

Welcome to Matins for **Tuesdays in the Season of Lent**. The Service is on p131-141 in the Lutheran Book of Worship. The Psalms are **Psalm 34 on page 231-2** and **Psalm 41 on page 233**. The hymn is **#99**.

**PSALM 34** (*The cantor will speak / sing the antiphon. The psalm will be spoken / sung in unison.*)

## ANTIPHON

*Those who | seek the Lord,\*  
lack nothing | that is good.*

<sup>1</sup> I will bless the LORD | at all times;\*  
his praise shall ever be | in my mouth.

<sup>2</sup> I will glory | in the LORD;\*  
let the humble hear | and rejoice.

<sup>3</sup> Proclaim with me the greatness | of the LORD;\*  
let us exalt his | name together.

<sup>4</sup> I sought the Lord, and he | answered me\*  
and delivered me out of | all my terror.

<sup>5</sup> Look upon him | and be radiant,\*  
and let not your faces | be ashamed.

<sup>6</sup> I called in my affliction, and | the Lord heard me\*  
and saved me from | all my troubles.

<sup>7</sup> The angel of the LORD encompasses | those who fear him,\*  
and he will de- | liver them.

<sup>8</sup> Taste and see that the | LORD is good;\*  
happy are they who | trust in him!

<sup>9</sup> Fear the LORD, you that | are his saints,\*  
for those who fear | him lack nothing.

<sup>10</sup> The young lions lack and | suffer hunger,\*  
but those who seek the LORD lack nothing | that is good.

<sup>11</sup> Come, children, and lis- | ten to me,\*  
I will teach you the fear | of the LORD.

- <sup>12</sup> Who among | you loves life\*  
and desires long life to en- | joy prosperity?
- <sup>13</sup> Keep your tongue from | evil-speaking\*  
and your lips from | lying words.
- <sup>14</sup> Turn from evil | and do good;\*  
seek peace | and pursue it.
- <sup>15</sup> The eyes of the LORD are up- | on the righteous,\*  
and his ears are open | to their cry.
- <sup>16</sup> The face of the LORD is against those | who do evil,\*  
to root out the remembrance of them | from the earth.
- <sup>17</sup> The righteous cry, and | the LORD hears them\*  
and delivers them from | all their troubles.
- <sup>18</sup> The LORD is near to the | brokenhearted\*  
and will save those whose spir- | its are crushed.
- <sup>19</sup> Many are the troubles | of the righteous,\*  
but the LORD will deliver him out | of them all.
- <sup>20</sup> He will keep safe | all his bones;\*  
not one of them | shall be broken.
- <sup>21</sup> Evil shall | slay the wicked,\*  
and those who hate the righteous | will be punished.
- <sup>22</sup> The LORD ransoms the life | of his servants,\*  
and none will be punished who | trust in him.

#### ANTIPHON

*Those who | seek the Lord,\*  
lack nothing | that is good.*

**PSALM 41** (*The cantor will speak / sing the antiphon. The psalm will be spoken / sung in unison.*)

#### ANTIPHON

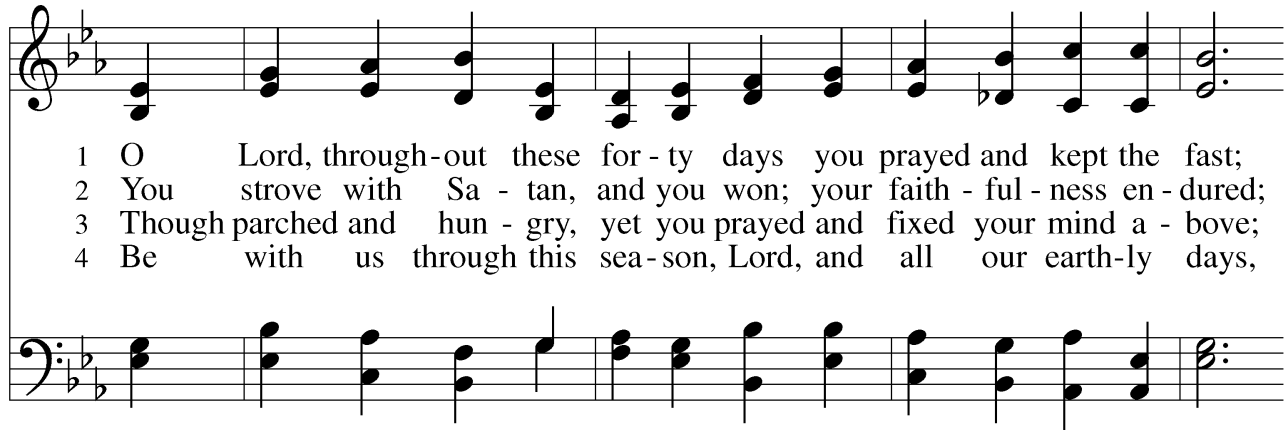
*Lord be merci | ful to me;\*  
heal me, for I have | sinned against you.*

- <sup>1</sup> Happy are they who consider the | poor and needy!\*  
The LORD will deliver them in the | time of trouble.
- <sup>2</sup> The LORD preserves them and keeps them alive,  
so that they may be happy | in the land;\*  
he does not hand them over to the will | of their enemies.
- <sup>3</sup> The LORD sustains them | on their sickbed\*  
and ministers to them | in their illness.
- <sup>4</sup> I said, "LORD, be merci- | ful to me;\*  
heal me, for I have | sinned against you."
- <sup>5</sup> My enemies are saying wicked | things about me:\*  
"When will he die, and | his name perish?"
- <sup>6</sup> Even if they come to see me, they speak | empty words;\*  
their heart collects false rumors; they go out- | side and spread them.
- <sup>7</sup> All my enemies whisper togeth- | er about me\*  
and devise e- | vil against me.
- <sup>8</sup> "A deadly thing," they say, "has fas- | tened on him;\*  
he has taken to his bed and will never get | up again."
- <sup>9</sup> Even my best friend, whom I trusted, who broke | bread with me,\*  
has lifted up his heel and | turned against me.
- <sup>10</sup> But you, O LORD, be merciful to me and | raise me up,\*  
and I | shall repay them.
- <sup>11</sup> By this I know you are | pleased with me:\*  
that my enemy does not triumph | over me.
- <sup>12</sup> In my integrity you | hold me fast,\*  
and shall set me before your | face forever.
- <sup>13</sup> Blessed be the LORD | God of Israel,\*  
from age to age. A- | men. Amen.

## ANTIPHON

*Lord be merci | ful to me;\*  
heal me, for I have | sinned against you.*

# O Lord, throughout These Forty Days



1 O Lord, through-out these for - ty days you prayed and kept the fast;  
2 You strove with Sa - tan, and you won; your faith - ful - ness en - dured;  
3 Though parched and hun - gry, yet you prayed and fixed your mind a - bove;  
4 Be with us through this sea - son, Lord, and all our earth - ly days,



in - spire re - pen - tance for our sin, and free us from our past.  
lend us your nerve, your skill and trust in God's e - ter - nal word.  
so teach us to de - ny our - selves that we may know God's love.  
that when the fi - nal Eas - ter dawns, we join in heav - en's praise.

Text: based on Claudia F. Hernaman, 1838–1898; para. Gilbert E. Doan, b. 1930  
Music: CAITHNESS, *Psalter*, Edinburgh, 1635

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