

PSALM-TONE
LENTEN TRACTS

for Holy Mass according to the
Ordinary Form of the Roman Rite

edited by Aristotle A. Esguerra

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ASH WEDNESDAY

*Dómine non secúndum**Ps 102(103): 10; Ps 78(79): 8, 9*

II

L Ord, do not requite us according to the sins we

have committed * or according to our in-iq-ui-ty. Lord,

remember not our sins of old; † let your compassion

come speedi-ly to meet us, * for we are brought ver- y

low. Help us, O God, our Savior, † and for the glory

of your name, deliv-er us, O Lord; * and forgive us our

sins, for your name's sake.

FIRST SUNDAY OF LENT

*Qui hábitat**Ps 90(91): 1-7, 11-16*

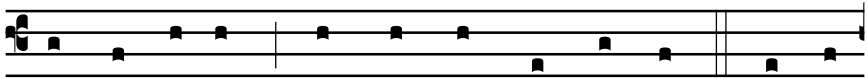
II

H E who abides in the shelter of the Most High, *

shall remain under the protection of the Lord of Heav-



en. He shall say to the Lord: † You are my protector



and my refuge; * my God, in whom I trust. For he



has set me free from the snare of the fowler, * and from



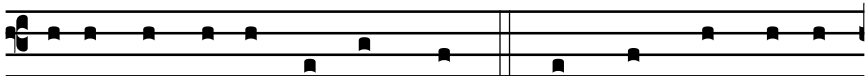
cutting words. He will conceal you with his pinions, *



and under his wings you will find refuge. His faith-



fulness will shield you as with a buckler, * you will not



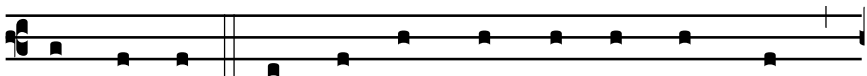
suffer the terrors of the night. You shall fear neither



the arrow that flies by day, † nor the conspir-a-cy that



stalks in the darkness, * nor destruction, nor the demon



of noonday. A thousand will fall at your side, †



and ten thousand at your right, * but you shall remain un-



harmed. For to his Angels he has given a commandment



concerning you, * to keep you in all your ways. In their



hands they will bear you up, * lest you dash your foot a-



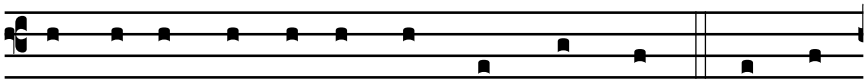
gainst a stone. On the asp and the bas-i-lisk you will



tread * and trample the li-on and the dragon. Be-



cause he has put his hope in me I will deliv-er him; * I



will protect him because he knows my name. He shall



call out to me, and I shall answer him: * I



am with him in tribu-lation. I will rescue him and hon-



or him; † with long days will I sat-is-fy him; * and I shall



let him see my saving power.

SECOND SUNDAY OF LENT

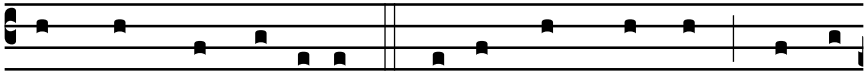
Commovisti

Ps 59(60): 4, 6

VIII

Y

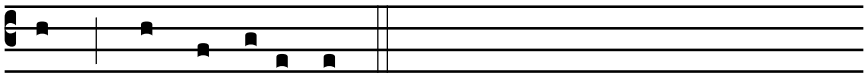
ou have caused the earth to quake, O Lord, *



you have rent it open. Repair its breaches, * for it



totters. May your chosen ones escape the menacing



bow * and be delivered.

THIRD SUNDAY OF LENT

Ad te levavi oculos meos

Ps 122(123): 1-3

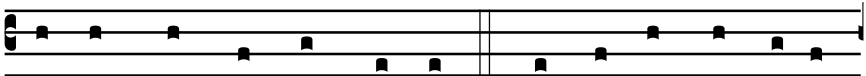
VIII

I

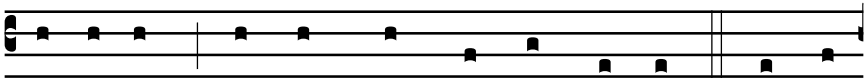
have lifted my eyes up unto you, * who dwell



in the heavens. Behold, as the eyes of servants * look



to the hands of their masters; And as the eyes of a



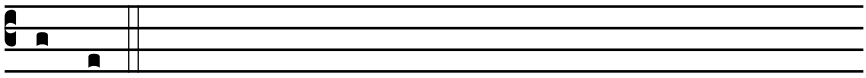
maidservant * to the hands of her mistress; So do



our eyes look unto the Lord our God * until he have



mercy on us. Have mercy on us, O Lord, * have mercy



on us.

FOURTH SUNDAY OF LENT

Qui confidunt

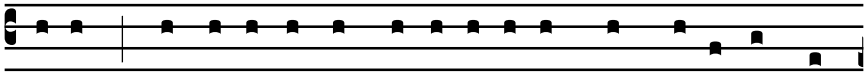
Ps 124(125): 1, 2

VIII

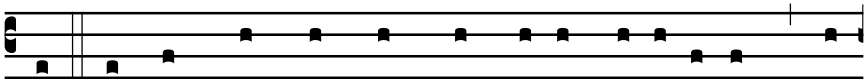
T



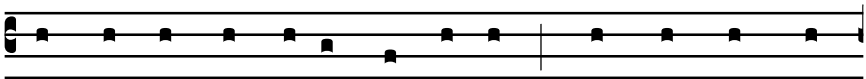
Hose who trust in the Lord are like Mount



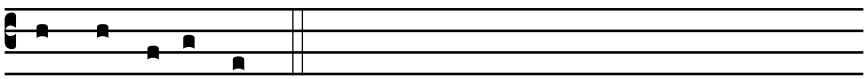
Sion; * the inhab-i-tants of Je-ru-salem shall never be shak-



en. As the mountains are round about Je-ru-salem, † so



the Lord is round about his people, * from this time forth



and for ev-ermore.

FIFTH SUNDAY OF LENT

*Sape expugnauerunt me**Ps 128(129): 1-4*

VIII

O

Ften have they fought against me * from my

youth. Let Is-ra-el now say: Often have they fought a-

gainst me * from my youth. Yet, they have not pre-

vailed against me: * my back has become an anvil for

the hammering of sinners. They have long oppressed

me with their in-iq-uities. * But the Lord of justice

will break the neck of sinners.

PASSION (PALM) SUNDAY

*Deus Deus meus**Ps 21(22): 2-9, 18, 19, 22, 24, 32*

II

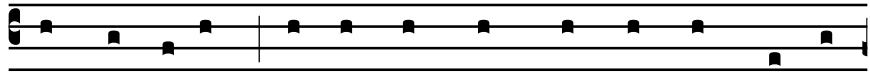
M

Y God, my God, look upon me, * why have

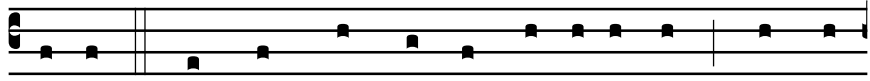
you forsaken me? My words of sin * have drawn me



far from salvation. O my God, I call by day and you



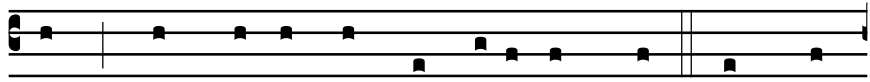
give no reply; * I call by night and do not without



reason. Yet, you dwell in the sanctu-a-ry; * you are



the praise of Is-ra-el. Our fathers placed their hope in



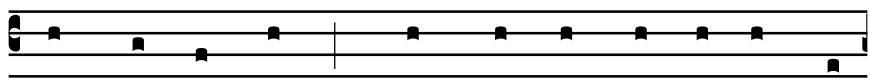
you; * they trusted and you delivered them. They cried



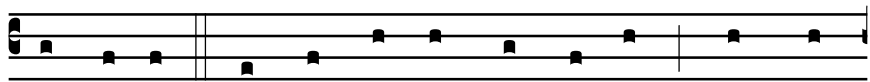
out to you and they were saved; * they put their hope



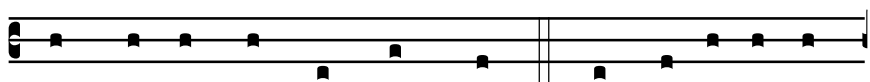
in you and they were not confounded. But I am a



worm and no man; * scorned by men and despised by



the people. All who see me mock at me, * they make



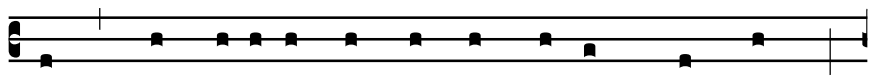
mouths at me, they wag their heads. "He trusted in the



Lord; let him deliv-er him, * let him rescue him, for he



delights in him." And so they looked and gazed upon



me; † they divided my garments among themselves, *



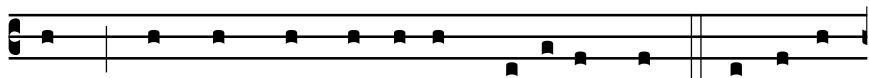
and for my raiment they have cast lots. Save me from



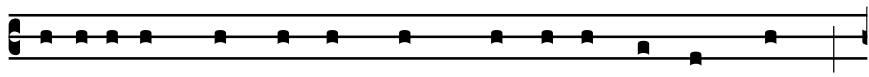
the mouth of the lion; * my afflicted soul from the



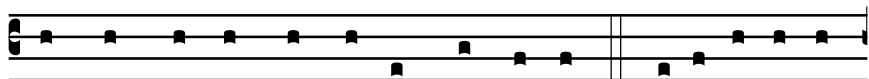
horns of the u-nicorn. You who fear the Lord, praise



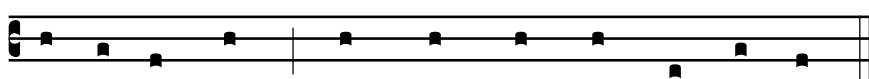
him! * All you sons of Jacob, glo-ri-fy him. A future



gener-ation shall be announced on behalf of the Lord, *



and the heavens will declare his justice; Unto a nation



yet to be born, * and whom the Lord has prepared.

HOLY THURSDAY

Ab ortu solis

Mal 1: 11; Prov 9: 5

VIII

F

Rom the place where the sun ris-es to the place

of its setting, * my name is great among the nations.

And in every place, a sac-ri-fice is offered to my name, *

a pure offering, for my name is truly great among the

nations. Come, eat of my bread, and drink of the

wine * I have prepared for you.

GOOD FRIDAY

Dómine exáudi oratióem meam

Ps 101(102): 2-5, 14

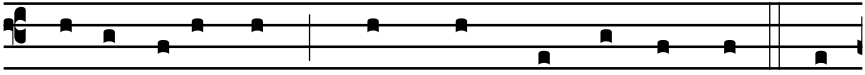
II

L

Ord, hear my prayer, * and let my cry come un-

to you. Do not turn your face away from me; * in the

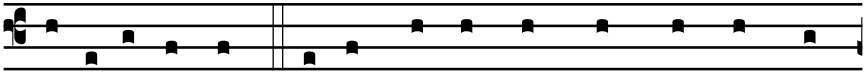
day of my distress, lend me your ear. On each day that



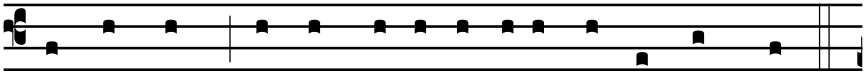
I call upon you, * please make haste to hear me. For



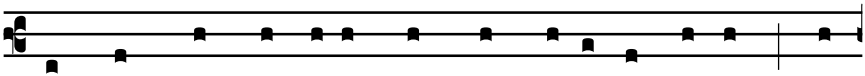
my days pass a-way like smoke, * and my bones burn as



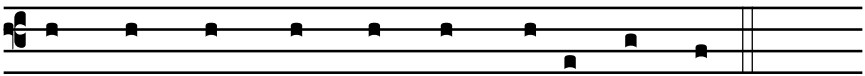
if in a furnace. I am smitten like grass, and my heart



is withered; * I have forgotten even to eat my bread.



O Lord, you will arise and have pit-y on Zi-on; * for



the time has come to have mercy on her.

MARCH 19: SAINT JOSEPH

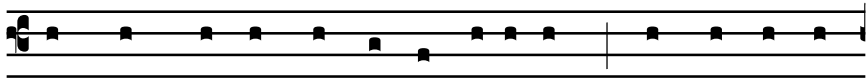
*Beátus vir qui timet Dóminum**Ps 111(112): 1-3*

VIII
B Lessèd is the man who fears the Lord; * he shall
 delight exceedingly in his commandments. His seed shall
 be mighty upon earth; * the descendants of the righteous
 will be blessed. Glory and wealth are in his house; * and
 his righteousness endures for ev-er.

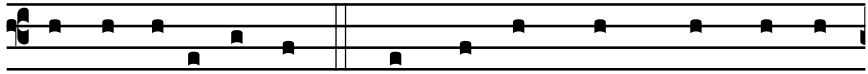
MARCH 25: ANNUNCIATION OF THE LORD

*Audi fília et vide**Ps 44(45): 11, 12, 13, 10, 15, 16*

II
H Earken, O daughter, and behold, and incline your
 ear; * for the king desires your beauty. All the rich a-
 mong the people will implore your countenance; * your
 maids of honor are the daughters of kings. Virgins will



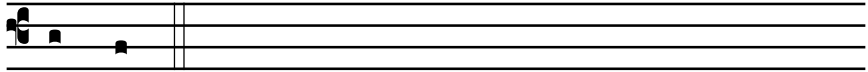
be brought to the king in her ret-i-nue; * her companions



will be taken to you. They will be brought with gladness



and rejoicing; * they shall be brought in-to the temple of



the king.