

Sonnet 14: Retourne agayne

Tuesday, February 5, 1594

Morning Prayer: Psa 30-1; Exo 17; Mar 5

Evening Prayer: Psa 32-4; Exo 18; 2Co 1

Morning Prayer: Psalm 30-1

P S A L. X X X.

¶ *A Psalme 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 enemy, *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: Exodus 17

CHAP. XVII.

ANd all the Congregation of the children of Israel departed from the wildernes of Sin, by their iourneis at the commandement of the Lord, & camped in Rephidim, where *was* no water for the people to drinke.

2 Wherefore the people contended with Moses, and said, Giue vs water that we may drinke. And Moses said vnto them, Why contend ye with me? wherefore do ye tempt the Lord?

3 So the people thirsted there for water, & the people murmured against Moses, and said, Wherefore hast thou thus brought vs out of Egypt to kil vs and our children & our cattel with thirst?

4 And Moses cryed to the Lord, saying, What shal I do to this people? for they be almost ready to stone me.

5 And the Lord answered to Moses, Go before the people, and take with thee of the Elders of Israel: and thy rod, wherewith thou smotest the riuer, take in thine hand, and go:

6 Beholde, I wil stand there before thee vpon the rocke in Horeb, & thou shalt smite on the rocke & water shal come out of it, that the people may drinke. And Moses did so in the sight of the Elders of Israel.

7 And he called the name of the place, Massah and Meribah, because of the contention of the children of Israel, and because they had tempted the Lord, saying, Is the Lord among vs, or no?

8 ¶ Then came Amalek and fought with Israel in Rephidim.

9 And Moses sayde to Ioshua, Chuse vs out men, and go fight with Amalek: to morowe I wil stand on the toppe of the hil with the rod of God in mine hand.

10 So Ioshua did as Moses bade him, & fought with Amalek: and Moses, Aaron, and Hur, went vp to the top of the hil.

11 And when Moses helde vp his hand, Israel preuailed: but when he let his hande downe, Amalek preuailed.

12 Nowe Moses hands were heauy: therefore they toke a stone and put it vnder him, & he sate vpon it: and Aaron & Hur staid vp his hands, the one on the one side, and the other on the other side: so his hands were steady vntil the going downe of the sunne.

13 And Ioshua discomfited Amalek and his people with the edge of the sworde.

14 ¶ And the Lord said to Moses, Write this for a remembrance in the booke, and rehearse it to Ioshua: for I wil vtterly put out the remembrance of Amalek from vnder heauen.

15 (And Moses buylte an altar and called the name of it, Iehouah-nissi)

16 Also he said, The Lord hathe sworne, that he wil haue warre with Amalek from generacion to generacion.

Morning Prayer: 2nd Lesson: Mark 5

C H A P. V.

ANd they came ouer to the other side of the sea into the countrey of the Gadarens.

2 And when he was come out of the ship, there met him incontinently out of the graues, a man which had an vncleane spirit:

3 Who had his abyding among the graues, and no man colde binde him, no not with chaines,

4 Because that when he was often bounde with fetters and chaines, he plucked the chaines asondre, and brake the fetters in pieces, nether colde anie man tame him.

5 And alwayes both night & day he cryed in the mountaines, and in the graues, and stroke him self with stones.

6 And when he saw Iesus a farre of, he ranne, and worshipped him,

7 And cryed with a loude voyce, and said, What haue I to do with thee, Iesus the Sonne of the moste high God? I charge thee by God, that thou torment me not.

8 (For he saide vnto him, Come out of the man, thou vnclane spirit.)

9 And he asked him, What is thy name? & he answered saying, My name *is* Legion: for we are manie.

10 And he prayed him instantly, that hee wolde not send them away out of the countrey.

11 Now there was there in the mountaines a great heard of swine, feeding.

12 And all the deuils besoght him, saying, Send vs into the swine, that we may entre into them.

13 And incontinently Iesus gaue them leaue. Then the vnclane spirits went out & entred into the swine, and the herd ran headling from the high banke into the sea, (& there were about two thousand swine) and they were drowned in the sea.

14 And the swineherds fled, and tolde it in the citie, & in the countrey, & they came out to se what it was that was done.

15 And they came to Iesus, and sawe him that had bene possessed with the deuil, and had the legion, sit bothe clothed, & in his right minde: & they were afraid.

16 And they that sawe it, tolde them, what was done to him that was possessed with the deuil, and concerning the swine.

17 Then they began to praye him, that hee wolde departe from their coastes.

18 And when he was come into the ship, he that had bene possessed with the deuil, prayed him that he might be with him.

19 Howbeit, Iesus wolde not suffre him, but said vnto him, Go thy way home to thy friendes, and shewe them what great thinges the Lord hath done vnto thee, and *how* he hath had compassion on thee.

20 So he departed, and began to publish in Decapolis, what great thinges Iesus had done vnto him: and all men did marueil.

21 ¶ And when Iesus was come ouer againe by ship vnto the other side, a great multitude gathered together to him, and he was nere vnto the sea.

22 And beholde, there came one of the rulers of the Synagogue, whose name was Iairus: and when he sawe him, he fell downe at his fete,

23 And besoght him instantly, saying, My litle daughter lieth at point of death: *I pray thee* that thou woldest come & laye thine hands on her, that she may be healed, and liue.

24 Then he went with him, and a great multitude folowed him, and thronged him.

25 (And there was a certeine woman, which was diseased with an yssue of blood twelue yeres,

26 And had suffered many things of many physicions, and had spent all that she had, and it auailed her nothing, but she became muche worse.

27 When she had heard of Iesus, she came in the preasse behinde, and touched his garment.

28 For she said, If I may but touche his clothes, I shal be whole.

29 And straight way the course of her blood was dried vp, & she felt in her bodie, that she was healed of that plague.

30 And immediatly when Iesus did knowe in him self the vertue that went out of him, he turned him rounde about in the preasse, and said, Who hathe touched my clothes?

31 And his disciples said vnto him, Thou seest the multitude throng thee, & sayest thou, Who did touche me?

32 And he loked rounde about, to se her that had done that.

33 And the woman feared and trembled: for she knewe what was done in her, & she came and fel downe before him, & tolde him the whole trueth.

34 And he said to her, Daughter, thy faith hath made thee whole: go in peace, and be whole of thy plague.)

35 While he yet spake, there came from the *same* ruler of the Synagogues house *certeine* which said, Thy daughter is dead: why diseasest thou the Master anie further?

36 Assone as Iesus heard that worde spoken, he said vnto the ruler of the Synagogue, Be not affraide: onely beleue.

37 And he suffered no man to followe him, saue Peter and Iames, and Iohn the brother of Iames.

38 So he came vnto the house of the ruler of the Synagogue, and sawe the tumulte, & them that wept and wailed greatly.

39 And he went in, & said vnto them, Why make ye this trouble, and wepe? the childe is not dead, but slepeth.

40 And they laught him to scorne: but he put them all out, and toke the father, and the mother of the childe, and them that were with him, & entred in where the childe laye,

41 And toke the childe by the hand, & said vnto her, Talitha cumi, which is by interpretation, Maiden, I say vnto thee, arise.

42 And straight way the maiden arose, and walked: for she was of the age of twelue yeres, and they were astonied out of measure.

43 And he charged them straitly that no man shulde knowe of it, and commanded to giue her meate.

Evening Prayer: Psalms 32-4

P S A L. X X X I I.

¶ 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. XXXIII.

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 noight 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 shall 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. XXXIIII.

¶ A Psalm 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 shall glorie in the Lord: the humble shall 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 shall 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: Exodus 18

C H A P. X V I I I.

WHen Iethro the Priest of Midian Moses father in lawe heard all that God had done for Moses, and for Israel his people, & how the Lord had brought Israel out of Egypt,

2 Then Iethro the father in lawe of Moses toke Zipporah Moses wife, (after he had sent her away)

3 And her two sonnes, (whereof the one was called Gershom: for he said, I haue bene an aliant in a strange land:

4 And the name of the other *was* Eliezer: for the God of my father, *said he*, was mine helpe, and deliuered me from the sworde of Pharaoh)

5 And Iethro Moses father in lawe came with his two sonnes, and his wife vnto Moses into the wildernes, where he camped by the mount of God.

6 And he said to Moses, I thy father in law Iethro am come to thee, & thy wife & her two sonnes with her.

7 ¶ And Moses went out to mete his father in lawe, and did obeisance and kissed him, and eche asked other of his welfare. and they came into the tent.

8 Then Moses tolde his father in law all that the Lord had done vnto Pharaoh, and to the Egyptians for Israels sake, *and* all the trauaile that had come vnto them by the way, and *how* the Lord deliuered them.

9 And Iethro reioyced at all the goodnes, which the Lord had shewed to Israel, *and* because he had deliuered them out of the hand of the Egyptians.

10 Therefore Iethro said, Blessed *be* the Lord who hathe deliuered you out of the hand of the Egyptians, and out of the hand of Pharaoh: who hathe also deliuered the people from vnder the hand of the Egyptians.

11 Now I knowe that the Lord is greater then all the gods: for as they haue dealt proudly with them, *so are they recompensed*.

12 Then Iethro Moses father in lawe tooke burnt offerings and sacrifices to offre vnto God. And Aaron and all the Elders of Israel came to eat bread with Moses father in law before God.

13 ¶ Now on the morowe, when Moses sate to iudge the people, the people stode about Moses from morning vnto euen.

14 And when Moses father in law saw all that he did to the people, he said, What is this that thou doest to the people? why

sittest thou thy selfe alone, and all the people stand about thee from morning vnto euen?

15 And Moses said vnto his father in law, Because the people come vnto me to seke God.

16 When they haue a matter, they come vnto me, and I iudge betwene one and an other, and declare the ordinances of God, and his lawes.

17 But Moses father in law said vnto him, The thing which thou doest, is not wel.

18 Thou bothe weariest thy selfe greatly, & this people that is with thee: for the thing *is* to heauie for thee: thou art not able to do it thy selfe alone.

19 Heare nowe my voyce, (I wil giue thee counsel, and God shalbe with thee) be thou for the people to Godwarde, & reporte thou the causes vnto God,

20 And admonish them of the ordinances, and of the lawes, & shew them the way, wherein they must walke, & the worke that they must do.

21 Moreouer, prouide thou among all the people men of courage, fearing God, men dealing truely, hating couetousnes: and appoynt *suche* ouer them *to be* rulers ouer thousandes, rulers ouer hundreths, rulers ouer fifties, and rulers ouer tens.

22 And let them iudge the people at all seasons: but euerie great matter let them bring vnto thee, & let them iudge all smale causes: so shal it be easier for thee, when they shal beare the burden with thee.

23 If thou do this thing, (and God *so* commande thee) bothe thou shalt be able to endure, & all this people shal also go quietly to their place.

24 So Moses obeyed the voyce of his father in lawe, and did all that he had said:

25 And Moses chose men of courage out of all Israel, and made them heades ouer the people, rulers ouer thousandes, rulers ouer hundreths, rulers ouer fifties, and rulers ouer tens.

26 And they iudged the people at all seasons, *but* they brought the hard causes vnto Moses: for they iudged all smale matters them selues.

27 Afterward Moses let his father in law departe, and he went into his countrey.

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