

**The 7 Penitential Psalms:
Psalms 6, 31, 37, 50, 101, 129 and 142**

By order of Pope Innocent III (1198-1216), these prayers are to be prayed during the days of Lent. If they can't be said on each day of the Season, they can at least be prayed on Lenten Fridays (or one could pray one prayer on each of the 7 Fridays of Lent). One kneels when praying these Psalms, begins and ends with a short antiphon, and recites a Gloria in between.

All Kneel

Antiphon

Remember, not O Lord our or our parents' offences: neither take vengeance of our sins.	Ne reminiscaris Domine delicta nostra, vel parentum nostrorum: neque vindictam sumas de peccatis nostris.
--	---

Psalm 6

O Lord, do not reprove me in Thy wrath, nor in Thy anger chastise me.	Domine, ne in furore tuo arguas me, neque in ira tua corripias me.
Have mercy on me, Lord, for I am weak, heal me, Lord, for my body is in torment.	Miserere mei, Domine, quoniam infirmus sum; sana me, Domine, quoniam conturbata sunt ossa mea.
And my soul is greatly troubled, but Thou, O Lord, how long?	Et anima mea turbata est valde, sed tu, Domine, usquequo?
Turn to me, O Lord, and deliver my soul; save me on account of Thy mercy.	Convertere, Domine, et eripe animam meam; salvum me fac propter misericordiam tuam
For who amongst the dead remembers Thee, who of the dead will tell of Thee?	Quoniam non est in morte, qui memor sit tui, in inferno autem quis confitebitur tibi?
I have suffered and wept, every night have I washed my bed and drenched my blanket with my tears.	Laboravi in gemitu meo, lavabo per singulas noctes lectum meum; lacrimis meis stratum meum rigabo.
My eyes are filled with grief, I have grown feeble in the midst of my enemies.	Turbatus est a furore oculus meus, inveteravi inter omnes inimicos meos.
Leave me, all you who do evil, for the Lord has heard the sound of my weeping.	Discedite a me omnes, qui operamini iniquitatem, quoniam exaudivit Dominus vocem fletus mei.
The Lord has heard my appeal, the Lord has accepted my prayer.	Exaudivit Dominus deprecationem meam, Dominus orationem meam suscepit.
May my enemies be put to shame and come to ruin. May they be turned away and be swiftly put to shame.	Erubescant et conturbentur vehementer omnes inimici mei; convertantur et erubescant valde velociter.

Gloria

Glory be to the Father, and to the Son, and to the Holy Ghost. Even as it was in the beginning, and now, and ever: and world	Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper: et in saecula saeculorum. Amen. Alleluia.
--	--

without end. Amen. Alleluia.

Psalm 31

Blessed is he whose iniquities are forgiven,
and whose sins are covered.

Beati, quorum remissae sunt iniquitates, et
quorum tecta sunt peccata.

Blessed is the man to whom the Lord hath not
imputed sin, and in whose spirit there is no
guile.

Beatus vir, cui non imputavit Dominus
peccatum, nec est in spiritu eius dolus.

Because I was silent my bones wasted away,
as I cried out all day.

Quoniam tacui, inveteraverunt ossa mea, dum
clamarem tota die.

For day and night Thy hand was heavy upon
me: I am twisted in my affliction whilst the
thorn is fastened upon me.

Quoniam die ac nocte gravata est super me
manus tua, conversus sum in aerumna mea,
dum configitur spina.

I have acknowledged my sin to Thee, and my
guilt I have not concealed.

Delictum meum cognitum tibi feci et
iniustitiam meum non abscondi.

I said "I will confess my injustice against
myself to the Lord:" and Thou hast forgiven
the wickedness of my sin.

Dixi: "Confitebor adversum me iniustitiam
meam Domino:" Et tu remisisti impietatem
peccati mei.

For this shall every one that is holy pray to
Thee in due time.

Pro hac orabit ad te omnis sanctus in tempore
opportuno.

Though in a flood of many waters, they shall
not reach him.

Verumtamen in diluvio aquarum multarum
ad eum non approximabunt.

Thou art my refuge, from the tribulation
which surrounds me: my joy, deliver me from
those surrounding me.

Tu es refugium meum, a tribulatione quae
circumdedit me; exsultatio mea, erue me a
circumdantibus me.

I will give thee understanding, and I will
instruct thee in the way in which thou shalt
walk: I will fix my eyes upon thee.

Intellectum tibi dabo et instruam te in via hac,
qua gradieris; firmabo super te oculos meos.

Do not become like the horse and the mule,
who have no understanding.

Nolite fieri sicut equus et mulus, quibus non
est intellectus;

With bit and bridle bind them fast, else they
will not come near to thee.

In campo et freno maxillas eorum constringe,
qui non approximant ad te.

Many are the sorrows of the sinner, but
mercy shall surround him that hopeth in the
Lord.

Multa flagella peccatoris, sperantem autem in
Domino misericordia circumdabit.

Be glad in the Lord, and rejoice, ye just, and
glory, all ye of righteous heart.

Laetamini in Domino et exsultate, iusti, et
gloriamini, omnes recti corde.

Gloria

Glory be to the Father, and to the Son, and to

Gloria Patri, et Filio, et Spiritui Sancto. Sicut

the Holy Ghost. Even as it was in the beginning, and now, and ever: and world without end. Amen. Alleluia.

erat in principio, et nunc, et semper: et in saecula saeculorum. Amen. Alleluia.

Psalm 37

O Lord, rebuke me not in Thy furor; nor chastise me in Thy wrath.

Domine, ne in furore tuo arguas me, neque in ira tua corripas me,

For thy arrows are fastened in me: and Thy hand hath descended upon me.

quoniam sagittae tuae infixae sunt mihi, et confirmasti super me manum tuam.

There is no health in my flesh in the face of Thy wrath: there is no peace for my bones in the face of my sins.

Non est sanitas in carne mea, a facie irae tuae; non est pax ossibus meis a facie peccatorum meorum.

For my iniquities are gone over my head: and are a heavy burden too heavy to bear.

Quoniam iniquitates meae supergressae sunt caput meum et sicut onus grave gravatae sunt super me.

My wounds are putrid and corrupt, in the face of my foolishness.

Putruerunt et corrupti sunt cicatrices mei a facie insipientiae meae.

I am miserable and am bowed down: all the day long I walked in sadness.

Miser factus sum et curvatus sum usque in finem; tota die contristatus ingrediebar.

For my insides are filled with mocking; and there is no health in my flesh.

Quoniam lumbi mei impleti sunt illusionibus, et non est sanitas in carne mea.

Greatly am I afflicted and humbled: I roared with the groaning of my heart.

Afflictus sum et humiliatus sum nimis, rugiebam a gemitu cordis mei.

Lord, before Thee are all my desires, and my groaning is not hidden from Thee.

Domine, ante te omne desiderium meum, et gemitus meus a te non est absconditus.

My heart is troubled, my strength hath left me, and the light of my eyes themselves is not with me.

Cor meum conturbatum est, dereliquit me virtus mea, et lumen oculorum meorum, et ipsum non est mecum.

My friends and my neighbors have drawn near me and stood against me.

Amici mei et proximi mei adversum me appropinquaverunt et steterunt;

And those who were near me stood afar: They laid snares, those who sought my soul.

et qui iuxta me erant, de longe steterunt, et vim faciebant qui quaerebant animam meam.

And they that sought evil for me said wicked things, all day long they planned deceitful things.

Et, qui inquirebant mala mihi, locuti sunt vanitates et dolos tota die meditabantur.

But I, as a deaf man, heard not: and as a dumb man not opening his mouth.

Ego autem tamquam surdus non audiebam et sicut mutus non aperiens os suum;

And I became like one that heareth not: and that hath no reproofs in his mouth.

et factus sum sicut homo non audiens et non habens in ore suo redargutiones.

For in Thee, O Lord, have I hoped: Thou wilt hear me, O Lord my God.

Quoniam in te, Domine, speravi, tu exaudies, Domine Deus meus.

For I said, "May my enemies never rejoice over me: when my feet stumble, they speak great things against me."

For I am ready for the whip: and my sorrow is continually before me.

For I will declare my iniquity: and I will be sorry for my sin.

But my enemies live, and are stronger than I, and they that hate me wrongfully multiply.

They that render evil for good, have humiliated me, because I followed goodness.

Forsake me not, O Lord, my God, depart not from me.

Hasten unto my help, O Lord, God of my salvation.

Quia dixi: "Nequando supergaudeant mihi inimici mei; et dum commoventur pedes mei, super me magna locuti sunt."

Quoniam ego in flagella paratus sum, et dolor meus in conspectu meo semper.

Quoniam iniquitatem meam annuntiabo et cogitabo pro peccato meo.

Inimici autem mei vivunt et confirmati sunt super me, et multiplicati sunt, qui oderunt me inique.

Qui retribuunt mala pro bonis detrahebant mihi quoniam sequebar bonitatem.

Ne derelinquas me, Domine; Deus meus, ne discesseris a me.

Intende in adiutorium meum, Domine, Deus salutis meae.

Gloria

Glory be to the Father, and to the Son, and to the Holy Ghost. Even as it was in the beginning, and now, and ever: and world without end. Amen. Alleluia.

Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper: et in saecula saeculorum. Amen. Alleluia.

Psalm 50: Miserere

Have mercy on me, O God, according to Thy great mercy;

and according to the multitude of Thy tender mercies: blot out my iniquity.

Wash me from my iniquity; and cleanse me of my sin.

For I acknowledge my iniquity, and my sin is always before me.

Against Thee alone have I sinned and done evil in Thy sight; that Thou mayest be justified in Thy sentence and mayest overcome when judged.

For behold, I was conceived in sin, and in sin my mother conceived me;

For behold, Thou hast loved truth, and the uncertain and hidden things of Thy wisdom

Miserere mei, Deus, secundum magnam misericordiam tuam;

et secundum multitudinem miserationum tuarum: dele iniquitatem meam.

Amplius lava me ab iniquitate mea et a peccato meo munda me.

Quoniam iniquitatem meam ego cognosco, et peccatum meum contra me est semper.

Tibi, soli peccavi et malum coram te feci; ut iustificeris in sermonibus tuis, et vincas cum iudicaris.

Ecce enim in iniquitatibus conceptus sum, et in peccatis concepit me mater mea.

Ecce enim veritatem dilexisti incerta et occulta sapientiae tuae manifestasti mihi.

Thou hast shown me.

Thou shalt sprinkle me with hyssop, and I shall be cleansed, Thou shalt wash me, and I shall be made whiter than snow.

Aspérges me hyssópo, et mundábor; lavábis me, et super nivem dealbábor.

Thou shalt make me hear of joy and gladness, and the bones Thou hath crushed shall rejoice.

Auditui meo dabis gáudium et laetitiam, et exultábunt ossa humiliata.

Turn away Thy face from my sins, and blot out all my iniquities.

Averte fáciem tuam a peccátis meis, et omnes iniquitates meas dele.

Create in me a clean heart, O God, and renew a steadfast spirit within me.

Cor mundum crea in me, Deus, et spíritum rectum innova in visceribus meis.

Cast me not from Thy presence, and take not Thy holy spirit from me.

Ne proiciás me a fácie tua et spiritum sanctum tuum ne áuferas a me.

Restore unto me the joy of Thy salvation, and strengthen me with Thy spirit.

Redde mihi laetitiam salutáris tui et spiritu principáli confirma me.

I will teach the unjust Thy ways, and the wicked shall be converted to Thee.

Docébo iníquos vias tuas, et ímpii ad te converténtur.

Deliver me from blood guilt, O God, the God of my salvation, and my tongue shall extol Thy justice.

Libera me de sanguínibus, Deus, Deus salútis meae, et exsultábit lingua mea iustítiam tuam.

Thou shalt open my lips, O Lord, and my mouth shall declare Thy praise.

Dómine, lábia mea apéries, et os meum annuntiábit laudem tuam.

For if Thou didst desire sacrifice, I would have indeed given it, with a burnt offering Thou art not pleased.

Quóniam si voluisses sacrificium, dedissem útique, holocáustis non delectáberis.

A sacrifice to God is an afflicted spirit, a contrite and humbled heart, O God, Thou shalt not despise.

Sacrificium Deo spíritus contribulátus, cor contrítum et humiliátum, Deus, non despicias.

Deal favorably, O Lord, in Thy good will with Sion that the walls of Jerusalem may be built up.

Benigne fac, Dómine, in bona voluntáte tua Sion, ut aedificéntur muri Ierúsalem.

Then shalt Thou accept the sacrifice of justice, oblations and whole burnt offerings, then shall they lay calves upon Thy altar.

Tunc acceptábis sacrificium iustítiae, oblationes et holocáusta; tunc impónent super altáre tuum vitulos.

Gloria

Glory be to the Father, and to the Son, and to the Holy Ghost. Even as it was in the beginning, and now, and ever: and world without end. Amen. Alleluia.

Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper: et in saecula saeculorum. Amen. Alleluia.

Psalm 101

Hear, O Lord, my prayer: and let my cry come to Thee.	Domine, exaudi orationem meam, et clamor meus ad te veniat.
Hide not Thy face from me: in the day of my distress, incline Thy ear to me.	Non avertas faciem tuam a me; in quacumque die tribulor, inclina ad me aurem tuam.
On the day I call upon Thee, hear me speedily.	In quacumque die invocavero te, velociter exaudi me.
For my days have vanished like smoke, and my bones burn like dry wood in a fire.	Quia defecerunt sicut fumus dies mei, et ossa mea sicut cremium aruerunt.
My heart is dried up and withered like grass: and so I have forgotten to eat my bread.	Percussus sum ut fenum et aruit cor meum, quia oblitus sum comedere panem meum.
Because of my groaning, my bones cleave to my flesh.	A voce gemitus mei adhaesit os meum carni meae.
I am like a pelican in the desert: I am like a night owl among the ruins.	Similis factus sum pellicano solitudinis, factus sum sicut nycticorax in domicilio.
I kept awake, and am like a lone sparrow on the housetop.	Vigilavi et factus sum sicut passer solitarius in tecto.
All day my enemies reviled me: in their rage against me they made a curse of me.	Tota die exprobrabant mihi inimici mei, et qui laudabant me adversum me iurabant.
For I eat ashes like bread, and mingle my drink with tears.	Quia cinerem tamquam panem manducabam et potum meum cum fletu miscebam,
Because of Thy anger and indignation: having lifted me up, Thou hast then cast me down.	a facie irae et indignationis tuae, quia elevans allisisti me.
My days are like a lengthening shadow, and I have withered like grass.	Dies mei sicut umbra declinaverunt, et ego sicut fenum arui.
But thou, O Lord, endurest for ever: and Thy memorial for generations and generations.	Tu autem. Domine, in aeternum permanes, et memoriale tuum in generationem et generationem.
Thou shalt arise and have mercy on Sion, for it is time to be merciful, for the appointed time has come.	Tu exurgens misereberis Sion, quia tempus miserendi eius, quia venit tempus,
For her stones have pleased Thy servants: and her dust moves them to pity.	quoniam placuerunt servis tuis lapides eius et terrae eius miserebuntur.
All the Gentiles shall fear Thy name, O Lord, and all the kings of the earth Thy glory.	Et timebunt gentes nomen tuum, Domine, et omnes reges terrae gloriam tuam,
For the Lord hath built up Sion: and He shall be seen in His glory.	quia aedificavit Dominus Sion et videbitur in gloria sua.
He hath regarded the prayer of the humble: and he hath not despised their prayer.	Respexit in orationem humilium et non sprexit precem eorum.

Let these things be written for the next generation: and the people that shall be created will praise the Lord:

For he hath looked down from his sanctuary on high: from heaven the Lord hath looked upon the earth,

that he might hear the groans of those imprisoned that he might release the children of the dead:

That they may declare the name of the Lord in Sion: and His praise in Jerusalem;

when the people assemble together, and kings, that they may serve the Lord.

He hath broken my strength in the way, He hath cut short my days.

I shall say: "My God take me not away in the midst of my days: Thy years are for generations and generations.

In the beginning, O Lord, Thou foundedst the earth: and the heavens are the works of thy hands.

They shall perish but Thou shalt remain: and all of them shall grow old like a garment:

And like clothing Thou shalt change them, and they shall be changed.

But Thou art always the same, and Thy years have no end.

The children of Thy servants shall abide and their offspring shall be established in Thy presence.

Scribantur haec in generatione altera, et populus, qui creabitur, laudabit Dominum.

Quia prospexit de excelso sanctuario suo, Dominus de caelo in terram aspexit,

ut audiret gemitus compeditorum, ut solveret filios interemptorum;

ut annuntient in Sion nomen Domini et laudem eius in Ierusalem,

in conveniendo populos in unum et reges ut serviant Domino.

Respondit ei in via virtutis suae, paucitatem dierum meorum nuntia mihi.

Ne revoces me in dimidio dierum meorum; in generationem et generationem sunt anni tui.

Initio tu, Domine, terram fundasti; et opera manuum tuarum sunt caeli.

Ipsi peribunt, tu autem permanes; et omnes sicut vestimentum veterascent,

et sicut opertorium mutabis eos, et mutabuntur.

Tu autem idem ipse es, et anni tui non deficient.

Filii servorum tuorum habitabunt, et semen eorum in saeculum dirigetur.

Gloria

Glory be to the Father, and to the Son, and to the Holy Ghost. Even as it was in the beginning, and now, and ever: and world without end. Amen. Alleluia.

Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper: et in saecula saeculorum. Amen. Alleluia.

Psalm 129: De Profundis

Out of the depths have I cried unto Thee, O Lord: Lord hear my voice.

De profundis clamavi ad te, Domine: Domine, exaudi vocem meam.

Let Thine ears be attentive to the voice of my supplication.

Fiant aures tuae intendentes: in vocem deprecationis meae.

If Thou, Lord, shouldst mark iniquities, O Lord, who shall stand?

Si iniquitates observaveris, Dómine: Dómine, quis sustinébit.

But there is forgiveness with Thee: because of Thy law I wait for Thee, O Lord.

Quia apud te propitiatio est: et propter legem tuam sustinui te, Dómine.

My soul waiteth on His word: my soul hopeth in the Lord.

Sustinuit ánima mea in verbo ejus: sperávit ánima mea in Dómino.

From the morning watch even until night let Israel hope in the Lord:

A custodia matutina usque ad noctem: speret Israel in Dómino.

For with the Lord there is mercy, and with Him is plentiful redemption.

Quia apud Dóminum misericordia: et copiósa apud eum redemptio.

And He shall redeem Israel, from all their iniquities.

Et ipse redimet Israel, ex ómnibus iniquitatibus ejus.

Gloria

Glory be to the Father, and to the Son, and to the Holy Ghost. Even as it was in the beginning, and now, and ever: and world without end. Amen. Alleluia.

Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper: et in saecula saeculorum. Amen. Alleluia.

Psalm 142

Hear, O Lord, my prayer, give ear to my supplication in Thy truth: hear me in Thy justice.

Domine, Exaudi orationem mean, auribus percipe obsecrationem meam in veritate tua; exaudi me in tua iustitia.

And enter not into judgment with Thy servant: for no one living shall be justified in Thy sight.

Et non intres in iudicium cum servo tuo, quia non iustificabitur in conspectu tuo omnis vivens.

For the enemy hath persecuted my soul: he hath ground my life into the earth.

Quia persecutus est inimicus animam meam, humiliavit in terra vitam meam.

He hath made me dwell in darkness as the dead of old.

Collocavit me in obscuris sicut mortuos saeculi.

And my spirit is in anguish within me: my heart within me is troubled.

Et anxius est super me spiritus meus, in me turbatum est cor meum.

I remembered the days of old, I meditated on all Thy works: upon the works of Thy hands I pondered.

Memor fui dierum antiquorum, meditatus sum in omnibus operibus tuis, in factis manuum tuarum meditabar.

I stretched forth my hands to Thee: my soul is as earth without water unto Thee.

Expandi manus meas ad te, anima mea sicut terra sine aqua tibi.

Hear me speedily, O Lord: my spirit hath

Velociter exaudi me, Domine; defecit spiritus

fainted away.

Turn not away Thy face from me, lest I be like those that go down into the pit.

Cause me to hear Thy mercy in the morning; for in Thee have I hoped.

Make the way known to me, wherein I should walk: for I have lifted up my soul to Thee.

Deliver me from my enemies, O Lord, to Thee have I fled.

Teach me to do Thy will, for Thou art my God.

Thy good spirit shall lead me into the right land:

for Thy name's sake, O Lord, Thou wilt give me life in Thy justice.

Thou shalt bring my soul out of trouble.

And in Thy mercy Thou wilt destroy my enemies.

And Thou wilt cut off all that afflict my soul: for I am Thy servant.

meus.

Non avertas faciem tuam a me, et similis ero descendentibus in lacum.

Auditam fac mihi mane misericordiam tuam, quia in te speravi.

Notam fac mihi viam, in qua ambulem, quia ad te levavi animam meam.

Eripe me de inimicis meis, Domine, ad te confugi.

Doce me facere voluntatem tuam, quia Deus meus es tu.

Spiritus tuus bonus deducet me in terram rectam;

propter nomen tuum, Domine, vivificabis me, in aequitate tua.

Educes de tribulatione animam meam,

et in misericordia tua disperdes inimicos meos.

Et perdes omnes qui tribulant animam meam, Quoniam ego servus tuus sum.

Antiphon

Remember, not O Lord our or our parents' offences: neither take vengeance of our sins.

Ne reminiscaris Domine delicta nostra, vel parentum nostrorum: neque vindictam sumas de peccatis nostris.