

Sonnet 16: One day as I

Thursday, February 7, 1594

Morning Prayer: Psa 38-40; Exo 21; Mar 7

Evening Prayer: Psa 41-43; Exo 22; 2Co 3

Morning Prayer: Psalms 38-40

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

¶ *A Psalm of Dauid for remembrance.*

O Lord, rebuke me not in thine angre, nether chastise me in thy wrath.

2 For thine arrowes haue light vpon me, and thine hand lyeth vpon me.

3 There *is* nothing sounde in my flesh, because of thine angre: nether *is* there rest in my bones because of my sinne.

4 For mine iniquities are gone ouer mine head, & as a weightie burden they are too heauie for me.

5 My woundes are putrified, and corrupt because of my foolishnes.

6 I am bowed, *and* croked very sore: I go mourning all the daye.

7 For my reines are ful of burning, & there *is* nothing sounde in my flesh.

8 I am weakened and sore broken: I roare for the very grief of mine heart.

9 Lorde, *I powre* my whole desire before thee, and my sighing is not hid from thee.

10 Mine heart panteth: my strength faileth me, and the light of mine eyes, euen thei are not mine owne.

11 My louers and my friends stand aside from my plague, and my kinsmen stand a farre of.

12 They also, that seke after my life, laye snares, and they that go about to do me euil, talke wicked things and imagine deceite continually.

13 But I as a deafe man heard not, and *am* as a dumme man, *which* openeth not his mouth.

14 Thus am I as a man, that heareth not, & in whose mouth *are* no reprofes.

15 For on thee, ô Lord, do I waite: thou wilt heare *me*, my Lord, my God.

16 For I said, *Heare me*, lest they reioyce ouer me: *for* when my fote slippeth, they extoll them selues against me.

17 Surely I am ready to halte, and my sorow *is* euer before me.

18 When I declare my peine, & am sorie for my sinne,

19 Then mine enemies are aliue & are mightie, and they that hate me wrongfully are manie.

20 They also, that rewarde euil for good, are mine aduersaries, because I followe goodnes.

21 Forsake me not, ô Lord: be not thou farre from me, my God.

22 Haste thee to helpe me, ô my Lord, my saluation.

P S A L. X X X I X.

¶ *To the excellent musician Ieduthun.*

A Psalme of Dauid.

I Thought, I wil take hede to my waies, that I sinne not with my tongue: I will kepe my mouth brideled, while the wicked is in my sight.

2 I was dumme and spake nothing: I kept silence *euen* from good, and my sorow was more stirred.

3 Mine heart was hote within me, *and* while I was musing, the fyre kindled, & I spake with my tongue, *saying*,

4 Lord, let me know mine ende, & the measure of my dayes, what it is: let me know how long I haue to liue.

5 Beholde, thou hast made my dayes as an hand breadth, and mine age as nothing in respect of thee: surely euerie man *in his best* state is altogether vanitie. Selah.

6 Doubtles man walketh in a shadowe, and disquieteth him self in vaine: he heapeth vp *riches*, & can not tel who shal gather them.

7 And now Lord, what waite I for? mine hope is euen in thee.

8 Deliuer me from all my transgressions, and make me not a rebuke vnto the foolish.

9 I shulde haue bene dumme, and not haue opened my mouth, because thou didest it.

10 Take thy plague away from me: for I am consumed by the stroke of thine hand.

11 When thou with rebukes doest chastise man for iniquitie, thou as a moth makest his beautie to consume: surely euerie man *is* vanitie. Selah.

12 Heare my praier, ô Lord, & hearken vnto my crye: kepe not silence at my teares, for I am a stranger with thee, & a sojourner as all my fathers.

13 Stay *thine angre* from me, that I maie recouer my strength, before I go hence & be not.

P S A L. XL.

¶ To him that excelleth. A Psalm of Dauid.

I Waited paciently for the Lord, & he inclined vnto me, and heard my crye.

2 He broght me also out of the horrible pit, out of the myrie claie, and set my fete vpon the rocke, and ordered my goings.

3 And he hath put in my mouth a new song of praise vnto our God: manie shal se it and feare, and shal trust in the Lord.

4 Blessed *is* the man that maketh the Lord his trust, and regardeth not the proude, nor suche as turne aside to lies.

5 O Lord my God, thou hast made thy wonderful workes *so* manie, that none can counte in ordre to thee thy thoghts toward vs: I wolde declare, & speake *of them*, *but* they are mo then I am able to expresse.

6 Sacrifice and offering thou didest not desire: (*for* mine eares hast thou prepared) burnt offering and sin offering hast thou not required.

7 Then said I, Lo, I come: *for* in the rolle of the boke it *is* written of me,

8 I desired to do thy good wil, ô my God: yea, thy Law is within mine heart.

9 I haue declared *thy* righteousnes in the great Congregation: lo, I wil not refreine my lippes: ô Lord, thou knowest.

10 I haue not hid thy righteousnes within mine heart, *but* I haue declared thy trueth and thy saluation: I haue not conceiled thy mercie and thy trueth from the great Congregation.

11 Withdrawe not thou thy tendre mercie from me, ô Lord: let thy mercie and thy trueth alway preserue me.

12 For innumerable troubles haue compassed me: my sinnes haue taken suche holde vpon me, that I am not able to loke vp: *yea*, they are mo in number then the heeres of mine head: therefore mine heart hathe failed me.

13 Let it please thee, ô Lord, to deliuer me: make haste, ô Lord, to helpe me.

14 Let them be confounded & put to shame together, that seke my soule to destroye it: let them be driuen backward and put to rebuke, that desire mine hurt.

15 Let them be destroyed for a rewarde of their shame, which saye vnto me, Aha, aha.

16 Let all them, that seke thee, reioyce and be glad in thee: and let them, that loue thy saluation, say alway, The Lord be praised.

17 Though I be poore and nedic, the Lord thinketh on me: thou art mine helper & my deliuerer: my God, make no taryng.

Morning Prayer: 1st Lesson: Exodus 21

C H A P. X X I.

NOw these are the lawes, which thou shalt set before them:

2 If thou bye an Ebrewe seruant, he shal serue six yeres, and in the seuenth he shal go out fre, for nothing.

3 If he came him selfe alone, he shal go out him selfe alone: if he *were* married, then his wife shal go out with him.

4 If his master hathe giuen him a wife, & she hathe borne him sonnes or daughters, the wife and her children shalbe her masters, but he shal go out him self alone.

5 But if the seruant say thus, I loue my master, my wife and my children, I wil not go out fre,

6 Then his master shal bring him vnto the Iudges, & set him to the dore, or to the poste, and his master shal bore his eare through with a nawle, & he shal serue him for euer.

7 ¶ Likewise if a man sel his daughter to be a seruant, she shal not go out as the men seruants do.

8 If she please not her master, who hathe betrothed her to him selfe, then shal he cause to bye her: he shal haue no power to sel her to a strange people, seing he despised her.

9 But if he hathe betrothed her vnto his sonne, he shal deale with her according to the custome of the daughters.

10 If he take him an other *wife*, he shal not diminish her fode, her rayment, and recompence of her virginitee.

- 11 And if he do not these thre vnto her, then shal she go out fre, paying no money.
- 12 ¶ He that smiteth a man, and he dye, shal dye the death.
- 13 And if a man hathe not laied waite, but God hathe offred *him* into his hand, then I wil appointe thee a place whither he shal flee.
- 14 But if a man come presumptuously vpon his neighbour to slaie him with guile, thou shalt take him from mine altar, that he may dye.
- 15 ¶ Also he that smiteth his father or his mother, shall dye the death.
- 16 ¶ And he that stealeth a man, & selleth him, if it be founde with him, shal dye the death.
- 17 ¶ And he that curseth his father or his mother, shall dye the death.
- 18 ¶ When men also striue together, & one smite another with a stone, or with the fist, & he dye not, but lieth in bed,
- 19 If he rise againe and walke without vpon his staffe, then shal he that smote him go quite, saue onely he shall beare his charges for his resting, and shal pay for his healing.
- 20 ¶ And if a man smite his seruant, or his mayd with a rod, & he dye vnder his hand, he shal be surely punished.
- 21 But if he continue a day, or two daies, he shal not be punished: for he *is* his money.
- 22 ¶ Also if men striue and hurt a woman with childe, so that her childe departe from her, & death followe not, he shal be surely punished according as the womans housband shal appoint him, or he shal pay as the Iudges determine.
- 23 But if death followe, then thou shalt paye life for life,
- 24 Eie for eie, tothe for tothe, hand for hand, fote for fote,
- 25 Burning for burning, wonde for wonde, stripe for stripe.

- 26 ¶ And if a man smite his seruant in the eie, or his maid in the eie, and hathe perished it, he shal let him go fre for his eie.
- 27 Also if he smite out his seruants tothe, or his maydes tothe, he shal let him go out fre for his tothe.
- 28 ¶ If an oxe gore a man or a woman, that he dye, the oxe shalbe stoned to death, and his flesh shal not be eaten, but the owner of the oxe *shal go* quite.
- 29 If the oxe were wonte to push in times past, and it hathe bene tolde his master, & he hathe not kept him, and after he killeth a man or a woman, the oxe shal be stoned and his owner shal dye also.
- 30 If there be set to him a summe of money, then he shal pay the ransom of his life, whatsoever shalbe laied vpon him.
- 31 Whether he hathe gored a sonne, or gored a daughter, he shal be iudged after the same maner.
- 32 If the oxe gore a seruant or a mayd, he shal giue vnto their master thirty shekles of siluer, and the oxe shalbe stoned.
- 33 ¶ And when a man shal open a well, or when he shal dig a pit and couer it not, & an oxe or an asse fall therein,
- 34 The owner of the pit shal make it good, *and* giue money to the owners thereof, but the dead *beast* shalbe his.
- 35 ¶ And if a mans oxe hurt his neighbours oxe that he dye, then thei shal sel the liue oxe, & deuide the money thereof, & the dead *oxe* also thei shall deuide.
- 36 Or if it be knowen that the oxe hathe vsed to push in times past, and his master hathe not kept him, he shal pay oxe for oxe, but the dead shalbe his owne.

Morning Prayer: 2nd Lesson: Mark 7

C H A P. V I I.

Then gathered vnto him the Pharises, and certeine of the Scribes which came from Ierusalem.

2 And when they sawe some of his disciples eat meat with commune hands, (that is to say vnwasshen) they complained.

3 (For the Pharises, & all the Iewes, except they wash their hands oft, eat not, holding the tradition of the Elders.

4 And *when they come* from the market, except they washe, they eat not: and manie other things there be, which they haue taken vpon them to obserue, *as* the wassing of cuppes, and pottes, and of brasen vessels, and of tables.)

5 Then asked him the Pharises and Scribes, Why walke not thy disciples according to the tradition of the Elders, but eat meat with vnwasshen hands?

6 Then he answered and said vnto them, Surely Esai hathe prophecied wel of you, hypocrites, as it is written, This people honoreth me with their lippes, but their heart is farre away from me.

7 But they worship me in vaine, teaching *for* doctrines the commandements of men.

8 For ye laye the commandement of God aparte, and obserue the tradition of men, *as* the wassing of pottes and of cuppes, & manie other suche like things ye do.

9 And he said vnto them, Wel, ye reiect the commandement of God that ye may obserue your owne tradition.

10 For Moses said, Honour thy father and thy mother: & Whosoeuer shal curse father or mother, let him dye the death.

11 But ye say, If a man say to father or mother, Corban, *that is*, By the gift that is *offred* by me, thou maist haue profite, he *shalbe fre*.

12 So ye suffre him no more to do anie thing for his father, or his mother,

13 Making the worde of God of none autoritie, by your tradition which ye haue ordeined: and ye do manie suche like things.

14 Then he called the whole multitude vnto him, and said vnto them, Hearken you all vnto me, and vnderstand.

15 There is nothing without a man, that can defile him, when it entreth into him: but the things which procede out of him, are they which defile the man.

16 If anir haue eares to heare, let him heare.

17 And when he came into an house, *away* from the people, his disciples asked him concerning the parable.

18 And he said vnto them, What? Are ye without vnderstanding also? Doe ye not knowe that whatsoever thing from without entreth into a man, can not defile him,

19 Because it entreth not into his heart, but into the bellie, and goeth out into the draught which is the purging of all meates?

20 Then he said, That which commeth out of man, that defileth man.

21 For from within, *euen* out of the heart of men, procede euil thoghts, adulteries, fornications, murthers,

22 Theftes, couetousnes, wickednes, deceite, vnclennes, a wicked eye, backebiting, pride, foolishnes.

23 All these euil things come from within, and defile a man.

24 ¶ And from thence he rose, and went into the borders of Tyrus and Sidon, and entred into an house, and wolde that no man shulde haue knowen: but he colde not be hid.

25 For a certeine woman, whose litle daughter had an vncleane spirit, heard of him, and came, and fell at his feete,

26 (And the woman was a Greke, a Syrophenissian by nacion) & she besoght him that he wolde cast out the deuil out of her daughter.

27 But Iesus said vnto her, Let the children first be fed: for it is not good to take the childrens bread, and to cast it vnto whelpes.

28 Then she answered, and said vnto him, Trueth, Lord: yet in dede the whelpes eate vnder the table of the childrens crommes.

29 Then he said vnto her, For this saying go thy way: the deuil is gone out of thy daughter.

30 And when she was come home to her house, she founde the deuil departed, and her daughter lying on the bed.

31 ¶ And he departed againe from the coasts of Tyrus and Sidon, and came vnto the sea of Galile, through the middes of the coasts of Decapolis.

32 And they brought vnto him one that was deafe and stambred in his speache, and prayed him to put his hand vpon him.

33 Then he toke him aside from the multitude, and put his fingers in his eares, and did spit, and touched his tongue.

34 And loking vp to heauen, he sighed, & said vnto him, Ephphatha, that is, Be opened.

35 And straight way his eares were opened, and the string of his tongue was losed, and he spake plaine.

36 And he commanded them, that thei shulde tell no man: but how muche soeuer he forbad them, the more a great deale they published it,

37 And were beyonde measure astonied, saying, He hathe done all thinges wel: he maketh bothe the deafe to heare, and the domme to speake.

Evening Prayer: Psalms 41-3

P S A L. X L I.

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

Blessed *is* he that iudgeth wisely of the poore: the Lord shal deliuer him in the time of trouble.

2 The Lord will kepe him, & preserue him aliue: he shalbe blessed vpon the earth, & thou wilt not deliuer him vnto the wil of his enemies.

3 The Lord wil strengthen him vpon the bed of sorowe: thou hast turned all his bed in his sicknes.

4 *Therefore* I said, Lord haue mercie vpon me: heale my soule, for I haue sinned against thee.

5 Mine enemies speake euil of me, *saying*, When shal he dye, and his name perish?

6 And if he come to se me, he speaketh lies, *but* his heart heapeth iniquitie within him, & *when* he cometh forthe, he telleth it.

7 All they that hate me, whisper together against me: *euen* against me do they imagine mine hurt.

8 A mischief is light vpon him, & he that lieth, shal no more rise.

9 Yea, my familiar friend, whome I trusted, which did eat of my bread, hath lifted vp the hele against me.

10 Therefore, ô Lord, haue mercie vpon me, & raise me vp: so I shal rewarde them.

11 By this I know that thou fauorest me, because mine enemy doeth not triumph against me.

12 And as for me, thou vpholdest me in mine integritie, and doest set me before thy face for euer.

13 Blessed *be* the Lord God of Israel worlde without ende. So be it, euen so be it.

P S A L. X V I I.

¶ *To him that excelleth. A Psalme to give instruction, committed to the sons of Korah.*

AS the hart braieth for the riuers of water, so panteth my soule
after thee, ô God.

2 My soule thirsteth for God, *euen* for the liuing God: when shal I
come and appeare *before* the presence of God?

3 My teares haue bene my meat daie and night, while they daiely
say vnto me, Where is thy God?

4 When I remembred these things, I powred out my verie heart,
because I had gone with the multitude, & led them into the House
of God with the voice of singing, & praise, *as* a multitude that
kepeth a feast.

5 Why art thou cast downe, my soule, and vnquiet within me?
waite on God: for I wil yet giue him thanks for the helpe of his
presence.

6 My God, my soule is cast downe within me, because I
remember thee, from the land of Iorden, and Hermonim, *and* from
the mount Mizar.

7 *One* depe calleth *another* depe by the noise of thy water
spoutes: all thy waues and thy floods are gone ouer me.

8 The Lorde will grante his louing kindenes in the daie, and in the
night shal I sing of him, *euen* a praier vnto the God of my life.

9 I wil saie vnto God, *which is* my rocke, Why hast thou forgotten
me? why go I mourning, when the enimie oppresseth me?

10 My bones are cut a sunder, while mine enemies reproche me,
saying daiely vnto me, Where is thy God?

11 Why art thou cast downe, my soule? & why art thou
disquieted within mee? waite on God: for I wil yet giue him
thanks: *he* is my present helpe, and my God.

P S A L. X L I I I.

IVdge me, ô God, & defend my cause against the vnmerciful
people: deliuer me from the deceitful and wicked man.

- 2 For thou art the God of my strength: why hast thou put me awaie? why go I so mourning, when the enemie oppresseth *me*?
- 3 Send thy light and thy trueth: let them lead me: let them bring mee vnto thine holy Mountaine and to thy Tabernacles.
- 4 Then wil I go vnto the altar of God, *euen* vnto the God of my ioy & gladnes: and vpon the harpe wil I giue thanks vnto thee, ô God, my God.
- 5 Why art thou cast downe, my soule? and why art thou disquieted within me? waite on God: for I will yet giue him thanks, *he is* my present helpe, and my God.

Evening Prayer: 1st Lesson: Exodus 22

C H A P. X X I I.

IF a man steale an oxe or a sheepe, and kil it or sel it, he shal restore fiue oxen for the oxe, & foure shepe for the shepe.

- 2 ¶ If a thiefe be founde breaking vp, & be smitten that he dye, no blood *shalbe shed* for him.
- 3 *But* if it be in the day light, blood *shalbe shed* for him: *for* he should make ful restitution: if he had not *wherewith*, then shulde he be solde for his theft.
- 4 If the theft be founde with him, aliue, (whether it be oxe, asse, or shepe) he shal restore the double.
- 5 ¶ If a man do hurt field, or vineyarde, and put in his beast to fede in an other mans field, he shal recompence of the best of his owne field, & of the best of his owne vineyarde.
- 6 ¶ If fyre breake out, and catche in the thornes, and the stackes of corne, or the standing corne, or the field be consumed, he that kindeled the fire shal make ful restitution.

7 ¶ If a man deliuer his neighbour money or stufte to kepe, and it be stollen out of his house, if the thefe be found, he shal paye the double.

8 If the thefe be not founde, then the master of the house shal be broght vnto the Iudges *to sweare*, whether he hathe put his hand vnto his neighbours good, or no.

9 In all maner of trespasse, whether it be for oxen, for asse, for shepe, for rayment, or for any maner of lost thing, which an other chalengeth to be his, the cause of bothe *parties* shal come before the Iudges, & whome the Iudges condemne, he shal pay the double vnto his neighbour.

10 If a man deliuer vnto his neighbour to kepe asse, or oxe, or shepe, or any beast, and it dye, or be hurt, or taken away by enemies, & no man se it,

11 An othe of the Lord shalbe betwene the twaine, that he hathe not put his hand vnto his neighbours good, and the owner of it shall take *the othe*, & he shal not make it good:

12 But if it be stollen from him, he shal make restitution vnto the owner thereof.

13 If it be torne in pieces, he shall bring recorde, & shal not make that good, *which is* deuoured.

14 ¶ And if a man borowe *oght* of his neighbour, and it be hurt, or els dye, the owner thereof not being by, he shal surely make it good.

15 If the owner thereof be by, he shal not make it good: *for* if it be an hired thing, it came for his hire.

16 ¶ And if a man entise a mayd that is not betrothed, & lye with her, he shal endowe her, and take her to his wife.

17 If her father refuse to giue her to him, he shal pay money, according to the dowrie of virgines.

18 ¶ Thou shalt not suffre a witche to liue.

- 19 ¶ Whosoeuer lieth with a beast, shal dye the death.
- 20 ¶ He that offreth vnto *any* gods, saue vnto the Lord onely, shalbe slaine.
- 21 ¶ Moreouer, thou shalt not do iniurie to a stranger, neither oppresse him: for ye were strangers in the land of Egypt.
- 22 ¶ Ye shal not trouble any widowe, nor fatherles childe.
- 23 If thou vexe or trouble suche, and so he call and crye vnto me, I wil surely heare his crye.
- 24 Then shal my wrath be kindeled, and I wil kil you with the sworde, & your wiues shal be widowes, and your children fatherles.
- 25 ¶ If thou lend money to my people, *that is*, to the poore with thee, thou shalt not be as an vsurer vnto him: ye shal not oppresse him with vsurie.
- 26 If thou take thy neighbours rayment to pledge, thou shalt restore it vnto him before the sunne go downe:
- 27 For that is his couering only, & this is his garment for his skin: wherin shal he slepe? therefore when he cryeth vnto me, I wil heare him: for I am merciful.
- 28 Thou shalt not raile vpon the Iudges, nether speake euil of the ruler of thy people.
- 29 ¶ Thine abundance & thy licour shalt thou not kepe backe. The firstborne of thy sonnes shalt thou giue me.
- 30 Likewise shalt thou do with thine oxen and with thy shepe: seuen dayes it shalbe with his damme, & the eight day thou shalt giue it me.
- 31 Ye shalbe an holy people vnto me, nether shal ye eat any flesh that is torne *of bestes* in the field: ye shal cast it to the dog.

Evening Prayer: 2nd Lesson: 2 Corinthians 3

CHAP. III.

DO we beginne to praise our selues againe? or nede we as some other, epistles of recommendation vnto you, or *letters* of recommendation from you?

2 Ye are our epistle, written in our hearts, which is vnderstand and read of all men,

3 In that ye are manifest, to be the epistle of Christ, ministred by vs, and written, not with yncke, but with the Spirit of the liuing God, not in tables of stone, but in fleshlie tables of the heart.

4 And suche trust haue we through Christ to God:

5 Not that we are sufficient of our selues, to thinke anie thing, as of our selues: but our sufficiencie *is* of God,

6 Who also hathe made vs able ministers of the New testament, not of the letter but of the Spirit: for the letter killeth, but the Spirit giueth life.

7 If then the ministration of death *written* with letters & ingrauen in stones, was glorious, so that the children of Israel colde not beholde the face of Moses, for the glorie of his countenance (which *glorie* is done away)

8 How shal not the ministration of the Spirit be more glorious?

9 For if the ministerie of condemnation *was* glorious, muche more doeth the ministration of righteousnes excede in glorie.

10 For euen that which was glorified, was not glorified in this point, *that is*, as touching the exceding glorie.

11 For if that which shulde be abolished, *was* glorious, much more shal that which remaineth, be glorious.

12 Seing then that we haue suche trust, we vse great boldnes of speache.

13 And *we are* not as Moses, *which* put a vaile vpon his face, that the children of Israel shulde not looke vnto the end of that which shulde be abolished.

14 Therefore their mindes are hardened: for vntil this day remaineth the same couering vntaken away in the reading of the Olde testament, which *vaile* in Christ is put away.

15 But euen vnto this day, whe Moses is red, the vaile is layed ouer their hearts.

16 Neuertheles when their *heart* shalbe turned to the Lord, the vaile shalbe taken away.

17 Now the Lord is the Spirit, and where the Spirit of the Lord *is*, there *is* libertie.

18 But we all beholde as in a mirroure the glorie of the Lord with open face, and are changed into the same image, from glorie to glorie, as by the Spirit of the Lord.

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