



VERSES OF PSALMS

140, 141, AND 129

Triple Meter*

First Mode

145

adapted from Athonite melody

Duration: 5:30

Ἦχος ᾠὴ Πά

Θοῦ Κύριε



et, 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. π
q

4 The right - eous man will chas - ten me with mer - cy and__ re - prove__

me; as for thē oil_____ of__ the sin - - ner, let it not a - noint_

__my head. π
q


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. π
q

6 They shall hear my words, for they__ be sweet - - ened; as__ a

clod__ of earth__ is bro - - ken up - on thē earth, so have__ their




 bones__ been scat - - tered nigh__ un-to Ha - - - des.
 π
q

7


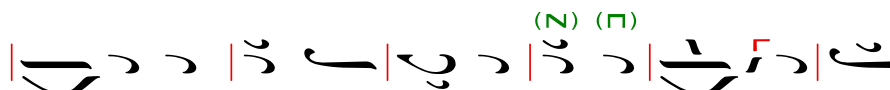
 For un-to Thee, O Lord,__ O Lord, are mine eyes, in Thee__



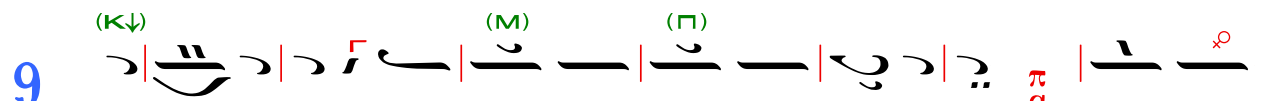
 have I hoped; take__ not__ my soul__ a-way.
 π
q

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.
 π
q

9



 The sin - - ners__ shall fall in - to their own__ net; I__



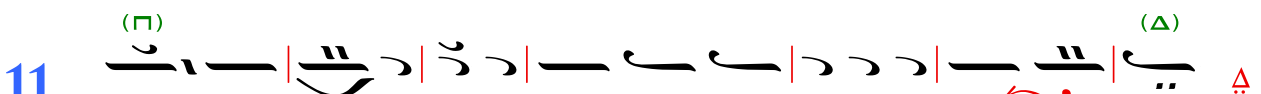
 __ am a-lone un-til I pass__ by.
 π
q

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.
 π
q

11


 I will pour__ out be-fore Him my sup - - pli - ca - - - tion,
 π
q

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 ^(Z) in the land__ of the ^(Π)

 liv- - - ing. π
q

17 ^(Π) At- tend un- to__ my sup- pli- ca- - - tion, ^(Z) for I ^(Π)

 am brought__ ver- - y low. π
q

18 ^(Π) De- liv- er me from them that per- - se- cute__ me, ^(Z) for they__

 are strong-er than I. π
q

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

19 ^(Π) Bring my soul out of pris- - - on ^(Z) that I may__ con- fess__

 Thy Name. π
q

