

# Seven Penitential Psalms of Our Lady

*These psalms are taken from the Mariavite Psalter and echo the seven penitential Psalms of David grouped by the righteous Cassiodorus in the 6<sup>th</sup> century. They may be chanted daily during Lent or as the child of Mary feels inclined to at other times.*

**In the Name of Most Holy and Blessed Mother Trinity: the Father, the ☩ Son, and the Holy Spirit.**

*From the passion of anger, O Lady, deliver us.*

## **PSALM 6**

Lady, let us not be corrected in the wrath of any: nor be judged in anger by the unjust. For the honor of Thy name, O Lady: may the Fruit of Thy glorious womb be propitious to us. From the gate of hell and from the depths of the abyss: by Thy holy strength deliver us. May the eternal gates be opened unto us: that we may declare forever Thy wondrous works. For it is not the dead, nor those in hell, who will praise thee, O Lady: but those who by Thy grace will obtain eternal life. Glory be to the Most Blessed and Holy Mother Trinity, Father etc.

*From the passion of pridefulness and vainglory, O Lady, deliver us.*

## **PSALM 31**

Blessed are they whose hearts love Thee, O Virgin Mary: their sins will be mercifully washed away by Thee. Holy, chaste, and flowering are Thy breasts: which blossomed into the flower of eternal greenness. The beauty of Thy grace will never see corruption: and the grace of Thy countenance will never fade. Blessed art Thou, O sublime Rod of Jesse: for Thou hast raised Thyself unto Him who sits in the highest. O Virgin Queen, Thou Thyself art the way by which salvation from on high hath visited us. Glory be to the Most Blessed and Holy Mother Trinity, Father, etc.

*From the passion of gluttony, O Lady, deliver us.*

## **PSALM 37**

O Lady, let not any power assault us in anger: assist us to obtain liberation from the pollution of this world and the cravings which our bindings here augment. Let all our desires be in Thy sight: our hope and our confidence. My heart is troubled within me: light departs from my interior, Enlighten with Thy brightness my blindness: sweeten with Thy sweetness my contrite heart. Forsake us not, O Lady, Mother of God: let Thy grace and Thy power be at my right hand. Glory be to the Most Blessed and Holy Mother Trinity, Father, etc.

*From the passion of lust, O Lady, deliver us.*

## **PSALM 50**

Have mercy on me, O Lady: for Thou art called the Mother of Mercy. And according to Thy mercy: cleanse me from all my iniquities. Pour forth Thy grace upon me: and withdraw not from me Thine accustomed clemency. For I will confess my sins to Thee: and I will accuse myself of all my crimes before Thee. Reconcile me to the Fruit of Thy womb: and make peace for me with Him who has created me. Glory be to the Most Blessed and Holy Mother Trinity, Father, etc.

*From the passion of greed, O Lady, deliver us.*

**PSALM 101**

O Lady, hear my prayer: and let my cry come unto Thee. Turn not Thy sacred countenance away from me: nor hate me because of my uncleanness. Forsake me not in the thought and counsel of mine enemies: and permit me not to fall into their wicked guiles. Those who trust in Thee, will not fear the tortuous ones: and those who exalt Thee in praises will escape the hand of the hinderer. By Thy virginal conception give me a good confidence in Thee: and by Thy admirable delivery rejoice my soul. Glory be to the Most Blessed and Holy Mother Trinity, Father, etc.

*From the passion of envy, O Lady, deliver us.*

**PSALM 129**

I cried to our Lady when I was in trouble: and She heard me. Lady, deliver us from all evil: all the days of our life. Crush the head of the enemy: with the insuperable power of Thy foot. As Thy spirit hath rejoiced in the Divine: so do Thou deign to pour true joy into my heart. Approach our Father to advocate our cause: that by Thee our sins may be blotted out and the path made clear. Glory be to the Most Blessed and Holy Mother Trinity, Father, etc.

*From the passion of accidia—that is, sloth—O Lady, deliver us.*

**PSALM 142**

Behold how good and how pleasant, O Mary, it is: to love Thy name. Thy name is as oil poured out, and as an aromatic fragrance: to those who love it. How great is the multitude of Thy sweetness, O Lady: which Thou hast prepared for those who love and hope in Thee. Be a refuge to the poor in tribulation: because Thou art a staff to the poor and wretched. Let them, I beseech Thee, find grace with God: who invoke Thy help in their needs. Glory be to the Most Blessed and Holy Mother Trinity, Father, etc.

*All praise, honor, and glory be unto Thee, O Most Holy and Blessed Mother Trinity, to the Father, and to the ✠ Son, and to the Holy Spirit. As it was in the beginning, is now and always and unto the ages of ages. Amen.*

**Antiphon:** *Remember not, O Lady, our offenses nor those of our fathers and mothers, neither take Thou vengeance of our sins.*