

# MY DAILY PSALM BOOK

THE BOOK OF PSALMS  
ARRANGED FOR  
EACH DAY OF THE WEEK

New English Translation  
from the  
New Latin Version



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0104

*We* are privileged to present below a letter from the Rev. Augustine Bea, S.J., Rector of the Pontifical Biblical Institute.

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NIHIL OBSTAT:

GEORGIUS A. DENZER, S. T. D.  
Censor Deputatus

IMPRIMATUR:

✠ THOMAS EDMUNDUS MOLLOY, S. T. D.  
Episcopus Brooklynensis.

Brooklyn, XII Augusti 1947.

In the new Latin translation of the Psalms which our Holy Father, Pope Pius XII, had ordered to be made and then subsequently approved, He has given not only to priests, but to all the faithful a powerful incentive to use these inspired hymns and prayers with frequency and devotion. The Vicar of Christ points especially to the rich fruits which come from the reading of the Psalms: they hold up shining examples of sanctity before our eyes, nourish within us the love of God and increase sentiments of Christian fortitude and the spirit of true contrition. In a word, they give us light, grace and comfort. We should hold it a singular grace that, in these difficult times, the Holy Father has referred us to this sacred book, for out of it we may draw, as did the people of Israel in days of past tribulations (I Mach. 12:9), strength and consolation in our needs of the present. May the Psalms bring abundant blessings to all those who pray and read them with devotion!

Rome, May 25, 1947  
Feast of Pentecost.

AUGUSTINUS BEA S.J.  
Rector of the Pontifical  
Biblical Institute.

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## FOREWORD

### The Perfect Prayer Book for Everyone

**I**N presenting this pocket-edition of the Book of Psalms, we are placing within the reach of everyone a book of perfect prayer.

The psalms are prayers in which God Himself teaches us how to pray; for they were written under the direct inspiration of the Holy Spirit. Herein we have the answer to the question: "What prayers shall I say?" Why the prayers of Holy Scripture itself! "There is no need to scrape together endless man-made prayers when Sacred Scripture frames the very thoughts of God." The psalms are the vital presentation of God's inspirations and man's aspirations; they are the ideal manifestations of man's hunger and thirst after God and of God's loving response to man. Of great age, they are ever new and appropriate. They are as satisfying and stimulating to us of the twentieth century as they were to men before the birth of Christ and down through the Apostolic and Middle Ages.

### The Holy Father and the Psalms

**I**N His Apostolic Letter authorizing the new translation of the Psalms, The Vicar of Christ writes: "Following the example of her Divine Redeemer and His Apostles, the Church, from her earliest beginnings, has made constant use of these illustrious songs, which the holy prophet David and other sacred writers composed under the inspiration of the Divine Spirit. They occupy a place apart in the official prayer that priests recite each day in praise of God's goodness and majesty, for their own needs, and for those of the universal Church and of the entire world."

## The Universal Manual

**T**HIS book of Psalms is for all times, all circumstances and all needs. It is for everybody. The psalms rhyme with every mood of man. No longing of the soul, no craving of the mind, no bodily want exists which cannot be expressed in the sublime phrases of the psalms. Prayers in the morning, during the day, for guidance in work, of repentance for sin, of thanksgiving, of adoration, prayers for loved ones and for all the world, prayers in the evening, prayers in time of trouble or sickness and countless others are to be found in this Book of Psalms. This perfect Prayer Book was the book of praise and prayer used by the ancient Jews in the worship of the Temple and in that of the home. It was the prayer book of Our Lord and Our Lady, of the Apostles and the first Christians, of all the Popes from St. Peter to Pius XII, of all the Blessed from St. Stephen to Mother Cabrini, of the clergy and the laity of the ages.

### Praying With the Church

**T**HE arrangement of the psalms according to the days of the week follows that of the official prayer book of the Church, the Breviary. The Clergy and Religious recite these very prayers daily. The psalms form the greater part of the Divine Office which Holy Mother Church offers, day and night throughout the world, to the end of time. This echo of the worship of the heavenly choirs is offered for the honor and glory of God and the salvation of the world. Only the Mass is of greater dignity and worth; only the Missal can surpass the Book of Psalms in dignity and scope. And the Missal draws heavily upon the Psalter.

### The Missal and the Psalms

**T**HE Holy Sacrifice of the Mass enshrines many quotations from the Book of Psalms. Hence the Sacrifice of the Mass and the Sacrifice of Praise, which is the Divine Office, are closely allied, so that the Missal and the Psalm Book are companion-volumes. As members of Holy Mother Church, all Catholics share in the privilege and duty of adoring God through Christ. Let us then offer our praises and prayers to God in the spirit of Holy Mother Church and in active union with her perfect worship by making use of that divinely-inspired volume which she has been using for two thousand years, the Book of Psalms. Praying the psalms unites us with the unending and perfect praise and prayer of heaven and earth. The Psalter is truly the primary and best Catholic prayer book.

### Illustrations

**T**HE illustrations found in this book are all original and especially designed with key phrases to furnish a pictorial guide to the spirit and meaning of the psalms. They are the work of the noted artist, Ariel Agemian, who has labored untiringly during the past three years to achieve this extraordinary work. It is interesting to note that this is the first time that the entire Psalter has been illustrated.

### Priests and Religious—The New Psalter

**P**RIESTS and religious will find this book, which is a translation of the New Psalter, a great help in the recitation of the Divine Office. The new version has greatly clarified many of the obscure passages of the old version. We feel confident it will fill a great need and help tremendously toward a better appreciation of the Breviary and its devout recitation. It should prove a very helpful companion-volume to the Breviary.

### How to Pray the Psalms

**W**E must make these psalms the expression of our own personal prayer-life. In the enemies of which David speaks so frequently, we can see our own spiritual enemies, satan, sin and temptation. The deep love for Jerusalem expressed by the psalmist we can take over and apply to the Church, to Christ Himself. You need not say all the psalms as given for each day. It is well to choose those that fit your present needs and circumstances. On page x you will find a helpful guide in the use of the psalms.

**T**O His Excellency, Most Rev. Thomas E. Molloy, S.T.D. we are deeply indebted for the gracious encouragement he has afforded us.

To the Rev. John E. Steinmueller, S.T.D., S.Scr.L., Professor of Sacred Scripture at the Seminary of the Immaculate Conception, Huntington, L. I., we are profoundly obligated for his invaluable assistance and scholarly criticism in the preparation of this work.

To Kathryn Sullivan, R.S.C.J., Ph.D., Professor of Sacred Scripture and History at the College of the Sacred Heart, Manhattanville, N. Y., we extend our sincere appreciation for her painstaking labor in proofreading our manuscripts and for proposing many helpful improvements.

To the Sisters Adorers of the Precious Blood we express our heartfelt thanks for their constant prayerful assistance which has made possible the works of the Confraternity.

(REV.) JOSEPH B. FREY.

Feast of Our Lady  
July 16, 1947

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Ps. 1—Preface to the Book of Psalms. David contrasts the two paths followed by all men in their search for happiness. Note the fruitful tree and the wind driven chaff: the good and the wicked.

The Two Ways

I Nocturn

PSALM 1

Matins

**H**APPY the man who follows not \* the counsel of the wicked,  
 Nor enters upon the path of sinners, \* nor sits in the assembly of the insolent;  
 2. But his delight is in the law of the Lord,\* and he meditates on his law day and night.  
 3. And he is like a tree \* planted beside streams of water,  
 That yields fruit in due season, whose leaves do not wither,\* and whatever he does, prospers.

4. Not so the wicked, not so, \* but they are like chaff which the wind scatters.
5. Therefore the wicked shall not stand firm in the judgment, \* nor sinners in the gathering of the just.
6. For the Lord takes care of the way of the just, \* but the course of the wicked shall end in ruin.

### The Messianic King

#### PSALM 2

**W**HY do the nations rage, \* and the peoples plot in vain?

2. The kings of the earth rise up and rulers conspire together \* against the Lord and His anointed:
3. "Let us break their bonds \* and cast their fetters from us!"
4. He who dwells in heaven laughs, \* the Lord mocks them.
5. Then in his anger he speaks to them, \* and in his wrath he dismays them.
6. "I, indeed, have set up my king \* on Sion, my holy hill!"
7. I will proclaim the decree of the Lord: The Lord said to me: \* "Thou art my son, this day have I begotten thee.
8. Ask of me and I will give thee the na-



*Ps. 2—The first rebel Satan is defeated by the invincible authority of the Messiah who is crowned with royal power. An earthly king offers his crown to the Messiah in token of his obedience. Usurpers of power are fleeing from divine anger.*

- tions for thy inheritance, \* the ends of the earth for thy possession.
9. Thou shalt rule them with an iron rod; \* thou shalt shatter them like a potter's vessel."
10. Now then, O kings, be wise; \* take warning, O judges of the earth.
11. Serve the Lord in fear, and rejoice in him; \* with trembling offer homage to him, Lest he be angry, and you perish, when suddenly his anger is enkindled: \* happy are all who take refuge in him.



Ps. 3—David, having fled his foe, set up his tent for the night. In the morning he thanks God for his protection during the night and bids us trust God in future conflicts . . . A truly sublime morning prayer.

### Morning Prayer

#### PSALM 3

- O** LORD how many are my adversaries, \* many rise up against me!
3. There are many who say of me: "There is no help for him in God."
4. But thou, O Lord art my shield, \* my glory, the one who lifts up my head.
5. With a loud voice I cried unto the Lord, \* and he answered me from his holy mountain.

6. I lay down and slept: \* I arose for the Lord upholds me.
7. I shall not fear even thousands of people, \* arrayed against me on every side.
8. Arise O Lord! \* Save me, my God! For thou hast struck all my enemies on the jaw, \* thou hast broken the teeth of the wicked.
9. Salvation is of the Lord: \* thy blessing be upon thy people!

### The Greatness of God; the God-given Dignity of Man

#### PSALM 8

11 Nocturn

- O** LORD, our Lord, how wonderful is thy name in all the earth, \* thou who hast proclaimed thy glory upon the heavens.
3. Out of the mouths of infants and babes thou hast prepared praise to confuse thy adversaries, \* to silence the enemy and the revengeful.
4. When I gaze at thy heavens, the work of thy fingers, \* the moon and the stars which thou hast made:
5. What is man, that thou art mindful of him? \* or the son of man, that thou dost take care of him?





Ps. 8— *The Psalmist marvels at God's glory in the heavens and His goodness to man who though less than the angel is above every other creature. Note angel, man, animal and plant life, stars and seas.*

6. Thou hast made him a little less than the angels, \* with glory and honor thou hast crowned him;
7. Thou hast given him power over the works of thy hands, \* thou hast put all things under his feet:
8. Sheep and oxen, all of them, \* and also the beasts of the field.
9. The birds of the air and the fish of the sea: \* whatever moves along the paths of the seas.
10. O Lord, our Lord, \* how wonderful is thy name in all the earth!

### Thanksgiving for Victory

#### PSALM 9A, i

I WILL thank thee, O Lord, with all my heart, \* I will tell of all thy wondrous deeds.

3. I will be glad and rejoice in thee, \* I will sing praise to thy name, O Most High,

4. Because my enemies have retreated, \* they are overthrown and have perished before thee.

5. For thou hast taken up my just cause, \* thou hast taken thy seat upon the throne as a just judge.

6. Thou hast rebuked the nations, destroyed the wicked, \* thou hast blotted out their name forever.

7. The foes are vanquished, ruined forever, \* thou hast destroyed their cities: the memory of them has vanished.

8. But the Lord sits enthroned forever, \* he has set up his throne for judgment.

9. And he himself will judge the world with justice, \* pass sentence on the nations with equity.

10. And the Lord will be a refuge for the oppressed, \* a ready refuge in times of trouble.

11. They who know thy name will trust in thee, \* for thou dost not abandon those who seek thee, O Lord.