Seven times a day have I praised Thee.
The Psalter
THE PSALTER
OF THE
PROPHET AND
KING DAVID

with the
Nine Biblical Odes

and
an Explanation of
How the Psalter Should Be Recited
Throughout the Orthodox Liturgical Year

Arranged and compiled from the
King James Version

Emended and versified according to
The Septuagint

Etna, California
2008
Arranged and compiled by
Michael Asser

***

Edited by
Saint Gregory Palamas Monastery

***

Iconography by
Holy Monastery of Saints Cyprian and Justina
(Phyle, Attika, Greece)
Convent of the Protection of the Holy Theotokos
(Sofia, Bulgaria)
Convent of Saint Elizabeth the Grand Duchess of Russia
(Etna, California)
Saint Gregory Palamas Monastery

***

Decorative artwork by
Saint Gregory Palamas Monastery

LIBRARY OF CONGRESS CONTROL NUMBER
2008923201

INTERNATIONAL STANDARD BOOK NUMBER
0-91165-68-1
978-0-91165-68-5

© 2008
Center for Traditionalist Orthodox Studies
www.ctosonline.org

PRINTED IN THE UNITED STATES OF AMERICA
# TABLE OF CONTENTS

**Verses to the Divine David**

<table>
<thead>
<tr>
<th>The First Kathisma</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Stasis: Psalm 1:1–Psalm 3:9</td>
<td>13</td>
</tr>
<tr>
<td>Second Stasis: Psalm 4:1–Psalm 6:11</td>
<td>16</td>
</tr>
<tr>
<td>Third Stasis: Psalm 7:1–Psalm 8:10</td>
<td>19</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Second Kathisma</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Stasis: Psalm 9:1–Psalm 10:7</td>
<td>23</td>
</tr>
<tr>
<td>Second Stasis: Psalm 11:1–Psalm 13:7</td>
<td>27</td>
</tr>
<tr>
<td>Third Stasis: Psalm 14:1–Psalm 16:15</td>
<td>29</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Third Kathisma</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Stasis: Psalm 17:1–51</td>
<td>33</td>
</tr>
<tr>
<td>Second Stasis: Psalm 18:1–Psalm 20:14</td>
<td>37</td>
</tr>
<tr>
<td>Third Stasis: Psalm 21:1–Psalm 23:10</td>
<td>41</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Fourth Kathisma</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Stasis: Psalm 24:1–Psalm 26:14</td>
<td>47</td>
</tr>
<tr>
<td>Second Stasis: Psalm 27:1–Psalm 29:13</td>
<td>51</td>
</tr>
<tr>
<td>Third Stasis: Psalm 30:1–Psalm 31:11</td>
<td>55</td>
</tr>
</tbody>
</table>
VERSES TO THE DIVINE DAVID

Hold thy peace, O Orpheus; Hermes, cast aside thy lyre.
The tripod at Delphi doth sink into oblivion hereafter.
For David playeth for us the lyre of the Spirit,
And maketh clear the secret things of God’s mysteries;
He recounteth a multitude of ancient wonders;
He moveth the creation to praise the Creator;
Saving all, he initiateth them into the mysteries and writeth;
He causeth to return them that sin.
Declaring to many, amidst all else, the Judge’s judgments,
He teacheth them to wipe away the sins of the soul.

A Couple to the Same

Unto David belongeth the Psalter, whose words are stones
That destroy yet another Goliath, the passions.
Hearken, O daughter, and see, and incline thine ear; forget also thine own people, and thy father's house:

God is in the midst of her, she will not be shaken; God shall help her right early in the morning.

This is my rest for ever and ever; here will I dwell, for I have chosen it:

Psalms 44:11; 45:6; 131:14
THE FIRST KATHISMA

Lord, have mercy; Lord, have mercy; Lord, have mercy.
Glory to the Father, and to the Son, and to the Holy Spirit,
both now and ever, and unto the ages of ages. Amen.

First Stasis

Psalm 1

Of David, untitled in the Hebrew.

Blessed is the man that walketh not in the counsel of the impious, nor standeth in the way of sinners, nor sitteth in the seat of the pestilent.

2 But his will is in the law of the Lord, and in His law shall he meditate day and night.

3 And he shall be like the tree planted by the streams of waters, that shall bring forth its fruit in its season; its leaf also shall not wither, and whatsoever he doeth shall prosper.

4 Not so are the impious, not so, but are like the chaff which the wind driveth away from the face of the earth.

5 Therefore, the impious shall not rise up in the judgment, nor sinners in the congregation of the righteous.

6 For the Lord knoweth the way of the righteous, and the way of the impious shall perish.
All the glory of the king’s daughter is within; in gold-fringed garments is she robed, adorned in divers colors.

The virgins that follow her shall be brought unto the king; those near her shall be brought unto thee.

With gladness and rejoicing shall they be brought, they shall be brought into the temple of the king.

Psalm 44:14–16
THE SECOND KATHISMA

Lord, have mercy; Lord, have mercy; Lord, have mercy.
Glory to the Father, and to the Son, and to the Holy Spirit,
both now and ever, and unto the ages of ages. Amen.

FIRST STASIS

PSALM 9

1 Unto the end: concerning the hidden things of the Son; a Psalm of David.

I will give thanks to Thee, O Lord, with my whole heart; I will recount all Thy marvelous works.

2 I will be glad and rejoice in Thee; I will sing praise to Thy name, O Thou Most High.

4 When mine enemies are turned back, they shall be weakened, and perish at Thy presence.

5 For Thou hast maintained my right and my cause; Thou satest upon the throne, O Thou that judgest righteousness.

6 Thou hast rebuked the nations, and the impious hath perished; Thou hast blotted out his name for ever and ever.

7 The swords of the enemy have utterly failed, and Thou hast destroyed his cities.

His memorial is perished with a loud noise, 8 but the Lord endureth for ever.
My praise is from Thee; in the great congregation will I give thanks unto Thee; I will pay my vows before them that fear Thee.

The poor shall eat and be satisfied, and they shall praise the Lord that seek Him; their hearts shall live for ever and ever.

All the ends of the earth shall remember and turn unto the Lord, and all the kindreds of the nations shall worship before Him.

For the kingdom is the Lord’s, and He is the sovereign of the nations.

All they that be fat upon earth have eaten and worshipped; all they that go down to the dust shall fall down before Him.

Yea, my soul liveth to Him, and my seed shall serve Him.

The generation to come shall be told of the Lord, and they shall declare His righteousness unto a people that shall be born, whom the Lord hath made.

Psalm 22

A Psalm of David.

The Lord is my shepherd, and I shall not want.

In a place of green pasture, there hath He made me to dwell; He hath nurtured me beside the water of rest.

He hath converted my soul; He hath led me in the paths of righteousness for His name’s sake.

Yea, though I walk in the midst of the shadow of death, I will fear no evil; for Thou art with me.

Thy rod and Thy staff, they have comforted me.
5 Thou hast prepared a table before me, in the presence of them that afflict me.
   Thou hast anointed my head with oil, and like the best wine doth Thy cup inebriate me.
6 And Thy mercy shall pursue me all the days of my life, and I will dwell in the house of the Lord unto length of days.

Psalm 23

A Psalm of David on the first day of the week.

The earth is the Lord’s, and the fullness thereof; the world, and all they that dwell therein.

2 He hath founded it upon the seas, and prepared it upon the rivers.

3 Who shall ascend into the mountain of the Lord, or who shall stand in His holy place?

4 He that is innocent in hands, and pure in heart, who hath not received his soul in vain, nor sworn deceitfully to his neighbor.

5 He shall receive a blessing from the Lord, and mercy from God his Savior.

6 This is the generation of them that seek the Lord, that seek the face of the God of Jacob.

7 Lift up your gates, O ye princes, and be ye lifted up, ye everlasting gates; and the King of Glory shall enter in.

8 Who is this King of Glory? The Lord strong and mighty, the Lord mighty in battle.

9 Lift up your gates, ye princes, and be ye lifted up, ye everlasting gates; and the King of Glory shall enter in.

10 Who is this King of Glory? The Lord of hosts, He is the King of Glory.
22 Now understand this, ye that forget God, lest He snatch you away, and there be none to deliver.
23 A sacrifice of praise shall glorify Me, and there is the way wherein I will shew him My salvation.

Psalm 50

1 Unto the end: a Psalm of David, 2 when Nathan the prophet came to him, when he had gone in to Bersabee, the wife of Urias.

Have mercy upon me, O God, according to Thy great mercy; and according to the abundance of Thy tender mercies blot out mine iniquity.
4 Wash me thoroughly from mine iniquity, and cleanse me from my sin.
5 For I acknowledge mine iniquity, and my sin is ever before me.
6 Against Thee only have I sinned, and done this evil before Thee; that Thou mightest be justified in Thy words, and prevail in Thy judgment.
7 For behold, I was conceived in iniquities, and in sins did my mother bear me.
8 For behold, Thou loveth truth; the unsearchable and secret things of Thy wisdom Thou declarest unto me.
9 Thou shalt purge me with hyssop, and I shall be cleansed; Thou shalt wash me, and I shall be made whiter than snow.
10 Thou shalt make me to hear joy and gladness; the bones that are humbled shall rejoice.
Unto our All-Holy Triune God, Who loveth mankind and Who bestoweth the beginning and the end, be glory, honor, worship, and thanksgiving unto the ages of ages.
Amen!