

Free me from scorn and con - tempt, for I ob -

serve your de - crees; your sta - tutes are my coun - se - lers.

E Minor Psalm Tone; 3 lines = mm. 1, 2, 4; 2 lines = mm. 1, 4

**Psalm 119 (118)**

<sup>1</sup> Blessed are | those whose | **way** is | blame- | less,

| ~ who | walk in the | law **of** the | LORD!

<sup>2</sup> Blessed are | those who | keep **his** de- | crees!

| ~ With | all their | **hearts** they | seek him.

<sup>39</sup> Turn a- | way the | **taunts** I | dread,

| ~ for | your de- | **crees** are | good.

<sup>40</sup> See, I | long **for** your | precepts;

give me | life | **by** your | justice.

<sup>45</sup> I shall | walk on a | **spacious** | plain,

for I | **seek** your | precepts.

<sup>46</sup> I will | speak of | your de- | crees **before** | kings,

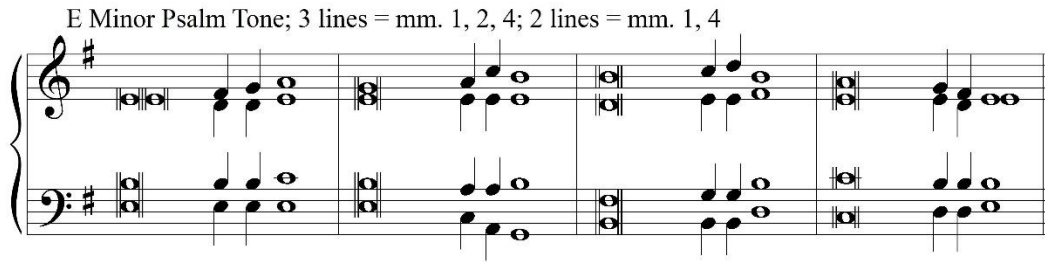
| ~ and | not **be** a- | bashed.

<sup>77</sup> Show me com- | passion, that | **I** may | live,

for your | law is | **my** de- | light.

<sup>78</sup> Let the | arro- | gant be | shamed who de- | flect **me** with | lies;

as for | me, | I will | ponder **your** | precepts.



<sup>99</sup> I have more | insight than | **all** who | teach me,  
for I | ponder | **your** de- | crees.

<sup>100</sup> I have | gained more | under- | standing | **than** my | elders,  
for I | **keep** your | precepts.

<sup>101</sup> | ~ I | keep my | feet from | every | **evil** | path,  
to o- | **bey** your | word.

<sup>102</sup> I have not | turned a- | way from | **your** de- | crees,  
| ~ which | you your- | **self** have | taught me.

<sup>103</sup> | ~ How | sweet is your | promise | **to** my | tongue,  
more than | honey | **in** the | mouth.

<sup>104</sup> I gain | under- | standing | **from** your | precepts,  
| ~ and | so I hate | **all** false | ways.

<sup>143</sup> | ~ Though | anguish | and di- | **stress** have | found me,  
your com- | mands are | **my** de- | light.

<sup>144</sup> Your de- | crees are for- | **ever** | just;  
give me | insight, and | **I** shall | live.

Glory | be to the | Father, and | **to** the | Son,  
| ~ and | to the | **Holy** | Spirit.

As it | was in | the be- | ginning, is | now, and | **ever** | shall be  
world | without | **end**, A- | men.

Free me from scorn and con - tempt for I ob -

5  
serve your de - crees your sta - tutes are my coun - se - lors.

Antiphon Source: *Graduale Romanum*, Communion Antiphon for 28<sup>th</sup> Sunday in Ordinary Time, Years ABC (*Aufer a me*)

Antiphon Translation: Revised Grail (Ps 119(118):22, 24)

Psalm Pairing: *Graduale Romanum*

Psalm Text: Revised Grail

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