Verses of Psalms
140, 141, and 129

Triple Meter*

First Mode

adapted from Athonite melody

* 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 iniquity; and I will not join with their chosen.

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

5 For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judgments been.

6 They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their
For unto Thee, O Lord, O Lord, are mine eyes, in Thee.

have I hoped; take not my soul away.

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.

I will pour out before Him my supplication,
492  Verses of Psalms  -  Triple Meter  -  First Mode

mine affliction before Him will I declare.

12 When my spirit it was fainting within me, then Thou knewest my paths.

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

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

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

16 I have cried unto Thee, O Lord; I said: Thou
art my hope, my portion art Thou in the land of the living.

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

18 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.

19 Bring my soul out of prison that I may confess

Thy Name.
The book of psalms uproots the passions
with a certain melodic enjoyment
and a delight that instills
pure thoughts.

—St. Basil the Great