

## Week Two + Wednesday Morning

O Lord, open my lips.  
**And my mouth shall proclaim your praise.**

The Lord's unfailing love and mercy never cease,  
Fresh as the morning and sure as the sunrise.  
*(Lam. 3:22-23)*

### Psalm 119: ̨

Rulers oppress me without cause,  
but my heart honors what you've said.  
I'm overjoyed at your word,  
like someone who finds great treasure.  
I hate, I absolutely despise, what is false,  
but I'm in love with your Instruction.  
I praise you seven times a day  
for your righteous rules.  
The people who love your Instruction enjoy peace—  
and lots of it.  
There's no stumbling for them!  
Lord, I wait for your saving help.  
I do what you've commanded.  
I keep your laws;  
I love them so much!  
I keep your precepts and your laws  
because all my ways are seen by you.

### Psalm 94

Lord, avenging God—  
avenging God, show yourself!  
Rise up, judge of the earth!  
Pay back the arrogant exactly what they deserve!  
How long will the wicked—oh, Lord!—

how long will the wicked win?  
They spew arrogant words;  
all the evildoers are bragging.  
They crush your own people, Lord!  
They abuse your very own possession.  
They kill widows and immigrants;  
they murder orphans,  
saying all the while,  
"The Lord can't see it;  
Jacob's God doesn't know  
what's going on!"  
You ignorant people better learn quickly.  
You fools—when will you get some sense?  
The one who made the ear,  
can't he hear?  
The one who formed the eye,  
can't he see?  
The one who disciplines nations,  
can't he punish?  
The one who teaches humans,  
doesn't he know?  
The Lord does indeed know human thoughts,  
knows that they are nothing but a puff of air.  
The people you discipline, Lord, are truly happy—  
the ones you teach from your Instruction—  
giving them relief from troubling times  
until a pit is dug for the wicked.  
The Lord will not reject his people;  
he will not abandon his very own possession.  
No, but justice will once again meet up with  
righteousness,  
and all whose heart is right will follow after.  
Who will stand up for me against the wicked?  
Who will help me against evildoers?  
If the Lord hadn't helped me,  
I would live instantly in total silence.

Whenever I feel my foot slipping,  
your faithful love steadies me, Lord.  
When my anxieties multiply,  
your comforting calms me down.  
Can a wicked ruler be your ally;  
one who wreaks havoc by means of the law?  
The wicked gang up against the lives of the righteous.  
They condemn innocent blood.  
But the Lord is my fortress;  
my God is my rock of refuge.  
He will repay them for their wickedness,  
completely destroy them because of their evil.  
Yes, the Lord our God will completely destroy them.

### **Psalm 98**

Sing to the Lord a new song  
because he has done wonderful things!  
His own strong hand and his own holy arm  
have won the victory!  
The Lord has made his salvation widely known;  
he has revealed his righteousness  
in the eyes of all the nations.  
God has remembered his loyal love  
and faithfulness to the house of Israel;  
every corner of the earth has seen our God's  
salvation.  
Shout triumphantly to the Lord, all the earth!  
Be happy!  
Rejoice out loud!  
Sing your praises!  
Sing your praises to the Lord with the lyre—  
with the lyre and the sound of music.  
With trumpets and a horn blast,  
shout triumphantly before the Lord, the king!  
Let the sea and everything in it roar;  
the world and all its inhabitants too.

Let all the rivers clap their hands;  
let the mountains rejoice out loud altogether before  
the Lord  
because he is coming to establish justice on the  
earth!  
He will establish justice in the world rightly;  
he will establish justice among all people fairly.

### **Psalm 17**

Listen to what's right, Lord;  
pay attention to my cry!  
Listen closely to my prayer;  
it's spoken by lips that don't lie!  
My justice comes from you;  
let your eyes see what is right!  
You have examined my heart,  
testing me at night.  
You've looked me over closely,  
but haven't found anything wrong.  
My mouth doesn't sin.  
But these other people's deeds?  
I have avoided such violent ways  
by the command from your lips.  
My steps are set firmly on your paths;  
my feet haven't slipped.  
I cry out to you because you answer me.  
So tilt your ears toward me now—  
listen to what I'm saying!  
Manifest your faithful love in amazing ways  
because you are the one  
who saves those who take refuge in you,  
saving them from their attackers  
by your strong hand.  
Watch me with the very pupil of your eye!  
Hide me in the protection of your wings,  
away from the wicked

who are out to get me,  
away from my deadly enemies  
who are all around me!  
They have no pity;  
their mouths speak arrogantly.  
They track me down—  
suddenly, they surround me!  
They make their plans to put me in the dirt.  
They are like a lion eager to rip its prey;  
they are like a strong young lion lying in wait.  
Get up, Lord!  
Confront them!  
Bring them down!  
Rescue my life from the wicked—  
use your sword!  
Rescue me from these people—  
use your own hands, Lord!  
Rescue me from these people  
whose only possession is their fleeting life.[b]  
But fill the stomachs of your cherished ones;  
let their children be filled full  
so that they have leftovers enough for their babies.  
But me? I will see your face in righteousness;  
when I awake, I will be filled full by seeing your  
image.

### **Psalm 18**

He said: I love you, Lord, my strength.  
The Lord is my solid rock,  
my fortress, my rescuer.  
My God is my rock—  
I take refuge in him!—  
he's my shield,  
my salvation's strength,  
my place of safety.  
Because he is praiseworthy,

I cried out to the Lord,  
and I was saved from my enemies.  
Death's cords were wrapped around me;  
rivers of wickedness terrified me.  
The cords of the grave surrounded me;  
death's traps held me tight.  
In my distress I cried out to the Lord;  
I called to my God for help.  
God heard my voice from his temple;  
I called to him for help,  
and my call reached his ears.  
The earth rocked and shook;  
the bases of the mountains trembled and reeled  
because of God's anger.  
Smoke went up from God's nostrils;  
out of his mouth came a devouring fire;  
flaming coals blazed out in front of him!  
God parted the skies and came down;  
thick darkness was beneath his feet.  
God mounted the heavenly creatures and flew;  
he soared on the wings of the wind.  
God made darkness cloak him;  
his covering was dark water and dense cloud.  
God's clouds went ahead  
of the brightness before him;  
hail and coals of fire went too.  
The Lord thundered in heaven;  
the Most High made his voice heard  
with hail and coals of fire.  
God shot his arrows, scattering the enemy;  
he sent the lightning and threw them into confusion.  
The seabeds were exposed;  
the earth's foundations were laid bare  
at your rebuke, Lord,  
at the angry blast of air coming from your nostrils.  
From on high God reached down and grabbed me;

he took me out of all that water.  
God saved me from my powerful enemy,  
saved me from my foes,  
who were too much for me.  
They came at me on the very day of my distress,  
but the Lord was my support.  
He brought me out to wide-open spaces;  
he pulled me out safe  
because he is pleased with me.  
The Lord rewarded me for my righteousness;  
he restored me because my hands are clean,  
because I have kept the Lord's ways.  
I haven't acted wickedly against my God.  
All his rules are right in front of me;  
I haven't turned away from any of his laws.  
I have lived with integrity before him;  
I've kept myself from wrongdoing.  
And so the Lord restored me for my righteousness  
because my hands are clean in his eyes.  
You deal faithfully with the faithful;  
you show integrity  
toward the one who has integrity.  
You are pure toward the pure,  
but toward the crooked, you are tricky.  
You are the one who saves people who suffer  
and brings down those with proud eyes.  
You are the one who lights my lamp—  
the Lord my God illumines my darkness.  
With you I can charge into battle;  
with my God I can leap over a wall.  
God! His way is perfect;  
the Lord's word is tried and true.  
He is a shield for all who take refuge in him.  
Now really, who is divine except the Lord?  
And who is a rock but our God?  
Only God! The God who equips me with strength

and makes my way perfect,  
who makes my step as sure as the deer's,  
who lets me stand securely on the heights,  
who trains my hands for war  
so my arms can bend a bronze bow.  
You've given me the shield of your salvation;  
your strong hand has supported me;  
your help has made me great.  
You've let me walk fast and safe,  
without even twisting an ankle.  
I chased my enemies and caught them!  
I didn't come home until I finished them off.  
I struck them down;  
they couldn't get up again;  
they fell under my feet.  
You equipped me with strength for war;  
you brought my adversaries down underneath me.  
You made my enemies turn tail from me;  
I destroyed my foes.  
They cried for help,  
but there was no one to save them.  
They cried for help to the Lord,  
but he wouldn't answer them.  
I crushed them  
like dust blown away by the wind;  
I threw them out  
like mud dumped in the streets.  
You delivered me from struggles with many people;  
you appointed me the leader of many nations.  
Strangers come to serve me.  
After hearing about me, they obey me;  
foreigners grovel before me.  
Foreigners lose their nerve;  
they come trembling out of their fortresses.[d]  
The Lord lives! Bless God, my rock!  
Let the God of my salvation be lifted high!

This is the God who avenges on my behalf,  
who subdues people before me,  
who delivers me from my enemies.  
Yes, you lifted me high above my adversaries;  
you delivered me from violent people.  
That's why I thank you, Lord,  
in the presence of the nations.  
That's why I sing praises to your name.  
You are the one who gives great victories to your king,  
who shows faithful love to your anointed one—  
to David and to his descendants forever.

### **Psalm 36**

I know the sinful utterance of the wicked:  
No fear of God confronts their own eyes,  
because in their own eyes they are slick with talk  
about their guilt ever being found out and despised.  
The words of their mouths are evil and dishonest.  
They have stopped being wise and stopped doing  
good.  
They plot evil even while resting in bed!  
They commit themselves to a path that is no good.  
They don't reject what is evil.  
But your loyal love, Lord, extends to the skies;  
your faithfulness reaches the clouds.  
Your righteousness is like the strongest mountains;  
your justice is like the deepest sea.  
Lord, you save both humans and animals.  
Your faithful love is priceless, God!  
Humanity finds refuge in the shadow of your wings.  
They feast on the bounty of your house;  
you let them drink from your river of pure joy.  
Within you is the spring of life.  
In your light, we see light.  
Extend your faithful love to those who know you;

extend your righteousness to those whose heart is  
right.  
Don't let the feet of arrogant people walk all over me;  
don't let the hands of the wicked drive me off.  
Look—right there is where the evildoers have fallen,  
pushed down, unable to get up!

### **Psalm 47**

Clap your hands, all you people!  
Shout joyfully to God with a joyous shout!  
Because the Lord Most High is awesome,  
he is the great king of the whole world.  
He subdues the nations under us,  
subdues all people beneath our feet.  
He chooses our inheritance for us:  
the heights of Jacob, which he loves.  
God has gone up with a joyous shout—  
the Lord with the blast of the ram's horn.  
Sing praises to God! Sing praises!  
Sing praises to our king! Sing praises  
because God is king of the whole world!  
Sing praises with a song of instruction! [a]  
God is king over the nations.  
God sits on his holy throne.  
The leaders of all people are gathered  
with the people of Abraham's God  
because the earth's guardians belong to God;  
God is exalted beyond all.

### **Psalm 122**

I rejoiced with those who said to me,  
"Let's go to the Lord's house!"  
Now our feet are standing  
in your gates, Jerusalem!  
Jerusalem is built like a city  
joined together in unity.

That is where the tribes go up—  
the Lord's tribes!  
It is the law for Israel  
to give thanks there to the Lord's name,  
because the thrones of justice are there—  
the thrones of the house of David!  
Pray that Jerusalem has peace:  
“Let those who love you have rest.  
Let there be peace on your walls;  
let there be rest on your fortifications.”  
For the sake of my family and friends,  
I say, “Peace be with you, Jerusalem.”  
For the sake of the Lord our God's house  
I will pray for your good.

**Scripture Reading**

**Micah 4:1-3, Alter**

“And it shall happen in future days  
that the mount of the Lord's house shall be firm-  
founded  
at the top of the mountains and lifted over the hills.  
And the people shall flow to it,  
and many nations shall go and say:  
Come, let us go up to the mount of the Lord,  
and to the house of Jacob's God,  
that He may teach us of His ways  
and that we may walk in His paths.  
For from Zion shall teaching come forth  
and the Lord's word from Jerusalem.  
And He shall judge among many peoples  
and be arbiter to vast nations from far away.  
And they shall grind their swords into plowshares  
and their spears into pruning hooks.  
Nation shall not raise sword against nation,  
nor shall they learn war anymore.”

**Prayers of Thanksgiving and Intercession**

Satisfy us with your love in the morning,  
**and we will live this day in joy and praise.**

God of all mercies, we praise you that you  
have brought us to this new day, brightening our  
lives with the dawn of promise and hope in Jesus  
Christ. Especially we thank you for  
—the warmth of sunlight, the wetness of rain and  
snow, and all that nourishes the earth . . .  
—the presence and power of your Spirit . . .  
—the support and encouragement we receive  
from others . . .  
—those who provide for public safety and well-  
being . . .  
—the mission of the church around the world. . . .

Merciful God, strengthen us in prayer that we  
may lift up the brokenness of this world for your  
healing, and share in the saving love of Jesus  
Christ. Especially we pray for  
—those in positions of authority over others . . .  
—the lonely and forgotten . . .  
—children without families or homes . . .  
—agents of caring and relief . . .  
—the church in Asia and the Middle East. . . .

I lift up in prayer:

Cody Mann; Richard & Lori Lynen; Tom & Linda  
Loomer; Gary Lindow, Steve & Dawn; Stephen, Sarah  
& Benjamin Liebelt; Joe & Lynn Lianzo; John & Carolyn  
Lemanski; Mike & Monique Levy; Tom, Sandy, Cole &

Evan LeFevre; Penny Lee; Bob Lee; David & Hye-Im  
Leach....

**Our Father...**

Eternal God,  
you never fail to give us each day  
all that we ever need,  
and even more.  
Give us such joy in living  
and such peace in serving Christ,  
that we may gratefully make use of all your  
blessings, and joyfully seek our risen Lord  
in everyone we meet.  
In Jesus Christ we pray.

*May the Lord bless us,  
protect us from all evil  
and bring us to everlasting life.  
Amen.*

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**References:**

*Psalms from CEB; Prayers from BCW; Scripture  
reading translated by Robert Alter, from "The Hebrew  
Bible."*