Verses of Psalms
140, 141, and 129

Duration: 5:30

Allegro \( \text{\textbullet} \text{-} 145 \)

First Mode
Triple Meter*

\( \Thetaου \ \Κύριε \)

Set, O Lord, a watch before my mouth,

and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses 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.
With men that work iniquity; and I will not join with their chosen.

The righteous man will chasten me with mercy and reprove me; as for the oil of the sinner, let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.
They shall hear my words, for they be sweet ened;
as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto

Hades.

For unto Thee, O Lord, O Lord, are mine eyes, in

Thee have I hoped; take not my soul a way.

Keep me from the snare which they have laid for me, and
from the stumbling-blocks of them that work iniquity.
The sinners shall fall into their own net; I am alone until I pass by.

With my voice unto the Lord have I cried, with my voice unto the Lord have I made my supplication.

www.stanthonymonastery.org/music/Vespers.htm
I will pour out before Him my supplication, mine affliction before He will declare.

When my spirit was fainting within me, then Thou knowest my paths.

In this way wherein I have walked they hid for me a snare.

I looked up on my right hand, and beheld, and
there was none that did know me.

Flight hath failed me, and there is none that watcheth out for my soul.

I have cried unto Thee, O Lord; I said:

Thou art my hope, my portion art Thou in the land of the living.

Attend unto my supplication, for I am brought very low.

Verses of Psalms - Triple Meter - First Mode
Deliver me from them that persecute me, for they are stronger than I.

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

The righteous shall wait patiently for me until Thou shalt reward me.

Out of the depths have I cried unto

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Verses of Psalms - Triple Meter - First Mode

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