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# BEST of the PSALTER

*a meditation rendering*

*Stephen Joseph Wolf*



idjc press

*Best Of The Psalter*

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a meditation rendering

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## JESUS, MARY & THE SAINTS

### Which Set Do I Use?

### SEQUENCE

Check the *Calendar of Saints*.

*Is this a saint day?*

**A. Yes:**

Use the set for this variety of saint.

**B. No:**

Use the set for the day of the week.

**1. Psalms and Canticles**

**2. Reading**

**3. Responsory**

**4. Gospel Canticle, or  
Gospel of the Day \***

**5. Intercessions**

**6. Lord's Prayer**

**7. Closing Prayer**

Keep it simple. Use what is helpful. Skip what is not. You may wish to spend some time in silence after each psalm, canticle or reading, even if for a couple of minutes. But keep it simple.

\* Experiment with the Gospel Canticles (see pages 104 and 105) and with the Gospel reading of the day (pages 40-50) from your Bible, but keep it simple.

# BEST of the PSALTER

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# A Calendar Of Saints

including solemnities, feasts, and memorials

## JANUARY

- 1 **Solemnity: Mary, the Mother of God** Luke 2:16-21  
2 Basil the Great, 379, and Gregory Nazianzen, 389, bishops & doctors  
4 Elizabeth Ann Seton, 1821, widow & founder of Sisters of Charity  
5 John Neumann, 1860, bishop of Philadelphia  
6 Blessed Andre Bessette of Montreal, 1937, worker & religious  
17 Anthony of Egypt, 356, hermit & abbot  
20 Sebastian of Rome, 288?, martyr  
21 Agnes, beg. of 4th C. @ age 12, virgin & martyr  
22 Day of Prayer for the Legal Protection of the Unborn (USA)  
23 Vincent of Valencia in Spain, early 4th C., deacon & martyr  
24 Frances de Sales, 1622, bishop of Geneva & doctor  
25 **Feast: Conversion of Paul, Apostle** Mark 16:15-18  
26 **Timothy & Titus, bishops** Luke 10:1-9  
28 Thomas Aquinas, OP, 1274, priest & doctor  
31 John Bosco, 1888, inspired founding of Salesians, priest & teacher

## FEBRUARY

- 2 **Feast: Presentation of the Lord** Luke 2:22-40  
3 Blaise, early 4th C., bishop of Sebaste in Armenia & martyr  
5 Agatha of Sicily, mid 3rd C., virgin & martyr  
6 Paul Miki, SJ, and Companions, 1597, all martyrs of Nagasaki  
10 Scholastica of Nursia, 543, virgin  
11 Our Lady of Lourdes, apparition to St. Bernadette in 1858  
14 Cyril, 869, and Methodius, 885, monks & bishops  
17 Seven Founders of the Order of Servites, mid 13th C in Florence  
21 Peter Damian, 1072, bishop of Ostia & doctor  
22 **Feast: Chair of Peter, Apostle** Matthew 16:13-19  
23 Polycarp, 155, bishop of Smyrna & martyr burned at the stake

## MARCH

- 3 Katherine Drexel, 1955, virgin & founder Missionary Sisters  
7 Perpetua and Felicity of Carthage, 203, martyrs  
8 John of God, 1550, founder in Spain of Order of Hospitallers  
17 Patrick of Ireland, 461, bishop of Armagh  
18 Cyril of Jerusalem, 386, bishop of Jerusalem & doctor  
19 **Solemnity: Joseph, Husband of Mary** Matthew 1:16-24a  
25 **Solemnity: The Annunciation of the Lord** Luke 1:26-38

## APRIL

- 4 Isidore, bishop of Seville & doctor  
 7 John Baptist de La Salle, 1719, founder of the Christian Brothers  
 11 Stanislaus, 1079, bishop of Cracow & martyr  
 21 Anselm, 1109, bishop of Canterbury & doctor  
 25 **Feast: Mark, Evangelist** Mark 16:15-20  
 29 Catherine of Siena, O.P. 3rd Order, 1380, virgin & doctor

## MAY

- 1 **Joseph the Worker, carpenter** Matthew 13:54-58  
 2 Athanasius, 373, bishop of Alexandria & doctor  
 3 **Feast: Philip and James, Apostles** John 14:6-14  
 10 Damian de Veuster of Moloka'i, Hawaii, 1889, leper & priest  
 14 **Feast: Matthias, Apostle** John 15:9-17  
 15 Isidore of Madrid, 1130, farmer  
 21 Christopher Magallanes & 24 Companions, 1915-37, martyrs  
 25 Venerable Bede, 735, Benedictine priest & doctor  
 26 Philip Neri, 1595, priest & founder of the Oratorians  
 31 **Feast: Visitation of Mary and Elizabeth** Luke 1:39-56

## JUNE

- 1 Justin of Samaria & Rome, 165, martyr  
 3 Charles Lwanga of Uganda and 21 Companions, 1885-87, martyrs  
 5 Boniface of Germany, 754, Benedictine abbot, bishop & martyr  
 11 **Barnabas, apostle** Matthew 10:7-13  
 13 Anthony of Padua, OFM, 1231, priest & doctor  
 21 Aloysius Gonzaga, 1591, age 23, Jesuit scholastic  
 22 John Fisher and Thomas More of England, 1535, martyrs  
 24 **Solemnity: Birth of John the Baptist** Vigil: Luke 1:5-17  
 Day: Luke 1:57-66,80  
 28 Irenaeus of Lyons, 202, bishop & martyr  
 29 **Solemnity: Peter and Paul, Apostles** Vigil: John 21:15-19  
 Day: Matthew 16:13-19  
 30 First Martyrs of Rome, 64

*Knowledge of ourselves is the necessary and only step  
 by which we can ascend to the knowledge and love of God.*

St. Anthony, January 17

*In your nature, O eternal Godhead, I shall know my own nature.*

St. Catherine of Siena, April 29

## JULY

- 1 Blessed Junipero Serra of California, 1784, Franciscan priest  
 3 **Feast: Thomas, Apostle** John 20:24-29  
 4 Independence Day (USA)  
 5 Elizabeth of Portugal, 1336, 3rd Order Franciscan, queen & widow  
 6 Maria Goretti of Corinaldi, 1902, age 12, virgin & martyr  
 11 Benedict of Nursia, 547, abbot & founder of the Benedictines  
 13 Henry II, 1024, emperor & husband to St. Cunegund  
 14 Blessed Kateri Tekakwitha of the Mohawks, 1680, virgin  
 15 Bonaventure, OFM, 1274, bishop of Albano & doctor  
 16 Our Lady of Mount Carmel, 12th C. hermits  
 22 **Mary Magdalene** John 20:1-2,11-18  
 25 **Feast: James, Apostle** Matthew 20:20-28  
 26 Joachim and Ann, parents of Mary, grandparents of Jesus  
 29 **Martha** John 11:19-27  
 30 Peter Chrysologus, mid 5th C., bishop of Ravenna & doctor  
 31 Ignatius of Loyola, 1556, priest & founder of the Society of Jesus

## AUGUST

- 1 Alphonsus Liguori, 1787, founder: Redemptorists, bishop & doctor  
 4 John Mary Vianney of Ars, 1859, patron of parish priests  
 6 **Feast: Transfiguration**  
     A Matthew 17:1-9   B Mark 9:2-10   C Luke 9:28b-36  
 8 Dominic, 1221, priest & founder: Order of Preachers (Dominicans)  
 9 Teresa Benedicta (Edith Stein), 1942 at Auschwitz, Carmelite, virgin & martyr  
 10 **Feast: Lawrence, Deacon & Martyr** John 12:24-26  
 11 Clare of Assisi, 1253, virgin & founder of the Poor Clares  
 14 Maximilian Kolbe, OFM Conv, 1941 at Auschwitz, priest & martyr  
 15 **Solemnity: Assumption of Mary** Vigil: Luke 11:27-28  
     Day: Luke 1:39-56  
 20 Bernard, 1153, Cistercian abbot of Clairvaux & doctor  
 21 Pius X, 1914, pope  
 22 Queenship of Mary  
 23 Rose of Lima, Peru, 1617, age 31, OP 3rd Order & virgin  
 24 **Feast: Bartholomew, Apostle** John 1:45-51  
 27 Monica of Tagaste in Africa, 387 in Ostia, mother of Augustine  
 28 Augustine, 430, bishop of Hippo in Africa & doctor  
 29 **Martyrdom of John the Baptist** Mark 6:17-29

## SEPTEMBER

- 3 Gregory the Great, 604, monk, pope & doctor  
 8 **Feast: Birth of Mary** Matthew 1:1-16,18-23  
 9 Peter Claver, SJ, 1654, priest & missionary to Columbia  
 13 John Chrysostom, 407, bishop of Constantinople & doctor  
 14 **Feast: The Exaltation of the Holy Cross** John 3:13-17  
 15 Our Lady of Sorrows Luke 2:33-35  
 16 Cornelius, 253, pope & martyr, & Cyprian, 258, bishop of Carthage & martyr  
 20 Andrew Kim Taegon, 1847, priest, & 102 Companions, martyrs in Korea  
 21 **Feast: Matthew, Apostle & Evangelist** Matthew 9:9-13  
 23 "Padre" Pio of Pietrelcina, 1968, Capuchin priest  
 26 Cosmas and Damian, 303, physicians & martyrs  
 27 Vincent de Paul, 1660, priest & founder: Vincentians & Daughters of Charity  
 29 **Feast: Michael, Gabriel, and Raphael** John 1:47-51  
 30 Jerome of Bethlehem, 420, priest & doctor

## OCTOBER

- 1 Therese of the Child Jesus, 1897, Carmelite of Lisieux, virgin & doctor  
 2 Guardian Angels Matthew 18:1-5,10  
 4 Francis of Assisi, 1221, founder of the Order of the Franciscans  
 6 Blessed Marie-Rose Durocher, 1849, virgin & founder: Sisters of the Holy Name  
 7 Our Lady of the Rosary  
 15 Teresa of Avila, 1582, Carmelite, virgin & doctor  
 16 Margaret Mary Alacoque, 1690, Sister of the Visitation & virgin  
 17 Ignatius of Antioch, 107, bishop & martyr in Rome  
 18 **Feast: Luke, Evangelist** Luke 10:1-9  
 19 Isaac Jogues, SJ, John de Brebeuf, SJ, & Companions, 1640's, martyrs  
 20 Paul of the Cross, 1775, priest & founder of the Passionists  
 28 **Feast: Simon and Jude, Apostles** Luke 6:12-16

*The glory of God is the human person fully alive.*

St. Irenaeus, June 28

*Live good lives, and you yourself will be God's praise.*

St. Augustine, August 28

*A tree gives glory to God by being a tree.*

Thomas Merton, December 10

## NOVEMBER

- 1 **Solemnity: All Saints** Matthew 5:1-12a  
 2 **All Souls** Matthew 5:1-12a Matthew 11:25-30  
 Matthew 25:31-46 Luke 7:11-17 Luke 23:44-24:6a  
 Luke 24:13-16,28-35 John 5:24-29 John 6:37-40  
 John 6:51-58 John 11:17-27 John 11:32-45 John 14:1-6  
 3 Martin de Porres of Lima in Peru, OP, 1639, religious  
 4 Charles Borromeo, 1584, bishop of Milan  
 9 **Feast: Dedication of John Lateran Basilica** John 2:13-22  
 10 Leo the Great, 461, pope & doctor  
 11 Martin of Tours, 397, bishop & founder of first monastery in the West  
 12 Josaphat, 1623, monk, bishop of Polotsk & martyr  
 13 Frances Xavier Cabrini, 1917, virgin & founder: Sisters of the Sacred Heart  
 15 Albert the Great, OP, 1280, bishop of Ratisbon & doctor  
 17 Elizabeth of Hungary, 1231, queen & 3rd Order Franciscan  
 18 Rose Philippine Duchesne, 1852 in St. Louis, Missouri, virgin  
 21 Presentation of Mary  
 22 Cecilia, 3rd Cent.?, virgin & martyr  
 23 Miguel Agustin Pro, SJ, 1927, priest & martyr in Mexico  
 24 Andrew Dung-Lac, 1839, priest & 116 Companions, martyrs in Vietnam  
 4th Thursday, Thanksgiving Day (USA) Luke 10:21-24 Luke 17:11-19  
 30 **Feast: Andrew, Apostle** Matthew 4:18-22

## DECEMBER

- 3 Francis Xavier, SJ, 1552, priest & missionary  
 4 John of Damascus, 749, priest & doctor  
 6 Nicholas, 350, bishop of Myra (now in Turkey)  
 7 Ambrose, 397, bishop of Milan & doctor  
 8 **Solemnity: Immaculate Conception of Mary** Luke 1:26-47  
 9 Juan Diego of Tepayac, Mexico, 1531 apparition of Our Lady of Guadalupe  
 12 **Feast: Our Lady of Guadalupe** Luke 1:26-38 or 39-47  
 13 Lucy of Syracuse, 304, virgin & martyr  
 14 John of the Cross, 1591, founder: Discalced Carmelites, priest & doctor  
 21 Peter Canisius, SJ, 1597, missionary, priest & doctor  
 25 **Solemnity: Nativity of the Lord** See page 40  
 26 **Feast: Stephen, Deacon & First Martyr** Matthew 10:17-22  
 27 **Feast: John, Apostle & Evangelist** John 20:1a,2-8  
 28 **Feast: The Holy Innocents, Martyrs** Matthew 2:13-18  
 29 Thomas Becket, 1170, bishop of Canterbury & martyr

# APOSTLES

## SUNDAY

BEGINNING      + Lord, give me wisdom to seek your face.  
Open the eyes and ears of my heart  
and help me to see and hear as you desire.

PSALMODY

### PSALM 117

Antiphon:      Calling many to follow him,  
Jesus chose twelve and made them apostles.

Praise Adonai, all nations;  
and extol, all peoples.

Great is this steadfast love toward us,  
the fidelity of Adonai to forever.  
Hallelujah! Praise Adonai!      †

### PSALM 126

Antiphon:      I came and went among you  
as a servant to all.

When Adonai returned Zion from captivity  
we felt like people in a dream.  
Then our mouth was filled with laughter,  
and our tongue with a song of joy.

Then they said among the nations  
 "Their Adonai did greatness for them."  
 Adonai did greatness for us;  
 we were full of joy.

Restore our good fortune, Adonai,  
 like streams in the Negev desert.  
 Sowers are now in tears;  
 they will reap with a song of joy.

Going out, the sower goes out weeping,  
 carrying seeds for the sowing.  
 Returning, the sower will return  
 carrying sheaves with a song of joy. †

## CANTICLE

**EPHESIANS 1:3-10**

Antiphon: I now call you my friends;  
 hear what I have heard from my Father.

Blessed be the God and Father  
 of our Lord Jesus Christ,  
 who has blessed us in Christ  
 with every spiritual blessing in the heavens.

God chose us in Christ  
 before the foundation of the world,  
 to be holy and free of blemish before him.

In love, God gave us a destiny:  
as sons are adopted, through Jesus Christ himself,  
in accord with the good pleasure of God's will  
to the praise of the glory of grace  
by which we are favored as God's beloved.

In Christ we have the redemption  
through his blood, the forgiveness of sins,  
in accord with the riches of his grace  
which he made abound to us.

In all wisdom and intelligence  
the mystery of God's will is made known to us  
in accord with God's good pleasure and purpose:

A stewardship of the fullness of time,  
heading up all things in Christ,  
the things in the heavens and the things on earth. †

READING

EPHESIANS 2:19-20

You are no longer strangers and aliens, but you are equal citizens with the saints and members of the family of God, having been built on the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone, in whom the whole building fits together and grows into a holy temple in the Lord, in whom you also are being built together into a dwelling place of God in the spirit.

## RESPONSORY

Let the world see and know  
*that we live by your teachings.*

GOSPEL READING OF THE DAY (or use a Gospel Canticle from page 104 or 105)

Gospel Antiphon: You did not choose me, but I chose you  
to be my witnesses to all the earth.

## INTERCESSIONS

- In gratitude for blessings and grace...
- For those who have asked for my prayer...
- For those for whom I have promised to pray...
- For those who weigh on my heart...

## OUR FATHER...

## CLOSING PRAYER

Almighty Father, the apostles learned the way  
at the feet of your Son and were witnesses to  
his resurrection. Keep me close to you, Lord,  
and teach me what the apostles learned from  
your Son. Amen.

# WORK HOURS

## SUNDAY MORNING

BEGINNING      + Lord, let your favor shine on the work of  
my mind and heart and soul and strength.

### PSALM 115:1-11

Antiphon:      The living God is my strength;  
sing praise to God.

- Not to us, Adonai, not to us,  
but to your name give glory  
because of your love, because of your fidelity.  
Why say the nations, "Where now is their God?"
- Our God now is in the heavens;  
and all that God pleases, God does.  
Their idols are silver and gold,  
made of human hands.  
Made with a mouth, they cannot speak;
- made with eyes, they cannot see;  
made with ears, they cannot hear;  
made with a nose, they cannot smell;
- made with hands, they cannot feel;  
made with feet, they cannot walk,  
and they utter no sound with their throat.  
Like them will become those who make them,  
and all who trust in them.

- Israel, trust Adonai, your help and your shield.  
 Aaron, trust Adonai, your help and your shield.  
 Ones fearing Adonai, trust Adonai,  
 your help and your shield. †

## READING

## GENESIS 1:27-31

So God created the human in the image of God; in God's own image, male and female, God created them. God blessed them and said to them, "Be fruitful! Increase! Fill the earth! Master it! Rule over the fish of the sea, and over the birds of the air, and over every living thing that moves on the ground!" Then God said, "See, I give to you every seed-bearing plant on the whole face of the earth, and every tree with seed in its fruit to be your food. And to every animal of the earth and to every bird of the air and to everything moving on the ground that has in it the breath of life, I give every green plant for food." And it was so. God saw all that God made, seeing that it was very good. And there was evening and there was morning, the sixth day.

## RESPONSORY

I will sing for ever of your mercy, Lord.  
*Make known to all the fidelity of God.*

## OUR FATHER

## SUNDAY AFTERNOON

BEGINNING      + Lord, let your favor shine on the work of  
my mind and heart and soul and strength.

### DANIEL 3:52-57

Antiphon:      Bless the Lord, all you works of the Lord.

- Blessed are you, O Lord, God of our ancestors,  
praiseworthy and exalted above all forever.  
Blessed is your glorious and holy name,  
praiseworthy and exalted above all forever.
- Blessed are you in the temple of your sacred glory,  
praiseworthy and exalted above all forever.  
Blessed are you who sit high on the cherubim  
and look into the depths,  
praiseworthy and exalted above all forever.
- Blessed are you on your royal throne,  
praiseworthy and exalted above all forever.  
Blessed are you in the dome of the heaven,  
to be hymned and glorified forever.
- Bless the Lord, all you works of the Lord,  
sing praise and high exaltation forever.      ✦

## READING

## MATTHEW 6:25-26,31-33

"And so I say to you: Do not be absorbed by your life, what you may eat or what you may drink, nor about your body, what you may put on it. Is not life more than food? The body more than clothes? Look at the birds of heaven and see that they neither sow nor reap nor gather into barns; and your heavenly Father feeds them. Are you not more excellent than them?... So do not be absorbed with asking, 'what may we eat' or 'what may we drink?' or 'what may we put on?' For the nations seek after all these things. Your heavenly Father knows that you need all these things. But seek first your Father's kingdom and justice, and all these things will be given to you."

## RESPONSORY

I desire to live in God's holy dwelling.

*My whole being rejoices in the living God.*

## OUR FATHER

# IN HEALTH & IN HEALING

## SUNDAY MORNING

BEGINNING      + Abba, thank you...  
                         Lord Jesus, bless us with mercy...  
                         Holy Spirit, help...

### PSALM 100

Antiphon:            May my song before the Lord be one of joy.

- Shout for joy to Adonai, all the earth!  
         Serve Adonai with gladness!  
         Come into the presence with joyful song.
- Know that Adonai is God, who made us,  
         whose people we are,  
         in whose pasture we are the sheep.
- Enter the gates with thanksgiving,  
         go into the courts with praise!  
         Give thanks and give praise to the name!
- Good is Adonai, and loving to forever,  
         and faithful through generation and generations. †

READING

**MARK 16:5-6**

And entering into the tomb they saw a young man sitting on the right, clothed in a white robe, and they were greatly astonished. But he said to them, "Be not greatly astonished; you seek Jesus the Nazarene, who was crucified. He has been raised; he is not here; behold the place where they put him."

RESPONSORY

All of creation proclaims  
*the greatness of your glory.*

OUR FATHER

## SUNDAY EVENING

BEGINNING

+ Abba, thank you...  
Lord Jesus, bless us with mercy...  
Holy Spirit, help...

### PSALM 23

Antiphon:

The Lord has brought me  
to pastures alive and green.

- Adonai is my shepherd; nothing shall I lack.  
My Lord lays me down in green pastures

and leads me beside quiet waters,  
restoring my soul and guiding me  
in paths of justice for the Lord's own namesake.

- So when I walk in the deep dark valley  
I will not fear for you are with me;  
your rod and staff a comfort to me.
- A table you prepare before me,  
and before those who would be enemies.  
My head you anoint with oil  
and my cup is overflowing.
- Surely goodness and love will follow me  
all the days of my life  
and I will dwell in the Lord's own house  
for length of days. ✦

## READING

**1 CORINTHIANS 15:3-8**

For I handed on to you among the first things what I also received, that Christ died on behalf of our sins, according to the scriptures, and that he was buried, and that he was raised on the third day, according to the scriptures, and that he showed himself to Cephas, then to the twelve.

Afterward he showed himself to over five hundred brothers and sisters at one time, of whom the majority remain until now, though some have fallen asleep. Afterward he showed himself to James, then to all the apostles, and last of all, even as if to one aborted, he showed himself also to me.

## RESPONSORY

Lord Jesus Christ, Son of the living God,  
*have mercy on us.*

## OUR FATHER

## ACKNOWLEDGEMENTS

The official translation approved by the Catholic Church for the Liturgy of the Hours has been for forty years *The Psalms: A New Translation, The Grail*, published by Collins in London, England, 1963. Indeed this is a beautiful translation for chanting, in monasteries and seminaries.

As a parish priest, almost all of my time with the Psalter is alone with God, whether in my room, in the chapel, or in the woods. Praying *Lectio Divina*, trying to listen to the Lord, I have found much prayerful fruit in several other translations, as well as the Grail. Having been asked by many people for an introduction to praying the psalms, these three sets of psalms, canticles and readings are a response to those requests.

### PART 1 - JESUS, MARY & THE SAINTS,

drawn from the Commons of Mary and the Saints, have proven especially helpful for those trying to discern whether they are being called to pray the *Liturgy of the Hours*.

### PART 2 - WORK HOURS

is inspired by the psalms and readings of the Midday Hours and reflection on years of working as a student, janitor, launderer, clerk, landscaper, accountant, and parish priest.

### PART 3 - IN HEALTH & IN HEALING

has roots in a summer chaplaincy internship at Emory Hospital (the '96 Olympics), often offering short readings from the Psalter, and watching faithful Methodists, Baptists, Jews and others taking in the sacred word with a reverence that resembles a Catholic receiving holy communion.

These passages gave great consolation then, and I still call on them in pastoral care. On the occasional day of depression, this is my breviary.

The primary character of this rendering is from the grace of eighteen years of praying with the Psalter. May the Lord grant more of this grace.

Any errors in this rendering are entirely my own. Let us be grateful for all those who do the real work of translating sacred scripture.

This meditation rendering follows consciously these four choices:

1. For the name *Yhvh*, or *Yahweh*, the Hebrew word *Adonai*, meaning *Lord*, is used. In several places the word *El* or *Elyon* is retained, as is *Sabaoth*, meaning a leader with a great army, instead of *Mighty* or *Hosts*.
2. Following the Christian understanding of one God in the three persons of the Trinity, masculine pronouns for God are avoided, except when God is referred to as Father, or specific references to Jesus.
3. In an admittedly imperfect effort to pray the gospel as well as the psalms, the word *enemy* is rendered as something similar to *one who would be my enemy*.
4. Where people are referred to as *evil*, the emphasis is shifted to those who *do* or *would do* evil.

There are problems with all four of these choices, and these would be reasons to never use this compilation in public liturgy. Still, in my judgment, the benefits overwhelm the problems.

Again, the primary source for this work is the grace of eighteen years of praying the psalms, canticles and readings from several translations, including these:

***The Liturgy of the Hours (Four Volumes)***

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(International Committee on English in the Liturgy, Inc.)

***New American Bible***

***with Revised New Testament and Revised Psalms***

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Washington, D.C. All rights reserved.

(This is my favorite translation of the Psalms.)

***New Revised Standard Version Bible: Catholic Edition***

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***The New Jerusalem Bible***

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***The Jewish Study Bible***

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***The Interlinear NIV Hebrew-English Old Testament***

by John R. Kohlenberger III

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by the Zondervan Corporation

***The NRSV-NIV Parallel New Testament in Greek and English***

by Alfred Marshall

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I am especially grateful to all those who worked on the *New American Bible*  
and to Mr. Kohlenberger and Mr. Marshall

These other works were consulted:

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And a stack of dictionaries.

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# Gospel Canticle For Morning

Luke 1:68-79

+ Blessed be the Lord the God of Israel  
who chose a people,  
visited them to bring redemption,  
and raised salvation in the house of David,  
saving strength from God's own servant,  
speaking from the age of the prophets  
through the mouth of the holy prophet:  
Salvation out of those who would be our enemies  
even out of those who would hate us,  
to show our ancestors how mercy works,  
and to remember the holy promise of the Lord,  
the covenant made for our father Abraham,  
calming our fear and making us free  
to serve God as holy and righteous and just  
in the Lord's presence all our days.  
And you also child,  
will be called a prophet of the Most High  
for you will go before the Lord to prepare his way,  
and give to his people a knowledge of salvation  
known in accepting forgiveness of their sins.  
From the deepness of God's mercy on us,  
a sun rising from the height will visit to appear  
to those who sit in the dark or shadow of death,  
and to guide our feet into the way of peace. †

## Gospel Cantic For Evening

Luke 1:46-55

+ My soul is stretched full with praise of the Lord,  
and my spirit, beyond joy in God, my Savior,  
who chose to lay eyes on this humble servant.  
Behold, now and forward,  
each and every age will call me blessed,  
for the Mighty One did great things to me.  
Holy is the name and the mercy  
to generations and generations,  
the ones who fear the One,  
Who scattered the haughty of mind and heart,  
pulled the powerful off their high place,  
and exalted with dignity the humble in need.  
The hungering are filled with good things,  
the rich are sent away empty,  
and servant Israel is given relief  
with a memory of mercy to remember,  
the promise spoken to our ancestors,  
to Abraham and his descendents forever. †