

The Seven 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. To download these Psalms in Microsoft Word format (10 pages), in both English and Latin, with Antiphons and Glorias, [click here](#).

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

English version:

O Lord, do not reprove me in Thy wrath, nor in Thy anger chastise me.

Have mercy on me, Lord, for I am weak, heal me, Lord, for my body is in torment.

And my soul is greatly troubled, but Thou, O Lord, how long?

Turn to me, O Lord, and deliver my soul; save me on account of Thy mercy.

For who amongst the dead remembers Thee, who of the dead will tell of Thee?

I have suffered and wept, every night have I washed my bed and drenched my blanket with my tears.

My eyes are filled with grief, I have grown feeble in the midst of my enemies.

Leave me, all you who do evil, for the Lord has heard the sound of my weeping.

The Lord has heard my appeal, the Lord has accepted my prayer.

May my enemies be put to shame and come to ruin. May they be turned away and be swiftly put to shame.

Latin version:

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

Miserere mei, Domine, quoniam infirmus sum; sana me, Domine, quoniam conturbata sunt ossa mea.

Et anima mea turbata est valde, sed tu, Domine, usquequo?

Convertere, Domine, et eripe animam meam; salvum me fac propter misericordiam tuam.

Quoniam non est in morte, qui memor sit tui, in inferno autem quis confitebitur tibi?

Laboravi in gemitu meo, lavabo per singulas noctes lectum meum; lacrimis meis stratum meum rigabo.

Turbatus est a furore oculus meus, inveteravi inter omnes inimicos meos.

Discedite a me omnes, qui operamini iniquitatem, quoniam exaudivit Dominus vocem fletus mei.

Exaudivit Dominus deprecationem meam, Dominus orationem meam suscepit.

Erubescant et conturbentur vehementer omnes inimici mei; convertantur et erubescant valde velociter.

Gloria

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

Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in

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

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

Psalm 31

English version:

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

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

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

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

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

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

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

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

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

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

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

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

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

Latin version:

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

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

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

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

Delictum meum cognitum tibi feci et iniustitiam meum non abscondi.

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

Pro hac orabit ad te omnis sanctus in tempore opportuno.

Verumtamen in diluvio aquarum multarum ad eum non approximabunt.

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

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

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

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

Multa flagella peccatoris, sperantem autem in Domino misericordia circumdabit.

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

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 37

English version:

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

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

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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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.

Latin version:

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

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

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

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

Putruerunt et corrupti sunt cicatrices mei a facie insipientiae meae.

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

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

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

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

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

Amici mei et proximi mei adversum me appropinquaverunt et steterunt;

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

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

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

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

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

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: Miserére

English version:

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 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.

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

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

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

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

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

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

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

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

Latin version:

Miserére mei, Deus, secúndum magnam misericórdiam
tuam;

et secúndum multitudinem miserationum tuárum: dele
iniquitátem meam.

Amplius lava me ab iniquitáte mea et a peccáto meo
munda me.

Quóniam iniquitatem meam ego cognóscó, et
peccátum meum contra me est semper.

Tibi, soli peccávi et malum coram te feci; ut iustificéris in
sermónibus tuis, et vincas cum iudicaris.

Ecce enim in iniquitátibus concéptus sum, et in peccátis
concépit me mater mea.

Ecce enim veritatem dilexisti incerta et occúlta
sapiéntiae tuae manifestásti mihi.

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

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

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

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

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

Redde mihi laetitiam salutáris tui et spiritu principáli
confirma me.

Docébo iníquos vias tuas, et ímpii ad te converténtur.

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

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.

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

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

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

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

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

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

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

English version:

Hear, O Lord, my prayer: and let my cry come to Thee.

Hide not Thy face from me: in the day of my distress, incline Thy ear to me.

On the day I call upon Thee, hear me speedily.

For my days have vanished like smoke, and my bones burn like dry wood in a fire.

My heart is dried up and withered like grass: and so I have forgotten to eat my bread.

Because of my groaning, my bones cleave to my flesh.

I am like a pelican in the desert: I am like a night owl among the ruins.

I kept awake, and am like a lone sparrow on the housetop.

All day my enemies reviled me: in their rage against me they made a curse of me.

For I eat ashes like bread, and mingle my drink with tears.

Because of Thy anger and indignation: having lifted me up, Thou hast then cast me down.

My days are like a lengthening shadow, and I have withered like grass.

But thou, O Lord, endurest for ever: and Thy memorial for generations and generations.

Thou shalt arise and have mercy on Sion, for it is time to be merciful, for the appointed time has come.

For her stones have pleased Thy servants: and her dust

Latin version:

Domine, exaudi orationem meam, et clamor meus ad te veniat.

Non avertas faciem tuam a me; in quacumque die tribulor, inclina ad me aurem tuam.

In quacumque die invocavero te, velociter exaudi me.

Quia defecerunt sicut fumus dies mei, et ossa mea sicut cremium aruerunt.

Percussus sum ut fenum et aruit cor meum, quia oblitus sum comedere panem meum.

A voce gemitus mei adhaesit os meum carni meae.

Similis factus sum pellicano solitudinis, factus sum sicut nycticorax in domicilio.

Vigilavi et factus sum sicut passer solitarius in tecto.

Tota die exprobrabant mihi inimici mei, et qui laudabant me adversum me iurabant.

Quia cinerem tamquam panem manducabam et potum meum cum fletu miscebam,

a facie irae et indignationis tuae, quia elevans allisisti me.

Dies mei sicut umbra declinaverunt, et ego sicut fenum arui.

Tu autem. Domine, in aeternum permanes, et memoriale tuum in generationem et generationem.

Tu exurgens misereberis Sion, quia tempus miserendi eius, quia venit tempus,

quoniam placuerunt servis tuis lapides eius et terrae eius

moves them to pity.

All the Gentiles shall fear Thy name, O Lord, and all the kings of the earth Thy glory.

For the Lord hath built up Sion: and He shall be seen in His glory.

He hath regarded the prayer of the humble: and he hath not despised their prayer.

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.

miserebuntur.

Et timebunt gentes nomen tuum, Domine, et omnes reges terrae gloriam tuam,

quia aedificavit Dominus Sion et videbitur in gloria sua.

Respexit in orationem humilium et non sprexit precem eorum.

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 dirigitur.

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

English version:

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

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

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

Latin version:

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

Fiant aures tuae intendentes: in vocem deprecationes meae.

Si iniquitates observaveris, Domine: Domine, quis

stand?

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

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

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

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

And He shall redeem Israel, from all their iniquities.

sustinébit.

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

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

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

Quia apud Dóminum misericordia: et copiósa apud eum redemptio.

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

English version:

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

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

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

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

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

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

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

Hear me speedily, O Lord: my spirit hath 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:

Latin version:

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

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

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

Collocavit me in obscuris sicut mortuos saeculi.

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

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

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

Velociter exaudi me, Domine; defecit spiritus 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;

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.

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.