A SIMPLE GRADUAL FOR MASS

IV. Through the Year

Chant settings by
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Bless our God, you peoples,* loudly sound his praise. Ant. Let all the earth.

He has given life to our souls,* and has not let our feet slip. Ant. Let all the earth.

For you have tested us, O God!* You have tried us as silver is tried by fire. Ant. Let all the earth.

I will bring holocausts to your house;* to you I will fulfill the vows which my lips uttered. Ant. Let all the earth.

Hear now, all you who fear God, while I declare* what he has done for my soul. Ant. Let all the earth.

When I appealed to him in words,* praise was on the tip of my tongue. Ant. Let all the earth.

Were I to cherish wickedness in my heart,* the Lord would not hear. Ant. Let all the earth.

But God has heard;* he has hearkened to the sound of my prayer. Ant. Let all the earth.

Blessed be God who refused me not* my prayer or his kindness. Ant. Let all the earth.
Through the Year

When there are two lessons before the Gospel, the chants are ordered in this way: after the first lesson, the Responsorial Psalm is sung; after the second lesson, either the Alleluiaic Psalm or the antiphon Alleluia with its verses is sung.

When there is one lesson before the Gospel, only one of the following chants is chosen ad libitum.

This plan is followed throughout the Time Through the Year.

Responsorial psalm VI g 2

Psalm 65

VII e

Alleluia

Psalm 96

Offertory antiphon

Mass I

<table>
<thead>
<tr>
<th>Alleluiaic psalm E</th>
<th>Psalm 96</th>
</tr>
</thead>
<tbody>
<tr>
<td>Y 1 The Lord is king; let earth rejoice; * let the man-y isles be glad.</td>
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</tbody>
</table>

Al-le-lu-ia, al-le-lu-ia.

2 Clouds and darkness are round about him,*

justice and judgement are the foundation of his throne. R: Alleluia.

3 Fire goes before him *

and consumes his foes round about. R: Alleluia.

4 His lightnings illumine the world,*

the earth sees and trembles. R: Alleluia.

5 The heavens proclaim his justice,*

and all peoples see his glory. R: Alleluia.

6 Adore him, all you his angels:* Sion hears and is glad. R: Alleluia.

7 And the cities of Judah rejoice,*

because of your judgments, O Lord. R: Alleluia.

8 Because you, O Lord, are the most high over all the earth,* exalted far above all gods. R: Alleluia.

9 Be glad in the Lord, you just,*

and give praise to the remembrance of his holiness. R: Alleluia.

offertory antiphon

VII d

Hout to God with cries of gladness.

Psalm 46

V 1 For the Lord, the Most High, the awesome,* is the great king o-ver...
Through the Year

1. Praise the Lord from the heavens,* praise him in the heights.

Psalm 148

1 Praise the Lord from the heavens,* praise him in the heights.

Ant. All wondered.

2 Praise him, all you his angels,* praise him, all you his hosts. Ant. All wondered.

3 Praise him, sun and moon; * praise him, all you shining stars. Ant. All wondered.

4 Praise him, you highest heavens,* and you waters above the heavens. Ant. All wondered.

5 Let them praise the name of the Lord,* for he commanded and they were created. Ant. All wondered.

6 He established them forever and ever; * he gave them a duty which shall not pass away. Ant. All wondered.

7 Praise the Lord from the earth,* you sea monsters and all depths. Ant. All wondered.

8 Let the kings of the earth and all peoples,* the princes and all the judges of the earth, Ant. All wondered.

9 Be his praise from all his faithful ones, / from the children of Israel,* the people close to him. Ant. All wondered.

MASS II

Introit antiphon

The Lord has become my defender * in him I put my trust.

Psalm 17

1 I love you, O Lord, my strength, / O Lord, my rock, my fortress,* my de-liv-er-er. Ant. The Lord. 2 ...I put my trust. 4 ...o-verwhelmed me.

2 My God is my defender,* and in him I put my trust. Ant. The Lord.

3 Praised be the Lord, I exclaim,* and I am safe from my enemies. Ant. The Lord.

4 The breakers of death surged round about me,* the destroying floods overwhelmed me. Ant. The Lord.

5 In my distress I called upon the Lord,* and cried out to my God. Ant. The Lord.

6 From his temple he heard my voice,* and my cry to him reached his ears. Ant. The Lord.

7 He reached out from on high and grasped me; * he drew me out of the deep waters. Ant. The Lord.

8 They attached me in the day of my distress,* but the Lord came to my support. Ant. The Lord.

9 And the Lord requited me according to my justice,* according to the cleanness of my hands in his sight. Ant. The Lord.
Therefor I will proclaim you, O Lord, among the nations, * and I will sing praise to your name. Ant. Let all the earth.

**Responsorial psalm VI g 1**

**Psalms 42**

*V. 1* Hope in God! I will praise him still, R: My savior and my God.

*V. 2* Do me justice, O God, and fight my fight against faithless people; *

deliver me from the unjust and deceitful man. R: My savior and my God.

3 For you, O God, are my strength. / Why do you keep me so far away? *
   Why must I go about in mourning, / with the enemy oppressing me? R: My savior.

4 Send forth your light and your truth; / they shall lead me on *
   and bring me to your holy mountain, / to your dwelling-place. R: My savior.

5 Then will I go in to the altar of God, * the God of my gladness and my joy. R: My savior.

6 Then will I give you thanks upon the harp, O God my God! / Why are you so downcast, O my soul? *
   Why do you sigh within me? R: My savior.

**Alleluia**

**Psalms 9**

*V. 1* I will give thanks to you, O Lord, with all my heart; * I will declare *
   all your wondrous deeds. R: Al-le-lu-ia, al-le-lu-ia.

2 I will be glad and exult in you; * I will sing praise to your name, Most High. R: Alleluia.

3 The Lord sits enthroned forever; * he judges the world with justice. R: Alleluia.

4 The Lord is a stronghold for the oppressed, * a stronghold in times of distress. R: Alleluia.

5 Let them trust in you who know your name, * those who seek you, O Lord. R: Alleluia.

6 Have mercy on me, O Lord; / see how I am afflicted by my foes, * you who have raised me up from the gates of death. R: Alleluia.

7 That I may declare all your praises / and, in the gate of the daughter of Sion, * rejoice in your salvation. R: Alleluia.

8 For the needy shall not always be forgotten, * nor shall the hope of the afflicted perish. R: Alleluia.

9 The desire of the afflicted you hear, O Lord, * strengthening their hearts, / you pay heed. R: Alleluia.

**Offertory antiphon**

*Hear my cry for help, * my king and my God.
VIII c

Look toward me * and have pity on me, O Lord.

Psalm 24

V 1 To you, O Lord, I lift up my soul; in you, O my God, I trust; * let me not be put to shame. Ant. Look toward me.

2 You ways, O Lord, make known to me; * teach me your paths. Ant. Look toward me.

3 Guide me in your truth and teach me, / for you are God my savior, * and for you I wait all the day. Ant. Look toward me.

4 Remember that your compassion, O Lord, * and your kindness are from of old. Ant. Look toward me.

5 In your kindness remember me, * because of your goodness, O Lord. Ant. Look toward me.

6 Good and upright is the Lord; * thus he shows sinners the way. Ant. Look toward me.

7 He guides the humble to justice, * he teaches the humble his way. Ant. Look toward me.

8 All the ways of the Lord are mercy and truth, * toward those who keep his covenant and decrees. Ant. Look toward me.

9 My eyes are ever toward the Lord, * for he will free my feet from the snare. Ant. Look toward me.

10 Look toward me, and have pity on me, * for I am alone and afflicted. Ant. Look toward me.
Responsorial psalm t. irreg. Psalm 54

V 1 Hearken, O God, to my prayer; * turn not a-way from my pleading.

R: Give ear to me, and hear me, O God.

1 My heart quakes within me; *
   the terror of death has fallen upon me. R: Give ear.

2 Cast your care upon the Lord, / and he will support you; *
   never will he permit the just man to be disturbed. R: Give ear.

Alleluia

VII d

L-le-lu-ia, al-le-lu-ia, al-le-lu-ia.

All repeat: Alleluia, alleluia, alleluia.

Alleluia

V 1 In you, O Lord, I take refuge; * let me nev-er be put to shame. * In

your jus-tice rescue me. All: Alleluia.

Or: Alleluiaic psalm D i b Psalm 30

V 1 In you, O Lord, I take refuge; * let me nev-er be put to shame. * In

your jus-tice rescue me. R: Al-le-lu-ia, al-le-lu-ia.

2 Incline your ear to me, *
   make haste to deliver me. R: Alleluia.

3 Be my rock of refuge, *
   a stronghold to give me safety. R: Alleluia.

4 For you are my rock and my fortress; *
   you have seen those who oppose me. R: Alleluia.

5 Into your hands I commend my spirit; *
   you will lead me and guide me. R: Alleluia.

6 My trust is in the Lord. *
   I will rejoice and be glad in your mercy. R: Alleluia.

7 For you have seen my affliction *
   and watched over me in my distress. R: Alleluia.

8 How great is the goodness, O Lord, *
   which you have in store for those who fear you. R: Alleluia.

9 Be strong, / and let your heart take courage, *
   all you who hope in the Lord. R: Alleluia.

Offertory antiphon

VII d

G od is my help-er; * the Lord up-holds my life.

Psalm 53

V 1 O God, save me by your name, * and by your might de-fend my

cause. Ant. God is my help-er.
Through the Year

2 O God, hear my prayer; * 
give heed to me, and answer me. R: Alleluia.

3 Freely will I offer you sacrifice; * 
I will praise your name, O Lord, for it is good. R: Alleluia.

4 Because from all distress you have rescued me,* 
and my eyes shall look down upon my enemies. R: Alleluia.

Communion antiphon

Psalm 36

1 Be not vexed o-ver evil-do-ers,* nor jealous of those who do wrong,* 
will be giv-en to you. Ant. Seek first.

Psalm 47

1 Great is the Lord and wholly to be praised* in the cit-y of our God.* 
Ant. We have received.

2 His holy mountain,* fairest of heights, 
is the joy of all the earth. Ant. We have received.

3 Mount Sion,* the recesses of the North,* 
is the city of the great King. Ant. We have received.

4 For lo! the kings assemble,* 
they come on together. Ant. We have received.

5 They also see,* and at once are stunned,* 
terrified, routed. Ant. We have received.

6 As we have heard,* so have we seen* 
in the city of the Lord of hosts,* 
God makes it firm forever. Ant. We have received.

7 Let mount Sion be glad,* 
and the cities of Judah rejoice,* 
because of your judgments. Ant. We have received.

8 Go about Sion,* make the round;* 
count all her towers. Ant. We have received.

9 Set your heart on her strength,* 
go through her citadels,* 
that you may tell a future generation. Ant. We have received.
10 That such is our God,
our God forever and ever; *
it is he who will guide us. Ant. We have received.

Rresponsorial Psalms IV g 1

Psalm 91

20

V. It is good to give thanks to the Lord, R. To sing praise to your name,
O Most High.

V. To proclaim your kindness at dawn, * and your faithfulness through-
out the night. R. To sing praise.

3 With the ten-stringed instrument and lyre, *
with melody upon the harp. R. To sing praise.

4 For you make me glad, O Lord, by your deeds; *
at the works of your hands I rejoice. R. To sing praise.

5 How great are your works, O Lord! *
How very deep are your thoughts! R. To sing praise.

6 A senseless man knows not, *
nor does a fool understand this. R. To sing praise.

7 The just man shall flourish like the palm tree, *
like a cedar of Lebanon shall he grow. R. To sing praise.

8 They that are planted in the house of the Lord *
shall flourish in the courts of our God. R. To sing praise.

9 They shall bear fruit even in old age; *
vigorous and sturdy shall they be. R. To sing praise.

10 Declaring how just is the Lord,*
my Rock, in whom there is no wrong. R. To sing praise.

Alleluia

Psalm 64

1 g

L-le-lu- ia, al-le-lu-ia, al-le-lu- ia.

All repeat: Alleluia, alleluia, alleluia.

V. To you we owe our hymn of praise, O God, in Si-on; * to you
must vows be fulfilled in Je-rusale. All: Alleluia.

V. You who hear our prayers, to you all flesh will come * because of
wicked deeds. All: Alleluia.

Or: Alleluia

Psalm 64

V. To you we owe our hymn of praise, O God, in Si-on; * to you
must vows be fulfilled in Je-rusale. All: Alleluia.

V. You who hear our prayers, to you all flesh will come * because of
wicked deeds. R. Alleluia.

3 Blessed the man you choose, and bring *
to dwell in your courts. R. Alleluia.

4 May we be filled with the good things of your house,*
the holy things of your temple. R. Alleluia.

5 With awe-inspiring deeds of justice /
you answer us, O God our savior,*
the hope of all the earth / and of the distant seas. R. Alleluia.

6 You set the mountains in place by your power,*
you who are girt with might. R. Alleluia.

7 You still the roaring of the seas,/ the roaring of their waves *
and the tumult of the peoples. R. Alleluia.

8 You have visited the land and watered it; *
greatly have you enriched it. R. Alleluia.

9 God's watercourses are filled; / you have prepared the grain.*
Thus you have prepared the land. R. Alleluia.
The fields are garmented with flocks / and the valleys blanketed with grain." * They shout and sing for joy. Æ Alleluia.

Offertory antiphon

IV d

Do not abandon me, * Lord, my mighty Savior.

Psalm 139

V 1 De-liv- er me, O Lord, from evil men; * preserve me from violent men. Ant. Do not abandon me.

Communion antiphon

VIII G

Worship the Lord * in his holy temple.

Psalm 95

V 1 Sing to the Lord a new song; * sing to the Lord, all you lands.

Ant. Worship the Lord.

Mass V

Introit antiphon

VIII G

the Lord * inclined his ear to me.

Psalm 85

V 1 Incline your ear, O Lord, and answer me, * for I am afflicted and poor. Ant. The Lord.

Ant. The Lord.

Ant. The Lord.

Ant. The Lord.

Mass V

4 For great is the Lord and highly to be praised; * awesome is he beyond all gods. Ant. Worship the Lord.

5 For all the gods of the nations are things of naught, * but the Lord made the heavens. Ant. Worship the Lord.

6 Give to the Lord, you families of nations, / give to the Lord glory and praise; * give to the Lord the glory due his name. Ant. Worship the Lord.

7 Bring gifts, and enter his courts; * worship the Lord in holy attire. Ant. Worship the Lord.

8 Let the heavens be glad and the earth rejoice; / let the sea and what fills it resound; * let the plains be joyful and all that is in them. Ant. Worship the Lord.

9 Then shall all the trees of the forest exult / before the Lord, for he comes; * for he comes to rule the earth. Ant. Worship the Lord.

10 He shall rule the world with justice * and the people with his constancy. Ant. Worship the Lord.

MASS V

Sing to the Lord; * bless his name; * announce his salvation, day after day. Ant. Worship the Lord.

Tell his glory among the nations; * among all peoples, his wondrous deeds. Ant. Worship the Lord.
For you, O Lord, are good and forgiving,* abounding in kindness to all who call upon you. Ant. The Lord.

Hearken, O Lord, to my prayer* and attend to the sound of my pleading. Ant. The Lord.

In the day of my distress I call upon you,* for you will answer me. Ant. The Lord.

All the nations you have made shall come / and worship you, O Lord,* and glorify your name. Ant. The Lord.

For you are great and do wonders: * you alone are God. Ant. The Lord.

I will give thanks to you, O Lord my God, with all my heart,* and I will glorify your name forever. Ant. The Lord.

Responsorial psalm II A

Psalm 16

26

Psalm 94

Alleluia

Mass V

Alleluia

Or: Alleluiaic psalm VI F

Psalm 94

27

28
Through the Year

Offertory antiphon

VII F

Give light, O Lord, to my eyes; * give joy to my heart.

Psalm 12

V. 1 How long, O Lord? / Will you utterly forget me? * How long will you hide your face from me? Ant. Give light.

3 How long shall I harbor sorrow in my soul,* grief in my heart day after day? Ant. Give light.

4 How long will my enemy triumph over me? * Look, answer me, O Lord my God! Ant. Give light.

5 Let my heart rejoice in your salvation; * Let me sing to the Lord, / "He has been good to me." Ant. Give light.

Communion antiphon

VIII c

Singing to the Lord for he is good; * it is fitting to praise him.

Psalm 146

V. 1 The Lord rebuilds Jerusalem; * the dispersed of Israel he gathers. Ant. Sing to the Lord.

2 He heals the brokenhearted * and binds up all their wounds. Ant. Sing to the Lord.

3 He tells the number of the stars; * he calls each one by its name. Ant. Sing to the Lord.

4 Great is our Lord and mighty in power; * to his wisdom there is no limit. Ant. Sing to the Lord.

5 The Lord sustains the lowly; * the wicked he casts to the ground. Ant. The Lord.

Mass VI

Introit antiphon

Give peace, O Lord, in our days; * may all who love you dwell secure.

Psalm 121

V. 1 I rejoiced because they said to me, * "We will go up to the house of the Lord. Ant. Give peace.

2 And now we have set foot * within your gates, O Jerusalem. Ant. Give peace.

3 Jerusalem, built as a city * with compact unity. Ant. Give peace.

4 To it the tribes go up, / the tribes of the Lord, * to give thanks to the name of the Lord. Ant. Give peace.

5 In it are set up judgment seats, * seats for the house of David. Ant. Give peace.
6 Pray for the peace of Jerusalem! *  may those who love you prosper! Ant. Give peace.
8 Because of my relatives and friends *  I will say, "Peace be within you!" Ant. Give peace.
9 Because of the house of the Lord, our God, *  I will pray for your good. Ant. Give peace.

Responsorial psalm, Alleluia or Alleluiaic psalm, as in Mass II, p. 6, or III, p. 9.

Offertory antiphon

Psalm 124

They who trust in the Lord are like Mount Sinai; *  which is immovable; / which forever stands. Ant. Do good.

2 Mountains are round about Jerusalem; / so the Lord is round about his people, *  both now and forever. Ant. Do good.
3 For the scepter of the wicked shall not remain / upon the territory of the just; *  lest the just put forth to wickedness their hands. Ant. Do good.
4 Such as turn aside to crooked ways / may the Lord lead away with evildoers! *  peace be upon Israel. Ant. Do good.

Communion antiphon

Psalm 122

The LORD is round about his people, *  yea, the Lord is round about them who trust in his love; / whom he hath sanctified, *  he will answer their heaping up of charges. Ant. Give peace.

You who dwell in the heavens, have mercy on us. Ant. You who dwell.

Psalm 118

Blessed are you, O Lord, *  to those who are good, to the upright of heart.

Responsorial psalm, Alleluia or Alleluiaic psalm, as in Mass II, p. 6, or III, p. 9.

Introit antiphon

Pray for the peace of Jerusalem! *  may those who love you prosper! Ant. Give peace.


Because of my relatives and friends *  I will say, "Peace be within you!" Ant. Give peace.

Because of the house of the Lord, our God, *  I will pray for your good. Ant. Give peace.

Responsorial psalm, Alleluia or Alleluiaic psalm, as in Mass II, p. 6, or III, p. 9.

Offertory antiphon

Psalm 124

They who trust in the Lord are like Mount Sinai; *  which is immovable; / which forever stands. Ant. Do good.

2 Mountains are round about Jerusalem; / so the Lord is round about his people, *  both now and forever. Ant. Do good.
3 For the scepter of the wicked shall not remain / upon the territory of the just; *  lest the just put forth to wickedness their hands. Ant. Do good.
4 Such as turn aside to crooked ways / may the Lord lead away with evildoers! *  peace be upon Israel. Ant. Do good.

Communion antiphon

Psalm 122

The LORD is round about his people, *  yea, the Lord is round about them who trust in his love; / whom he hath sanctified, *  he will answer their heaping up of charges. Ant. Give peace.

You who dwell in the heavens, have mercy on us. Ant. You who dwell.

Psalm 118

Blessed are you, O Lord, *  to those who are good, to the upright of heart.
2 Behold, as the eyes of servants are on the hands of their masters,*
as the eyes of a maid/
are on the hands of her mistress. Ant. You who dwell.
3 So our eyes are on the Lord, our God,*
till he have pity on us. Ant. You who dwell.
4 Have pity on us, O Lord, have pity on us,*
for we are more than sated with contempt. Ant. You who dwell.
5 Our souls are more than sated/
with the mockery of the arrogant,*
with the contempt of the proud. Ant. You who dwell.
Responsorial psalm, Alleluia or Alleluiaic psalm, as in Mass IV, p. 14, or V,
p. 18.

Offertory antiphon

Psalm 127

V 1 For you shall eat the fruit of your handiwork; * bless-ed shall you
be and favored. Ant. Blessed.

2 Behold, thus is the man blessed *
3 The Lord bless you from Sion:*
may you see the prosperity of Jerusalem /
all the days of your life. Ant. Blessed.
4 May you see your children's children.*
Peace be upon Israel! Ant. Blessed.

Communion antiphon

Psalm 118

V 1 Bless-ed are they whose way is blameless, * who walk in the law of
the Lord. Ant. You have commanded.

2 I remember your decrees of old, O Lord,*
and I am comforted. Ant. You have commanded.
3 My soul pines for your salvation; *
I hope in your word. Ant. You have commanded.
4 Your word, O Lord, endures forever; *
it is firm in the heavens. Ant. You have commanded.
5 A lamp to my feet is your word,*
a light to my path. Ant. You have commanded.
6 You are my refuge and my shield; *
in your word I hope. Ant. You have commanded.
7 Uphold me according to your promise, and I shall live; *
and do not confound me in my expectation. Ant. You have commanded.
8 Steady my footsteps according to your promise,*
and let no iniquity rule over me. Ant. You have commanded.
9 You have pronounced your decrees in justice* 
and in perfect faithfulness. Ant. You have commanded.
10 I call out with all my heart; / answer me, O Lord; *
I will observe your statutes. Ant. You have commanded.

Mass VIII

Introit antiphon

V 7 d Less-ed be * the name of the Lord both now and for-ev-er
more. Ant. Bless-ed.
Psalm 112

V 1 Praise, you servants of the Lord,* praise the name of the Lord.

Ant. Bless-ed.

2 From the rising to the setting of the sun * is the name of the Lord to be praised. Ant. Blessed.
3 High above all nations is the Lord; * above the heavens is his glory. Ant. Blessed.
4 Who is like the Lord, our God, / who is enthroned on high * and looks upon the heavens and the earth below? Ant. Blessed.
5 He raises up the lowly from the dust; * from the dunghill he lifts up the poor. Ant. Blessed.
6 To seat them with princes,* with the princes of his own people. Ant. Blessed.
7 He establishes in her home the barren wife,* as the joyful mother of children. Ant. Blessed.

Responsorial psalm V a

Psalm 105

V 1 Give thanks to the Lord, for he is good, * For his love endures for- ev-er.

2 Who can tell the mighty deeds of the Lord,* or proclaim all his praises? * For his love.
3 Blessed are they who observe what is right,* who do always what is just. * For his love.
4 Remember me, O Lord, as you favor your people; visit me with your salvation. * For his love.
5 We have sinned, we and our fathers; * we have committed crimes; / we have done wrong. * For his love.
6 He saved them for his name’s sake,* to make known his power. * For his love.

Psalm 144

7 He had regard for their affliction,* when he heard their cry. * R For his love.
8 For their sake he was mindful of his covenant * and relented, in his abundant kindness. * R For his love.
9 Save us, O Lord our God,* and gather us from among the nations. * R For his love.
10 That we may give thanks to your holy name* and glory in praising you. * R For his love.

Alleluia

Psalm 144

VIII c

A

L- le- lu- ia, al-le- lu- ia, al-le- lu- ia.

All repeat: Alleluia, alleluia, alleluia.

V 1 I will ex-tol you, O my God and King,* and I will bless your name for-ev-er and ev-er. * R For his love.

V 2 Ev-ry day will I bless you,* and I will praise your name for-ev-er and ev-er. * R Alleluia.

Or: Alleluiaic psalm VI g 1

V 1 I will ex-tol you, O my God and King, and I will bless your name* for-ev-er and ev-er. * R Al-le- lu- ia, al-le- lu- ia.

V 2 Every day will I bless you, / and I will praise your name* forever and ever. * R Alleluia.
Great is the Lord and highly to be praised; * his greatness is unsearchable. R Alleluia.

Generation after generation praises your works * and proclaims your might. R Alleluia.

The Lord is gracious and merciful, * slow to anger and of great kindness. R Alleluia.

The eyes of all look hopefully to all, * and you give them their food in due season. R Alleluia.

You open wide your hand * and satisfy the desire of every living thing. R Alleluia.

The Lord is near to all who call upon him, * to all who call upon him in truth. R Alleluia.

He fulfills the desire of those who fear him, * he hears their cry and he saves them. R Alleluia.

May my mouth speak the praise of the Lord, / and may all flesh bless his holy name * forever and ever. R Alleluia.

O taste and see * the goodness of the Lord. Ant. O taste.

I will bless the Lord at all times; his praise shall be ever in my mouth. Let my soul glory in the Lord; the lowly will hear me and be glad.

Glorify the Lord with me, * let us together extol his name. I sought the Lord, and he answered me and delivered me from all my fears. Ant. O taste.

Come to him that you may be enlightened, and your faces may not blush with shame. When the afflicted man called out, the Lord heard, and from all his distress he saved him. Ant. O taste.

The angel of the Lord encamps around those who fear him, and delivers them. O taste and see the goodness of the Lord; blessed the man who takes refuge in him. Ant. O taste.

Fear the Lord, / you his holy ones, for nought is lacking to those who fear him. The great grow poor and hungry; but those who seek the Lord want for no good. Ant. O taste.

Come, children, / listen to me; I will teach you the fear of the Lord. Which of you longs for life, and takes delight in prosperous days? Ant. O taste.

Keep your tongue from evil and your lips from speaking deceit; turn from evil, and do good; seek peace and follow after it. Ant. O taste.
The Lord has eyes for the just,
and ears for their cry.
The Lord confronts the evildoers,
to destroy remembrance of them from the earth. Ant. O taste.

When the just cry out, / the Lord hears them,
and from all their distress he rescues them.
The Lord is close to the brokenhearted;
those who are crushed in spirit he saves. Ant. O taste.

Many are the troubles of the just man,
but out of them all the Lord delivers him;
not one of them shall be broken. Ant. O taste.

Evil slays the wicked,
and the enemies of the just / pay for their guilt.
But the Lord redeems the lives of his servants;
no one incurs guilt / who takes refuge in him. Ant. O taste.

I will bless the Lord at all times; * his praise shall be ever in my mouth. Ant. O taste.

2 Glorify the Lord with me,*
let us together extol his name. Ant. O taste.

3 I sought the Lord, and he answered me
and delivered me from all my fears. Ant. O taste.

Come to him that you may be enlightened,
and your faces may not blush with shame. Ant. O taste.

When the afflicted man called out, the Lord heard,
and from all his distress he saved him. Ant. O taste.

The angel of the Lord encamps
around those who fear him, and delivers them. Ant. O taste.