

Sonnet 79: Men call you fayre

Monday, May 6, 1594

Morning Prayer: Psa 30-1; 1Ki 17; Mat 4

Evening Prayer: Psa 32-4; 1Ki 18; Rom 5

Perambulation: Psa 103-4

Morning Prayer: Psalms 30-31

P S A L. X X X.

¶ *A Psalm or song of the dedication
of the house of Dauid.*

I Wil magnifie thee, ô Lord: for thou hast exalted me, and hast
not made my foe to reioyce ouer me.

2 O Lord my God, I cryed vnto thee, and thou hast restored me.

3 O Lord, thou hast broght vp my soule out of the graue: thou
hast reuiued me from them that goe downe into the pit.

4 Sing praises vnto the Lord, ye his Saints, and giue thanks
before the remembrance of his Holines.

5 *For he endureth but a while in his angre: but in his fauour is*
life: weping may abide at euening, but ioye *cometh* in the morning.

6 And in my prosperitie I said, I shal neuer be moued.

7 *For* thou Lord of thy goodnes hadest made my mountaine to
stand strong: *but* thou didest hide thy face, and I was troubled.

8 *Then* cryed I vnto thee, ô Lord, and prayed to my Lord.

9 What profit *is there* in my blood, when I go downe to the pit?
shal the dust giue thanks vnto thee? or shal it declare thy trueth?

10 Heare, ô Lord, and haue mercie vpon me: Lord, be thou mine
helper.

11 Thou hast turned my mourning into ioy: thou hast loosed my
sacke & girded me with gladnes.

12 Therefore shal *my* tongue praise thee and not cease: ô Lord my God, I will giue thanks vnto thee for euer.

P S A L. X X X I.

¶ *To him that excelleth. A Psalm of Dauid.*

IN thee, ô Lord, haue I put my trust: let me neuer be confounded: deliuer me in thy righteousnes.

2 Bowe downe thine eare to me: make haste to deliuer me: be vnto me a strong rocke, & an house of defence to saue me.

3 For thou art my rocke and my fortres: therefore for thy Names sake direct me & guide me.

4 Drawe mee out of the net, that they haue laid priuely for me: for thou art my strength.

5 Into thine hand I commende my spirit: *for* thou hast redeemed me, ô Lord God of trueth.

6 I haue hated them that giue them selues to deceitful vanities: for I trust in the Lord.

7 I wilbe glad and reioyce in thy mercie: for thou hast sene my trouble: thou hast knowen my soule in aduersities,

8 And thou hast not shut me vp in the hand of the enemye, *but* hast set my fete at large.

9 Haue mercie vpon mee, ô Lord: for I am in trouble: mine eye, my soule & my bellie are consumed with grief.

10 For my life is wasted with heauines, and my yeres with mourning: my strength faileth for my peine, and my bones are consumed.

11 I was a reproche among all mine enemies, but specially among my neighbours: and a feare to mine acquaintance, who seing me in the strete, fled from me.

12 I am forgotten, as a dead man out of minde: I am like a broken vessel.

- 13 For I haue heard the railing of great men: feare *was* on euerie side, while they conspired together against me, and consulted to take my life.
- 14 But I trusted in thee, ô Lord: I said, Thou art my God.
- 15 My times are in thine hande: deliuer me from the hand of mine enemies, and from them that persecute me.
- 16 Make thy face to shine vpon thy seruant, & saue me through thy mercie.
- 17 Let me not be confounded, ô Lord: for I haue called vpon thee: let the wicked be put to confusion, & to silence in the graue.
- 18 Let the lying lippes be made dumme, which cruelly, proudly & spitefully speake against the righteous.
- 19 How great is thy goodnes, which thou hast laied vp for them, that feare thee! & done to them, that trust in thee, *euen* before the sonnes of men!
- 20 Thou doest hide them priuely in thy presence from the pride of men: thou keepest them secretly in thy Tabernacle from the strife of tongues.
- 21 Blessed *be* the Lord: for he hathe shewed his maruelous kindenes towarde me in a strong citie.
- 22 Thogh I said in mine haste, I am cast out of thy sight, yet thou heardest the voyce of my praier, when I cryed vnto thee.
- 23 Loue ye the Lord all his Saints: *for* the Lord preserueth the faithful, and rewardeth abundantly the proude doer.
- 24 All ye that trust in the Lord, be strong, and he shal establish your heart.

Morning Prayer: 1st Lesson: 1 Kings 17

ANd Eliah the Tishbite one of the inhabitants of Gilead said vnto Ahab, As the Lord God of Israel liueth, before whome I stand, there shalbe nether dewe nor rayne these yeres, but according to my worde.

2 ¶ And the worde of the Lorde came vnto him, saying,

3 Go hence, and turne thee Eastwarde, and hide thy selfe in the riuier Cherith, that is ouer against Iorden,

4 And thou shalt drinke of the riuier: and I haue commanded the rauens to feede thee there.

5 So he went and did according vnto the word of the Lord: for he went, and remained by the riuier Cherith that is ouer against Iorden.

6 And the rauens broght him bread & flesh in the morning, and bread and flesh in the euening, and he dranke of the riuier.

7 And after a while the riuier dried vp, because there fel no raine vpon the earth.

8 ¶ And the worde of the Lord came vnto him, saying,

9 Vp, *and* get thee to Zarephath, which is in Zidon, and remaine there: beholde, I haue commanded a widowe there to sustaine thee.

10 So he arose, and went to Zarephath: and when he came to the gate of the citie, beholde, the widowe was there gathering stickes: & he called her, & said, Bring me, I pray thee, a litle water in a vessel, that I may drinke.

11 And as she was going to fet it, he called to her, and said, Bring me, I pray thee, a morsel of bread in thine hand.

12 And she said, As the Lord thy God liueth, I haue not a cake, but euen an handful of meale in a barel, and a litle oyle in a cruse: and beholde, I am gathering a fewe stickes for to go in, and dresse it for me & my sonne, that we may eate it, and dye.

13 And Eliah said vnto her, Feare not, come, do as thou hast said, but make me thereof a litle cake first of all, and bring it vnto mee, and afterwarde make for thee, and thy sonne.

14 For thus saith the Lord God of Israel, The meale in the barell
shal not be wasted, nether shal the oyle in the cruse be diminished,
vnto the time that the Lord send raine vpon the earth.

15 So she went, and did as Eliah said, and she did eat: so did he
and her house for a certeine time.

16 The barell of the meale wasted not, nor the oyle was spent out
of the cruse, according to the worde of the Lord, which he spake
by the hand of Eliah.

17 ¶ And after these things, the sonne of the wife of the house fel
sicke, and his sicknes was so sore, that there was no breath left in
him.

18 And she said vnto Eliah, What haue I to do with thee, ô thou
man of God? art thou come vnto me to call my sinne to
remembrance, and to slaye my sonne?

19 And he said vnto her, Giue me thy sonne. and he toke him out
of her bosome, & caried him vp into a chamber, where he abode,
and laied him vpon his owne bed.

20 Then he called vnto the Lord, & said, O Lord my God, hast
thou punished also this widowe, with whome I sojourne, by killing
her sonne?

21 And he stretched him selfe vpon the childe thre times, and
called vnto the Lord, and said, O Lord my God, I pray thee, let this
childes soule come into him againe.

22 Then the Lord heard the voyce of Eliah, and the soule of the
childe came into him againe, and he reuiued.

23 And Eliah toke the childe, and broght him downe out of the
chamber into the house, and deliuered him vnto his mother, and
Eliah said, Beholde, thy sonne liueth.

24 And the woman said vnto Eliah, Now I knowe that thou art a
man of God, and that the worde of the Lord in thy mouth is true.

Morning Prayer: 2nd Lesson: Matthew 4

C H A P. I I I I.

Then was Iesus led aside of the Spirit into the wildernes, to be tempted of the deuil.

2 And when he had fasted fortie dayes, and fortie nights, he was afterwarde hungrie.

3 Then came to him the tempter, and said, If thou be the Sonne of God, commande that these stones be made bread.

4 But he answering said, It is written, Man shal not liue by bread onely, but by euerie worde that procedeth out of the mouth of God.

5 Then the deuil toke him vp into the holie Citie, & set him on a pinnacle of the temple,

6 And said vnto him, If thou be the Sonne of God, cast thy self downe: for it is written, that he wil giue his Angels charge ouer thee, and with their hands they shal lifte thee vp, lest at anie time thou shuldest dash thy fote against a stone.

7 Iesus said vnto him, It is written againe, Thou shalt not tempt the Lord thy God.

8 Againe the deuil toke him vp vnto an exceeding hie mountaine, and shewed him all the kingdomes of the worlde, and the glorie of them,

9 And said to him, All these wil I giue thee, if thou wilt fall downe, and worship me.

10 Then said Iesus vnto him, Auoide Satan: for it is written, Thou shalt worship the Lord thy God, and him onely shalt thou serue.

11 Then the deuil left him: and beholde, the Angels came, and ministred vnto him.

12 ¶ And when Iesus had heard that Iohn was deliuered vp, he returned into Galile.

13 And leauing Nazaret, went and dwelt in Capernaum, which is nere the sea in the borders of Zabulon & Nephthalim,

14 That it might be fulfilled which was spoken by Esaias the Prophet, saying,

15 The land of Zabulon, and the land of Nephthalim *by* the way of the sea, beyond Iordan, Galile of the Gentiles:

16 The people which sate in darkenes, sawe great light: and to them which sate in the region and shadowe of death, light is risen vp.

17 From that time Iesus began to preache, and to say, Amend your liues: for the kingdome of heauen is at hand.

18 ¶ And Iesus walking by the sea of Galile, sawe two brethren, Simon, which was called Peter, and Andrew his brother, casting a net into the sea (for they were fishers.)

19 And he said vnto them, Followe me, and I wil make you fishers of men.

20 And they straight way leauing the nets, followed him.

21 And when he was gone forthe from thence, he sawe other two brethren, Iames *the sonne* of Zebedeus, and Iohn his brother in a ship with Zebedeus their father, mending their nets, and he called them.

22 And they without tarying, leauing the ship and their father, followed him.

23 So Iesus went about all Galile, teaching in their Synagogues, and preaching the Gospel of the kingdome, and healing euerie sickenes and euerie disease among the people.

24 And his fame spred abroad through all Syria: and they broght vnto him all sicke people, that were taken with diuers diseases and gripings, and them that were possessed with deuils, & those which were lunatike, and those that had the palsey: and he healed them.

25 And there followed him great multitudes out of Galile, and Decapolis, and Ierusalem, and Iudea, and from beyonde Iordan.

Evening Prayer: Psalms 32-34

P S A L. XXXII.

¶ A Psalme of *Dauid* to give instruction.

Blessed *is he* whose wickednes is forgiuen, & whose sinne is couered.

2 Blessed *is* the man, vnto whome the Lord imputeth not iniquitie, & in whose spirit *there is* no guile.

3 When I helde my tongue, my bones consumed, *or* when I roared all the day,

4 (For thine hand is heauie vpon me, daie & night: & my moisture is turned into the drought of summer. Selah)

5 *Then* I acknowledged my sinne vnto thee, nether hid I mine iniquitie: *for* I thoght, I will confesse against my self my wickednes vnto the Lord, and thou forgauest the punishment of my sinne. Selah.

6 Therefore shal euerie one, that is godlie, make his praier vnto thee in a time, when thou maiest be founde: surely in the flood of great waters they shal not come nere him.

7 Thou art my secret place: thou preseruest me from trouble: thou compassest me about with ioyful deliuerance. Selah.

8 I wil instruct thee, & teache thee in the way, that thou shalt go, & I will guide thee with mine eye.

9 Be ye not like an horse, *or* like a mule, *which* vnderstand not: whose mouthes thou doest binde with bit and bridel, lest they come nere thee.

10 Many sorowes *shal come* to the wicked: but he, that trusteth in the Lord, mercie shal compasse him.

11 Be glad ye righteous, & reioyce in the Lord, and be ioyful all ye, that are vpright in heart.

P S A L. X X X I I I.

REioyce in the Lord, ô ye righteous: *for* it becometh vpright men to be thankful.

2 Praise the Lord with harpe: sing vnto him with viole & instrument of ten strings.

3 Sing vnto him a newe song: sing cherefully with a loude voyce.

4 For the worde of the Lord *is* righteous, and all his workes *are* faithful.

5 He loueth righteousnes & iudgement: the earth is ful of the goodnes of the Lord.

6 By the worde of the Lord were the heauens made, and all the hoste of them by the breath of his mouth.

7 He gathereth the waters of the sea together as vpon an heape, and laieth vp the depths in his treasures.

8 Let all the earth feare the Lord: let all them that dwel in the worlde, feare him.

9 For he spake, & it was done: he commanded, and it stode.

10 The Lord breaketh the counsel of the heathen, & bringeth to nought the deuises of the people.

11 The counsel of the Lord shal stand for euer, & the thoghts of his heart throughout all ages.

12 Blessed *is* that nacion, whose God is the Lord: *euen* the people, *that* he hathe chosen for his inheritance.

13 The Lorde loketh downe from heauen, & beholdeth all the children of men.

14 From the habitacion of his dwelling he beholdeth all them that dwel in the earth.

15 He facioneth their hearts euerie one, & vnderstandeth all their workes.

16 The King is not saued by the multitude of an hoste, *nether* is the mightie man deliuered by great strength.

17 A horse is a vaine helpe, and shal not deliuer *anie* by his great strength.

18 Beholde, the eye of the Lorde *is* vpon them that feare him, & vpon them, that trust in his mercie,

19 To deliuer their soules from death, and to preserue them in famine.

20 Our soule waiteth for the Lord: *for* he is our helpe and our shielde.

21 Surely our heart shal reioyce in him, because we trusted in his holie Name.

22 Let thy mercie, ô Lord, be vpon vs, as we trust in thee.

P S A L. X X X I I I I.

¶ A Psalme of *Dauid*, when he changed his behaviour before *Abimelech*, who drove him awaie, & he departed.

I Wil alwaie giue thanks vnto the Lord: his praise *shalbe* in my mouth continually.

2 My soule shal glorie in the Lord: the humble shal heare it, and be glad.

3 Praise ye the Lord with me, and let vs magnifie his Name together.

4 I sought the Lord, and he heard me: yea, he deliuered me out of all my feare.

5 They shall loke vnto him, and runne *to him*: and their faces shal not be ashamed, *saying*,

6 This poore man cryed, & the Lord heard *him*, and saued him out of all his troubles.

- 7 The Angel of the Lorde pitcheth rounde about them, that feare him, and deliuereth them.
- 8 Taste ye & se, how gracious the Lord is: blessed *is* the man that trusteth in him.
- 9 Feare the Lord, ye his Saints: for nothing wanteth to them that feare him.
- 10 The Lyons do lacke and suffer hungre, but they, which seke the Lord, shall want nothing that is good.
- 11 Come children, hearken vnto me: I will teache you the feare of the Lord.
- 12 What man is he, that desireth life, and loueth *long* daies for to se good?
- 13 Kepe thy tongue from euil, and thy lippes, that they speake no guile.
- 14 Eschewe euil and do good: seke peace & followe after it.
- 15 The eyes of the Lord *are* vpon the righteous, & his eares *are open* vnto their crye.
- 16 *But* the face of the Lord *is* against them that doe euil, to cut off their remembrance from the earth.
- 17 *The righteous* crye, and the Lorde heareth *them*, and deliuereth them out of all their troubles.
- 18 The Lord is nere vnto them that are of a contrite heart, and will saue suche as be afflicted in spirit.
- 19 Great are the troubles of the righteous: but the Lord deliuereth him out of them all.
- 20 He kepeth all his bones: not one of them is broken.
- 21 *But* malice shal slay the wicked: & thei that hate the righteous, shal perish.
- 22 The Lord redemeth the soules of his seruants: & none, that trust in him, shal perish.

Evening Prayer: 1st Lesson: 1 Kings 18

CHAP. XVIII.

After many daies, the worde of the Lord came to Eliiah, in the third yere, saying, Go, shewe thy selfe vnto Ahab, and I wil send raine vpon the earth.

2 And Eliiah went to shew him selfe vnto Ahab, and *there was* a great famine in Samaria.

3 And Ahab called Obadiah the gouernour of his house: (and Obadiah feared God greatly)

4 For when Iezebel destroyed the Prophetes of the Lord, Obadiah toke an hundreth Prophetes, & hid them, by fiftie in a caue, and he fed them with bread and water.

5 And Ahab saide vnto Obadiah, Go into the land, vnto all the fountaines of water, and vnto all the riuers, if so be that we may finde grasse to saue the horses & the mules aliue, lest we depriue *the land* of the beastes.

6 And so thei deuided the lande betwene them to walke through it. Ahab went one way by him selfe, and Obadiah went another way by him selfe.

7 ¶ And as Obadiah was in the way, beholde, Eliiah met him: & he knewe him, and fel on his face, and said, Art not thou my lord Eliiah?

8 And he answered him, Yea, go tel thy lord, Beholde, Eliiah *is here*.

9 And he said, What haue I sinned, that thou woldest deliuer thy seruant into the hand of Ahab, to slaye me?

10 As the Lord thy God liueth, there is no nacion or kingdome, whether my lord hathe not sent to seke thee: and when thei said, He is not here, he toke an othe of the kingdome and nacion, if thei had not founde thee.

11 And now thou saist, Go, tel thy lord, Beholde, Eliiah *is here*.

12 And when I am gone from thee, the Spirit of the Lord shall carry thee into some place that I do not know: so when I come and tell Ahab, if he can not find thee, then will he kill me: but I thy servant fear the Lord from my youth.

13 Was it not told my lord, what I did when Jezebel slew the Prophets of the Lord, how I hid an hundred men of the Lords Prophets by fifties in a cave, & fed them with bread & water?

14 And now thou saiest, Go, tell thy lord, Behold, *Elijah is here*, that he may slay me.

15 And Elijah said, As the Lord of hosts lieth, before whom I stand, I will surely shew myself unto him this day.

16 ¶ So Obadiah went to meet Ahab, and told him: And Ahab went to meet Elijah.

17 And when Ahab saw Elijah, Ahab said unto him, Art thou he that troubleth Israel?

18 And he answered, I have not troubled Israel, but thou, and thy fathers house, in that ye have forsaken the commandments of the Lord, and thou hast followed Baalim.

19 Now therefore send, and gather to me all Israel unto mount Carmel, and the prophets of Baal four hundred & fifty, and the prophets of the groves four hundred, which eat at Jezebels table.

20 ¶ So Ahab sent unto all the children of Israel, & gathered the prophets together unto mount Carmel.

21 And Elijah came unto all the people, & said, How long halt ye between two opinions? If the Lord be God, follow him. but if Baal be he, then go after him. And the people answered him not a word.

22 Then said Elijah unto the people, I only remain a Prophet of the Lord: but Baals prophets are four hundred & fifty men.

23 Let them therefore give us two bullocks, and let them choose the one, and cut him in pieces, and lay him on the wood, but put

no fyre *vnder*, and I wil prepare the other bullocke, and lay him on the wood, and wil put no fyre *vnder*.

24 Then call ye on the name of your god, and I will call on the Name of the Lord: and then the God that answereth by fyre, let him be God. And all the people answered, and said, It is wel spoken.

25 And Eliiah said vnto the prophetes of Baal, Chuse you a bullocke, and prepare him first, (for ye are many) & call on the name of your gods, but put no fyre *vnder*.

26 So thei toke the one bullocke, that was giuen them, & they prepared it, & called on the name of Baal, from morning to noone, saying, O Baal, heare vs: but there was no voyce, nor anie to answer: and thei leapt vpon the altar that was made.

27 And at noone Eliiah mocked them, and said, Crye loud: for he is a god: ether he talketh or pursueth *his enemies*, or is in his iourney, or it may be that he sleepeth, and must be awaked.

28 And they cryed loude, and cut them selues as their maner was, with kniues and launcets, til the blood gusshed out vpon them.

29 And when mydday was passed, and thei had prophecied vntil the offering of the *euening* sacrifice, there was nether voyce, nor one to answer, nor anie that regarded.

30 And Eliiah said vnto all the people, Come to me. And all the people came to him. And he repared the altar of the Lord that was broken downe.

31 And Eliiah tooke twelue stones, according to the number of the tribes of the sonnes of Iaakob, (vnto whome the worde of the Lord came, saying, Israel shalbe thy name)

32 And with the stones he buylt an altar in the Name of the Lord: & he made a ditche rounde about the altar, as great as wolde conteine two measures of sede.

33 And he put the wood in order, & hewed the bullocke in pieces, and layed him on the wood,

34 And said, Fil foure barels with water, & powre it on the burnt offering and on the wood. Againe he said, Do so againe. And thei did so the seconde time. And he said, Do it the third time. And thei did it the third time.

35 And the water ran rounde about the altar: and he filled the ditche with water also.

36 And when they shulde offer the *euening* sacrifice, Eliiah the Prophet came, & said, Lord God of Abraham, Izhak and of Israel, let it be knowen this day, that thou art the God of Israel, and that I am thy seruant, and that I haue done all these things at thy commandement.

37 Heare me, ô Lord, heare me, and let this people knowe that thou art the Lord God, and that thou hast turned their heart againe at the last.

38 Then the fyre of the Lord fel, and consumed the burnt offering, and the wood, & the stones, and the dust, and licked vp the water that was in the ditche.

39 And when all the people sawe it, thei fel on their faces, and said, The Lord is God, the Lord is God.

40 And Eliiah said vnto them, Take the prophetes of Baal, let not a man of them escape. And they toke them, and Eliiah broght them to the broke Kishon, & slewe them there.

41 ¶ And Eliiah said vnto Ahab, Get thee vp, eat and drinke, for *there is* a sounde of muche raine.

42 So Ahab went vp to eat and to drinke, and Eliiah went vp to the top of Carmel: and he crouched vnto the earth, and put his face betwene his knees,

43 And said to his seruant, Go vp now and loke towarde the way of the Sea. And he went vp, and loked, and said, There is nothing. Againe he said, Go againe seuen times.

44 And at the seuenth time he said, Beholde, there ariseth a litle cloude out of the sea like a mans hand. Then he said, Vp, and say vnto Ahab, Make readie *thy charet*, and get thee downe, that the raine stay thee not.

45 And in the meane while the heauen was blacke with cloudes & winde, & there was a great raine. Then Ahab went vp and came to Izreel.

46 And the hand of the Lord was on Eliiah, and he girded vp his loynes, and ran before Ahab till he came to Izreel.

Evening Prayer: 2nd Lesson: Romans 5

C H A P. V.

Then being iustified by faith, we haue peace towarde God through our Lord Iesus Christ.

2 By whome also we haue accesse through faith vnto this grace, wherein we stand, & reioyce vnder the hope of the glorie of God.

3 Nether *do we so* onely, but also we reioyce in tribulations, knowing that tribulation bringeth forthe patience,

4 And patience experience, and experience hope,

5 And hope maketh not ashamed, because the loue of God is shed abroad in our hearts by the holie Gost, which is giuen vnto vs.

6 For Christ, when we were yet of no strength, at *his* time dyed for the vngodlie.

7 Douteles one will scarce dye for a righteous man: but yet for a good man it may be that one dare dye.

8 But God setteth out his loue towarde vs, seing that while we were yet sinners, Christ dyed for vs.

9 Muche more then, being now iustified by his blood, we shal be saued from wrath through him.

10 For if when we were enemies, we were reconciled to God by the death of his Sonne, muche more being reconciled, we shalbe saued by his life,

11 And not onely so, but we also reioyce in God through our Lord Iesus Christ, by whome we haue nowe receiued the atonement.

12 Wherefore, as by one man sinne entred into the worlde, and death by sinne, and so death went ouer all men: for asmuche as all men haue sinned.

13 For vnto the time of the Law was sinne in the worlde, but sinne is not imputed, while there is no Law.

14 But death reigned from Adam to Moses euen ouer them also that sinned not after the like maner of that transgression of Adam, which was the figure of him that was to come.

15 But yet the gift is not so, as is the offence: for if through the offence of one, many be dead, muche more the grace of God, and the gift by grace, which is by one man Iesus Christ, hath abunded vnto many.

16 Neither is the gift *so*, as *that which entred in* by one that sinned: for the *faute came* of one *offence* vnto condemnacion: but the gift *is* of many offences to iustification.

17 For if by the offence of one, death reigned through one, muche more shal they which receiue that abundance of grace, and of the gift of righteousnes, reigne in life through one, *that is* Iesus Christ.

18 Likewise then as by the offence of one *the faute came* on all men to condemnation, so by the iustifying of one, *the benefite abunded* toward all men to the iustification of life.

19 For as by one mans disobedience many were made sinners, so by the obedience of one shal many also be made righteous.

20 Moreouer the Law entred thereupon that the offence shulde abunde: neuertheles, where sinne abunded, *there* grace abunded muche more:

21 That as sinne had reigned vnto death, so might grace also reigne by righteousnes vnto eternal life, through Iesus Christ our Lord.

Perambulation: Psalms 103-104

P S A L. C I I I.

¶ A Psalme of *Dauid*.

MY soule, prayse thou the Lord, & all that is within me, *praise* his holie Name.

2 My soule, praise thou the Lord, and forget not all his benefites.

3 Which forgiueth all thine iniquitie, & healeth all thine infirmities.

4 Which redemeth thy life from the graue, and crowneth thee with mercie and compassions.

5 Which satisfieth thy mouth with good things: and thy youth is renued like the egles.

6 The Lord executeth righteousnes and iudgement to all that are oppressed.

7 He made his waies knowen vnto Moses, & his workes vnto the children of Israel.

8 The Lord is ful of compassion and mercie, slowe to angre and of great kindnes.

9 He wil not alwaie chide, nether kepe *his* angre for euer.

10 He hathe not dealt with vs after our sinnes, nor rewarded vs according to our iniquities.

11 For as high as the heauen is aboue the earth, so great is his mercie toward them that feare him.

12 As farre as the East is from the West: so farre hathe he remoued our sinnes from vs.

- 13 As a father hathe compassion on his children, so hathe the Lord compassion on them that feare him.
- 14 For he knoweth whereof we be made: he remembreth that we are but dust.
- 15 The daies of man are as grasse: as a flower of the field, so florisheth he.
- 16 For the winde goeth ouer it, and it is gone, and the place thereof shall knowe it no more.
- 17 But the louing kindnes of the Lord *endureth* for euer & euer vpon them that feare him, and his righteousnes vpon childrens children,
- 18 Vnto them that kepe his couenant, and thinke vpon his commandements to do them.
- 19 The Lord hathe prepared his throne in heauen, and his kingdome ruleth ouer all.
- 20 Praise the Lord, ye his Angels, that excel in strength, that do his commandement in obeying the voice of his worde.
- 21 Praise the Lord, all ye his hostes, ye his seruants that do his pleasure.
- 22 Prayse the Lord, all ye his workes, in all places of his dominion: my soule, praise thou the Lord.

PSAL. CIIII.

MY soule, praise thou the Lord: ô Lord my God, thou art exceeding great, thou art clothed with glorie & honour.

- 2 Which couereth him self with light as with a garment, & spreadeth the heauens like a curtaine.
- 3 Which laieth the beames of his chambers in the waters, and maketh the cloudes his chariot, and walketh vpon the wings of the winde.

4 Which maketh his spirits his messengers, & a flaming fyre his ministers.

5 He set the earth vpon her fundacions, so that it shal neuer moue.

6 Thou coueredst it with the deepe as with a garment: the waters wolde stand aboue the mountaines.

7 *But* at thy rebuke thei flee: at the voice of thy thunder thei haste awaie.

8 *And* the mountaines ascend, & the valleis descend to the place which thou hast established for them.

9 *But* thou hast set them a bonde, which thei shal not passe: thei shal not returne to couer the earth.

10 He sendeth the springs into the valleis, which runne betwene the mountaines.

11 Thei shal giue drinke to all the beastes of the field, and the wilde asses shal quench their thirst.

12 By these springs shal the foules of the heauen dwell, and sing among the branches.

13 He watereth the mountaines from his chambers, & the earth is filled with the frute of thy workes.

14 He causeth grasse to growe for the cattel, and herbe for the vse of man, that he maie bring forthe bread out of the earth,

15 And wine *that* maketh glad the heart of man, & oyle to make the face to shine, & bread *that* strengtheneth mans heart.

16 The high trees are satisfied, *euen* the cedres of Lebanon, which he hathe planted,

17 That the birdes maie make their nestes there: the storke dwelleth in the firre trees.

18 The high mountaines *are* for the goates: the rockes *are* a refuge for the conies.

19 He appointed the moone for certeine seasons: the sunne knoweth his going downe.

20 Thou makest darkenes, and it is night, wherein all the beastes
of the forest crepe forthe.

21 The lions roare after their praie, and seke their meate at God.

22 *When* the sunne riseth, they retire, and couche in their dennes.

23 *Then* goeth man forthe to his worke, and to his labour vntil the
euening.

24 O Lord, how manifolde are thy workes! in wisdom hast thou
made them all: the earth is ful of thy riches.

25 *So is* this sea great & wide: *for* therein *are* things creping
innumerable, bothe smale beastes and great.

26 There goe the shippes, *yea*, that Liuiathan, whome thou hast
made to plaie therein.

27 All these waite vpon thee, that thou maiest giue them fode in
due season.

28 Thou giuest it to them, & thei gather it: thou openest thine
hand, & thei are filled with good things.

29 *But* if thou hide thy face, thei are troubled: *if* thou take awaie
their breath, they dye and returne to their dust.

30 *Againe* *if* thou send forthe thy spirit, thei are created, and thou
renuest the face of the earth.

31 Glorie be to the Lord for euer: let the Lord reioyce in his
workes.

32 He loketh on the earth and it trembleth: he toucheth the
mountaines, & thei smoke.

33 I wil sing vnto the Lord *all* my life: I wil praise my God, while
I liue.

34 Let my wordes be acceptable vnto him: I wil reioyce in the
Lord.

35 Let the sinners be consumed out of the earth, & the wicked til
there be no more: ô my soule, praise thou the Lord. Praise ye the
Lord.

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