

## Sonnet 72: Oft when my spirit doth

Thursday, April 4, 1594

Morning Prayer: Psa 19-21; 1Sa 12; Act 1

Evening Prayer: Psa 22-3; 1Sa 13; Heb 6

### *Morning Prayer: Psalms 19-21*

P S A L. X I X.

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

**T**He heavens declare the glorie of God, and the firmament  
sheweth the worke of his hands.

2 Daie vnto daie vttereth the same, and night vnto night teacheth  
knowledge.

3 *There is* no speache nor language, *where* their voyce is not  
heard.

4 Their line is gone forthe through all the earth, & their wordes  
into the endes of the worlde: in them hathe he set a tabernacle for  
the sunne.

5 Which commeth forth as a bridegrome out of his chambre, *and*  
reioyceth like a mightie man to runne *his* race.

6 His going out *is* from the end of the heauen, and his compas *is*  
vnto the ends of the same, & none is hid from the heate thereof.

7 The Law of the Lord is perfite, conuerting the soule: the  
testimonie of the Lord is sure, and giueth wisdom vnto the simple.

8 The statutes of the Lord are right and reioyce the heart: the  
commandement of the Lord *is* pure, and giueth light vnto the eyes.

9 The feare of the Lorde *is* cleane, and indureth for euer: the  
iudgements of the Lord *are* trueth: they are righteous all together,

10 And more to be desired then golde, yea, then much fine golde:  
sweter also then honie and the honie combe.

11 Moreouer by them *is* thy seruant made circumspect, & in keeping of them there is great rewarde.

12 Who can vnderstand *his* fautes? clense me from secret *fautes*.

13 Kepe thy seruant also from presumptuous sinnes: let them not reigne ouer me: so shal I be vpright, and made cleane from muche wickednes.

14 Let the wordes of my mouth, and the meditation of mine heart be acceptable in thy sight, ô Lord, my strength, and my redemer.

P S A L. X X.

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

**T**He Lord heare thee in the daye of trouble: the Name of the God of Iaakob defende thee:

2 Send thee helpe from the Sanctuarie, and strengthen thee out of Zion.

3 Let him remember all thine offrings, and turne thy burnt offrings into ashes. Selah:

4 *And* grante thee according to thine heart, and fulfill all thy purpose:

5 *That* we may reioyce in thy saluacion, and set vp the banner in the Name of our God, *when* the Lord shal performe all thy petitions.

6 Now know I that the Lord wil helpe his anointed, *and* wil heare him from his Sanctuarie, by the mightie helpe of his right hand.

7 Some *trust* in chariots, and some in horses: but we wil remember the Name of the Lord our God.

8 They are broght downe and fallen, but we are risen, and stande vpright.

9 Saue Lord: let the King heare vs in the day that we call.

P S A L. X X I.

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

**T**He King shal reioyce in thy strength, ô Lord: yea, how  
greatly shal he reioyce in thy saluation!

2 Thou hast giuen him his hearts desire, & hast not denied *him* the request of his lippes. Selah.

3 For thou didest preuent him with liberal blessings, & didest set a crowne of pure golde vpon his head.

4 He asked life of thee, *and* thou gauest him a long life for euer and euer.

5 His glorie *is* great in thy saluacion: dignitie and honour hast thou layed vpon him.

6 For thou hast set him *as* blessings for euer: thou hast made him glad with the ioy of thy countenance.

7 Because the King trusteth in the Lord, and in the mercie of the most High, he shal not slide.

8 Thine hand shal finde out all thine enemies, *and* thy right hand shall finde out them that hate thee.

9 Thou shalt make them like a fyrie ouen in time of thine angre: the Lord shal destroy them in his wrath, and the fyre shal deuoure them.

10 Their frute shalt thou destroy from the earth, and their sede from the children of men.

11 For they intended euil against thee, *and* imagined mischief, *but* they shal not preuaile.

12 Therefore shalt thou put them aparte, & the strings of thy bowe shalt thou make ready against their faces.

13 Be thou exalted, ô Lord, in thy strength: *so* wil we sing and praise thy power.

## ***Morning Prayer: 1<sup>st</sup> Lesson: 1 Samuel 12***

### C H A P. X I I.

**S**Amuel then said vnto all Israel, Beholde, I haue hearkened vnto your voyce in all that ye said vnto me, & haue appointed a King ouer you.

2 Now therefore beholde, *your* King walketh before you, and I am olde & graye headed, and beholde, my sonnes *are* with you: and I haue walked before you from my childhode vnto this day.

3 Beholde, here I am: beare recorde of me before the Lord and before his Anointed. Whose oxen haue I taken? or whose asse haue I taken? or whome haue I done wrong to? or whome haue I hurte? or of whose hand haue I receiued any bribe, to blinde mine eyes therewith, & I wil restore it you?

4 Then thei said, Thou hast done vs no wrong, nor hast hurt vs, nether hast thou taken ought of any mans hand.

5 And he said vnto them, The Lord is witnes against you, and his Anointed is witnes this day, that yee haue founde nought in mine hands. And they answered, *He is* witnes

6 Then Samuel said vnto the people, It is the Lord that made Moses and Aaron, & that broght your fathers out of the land of Egypt.

7 Now therefore stand stil, that I may reason with you before the Lord according to all the righteousnes of the Lord, which he shewed to you and to your fathers.

8 After that Iaakob was come into Egypt, and your fathers cryed vnto the Lord, then the Lord sent Moses and Aaron which broght your fathers out of Egypt, and made them dwel in this place.

9 And when thei forgate the Lord their God, he solde them into the hand of Sisera captaine of the hoste of Hazor and into the hand of the Philistims, and into the hande of the King of Moab, and they foght against them.

10 And thei cryed vnto the Lord, and said, We haue sinned, because we haue forsaken the Lord, and haue serued Baalim & Ashtaroth. Now therefore deliuer vs out of the hands of our enemies, and we will serue thee.

11 Therefore the Lord sent Ierubbaal & Bedan & Iphtah, & Samuel, & deliuered you out of the hands of your enemies on euerie side, and ye dwelled safe.

12 Notwithstanding when you sawe, that Nahash the King of the children of Ammon came against you, ye said vnto me, No, but a King shall reigne ouer vs: when yet the Lord your God was your King.

13 Now therefore beholde the King whome ye haue chosen, *and* whome ye haue desired: lo therefore, the Lord hathe set a King ouer you.

14 If ye wil feare the Lord and serue him, and heare his voyce, and not disobey the worde of the Lord, bothe ye, and the King that reigneth ouer you, shal followe the Lord your God.

15 But if ye wil not obey the voyce of the Lord, but disobey the Lords mouth, then shal the hand of the Lord be vpon you, & on your fathers.

16 Now also stand and se this great thing which the Lord will do before your eyes.

17 Is it not nowe wheate haruest? I wil call vnto the Lord, and he shal send thundre and raine, that ye may perceiue and se, how that your wickednes is great, which ye haue done in the sight of the Lord in asking you a King.

18 Then Samuel called vnto the Lord, and the Lord sent thundre and raine the same day: and all the people feared the Lorde & Samuel excedingly.

19 And all the people said vnto Samuel, Pray for thy seruants vnto the Lord thy God, that we dye not: for we haue sinned in asking vs a King, beside all our *other* sinnes.

20 ¶ And Samuel said vnto the people, Feare not. (ye haue in dede done all this wickednes, yet departe not from following the Lord, but serue the Lord with all your heart,

21 Nether turne ye backe: for *that shulde be* after vaine things which can not profit you, nor deliuer you, for they are but vanitie)

22 For the Lord will not forsake his people for his great Names sake: because it hath pleased the Lord to make you his people.

23 Moreouer God forbid, that I shulde sinne against the Lord, and cease praying for you, but I wil shewe you the good and right way.

24 Therefore feare you the Lord, and serue him in the trueth with all your hearts, and consider how great things he hath done for you.

25 But if ye do wickedly, ye shal perish, bothe ye, and your King.

### ***Morning Prayer: 2<sup>nd</sup> Lesson: Acts 1***

#### C H A P. I.

**I** H A V E made the former treatise, ô Theophilus, of all that **I** E S V S began to do and teach,

2 Vntil the day, that he was taken vp, after that he through the holie Gost, had giuen commandements vnto the Apostles, whome he had chosen:

3 To whome also he presented him self aliue after that he had suffred, by manie infallible tokens, being sene of them by the *space* of fourtie dayes, & speaking of those things which *appertaine* to the kingdome of God.

4 And when he had gathered *them* together, he commanded them, that they shulde not depart from Ierusalem, but to waite for the promes of the Father, which, *said he*, ye haue heard of me.

5 For Iohn in dede baptized with water, but ye shalbe baptized with the holie Gost within these fewe dayes.

6 When they therefore were come together, they asked of him, saying, Lord, wilt thou at this time restore the kingdome to Israel?

7 And he saide vnto them, It is not for you to knowe the times, or the seasons, which the Father hathe put in his owne power,

8 But ye shal receiue power of the holie Gost, when he shal come on you: and ye shalbe witnesses vnto me bothe in Ierusalem and in all Iudea, and in Samaria, and vnto the vttermost parte of the earth.

9 And when he had spoken these things, while they behelde, he was taken vp: for a cloude toke him vp out of their sight.

10 And while thei loked stedfastly towarde heauen, as he went, beholde, two men stode by them in white apparel,

11 Which also said, Ye men of Galile, why stand ye gasing into heauen? This Iesus which is taken vp from you into heauen, shal so come, as ye haue sene him go into heauen.

12 ¶ Then returned they vnto Ierusalem from the mount that is called *the mount* of oliues, which is nere to Ierusalem, conteining a Sabbath dayes iourney.

13 And when thei were come in, they went vp into an vpper chamber, where abode bothe Peter, and Iames, and Iohn, and Andrewe, Philippe, and Thomas, Bartlemewe, and Matthewe, Iames *the sonne* of Alpheus, and Simon zelotes, and Iudas Iames *brother*.

14 These all continued with one accorde in prayer and supplication with the women, and Marie the mother of Iesus, and with his brethren.

15 ¶ And in those dayes Peter stode vp in the middes of the disciples, and said (now the number of names that were in one place were about an hundreth and twentie)

16 Ye men & brethren, this Scripture must nedes haue bene fulfilled, which the holie Gost by the mouth of Daudid spake before of Iudas, which was guide to them that toke Iesus.

17 For he was nombred with vs, and had obtined felowship in this ministracion.

18 He therefore hathe purchased a field with the rewarde of iniquitie: and when he had throwen downe him selfe head long he brast a sondre in the middes, and all his bowels gushed out.

19 And it is knowen vnto all the inhabitants of Ierusalem, in so muche, that that field is called in their owne langage, Aceldama, that is, The field of blood.

20 For it is written in the booke of Psalmes, Let his habitacion be voyde, and let no man dwell therein: also, Let another take his charge.

21 Wherefore, of these men which haue companied with vs, all the time that the Lord Iesus was conuersant among vs,

22 Beginning from the Baptisme of Iohn, vnto the day that he was taken vp from vs, must one of them be made a witnes with vs of his resurrection.

23 And they presented two, Ioseph called Barsabas, whose surname was Iustus, and Matthias.

24 And they prayed, saying, Thou Lord, which knowest the hearts of all men, shewe whether of these two thou hast chosen,

25 That he may take the roume of this ministracion and Apostleship, from which Iudas hathe gone astray, to go to his owne place.

26 Then they gaue forthe their lottes: and the lot fell on Matthias, and he was by a commune consent counted with the Eleuen Apostles.

***Evening Prayer: Psalms 22-23***

P S A L. X X I I.

¶ *To him that excelleth vpon Aieeleth Hashshahar.*

*A Psalme of Dauid.*

**M**Y God, my God, why hast thou forsaken me, & art so farre from mine health, *and from* the wordes of my roaring?

2 O my God, I crye by daie, but thou hearest not, & by night, but haue no audience.

3 But thou art holie, and doest inhabite the praises of Israel.

4 Our fathers trusted in thee: they trusted, and thou didest deliuer them.

5 They called vpon thee, and were deliuered: they trusted in thee, and were not confunded.

6 But I am a worme, & not a man: a shame of men, and the contempt of the people.

7 All they that se me, haue me in derision: they make a mowe & nod the head, *saying,*

8 He trusted in the Lord, let him deliuer him: let him saue him, seeing he loueth him.

9 But thou didest draw me out of ye wombe: thou gauest me hope, *euen* at my mothers breasts.

10 I was cast vpon thee, *euen* from the wombe: thou art my God from my mothers belly.

11 Be not farre from me, because trouble is nere: for *there is* none to helpe *me*.

12 Manie yong bulles haue compassed me: mightie bulles of Bashan haue closed me about.

13 They gape vpon me with their mouthes, *as* a ramping and roaring lion.

14 I am like water powred out, and all my bones are out of ioynt: mine heart is like waxe: it is molten in the middes of my bowels.

15 My strength is dried vp like a potsheard, and my tongue cleueth to my iawes, and thou hast broght me into the dust of death.

16 For dogges haue compassed me, & the assemblie of the wicked haue inclosed me: they perced mine hands and my fete.

17 I maie tell all my bones: *yet* thei beholde, *and* loke vpon me.

18 They parte my garments among them, and cast lottes vpon my vesture.

19 But be thou not farre of, ô Lorde, my strength: hasten to helpe me.

20 Deliuer my soule from the sworde: my desolate *soule* from the power of the dog.

21 Saue me from the lions mouth, and answer me *in sauing me* from the hornes of the vnicornes.

22 I wil declare thy Name vnto my brethren: in the middes of the Congregation wil I praise thee, *saying*,

23 Praise the Lord, ye that feare him: magnifie ye him, all the sede of Izaakob, & feare ye him, all the sede of Israel.

24 For he hathe not despised nor abhorred the affliction of the poore: neither hathe he hid his face from him, but when he called vnto him, he heard.

25 My praise *shalbe* of thee in the great Congregation: my vowes wil I performe before them that feare him.

26 The poore shal eat and be satisfied: thei that seke after the Lord, shal praise him: your heart shal liue for euer.

27 All the ends of the worlde shal remember *them selues*, and turne to the Lord: and all the kinreds of the nations shal worship before thee.

28 For the kingdome *is* the Lords, and he ruleth among the nations.

29 All thei that be fat in the earth, shall eat and worship: all they that go downe into the dust, shal bowe before him, euen he that can not quicken his owne soule.

30 *Their* sede shal serue him: it shalbe counted vnto the Lord for a generation.

31 Thei shal come, & shall declare his righteousnes vnto a people that shal be borne, because he hathe done it.

P S A L. X X I I I.

¶ A Psalm of David.

**T**He Lord *is* my shepherd, I shal not want.

2 He maketh me to rest in grene pasture, & leadeth me by the stil waters.

3 He restoreth my soule, & leadeth me in the paths of righteousnes for his Names sake.

4 Yea, thogh I shulde walke through the valley of the shadow of death, I wil feare no euil: for thou art with me: thy rod and thy staffe, they comfort me.

5 Thou doest prepare a table before me in the sight of mine aduersaries: thou doest anoint mine head with oyle, *and* my cup runneth ouer.

6 Doubtles kindenes, & mercie shal follow me all the dayes of my life, and I shal remaine a long season in the house of the Lord.

***[Evening Prayer: 1<sup>st</sup> Lesson: 1 Samuel 13]***

C H A P. X I I I.

**S**Aul now had bene King one yere, & he reigned two yeres ouer Israel.

2 Then Saul chose him thre thousand of Israel: & two thousand were with Saul in Michmash, and in mount Beth-el, and a thousand

were with Jonathan in Gibeah of Benjamin: and the rest of the people he sent euery one to his tent.

3 And Jonathan smote the garison of the Philistims, that was in the hil: and it came to the Philistims eares: and Saul blewe the trumpet throughout all the land, saying, Heare, ô ye Ebrewes.

4 And all Israel heard say, Saul hathe destroyed a garison of the Philistims: wherefore Israel was had in abominacion with the Philistims: and the people gathered together after Saul to Gilgal.

5 ¶ The Philistims also gathered themselues together to fight with Israel, thirtie thousand charets, and six thousand horsemen: for the people *was* like the sand which is by the seas side in multitude, and came vp, and pitched in Michmash Eastwarde from Beth-auen.

6 And when the men of Israel sawe that they were in a strait (*for the people were in distresse*) the people hid them selues in caues, & in holdes, & in rockes, & towres, & in pittes.

7 And *some* of the Ebrewes went ouer Iorden vnto the lande of Gad and Gilead: and Saul was yet in Gilgal, and all the people for feare followed him.

8 And he taried seuen dayes, according vnto the time that Samuel had appointed: but Samuel came not to Gilgal, therefore the people were scatred from him.

9 And Saul said, Bring a burnt offering to me and peace offrings: and he offred a burnt offering.

10 And assone as he had made an ende of offring the burnt offering, beholde, Samuel came. and Saul went forthe to mete him, to salute him.

11 And Samuel said, What hast thou done? Then Saul said, Because I sawe that the people was scatred from me, and that thou camest not within the dayes appointed, and that the Philistims gathered themselues together to Michmash,

12 Therefore said I, The Philistims wil come downe now vpon me to Gilgal, and I haue not made supplicacion vnto the Lord. I was bolde therefore and offred a burnt offering.

13 And Samuel said to Saul, Thou hast done foolishly: thou hast not kept the commandement of the Lord thy God, which he commanded thee: for the Lord had now stablished thy kingdome vpon Israel for euer.

14 But now thy kingdom shal not continue: the Lord hathe sought him a man after his owne heart, and the Lord hathe commanded him to be gouernour ouer his people, because thou hast not kept that which the Lord had commanded thee.

15 ¶ And Samuel arose, and gate him vp from Gilgal in Gibeah of Benjamin: and Saul nombred the people that were found with him, about six hundreth men.

16 And Saul and Ionathan his sonne, & the people that were founde with them, had their abiding in Gibeah of Benjamin: but the Philistims pitched in Michmash.

17 And there came out of the hoste of the Philistims thre bandes to destroy, one bande turned vnto the way of Ophrah vnto the lande of Shual,

18 And another bande turned toward the way to Beth-horon, and the third bande turned toward the way of the coast that loketh toward the valley of Zeboim, toward the wildernes.

19 Then there was no smith founde throughout all the land of Israel: for the Philistims said, Lest the Ebrewes make them swordes or speares.

20 Wherefore all the Israelites went downe to the Philistims, to sharpen euerie man his share, his mattocke, & his axe and his weeding hooke.

21 Yet they had a file for the shares, and for the mattockes, and for the pickeforkes, & for the axes, and for to sharpen the goades.

22 So when the day of battell was come, there was nether sworde nor speare founde in the handes of anie of the people that were with Saul & with Ionathan: but *onely* with Saul and Ionathan his sonne was there founde.

23 And the garison of the Philistims came out to the passage of Michmash.

### ***Evening Prayer: 2<sup>nd</sup> Lesson: Hebrews 6***

#### C H A P. V I.

**T**herefore, leauing the doctrine of the beginning of Christ, let vs be led forward vnto perfection, not laying againe the foundation of repentance from dead workes, and of faith towarde God,

2 Of the doctrine of baptisment, & laying on of hands, and of the resurrection from the dead, and of eternal iudgement.

3 And this wil we do if God permit.

4 For it is impossible that they, which were once lightened, and haue tasted of the heauenlie gift, and were made partakers of the holie Gost,

5 And haue tasted of the good worde of God, and of the powers of the worlde to come,

6 If they fall away, shulde be renewed againe by repentance: seing they crucifie againe to them selues the sonne of God, & make a mocke of him.

7 For the earth which drinketh in the raine that cometh ofte vpon it, and bringeth forth the herbes mete for them by whome it is dressed, receiueth blessing of God.

8 But that which beareth thornes & briars, *is* reprovued, and is nere vnto cursing, whose end *is* to be burned.

9 But beloued, we haue perswaded our selues better things of you, and suche as accompanie saluation, thogh we thus speake.

10 For God *is* not vnrighteous, that he shulde forget your worke, and labour of loue, which ye shewed towarde his Name, in that ye haue ministred vnto the Saintes, & *yet* minister.

11 And we desire that euerie one of you shew the same diligence, to the ful assurance of hope vnto the end,

12 That ye be not slothful, but followers of them, which through faith and patience, inherite the promises.

13 For when God made the promes to Abraham, because he had no greater to swere by, he sware by him self,

14 Saying, Surely I wil abundantly blesse thee and multiplie thee marueilously.

15 And so after that he had taryed paciently, he enjoyed the promes.

16 For men verely swere by him that is greater *then them selues*, and an othe for confirmation is among them an ende of all strife.

17 So God willing more abundantly to shew vnto the heires of promes the stablenes of his counsel, bound himselfe by an othe,

18 That by two immutable things, wherein it is vnpossible that God shulde lye, we might haue strong consolation, which haue our refuge to holde fast the hope that is set before vs,

19 Which hope we haue, as an ancre of the soule, both sure and stedfast, & it entreth into that which is within the vaile,

20 Whether the forerunner is for vs entred in, *euen* Iesus that is made an hie Priest for euer after the order of Melchi-sedec.

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