BLESSED IS THE MAN
(PSALMS 1-3)

Long Version*

Duration: 21:00
Intonation: #26

Adapted from Petros Peloponnesios (d. 1777)
as abbreviated by Manuel the Protopsaltis (d. 1819)

Andante ♩=96

Plagal Fourth Mode

Mοκάριος ἁνήρ

Blessed is the man that hath not walked

in the counsel of the ungod

* On the feast days of major saints and of the Mother of God (except for the Meeting in the Temple and the Annunciation), Psalms 1, 2, and 3 are read after the Litany of Peace (before "Lord, I have cried"). Instead of being read, they may be chanted with the traditional melody on this page, or with the briefer melody on page 583.
ly, nor stood in the way of

sinners, nor sat in the

seat of the pestilent.


But his will is rather in the

law of the Lord, and

in His law will he meditate

day and night. Alleluia.
And he shall be like the tree which is planted by the streams of the waters, which shall bring forth its fruit in its season; and its leaf shall not fall, and all things whatsoever he may do.
shall prosper.

Not so are the ungodly, not so; but rather they are like the chaff which the wind doth hurl away from the face of the earth. Alleluia.

Blessed is the Man - Long Version

www.stanthonyssmonastery.org/music/Vespers.htm
For this reason shall the ungodly not stand up in judgment, nor sinners in the council of the righteous. Alleluia.

For the Lord knoweth the way of the righteous, and the way of the ungodly shall
Why have the heathen raged,

and the peoples meditated

empty things? Alleluia.

The kings of the earth were a

roused, and the rulers were assembled
Un. D unto - geth - - - er, a - gainst the Lord,
A ↓ B C and a - gainst His Christ.

C A l - le - l u - - - i ---- a.

9 C Let us break their bonds a - - -

D su - n - - - der, and let us cast a - way___

C their yoke from us. Al - le -

lu - - - i - - - i - - - a.

10 G He that dwell - eth in the heav - - - ens shall

www.stanthonymsmonastery.org/music/Vespers.htm
Then shall He speak unto them in His wrath, and in His anger shall He trouble them. Al-le-lu-ia.

Blessed is the Man - Long Version

www.stanthonymonastery.org/music/Vespers.htm
But as for Me, I was established as king by Him, upon Zion, His holy mountain,

The Lord said unto Me: Thou art My Son, this day have
Blessed is the Man - Long Version

Ask of Me, and I will give Thee the nations for Thine inheritance, and for Thy possession the uttermost parts of the earth. Alleluia.

www.stanthonyssmonastery.org/music/Vespers.htm
Thou shalt herd them with a rod of iron; Thou shalt scatter them like a potter's vessels.

And now, O ye kings, understand; be structured, all ye that judge the earth.
Serve ye the Lord with fear,

and rejoice in Him with trembling.

Lay hold of instruction, lest at any time the Lord be angry, and ye perish from the righteous way.

Blessed is the Man - Long Version
When quickly His wrath bekindled,
blessed are all that have put their trust in Him. Alleluia.

O Lord, why are they multiplied that afflict me? Many rise.
up against me.

Andante \( \frac{\text{D}}{\text{C}} \)

\( \text{Al-le-lu-ia.} \)

\( \frac{\text{D}}{\text{C}} \)

Man y say unto my soul: There is no salvation for him

\( \frac{\text{C}}{\text{Un.}} \)
in his God. Al-le-

\( \frac{\text{C}}{\text{Un.}} \)

But Thou, O Lord, art my help-er, my glo-ry, and the
I cried unto the Lord with my voice, and He heard me out of His holy mountain. Alleluia. Alleluia.
Blessed is the Man - Long Version

C Un. G C D C

me. Alleluia.

I will not be afraid of ten thousand sands of people

that set themselves against me

round about. Alleluia.

A rise, O Lord, save me, O
My God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Alleluia.

Salvation is of the Lord, and Thy blessing is upon Thy people. Alleluia.

Blessed is the Man - Long Version

www.stanthonymonastery.org/music/Vespers.htm
C

Glo - ry to the Fa - ther, and

the Son, and______ to the Ho - ly______

Spir - it.

Both now____ and ev - er,____ and un -

to the____ ag - es of ag - es.

A - men.

We must think of what we sing rather than allow our mind, seized by extraneous thoughts as is often the case, to lose the fruit of our labor.

-St. Niceta of Remesiana