The Seven Penitential Psalms

Psalm 6

O Lord, rebuke me not in Thy indignation, * nor chastise me in Thy wrath.
Have mercy on me, O Lord, for I am weak: * heal me, O Lord, for my bones are troubled.
And my soul is troubled exceedingly: * but Thou, O Lord, how long?
Turn to me, O Lord, and deliver my soul: * O save me for Thy mercy's sake.
For there is no one in death, that is mindful of Thee: * and who shall confess to Thee in hell?
I have labored in my groanings, every night I will wash my bed: *
   I will water my couch with my tears.
My eye is troubled through indignation: * I have grown old amongst all my enemies.
Depart from me, all ye workers of iniquity: * for the Lord hath heard the voice of my weeping.
The Lord hath heard my supplication: * the Lord hath received my prayer.
Let all my enemies be ashamed, and be very much troubled: *
   let them be turned back, and be ashamed very speedily.

Psalm 31

Blessed are those whose iniquities are forgiven * and whose sins are covered.
Blessed is the man to whom the Lord hath not imputed sin, *
   and in whose spirit there is no guile.
Because I was silent my bones grew old; * whilst I cried out all the day long.
For day and night Thy hand was heavy upon me: *
   I am turned in my anguish, whilst the thorn is fastened.
I have acknowledged my sin to Thee, * and my injustice I have not concealed.
I said I will confess against myself my injustice to the Lord: *
   and Thou hast forgiven the wickedness of my sin.
For this shall every one that is holy pray to Thee * in a seasonable time.
And yet in a flood of many waters, * they shall not come nigh unto him.
Thou art my refuge from the trouble which hath encompassed me: *
   my joy, deliver me from them that surround me.
I will give thee understanding, and I will instruct thee in this way, in which thou shalt go: *
   I will fix my eyes upon thee.
Do not become like the horse and the mule, * who have no understanding.
With bit and bridle bind fast their jaws, * who come not near unto thee.
Many are the scourges of the sinner, * but mercy shall encompass him that hopeth in the Lord.
Be glad in the Lord, and rejoice, ye just, * and glory, all ye right of heart.
Psalm 37

Rebuke me not, O Lord, in Thy indignation; * nor chastise me in Thy wrath.
For Thy arrows are fastened in me: * and Thy hand hath been strong upon me.
There is no health in my flesh, because of Thy wrath: *
    there is no peace for my bones, because of my sins.
For my iniquities are gone over my head: * and as a heavy burden are become heavy upon me.
My sores are putrified and corrupted, * because of my foolishness.
I am become miserable, and am bowed down even to the end: *

    I walked sorrowful all the day long.
For my loins are filled with illusions; * and there is no health in my flesh.
I am afflicted and humbled exceedingly: * I roared with the groaning of my heart.
Lord, all my desire is before Thee, * and my groaning is not hidden from Thee.
My heart is troubled, my strength hath left me, * and the light of my eyes itself is not with me.
My friends and my neighbors * have drawn near, and stood against me.
And they that were near me stood afar off: * and they that sought my soul used violence.
And they that sought evils to me spoke vain things, * and studied deceits all the day long.
But I, as a deaf man, heard not: * and as a dumb man not opening his mouth.
And I became as a man that heareth not: * and that hath no reproofs in his mouth.
For in Thee, O Lord, have I hoped: * Thou wilt hear me, O Lord my God.

    For I said: Lest at any time my enemies rejoice over me: *
and whilst my feet are moved, they speak great things against me.
For I am ready for scourges: * and my sorrow is continually before me.
For I will declare my iniquity: * and I will think for my sin.
But my enemies live, and are stronger than I: * and they that hate me wrongfully are multiplied.
They that render evil for good, have detracted me, * because I followed goodness.
Forsake me not, O Lord my God: * do not Thou depart from me.
Attend unto my help, * O Lord, the God of my salvation.
Psalm 50

Have mercy on me, O God, * according to Thy great mercy.
And according to the multitude of Thy tender mercies * blot out my iniquity.
Wash me yet more from my iniquity, * and cleanse me from my sin.
For I know my iniquity, * and my sin is always before me.
To Thee only have I sinned, and have done evil before Thee: *
    that Thou mayst be justified in Thy words, and mayst overcome when Thou art judged.
For behold I was conceived in iniquities; * and in sins did my mother conceive me.
For behold Thou hast loved truth: *
    the uncertain and hidden things of Thy wisdom Thou hast made manifest to me.
Thou shalt sprinkle me with hyssop, and I shall be cleansed: *
    Thou shalt wash me, and I shall be made whiter than snow.
To my hearing Thou shalt give joy and gladness: *
    and the bones that have been humbled shall rejoice.
Create a clean heart in me, O God: * and renew a right spirit within my bowels.
Cast me not away from Thy face; * and take not Thy holy spirit from me.
Restore unto me the joy of Thy salvation, * and strengthen me with a perfect spirit.
I will teach the unjust Thy ways: * and the wicked shall be converted to Thee.
Deliver me from blood, O God, Thou God of my salvation: *
    and my tongue shall extol Thy justice.
O Lord, Thou wilt open my lips: * and my mouth shall declare Thy praise.
For if Thou hadst desired sacrifice, I would indeed have given it: *
    with burnt offerings Thou wilt not be delighted.
A sacrifice to God is an afflicted spirit: *
    a contrite and humbled heart, O God, Thou wilt not despise.
Deal favorably, O Lord, in Thy good will with Sion; *
    that the walls of Jerusalem may be built up.
Then shalt Thou accept the sacrifice of justice, oblations and whole burnt offerings: *
    then shall they lay calves upon Thy altar.
Psalm 101

Hear, O Lord, my prayer: * and let my cry come to Thee.
Turn not away Thy face from me: * in the day when I am in trouble, incline Thy ear to me.
In what day soever I shall call upon Thee, * hear me speedily.
For my days are vanished like smoke: * and my bones are grown dry like fuel for the fire.
I am smitten as grass, and my heart is withered: * because I forgot to eat my bread.
Through the voice of my groaning, * my bone hath cleaved to my flesh.
I am become like to a pelican of the wilderness: * I am like a night raven in the house.
I have watched, * and am become as a sparrow all alone on the housetop.
All the day long my enemies reproached me: * and they that praised me did swear against me.
For I did eat ashes like bread, * and mingled my drink with weeping.
Because of Thy anger and indignation: * for having lifted me up Thou hast thrown me down.
My days have declined like a shadow, * and I am withered like grass.
But Thou, O Lord, endurest for ever: * and Thy memorial to all generations.
Thou shalt arise and have mercy on Sion: *
  for it is time to have mercy on it, for the time is come.
For the stones thereof have pleased Thy servants: * and they shall have pity on the earth thereof.
And the Gentiles shall fear Thy name, O Lord, * and all the kings of the earth Thy glory.
For the Lord hath built up Sion: * and He shall be seen in His glory.
He hath had regard to the prayer of the humble: * and He hath not despised their petition.
Let these things be written unto another generation: *
  and the people that shall be created shall praise the Lord:
Because He hath looked forth from His high sanctuary: *
  from Heaven the Lord hath looked upon the earth.
That He might hear the groans of them that are in fetters: *
  that He might release the children of the slain:
That they may declare the name of the Lord in Sion: * and His praise in Jerusalem;
When the people assemble together, * and kings, to serve the Lord.
He answered Him in the way of his strength: * Declare unto me the fewness of my days.
Call me not away in the midst of my days: * Thy years are unto generation and generation.
In the beginning, O Lord, Thou foundedst the earth: *
  and the Heavens are the works of Thy hands.
They shall perish but Thou remainest: * and all of them shall grow old like a garment:
And as a vesture Thou shalt change them, and they shall be changed. *
  But Thou art always the selfsame, and Thy years shall not fail.
The children of Thy servants shall continue: * and their seed shall be directed for ever.
Psalm 129

Out of the depths I have cried to Thee, O Lord: * Lord, hear my voice.
Let Thy ears be attentive * to the voice of my supplication.
If Thou, O Lord, wilt mark iniquities: * Lord, who shall stand it.
For with Thee there is merciful forgiveness: *
and by reason of Thy law, I have waited for Thee, O Lord.
My soul hath relied on His word: * my soul hath hoped in the Lord.
From the morning watch even until night, * let Israel hope in the Lord.
Because with the Lord there is mercy: * and with Him plentiful redemption.
And He shall redeem Israel * from all his iniquities.

Psalm 142

Hear, O Lord, my prayer: give ear to my supplication in Thy truth: * hear me in Thy justice.
And enter not into judgment with Thy servant: * for in Thy sight no man living shall be justified.
For the enemy hath persecuted my soul: * he hath brought down my life to the earth.
He hath made me to dwell in darkness as those that have been dead of old: *
and my spirit is in anguish within me: my heart within me is troubled.
I remembered the days of old, I meditated on all Thy works: *
I meditated upon the works of Thy hands.
I stretched forth my hands to Thee: * my soul is as earth without water unto Thee.
Hear me speedily, O Lord: * my spirit hath fainted away.
Turn not away Thy face from me, * lest I be like unto them that go down into the pit.
Cause me to hear Thy mercy in the morning; * for in Thee have I hoped.
Make the way known to me, wherein I should walk: * for I have lifted up my soul to Thee.
Deliver me from my enemies, O Lord, to Thee have I fled: *
 teach me to do Thy will, for Thou art my God.
Thy good spirit shall lead me into the right land: *
 for Thy name’s sake, O Lord, Thou wilt quicken me in Thy justice.
Thou wilt bring my soul out of trouble: * and in Thy mercy Thou wilt destroy my enemies.
And Thou wilt cut off all them that afflict my soul: * for I am Thy servant.