

# VERSES OF PSALMS 140, 141, AND 129

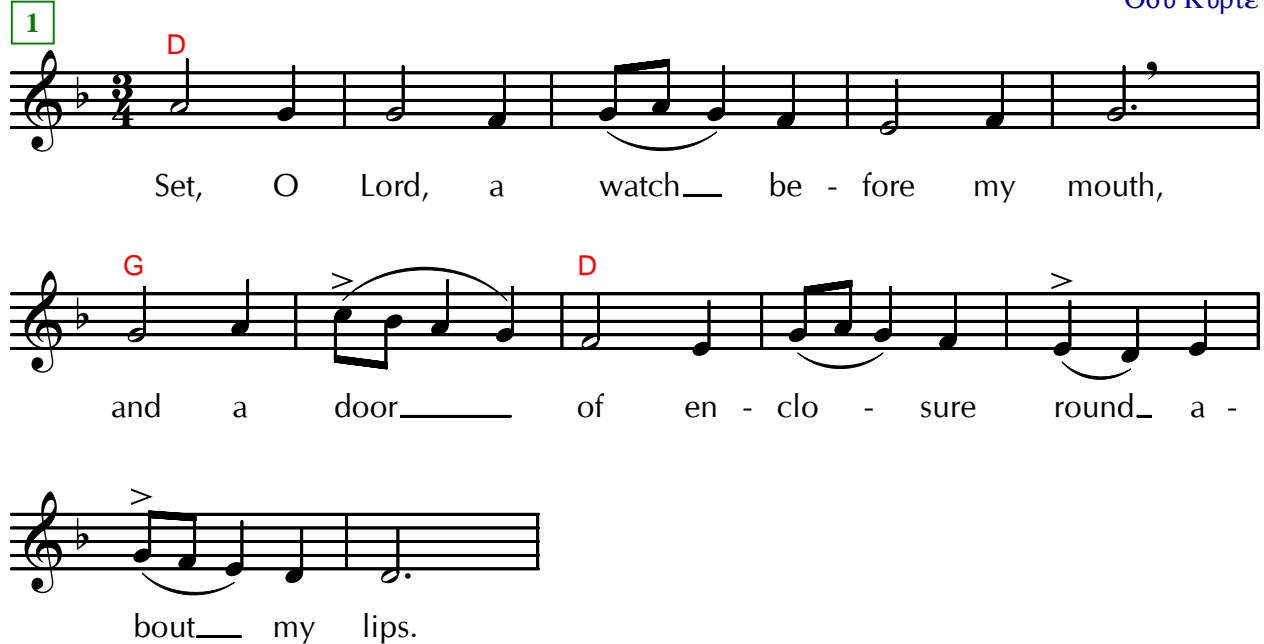
Duration: 5:30

**Allegro** ♩=145

First Mode  
Triple Meter\*

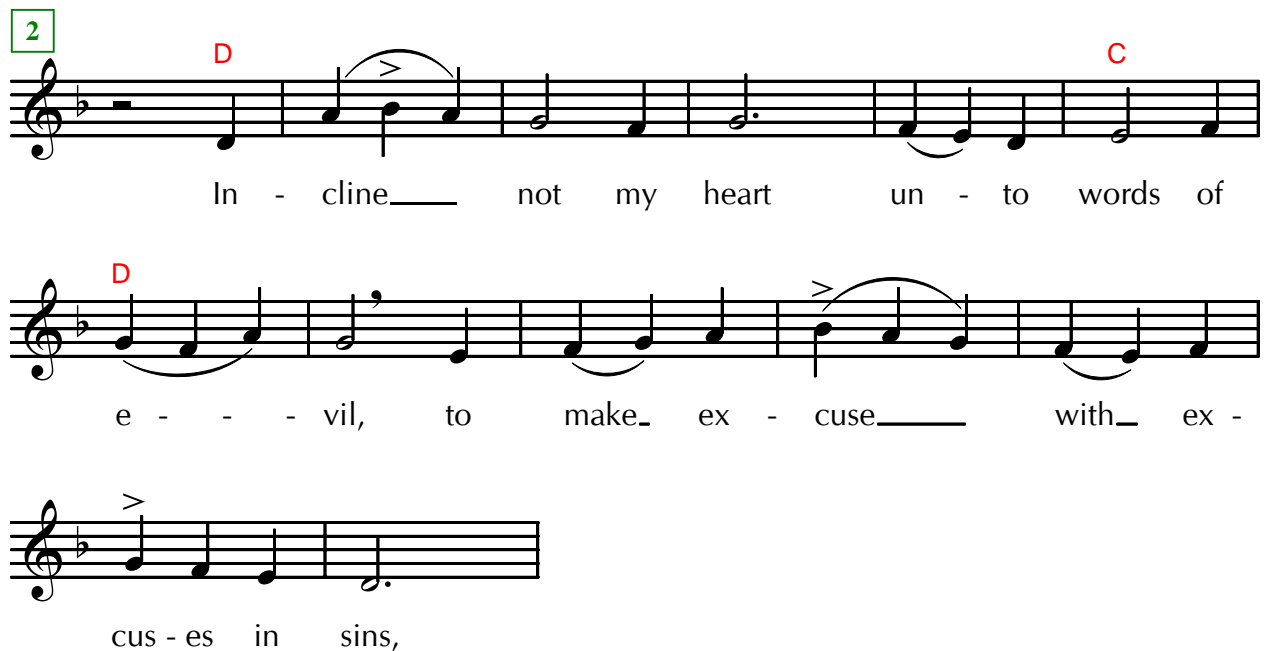
Θοῦ Κύριε

1



Set, O Lord, a watch\_ be - fore my mouth,  
and a door\_\_\_\_\_ of en - clo - sure round\_ a -  
bout\_ my lips.

2



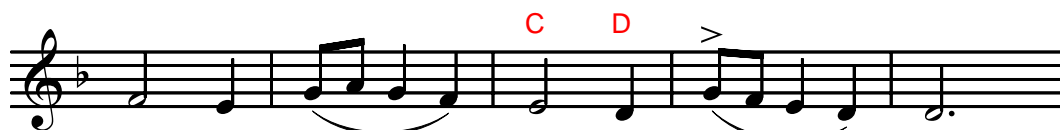
In - cline\_\_\_\_\_ not my heart un - to words of  
e - - - vil, to make\_ ex - cuse\_\_\_\_\_ with\_ ex -  
cus - es in sins,

\* In contemporary Athonite practice, the verses of these psalms are chanted in triple meter following the "Lord I have cried" of an all-night vigil.

3



With men\_ that work\_ in - iq - ui - ty; and I\_

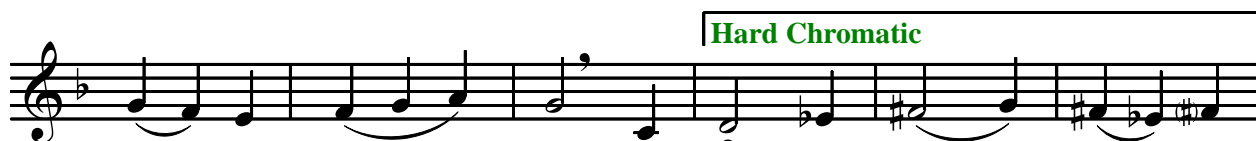


will not join\_ with their cho - sen.

4



The right - eous man will chas - ten me with mer - cy



and\_ re - prove\_ me; as for the oil\_ of\_ the

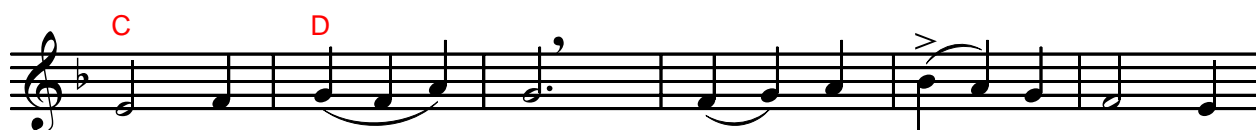


sin - ner, let\_ it not a - noint\_ my head.

5



For yet more\_ is my prayer\_ in the pres - ence



of their pleas - ures; swal - lowed up\_ near by the



rock\_ have\_ their judg - es been.

6



They shall hear\_ my words, for they\_ be sweet - ened;



as\_ a clod\_ of earth\_ is bro - ken up - on the

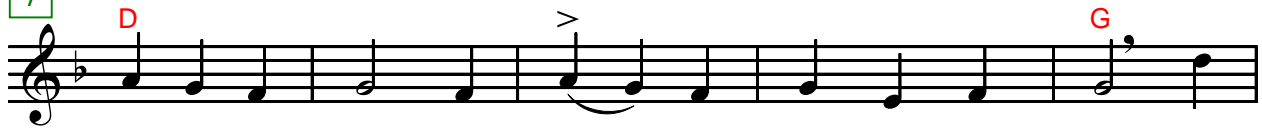


earth, so have\_ their bones\_ been scat - tered nigh\_ un - to



Ha - - - des.

7



For un - to Thee, O Lord,\_ O Lord, are mine eyes, in



Thee\_ have\_ I hoped; take\_ not\_ my



soul\_ a - way.

8



Keep me from the snare\_ which they\_ have laid\_ for me, and

from\_ the stum - bling - blocks of them\_ that work in -

iq - ui - ty.

9

The sin - - - ners\_ shall fall in - to their

own\_ net; I\_ am a - lone\_ un - til I

pass\_ by.

10

With my voice\_ un - to the Lord have I cried, with\_ my

voice\_ un - to\_ the Lord have I made\_ my sup - pli -

ca - - - tion.

11



I will pour\_\_\_ out be - fore Him my sup - pli - ca -



tion, mine af - flic - - tion be - fore\_\_\_ Him\_ will



I de - clare.

12



When my spir - it was faint-ing with - in\_\_\_ me,



then Thou knew - est\_\_\_ my paths.

13



In this way\_\_\_ where - in I have walked they hid\_\_\_ for



me\_\_\_ a snare.

14



I looked up - on my right\_ hand, and be - held, and

there was none\_\_\_\_\_ that did know\_\_\_\_\_ me.

15

Flight hath failed\_\_\_ me, and there\_ is none that watch - eth

out for my soul.

16

I have cried\_\_\_\_\_ un - to Thee, O Lord; I\_\_\_ said:

Thou art\_ my hope, my por - - tion\_ art Thou in the

land\_\_\_\_\_ of the liv - - ing.

17

At - tend un - to\_\_\_ my sup - pli - ca - tion, for

I\_\_\_ am brought ver - y low.

18

De - liv - er me from them\_ that per - se - cute\_

me, for they\_ are strong - er than I.

*The following verses are chanted in triple meter only when there are fewer than ten troparia.*

19

Bring\_ my soul out of pris - on that I may\_ con -

fess\_ Thy Name.

20

The right - eous shall wait pa - tient - ly for me un -

til\_ Thou shalt\_ re - ward\_ me.

21

Out\_ of\_ the depths\_ have I cried\_ un - to



Thee, O Lord; O Lord, hear my voice.

22



Let Thine ears be at - ten - tive to the voice



of my sup - pli - ca - - - tion.

Sing to God, not with the voice, but with the heart; not, after the fashion of tragedians, in smearing the throat with a sweet drug, so that theatrical melodies and songs are heard in the church, but in fear, in work, and in knowledge of the Scriptures.

And although a man be cacophonous, if he have good works,  
he is a sweet singer before God.

-St. Jerome