognize them before thy judgment-seat. Bring to my mind the evil which I have done and the good which I have neglected. Permit me not to be blinded by self-love. Grant me, moreover, heartfelt sorrow for my transgressions, knowing how deeply they have wounded

the loving Heart of my Heavenly Father; and help me to make a good confession that all stain of guilt may be washed away in the Precious Blood of my Saviour Jesus Christ. Amen.

¶ Think of yourself as God's child, and of the wickedness of following Satan rather than your loving Father.

Do not be in a hurry, and do not vex yourself because you cannot remember everything. Be honest with God and with yourself; this is all God asks of you.

Write down briefly what you remember of your sins. Don't try to depend on your memory. If there is any question you do not understand, let it alone, and go on to the next one.

Do not fret about your sins. Remember, you are trying to recall them in order that you may be forgiven, not that you may be condemned, "A broken and contrite heart, O Lord, shalt thou not despise."

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**PRIDE** is putting self in the place of God as the center and objective of our life, or of some department thereof. It is the refusal to recognize our status as creatures, dependent on God for our existence, and placed by him in a specific relationship to the rest of his creation.

**Irreverence.** Deliberate neglect of the worship of God every Sunday in his Church, or being content with a perfunctory participation in it. Disregard of other Holy Days or of additional opportunities for giving God honor. Failure to thank God or to express our gratitude adequately.

Disrespect for God or holy things by deliberately

treating them, in thought, word or deed, in a profane, contemptuous or over-familiar manner. Use of holy things for personal advantage, or the attempt to bribe or placate God by religious practices or promises.

**Sentimentality.** Being satisfied with pious feelings and beautiful ceremonies without striving to obey God's will.

**Presumption.** Dependence on self rather than on God, with the consequent neglect of the means of grace—sacraments and prayer. Dispensation of ourselves from ordinary duties on the grounds that we are superior persons. Satisfaction or complacency over our spiritual achievements. Refusal to avoid, when possible, immediate occasions of temptation. Preference for our own ideas, customs, schemes or techniques. Foolish optimism.

Failure to recognize our job as a divine vocation, or to offer our work to God. Unwillingness to surrender to and abide in Christ, to let him act in and through us. Failure to offer to God regularly in intercession the persons or causes that have, or should enlist our interest and support.

**Distrust.** Refusal to recognize God's wisdom, providence and love. Worry, anxiety, misgivings, scrupulosity, or perfectionism. Attempts to discern or control the future by spiritualism, astrology, fortune-telling or the like. Magic or superstition.

Over-sensitiveness. Expectation that others will dislike, reject or mistreat us; over-readiness so to interpret their attitude, or quickness to take offense. Unfounded suspicions.

Timidity in accepting responsibility, or cowardice in facing difficulty or suffering. Surrender to feelings of depression, gloom, pessimism, discouragement, self-pity, or fear of death, instead of fighting to be brave, cheerful and hopeful.

**Disobedience.** Rejection of God's known will in favor of our own interests or pleasures. Disobedience of the legitimate (and therefore divinely ordained) laws, regulations or authority of the Church, state, husband, parents, teachers, etc.; or slow and reluctant obedience. Failure when in authority to fulfil responsibilities or to consider the best interests of those under us.

**Refusal to learn God's nature or will as revealed in Scripture,** expounded in instructions or expert advice, or discernible through prayer, meditation or the reading of religious books. Absorption in our own affairs, leaving little time, energy or interest for the things of God.

**Violation of confidence.** Breaking of legitimate promises or contracts. Irresponsibility. Treachery. Unnecessary disappointment of another, or the causing of shame or anxiety to those who love us.

**Impenitence.** Refusal to search out and face up to our sins, or to confess and admit them before God. Disregard of our sins or pretense that we are better than we are. Self-justification or discounting our sins as insignificant, natural or inevitable. Self-righteous comparison of ourselves with others.

**Refusal to accept just punishment or to make due reparation when possible.** Deceit or lying to escape the consequences of our sins, or allowing another to suffer the blame for our faults. Overcompensation or attempts at self-reform or self-vengeance, to avoid surrender to God in humble penitence.

**Shame (hurt pride), sorrow for ourselves because our sins make us less respectable than we like to think we are, or because we fear punishment or injury to our reputation, rather than sorrow for what sin is in the eyes of God.** Refusal to admit we were in the wrong or to apologize. Refusal to accept forgiveness from God or others. Doubt that God

can forgive our sins, or failure to use the means of getting assurance of his forgiveness when we need it. Unwillingness to forgive ourselves.

**Vanity.** Crediting to ourselves rather than to God our talents, abilities, insights, accomplishments, good works. Refusal to admit indebtedness to others, or adequately to express gratitude for their help. Hypocrisy. Pretense to virtues we do not possess. False humility. Harsh judgments on others for faults we excuse in ourselves.

Boasting, exaggeration, drawing attention to ourselves by talking too much, by claiming ability, wisdom, experience or influence we do not have, or by eccentric or ostentatious behavior. Undue concern over, or expenditure of time, money or energy on looks, dress, surroundings, etc., in order to impress others; or deliberate slovenliness for the same purpose. Seeking, desiring or relishing flattery or compliments.

**Arrogance.** Insisting that others conform to our wishes, recognize our leadership, accept our own estimate of our worth. Being overbearing, argumentative, opinionated, obstinate.

**Snobbery.** Pride over race, family, position, personality, education, skill, achievements, or possessions.

**ANGER** is open rebellion against God or our fellow creatures. Its purpose and desire is to eliminate any obstacle to our self-seeking, to retaliate against any threat to our security, to avenge any insult or injury to our person.

**Resentment.** Refusal to discern, accept or fulfil God's vocation. Dissatisfaction with the talents, abilities or opportunities he has given us. Unwillingness to face up to difficulties or sacrifices. Unjustified

rebellion or complaint at the circumstances of our lives. Escape from reality or the attempt to force our will upon it. Transference to God, to our parents, to society, or to other individuals of the blame for our maladjustment; hatred of God, or antisocial behavior. Cynicism. Annoyance at the contrariness of things; profanity or grumbling.

**Pugnacity.** Attack upon another in anger. Murder in deed or desire. Combativeness or nursing of grudges. Injury to another by striking, cursing or insulting him; or by damaging his reputation or property. Quarrelsomeness, bickering, contradiction, nagging, rudeness, or snubbing.

**Retaliation.** Vengeance for wrongs real or imagined, or the plotting thereof. Harsh or excessive punishment. Hostility, sullenness or rash judgment. Refusal to forgive, or to offer or accept reconciliation. Unwillingness to love, to do good to, or to pray for enemies. Boycotting or ostracizing another for selfish reasons. Spoiling others' pleasure by uncooperativeness or disdain, because we have not got our way, or because we feel out of sorts or superior.

**ENVY** is dissatisfaction with our place in God's order of creation, manifested in begrudging his gifts and vocation to others.

**Jealousy.** Offense at the talents, success or good fortune of others. Selfish or unnecessary rivalry or competition. Pleasure at others' difficulties or distress. Belittling others.

**Malice.** Ill-will, false accusations, slander, backbiting. Reading false motives into others' behavior. Initiation, collection or retailing of gossip. Arousing, fostering or organizing antagonism against others. Unnecessary criticism, even when true. Deliberate annoyance of others, teasing or bullying.

**Contempt.** Scorn of another's virtue, ability, shortcomings, or failings. Prejudice against those we consider inferior, or who consider us inferior, or who seem to threaten our security or position. Ridicule of persons, institutions or ideals.

**COVETOUSNESS** is the refusal to respect the integrity of other creatures, expressed in the inordinate accumulation of material things; in the use of other persons for our personal advantage; or in the quest for status, power or security at their expense.

**Inordinate Ambition.** Pursuit of status, power, influence, reputation, or possessions at the expense of the moral law, of other obligations, or of the rights of others. Ruthless or unfair competition. Putting self or family first. Conformity to standards we recognize as wrong or inadequate in order to get ahead. Intrigue or conspiracy for self-advancement.

**Domination.** Seeking to use or possess others. Over-protection of children; refusal to correct or punish lest we lose their affection; insistence that they conform to our ideal for them contrary to their own vocation. Imposing our will on others by force, guile, whining, or refusal to cooperate. Over-readiness to advise or command; abuse of authority. Patronizing, pauperizing, putting others under a debt of gratitude, or considering ourselves ill-used when others' affection or compliance is not for sale.

Respect of persons, favoritism, partiality, flattery, fawning, or bribery to win support or affection. Refusal to uphold the truth to fulfil duties, to perform good acts, or to defend those wrongfully attacked, because we fear criticism or ridicule, or because we seek to gain the favor or approval of others. Leading, tempting or encouraging another to sin.

**Avarice.** Inordinate pursuit of wealth or material things. Theft, dishonesty, misrepresentation, or shar-



ing in stolen goods. Cheating in business, taxes, school or games. Making worldly success the goal of our life or the standard for judging others.

**Prodigality.** Waste of natural resources or personal possessions. Extravagance or living beyond our income, to impress others or to maintain status. Failure to pay debts. Gambling more than we can afford to lose, or to win unearned profits. Unnecessary borrowing or carelessness with others' money. Expenditure on self of what is needed for the welfare of others.

**Penuriousness.** Undue protection of wealth or security. Selfish insistence on vested interests or on claimed rights. Refusal to support or help those who have a claim on us. Sponging on others. Stinginess. Failure to give due proportion of our income to Church and charity, or of our time and energy to good works. Failure to pay pledges promised to the Church or charities, when able to do so.

**GLUTTONY** is the overindulgence of natural appetites for food and drink, and by extension the inordinate quest for pleasure or comfort.

**Intemperance.** Overindulgence in food, drink, smoking, or other physical pleasures. Fastidiousness, fussiness, demanding excessively high standards, or dilettantism. Condemnation of some material things or pleasures as evil in themselves, attempting to prohibit their use rather than their abuse.

**Lack of Discipline.** Negligence in keeping the days of fasting or abstinence, or failure to use other needed means of self-discipline. Neglect of bodily health—not getting sufficient rest, recreation, exercise, or wholesome nourishment. Failure to use or to cooperate with available medical care when ill. Use of sickness as a means of escape from responsibilities.

**LUST** is the misuse of sex for personal gratification, debasing it from the holy purpose for which God has given it to us.

**Unchastity.** Violation of the Church's marriage laws. Lack of consideration for one's partner in the use of the marital relationship. Refusal to fulfil the purpose of Holy Matrimony in the bringing forth and giving adequate care to children, or to take our full share in the responsibilities or work involved. Unfaithfulness to one's spouse. Sexual indulgence outside matrimony, in thought or act, alone or with others.

**Immodesty.** Stimulation of sexual desire in others by word, dress or actions; or in oneself by reading, pictures, or fantasies. Collecting or recounting dirty stories.

**Prudery.** Fear of sex or condemnation of it as evil in itself. Refusal to seek adequate sexual instruction or the attempt to prevent others from obtaining it. Stimulation of excessive and harmful curiosity by undue secrecy. Repression of sex.

**Cruelty.** Deliberate infliction of pain, mental or physical. Tormenting of animals.

**SLOTH** is the refusal to respond to our opportunities for growth, service or sacrifice.

**Laziness.** Indolence in performing spiritual, mental or physical duties, or neglect of family, business or social obligations or courtesies. Procrastination of disliked tasks. Busyness or triviality to avoid more important commitments. Devotion of excessive time to rest, recreation, amusement, television, light reading or the like. Waste of employer's time, or shoddy or inadequate work.

**Indifference.** Unconcern over injustice to others,

especially that caused by currently accepted social standards; or unmindfulness of the suffering of the world. Failure to become adequately informed on both sides of contemporary issues or on the Christian principles involved. Neglect of duties to state or community. Failure to provide adequately for, or to treat justly those in our employ.

Ignoring of needy, lonely or unpopular persons in our own or the parish family, or in the neighborhood; or unwillingness to minister to them. Insufficient attention to the religious and other needs of our family. Failure to fulfil our obligation of Christian missionary witness, or to take a full and informed part in the effort to make the Church's unity and holiness a manifest reality on earth.

### Prayer After Self-Examination

○ MY God, how great are my sins! Would that I had never offended thee. If by carelessness or ignorance I have forgotten anything in my self-examination, show it to me now that I may make a good confession. Through Jesus Christ our Lord. Amen.

### Contrition

○ MY God, I cry unto thee with the prodigal: Father, I have sinned against heaven, and before thee, and am no more worthy to be called thy son. But now, O God, give me true sorrow of heart for my many sins whereby I have grieved thee, and enable me to make a full confession to thy

priest, that I may receive perfect remission of them, through thine infinite goodness. Amen.

**O** GOD, I am very sorry that I have sinned against thee who art so good. Forgive me for Jesus' sake, and I will try to sin no more. Amen.

**O** GOD, I love thee with my whole heart and above all things and am heartily sorry that I have offended thee. May I never offend thee any more. Oh, may I love thee without ceasing, and make it my delight to do in all things thy most holy will. Amen.

### Confession

¶ When your turn comes, kneel in the confessional or other place where the Priest is sitting, and say immediately:

Bless me, Father, for I have sinned.

¶ When the Priest has given you his blessing, say, without further delay:

**I** CONFESS to God Almighty, to Blessed Mary and all the Saints, and to you, Father, that I have sinned exceedingly in thought, word, and deed, by my fault, by my own fault, by my own most grievous fault. Especially, I accuse myself of the following sins since my last confession which was . . . . . ago.

¶ Then, without exaggerating or extenuating the offenses of which you may be conscious, tell them, as if to God himself, with a humble, sorrowful and contrite heart. When you have finished telling your sins, say:

For these and all my other sins which I cannot now remember, I am heartily sorry, I firmly purpose amendment, and ask pardon of God, and of you, Father, penance, counsel and absolution. Wherefore, I beg Blessed Mary, all the Saints, and you, Father, to pray for me to the Lord our God. Amen.

¶ Listen attentively to anything the Priest may choose to say; humbly accept the penance he imposes and, when he raises his hand in absolution, make the sign of the cross.

### Satisfaction

¶ Return to your place and make your thanksgiving for your absolution.

I THANK thee, my God, for giving me the forgiveness of my sins, through the Precious Blood of Jesus Christ my Saviour. Bless the Lord, O my soul, and all that is within me, bless his holy Name.

O MOST merciful God, who in forgiving our sins, rememberest them no more against us forever, accept my unworthy thanks for thy great goodness in blotting out my transgressions. Let the grace of this absolution strengthen and sustain me, and may

the pitifulness of thy great mercy defend me evermore from all assaults of the enemy. Amen.

¶ Then perform the penance the Priest assigned to you as follows:

**O** LORD God, I desire to offer thee the penance which thou hast given me by the word of thy minister. It is as nothing compared to the sins which I have committed: nevertheless, I unite it to the sufferings of my Lord and Saviour Jesus Christ and offer it as an act of adoration of thy divine majesty, of sorrow for my sins (especially . . . . .), and of supplication for the virtues of . . . . . *Then say your penance.*

**O** MY God, I resolve to show my thanks to thee for receiving me as thy forgiven child, by fighting against sin in the future. I resolve by thy grace to avoid what is wrong, to believe what is true, to do what is right, and to continue thy faithful soldier and servant unto my life's end.

**M**AY the holy Mother of God, my Guardian Angel, and my holy Patron, join with me in giving thanks unto the Lord for his great goodness, and loving-kindness, in pardoning mine iniquity. And may the eternal Father, of his boundless mercy and by

the life and death of his dear Son, enable me to persevere unto the end, and ✠ die in his favor. Amen.

### Litany of Penitence

Lord, have mercy upon us.

*Christ, have mercy upon us.*

Lord, have mercy upon us.

God the Father of Heaven,  
 God the Son, Redeemer of the world,  
 God the Holy Ghost, Sanctifier of the  
 Faithful,

Holy Trinity, One God,

Jesus, who didst come to seek and to  
 save that which was lost,

Who didst send John before thee to  
 preach repentance,

Who didst forgive the many sins of  
 Mary Magdalene,

Who didst promise Paradise to the  
 Penitent Thief,

Who didst no sin, and yet barest our  
 sins on the Tree,

Who was bruised for our iniquities,

Who givest time and place for repent-  
 ance,

Who of thy Goodness leadest us to  
 repentance,

Who after repentance rememberest  
 our sins no more,

*Have mercy upon us.*

From all evil,  
 From all sin,  
 From a sudden and unprepared  
 death,  
 By thy Baptism and holy Fast,  
 By thy Labours and Sorrows,  
 By thy Blood shed for the remission  
 of our sins,  
 In the day of tribulation and anguish,  
 In the hour of death and in the day  
 of Judgment,

*Good Lord, deliver us.*

We sinners do beseech thee to hear  
 us, that it may please thee to  
 bring us to true repentance,  
 That condemning ourselves, we may  
 escape thy condemnation,  
 That we may bring forth fruit worthy  
 of repentance,  
 That all bitterness and anger be put  
 away from us,  
 That we be not desirous of vain-glory,  
 That we may resist the wiles of the  
 devil,  
 That we may work out our salvation  
 with fear and trembling,  
 That being dead to sin, we may live  
 unto righteousness,  
 That it may please thee to purge us  
 here, and to spare us in eternity,

*We beseech thee to hear us.*



Lamb of God, that takest away the sins of  
the world,

*Spare us, O Lord.*

Lamb of God, that takest away the sins of  
the world,

*Hear us, O Lord.*

Lamb of God, that takest away the sins of  
the world,

*Have mercy upon us.*

Let us pray.

**O** GOD, who desirest not the death of a sinner; mercifully look on the weakness of our mortal nature and of thy great mercy accept our repentance, that through thy pity we may obtain remission of our sins, steadfastness in thy service, and finally the reward which thou hast promised to those that persevere. Through Christ our Lord. Amen.

### *The Blessing*

Our Lord Jesus Christ, who for us kept a fast of forty days, give us true repentance, and full Absolution when he cometh. Amen.



## The Penitential Psalms

### *Psalm 6*

**O** LORD, rebuke me not in thine indignation, \* neither chasten me in thy displeasure.

2. Have mercy upon me, O LORD, for I am weak; \* O LORD, heal me, for my bones are vexed.

3. My soul also is sore troubled: \* but, LORD, how long wilt thou punish me?

4. Turn thee, O LORD, and deliver my soul; \* O save me, for thy mercy's sake.

5. For in death no man remembereth thee; \* and who will give thee thanks in the pit?

6. I am weary of my groaning; \* every night wash I my bed, and water my couch with my tears.

7. My beauty is gone for very trouble, \* and worn away because of all mine enemies.

8. Away from me, all ye that work iniquity; \* for the LORD hath heard the voice of my weeping.

9. The LORD hath heard my petition; \* the LORD will receive my prayer.

10. All mine enemies shall be confounded, and sore vexed; \* they shall be turned back, and put to shame suddenly.

GLORY BE TO THE FATHER.

*Psalm 32*

BLESSED is he whose unrighteousness is forgiven, \* and whose sin is covered.

2. Blessed is the man unto whom the LORD imputeth no sin, \* and in whose spirit there is no guile.

3. For whilst I held my tongue, \* my bones consumed away through my daily complaining.

4. For thy hand was heavy upon me day and night, \* and my moisture was like the drought in summer.

5. I acknowledged my sin unto thee; \* and mine unrighteousness have I not hid.

6. I said, I will confess my sins unto the LORD; \* and so thou forgavest the wickedness of my sin.

7. For this shall every one that is godly make his prayer unto thee, in a time when thou mayest be found; \* surely the great water-floods shall not come nigh him.

8. Thou art a place to hide me in; thou shalt preserve me from trouble; \* thou shalt compass me about with songs of deliverance.

9. I will inform thee, and teach thee in the way wherein thou shalt go; \* and I will guide thee with mine eye.

10. Be ye not like to horse and mule, which have no understanding; \* whose

mouths must be held with bit and bridle, else they will not obey thee.

11. Great plagues remain for the ungodly; \* but whoso putteth his trust in the LORD, mercy embraceth him on every side.

12. Be glad, O ye righteous, and rejoice in the LORD; \* and be joyful, all ye that are true of heart.

GLORY BE TO THE FATHER.

*Psalm 38*

PUT me not to rebuke, O LORD, in thine anger; \* neither chasen me in thy heavy displeasure.

2. For thine arrows stick fast in me, \* and thy hand presseth me sore.

3. There is no health in my flesh, because of thy displeasure; \* neither is there any rest in my bones, by reason of my sin.

4. For my wickednesses are gone over my head, \* and are like a sore burden, too heavy for me to bear.

5. My wounds stink, and are corrupt, \* through my foolishness.

6. I am brought into so great trouble and misery, \* that I go mourning all the day long.

7. For my loins are filled with a sore disease, \* and there is no whole part in my body.

8. I am feeble and sore smitten; \* I have roared for the very disquietness of my heart.

9. Lord, thou knowest all my desires; \* and my groaning is not hid from thee.

10. My heart panteth, my strength hath failed me, \* and the light of mine eyes is gone from me.

11. My lovers and my neighbours did stand looking upon my trouble, \* and my kinsmen stood afar off.

12. They also that sought after my life laid snares for me; \* and they that went about to do me evil talked of wickedness, and imagined deceit all the day long.

13. As for me, I was like a deaf man, and heard not; \* and as one that is dumb, who doth not open his mouth.

14. I became even as a man that heareth not, \* and in whose mouth are no reproofs.

15. For in thee, O LORD, have I put my trust; \* thou shalt answer for me, O LORD my God.

16. I have required that they, even mine enemies, should not triumph over me; \* for when my foot slipt, they rejoiced greatly against me.

17. And I truly am set in the plague, \* and my heaviness is ever in my sight.

18. For I will confess my wickedness, \* and be sorry for my sin.

19. But mine enemies live, and are mighty; \* and they that hate me wrongfully are many in number.

20. They also that reward evil for good are against me; \* because I follow the thing that good is.

21. Forsake me not, O LORD my God; \* be not thou far from me.

22. Haste thee to help me, \* O Lord God of my salvation.

GLORY BE TO THE FATHER.

### *Psalm 51*

**H**AVE mercy upon me, O God, after thy great goodness; \* according to the multitude of thy mercies do away mine 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 thee only have I sinned, and done this evil in thy sight; \* that thou mightest be justified in thy saying, and clear when thou shalt judge.

5. Behold, I was shapen in wickedness, \* and in sin hath my mother conceived me.

6. But lo, thou requirest truth in the inward parts, \* and shalt make me to understand wisdom secretly.

7. Thou shalt purge me with hyssop, and

I shall be clean; \* thou shalt wash me, and I shall be whiter than snow.

8. Thou shalt make me hear of joy and gladness, \* that the bones which thou hast broken may rejoice.

9. Turn thy face from my sins, \* and put out all my misdeeds.

10. Make me a clean heart, O God, \* and renew a right spirit within me.

11. Cast me not away from thy presence, \* and take not thy holy Spirit from me.

12. O give me the comfort of thy help again, \* and stablish me with thy free Spirit.

13. Then shall I teach thy ways unto the wicked, \* and sinners shall be converted unto thee.

14. Deliver me from blood-guiltiness, O God, thou that art the God of my health; \* and my tongue shall sing of thy righteousness.

15. Thou shalt open my lips, O Lord, \* and my mouth shall show thy praise.

16. For thou desirest no sacrifice, else would I give it thee; \* but thou delightest not in burnt-offerings.

17. The sacrifice of God is a troubled spirit: \* a broken and contrite heart, O God, shalt thou not despise.

18. O be favourable and gracious unto Sion; \* build thou the walls of Jerusalem.

19. Then shalt thou be pleased with the sacrifice of righteousness, with the burnt-offerings and oblations; \* then shall they offer young bullocks upon thine altar.

GLORY BE TO THE FATHER.

*Psalm 102*

HEAR my prayer, O LORD, \* and let my crying come unto thee.

2. Hide not thy face from me in the time of my trouble; \* incline thine ear unto me when I call; O hear me, and that right soon.

3. For my days are consumed away like smoke, \* and my bones are burnt up as it were a firebrand.

4. My heart is smitten down, and withered like grass; \* so that I forget to eat my bread.

5. For the voice of my groaning, \* my bones will scarce cleave to my flesh.

6. I am become like a pelican in the wilderness, \* and like an owl that is in the desert.

7. I have watched, and am even as it were a sparrow, \* that sitteth alone upon the housetop.

8. Mine enemies revile me all the day long; \* and they that are mad upon me are sworn together against me.

9. For I have eaten ashes as it were



bread, \* and mingle my drink with weeping;

10. And that, because of thine indignation and wrath; \* for thou hast taken me up, and cast me down.

11. My days are gone like a shadow, \* and I am withered like grass.

12. But thou, O LORD, shalt endure for ever, \* and thy remembrance throughout all generations.

13. Thou shalt arise, and have mercy upon Sion; \* for it is time that thou have mercy upon her, yea, the time is come.

14. And why? thy servants think upon her stones, \* and it pitieth them to see her in the dust.

15. The nations shall fear thy Name, O LORD; \* and all the kings of the earth thy majesty;

16. When the LORD shall build up Sion, \* and when his glory shall appear;

17. When he turneth him unto the prayer of the poor destitute, \* and despiseth not their desire.

18. This shall be written for those that come after, \* and the people which shall be born shall praise the LORD.

19. For he hath looked down from his sanctuary; \* out of the heaven did the LORD behold the earth;

20. That he might hear the mournings of such as are in captivity, \* and deliver them that are appointed unto death;

21. That they may declare the Name of the LORD in Sion, \* and his worship at Jerusalem;

22. When the peoples are gathered together, \* and the kingdoms also, to serve the LORD.

23. He brought down my strength in my journey, \* and shortened my days.

24. But I said, O my God, take me not away in the midst of mine age; \* as for thy years, they endure throughout all generations.

25. Thou, Lord, in the beginning hast laid the foundation of the earth, \* and the heavens are the work of thy hands.

26. They shall perish, but thou shalt endure: \* they all shall wax old as doth a garment;

27. And as a vesture shalt thou change them, and they shall be changed; \* but thou art the same, and thy years shall not fail.

28. The children of thy servants shall continue, \* and their seed shall stand fast in thy sight.

GLORY BE TO THE FATHER.

*Psalm 130 (See p. 91)**Psalm 143*

**H**EAR my prayer, O Lord, and consider my desire; \* hearken unto me for thy truth and righteousness' sake.

2. And enter not into judgment with thy servant; \* for in thy sight shall no man living be justified.

3. For the enemy hath persecuted my soul; he hath smitten my life down to the ground; \* he hath laid me in the darkness, as the men that have been long dead.

4. Therefore is my spirit vexed within me, \* and my heart within me is desolate.

5. Yet do I remember the time past; I muse upon all thy works; \* yea, I exercise myself in the works of thy hands.

6. I stretch forth my hands unto thee; \* my soul gaspeth unto thee as a thirsty land.

7. Hear me, O Lord, and that soon; for my spirit waxeth faint: \* hide not thy face from me, lest I be like unto them that go down into the pit.

8. O let me hear thy loving-kindness betimes in the morning; for in thee is my trust: \* show thou me the way that I should walk in; for I lift up my soul unto thee.

9. Deliver me, O Lord, from mine enemies; \* for I flee unto thee to **hide me.**

10. Teach me to do the thing that pleaseth thee; for thou art my God: \* let thy loving Spirit lead me forth into the land of righteousness.

11. Quicken me, O LORD, for thy Name's sake; \* and for thy righteousness' sake bring my soul out of trouble.

12. And of thy goodness slay mine enemies, \* and destroy all them that vex my soul; for I am thy servant.

GLORY BE TO THE FATHER.

