

PSALM-TONE  
LENTEN TRACTS

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

edited by Aristotle A. Esguerra

# PSALM-TONE LENTEN TRACTS

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

ASH WEDNESDAY .....	3
<i>Dómine non secundum: 102(103): 10; Ps 78(79): 8, 9 • Sung after 2<sup>nd</sup> Reading</i>	
FIRST SUNDAY OF LENT .....	3
<i>Qui hábitat: Ps 90(91): 1–7, 11–16 • Sung after 2<sup>nd</sup> Reading</i>	
SECOND SUNDAY OF LENT .....	6
<i>Commovísti: Ps 59(60): 4, 6 • Sung after 2<sup>nd</sup> Reading</i>	
THIRD SUNDAY OF LENT .....	6
<i>Ad te levávi óculos meos: Ps 122(123): 1–3 • Sung after 2<sup>nd</sup> Reading</i>	
FOURTH SUNDAY OF LENT .....	7
<i>Qui confídunt: Ps 124(125): 1, 2 • Sung after 2<sup>nd</sup> Reading</i>	
FIFTH SUNDAY OF LENT .....	8
<i>Sæpe expugnáverunt me: Ps 128(129): 1–4 • Sung after 2<sup>nd</sup> Reading</i>	
PASSION (PALM) SUNDAY .....	8
<i>Deus Deus meus: Ps 21(22): 2–9, 18, 19, 22, 24, 32 • Sung after 1<sup>st</sup> Reading</i>	
HOLY THURSDAY .....	11
<i>Ab ortu solis: Mal 1: 11; Prov 9: 5 • Sung after 2<sup>nd</sup> Reading</i>	
GOOD FRIDAY .....	11
<i>Dómine exáudi oratióem meam: Ps 101(102): 2–5, 14 • Sung after 1<sup>st</sup> Reading</i>	
.....	
MARCH 19: ST. JOSEPH .....	13
<i>Beátus vir qui timet Dóminum: Ps 111(112): 1–3 • Sung after 2<sup>nd</sup> Reading</i>	
MARCH 25: ANNUNCIATION OF THE LORD .....	13
<i>Audi filia et vide: Ps 44(45): 11, 12, 13, 10, 15, 16 • Sung after 2<sup>nd</sup> Reading</i>	



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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*

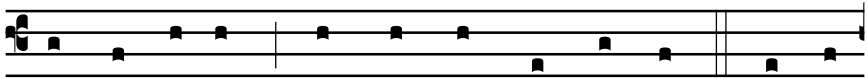
II

**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



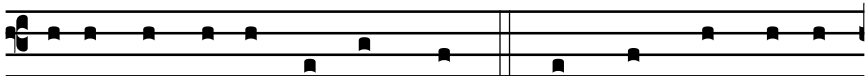
cutting words. He will conceal you with his pinions, \*



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



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



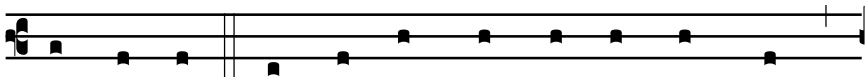
suffer the terrors of the night. You shall fear neither



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-



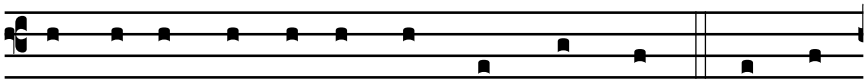
gainst a stone. On the asp and the bas-i-lisk you will



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

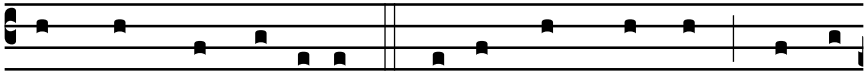
*Commovisti*

*Ps 59(60): 4, 6*

VIII

**Y**

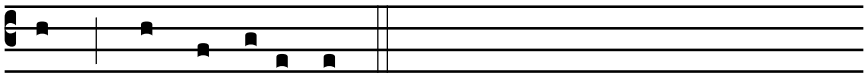
ou have caused the earth to quake, O Lord, \*



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*

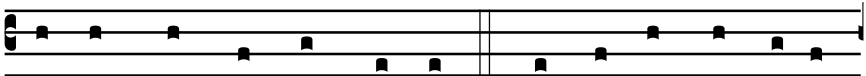
VIII

**I**

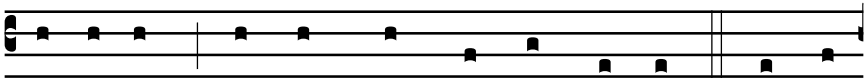
have lifted my eyes up unto you, \* who dwell



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



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



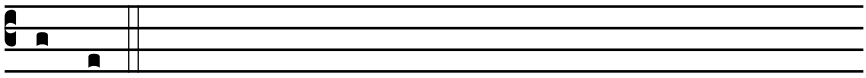
maidservant \* to the hands of her mistress; So do



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*

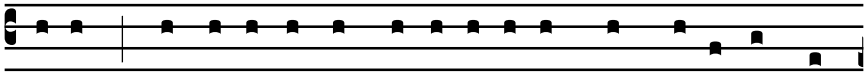
*Ps 124(125): 1, 2*

VIII

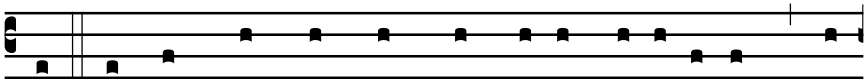
**T**



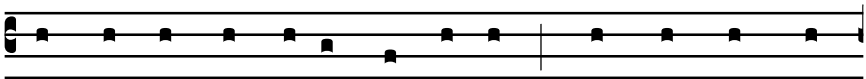
Hose who trust in the Lord are like Mount



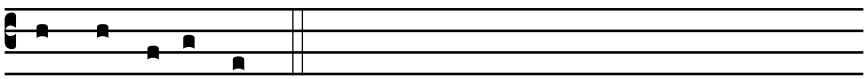
Sion; \* the inhab-i-tants of Je-ru-salem shall never be shak-



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

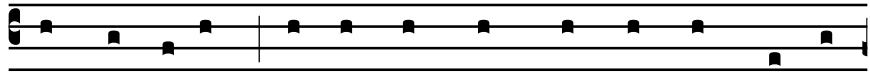
Y God, my God, look upon me, \* why have

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

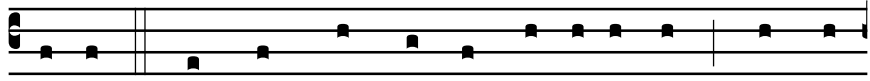




far from salvation. O my God, I call by day and you



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



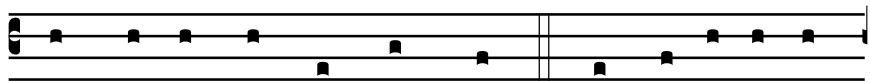
in you and they were not confounded. But I am a



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



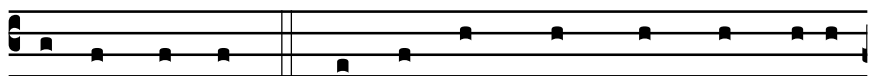
the people. All who see me mock at me, \* they make



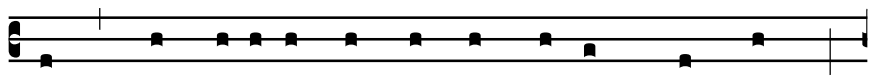
mouths at me, they wag their heads. "He trusted in the



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, \*



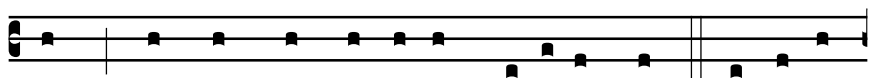
and for my raiment they have cast lots. Save me from



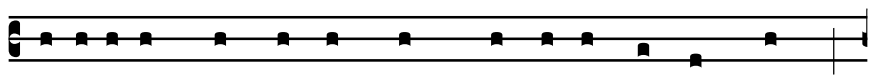
the mouth of the lion; \* my afflicted soul from the



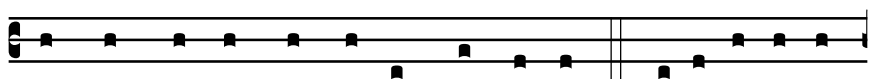
horns of the u-nicorn. You who fear the Lord, praise



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*

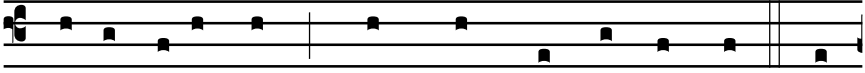
II

**L**

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

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

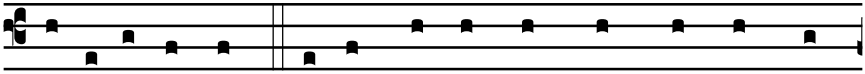
day of my distress, lend me your ear. On each day that



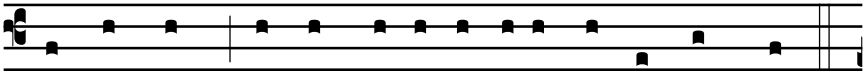
I call upon you, \* please make haste to hear me. For



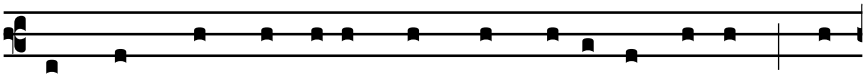
my days pass a-way like smoke, \* and my bones burn as



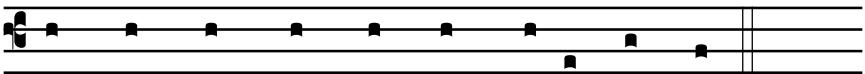
if in a furnace. I am smitten like grass, and my heart



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

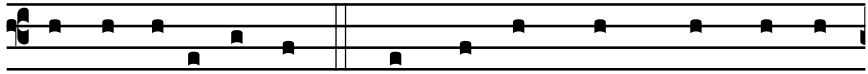
*Audi fília et vide**Ps 44(45): 11, 12, 13, 10, 15, 16*

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



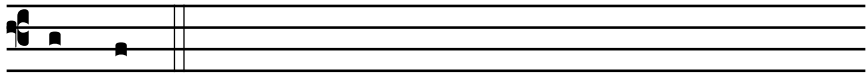
be brought to the king in her ret-i-nue; \* her companions



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



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



the king.